



Maine's Comprehensive Approach to Address Prescription Drug Misuse

Strategic Prevention Framework for Prescription Drugs

Community Grant Intervention Guide

This opportunity will fund up to 20 organizations at \$4900.00 apiece.

Funds through this community-mini grant program should be utilized for activities relating to prescription drug misuse prevention. Funds cannot be used for harm reduction activities. Mini grants should follow the Strategic Prevention Framework (SPF) model. You can read more about the SPF model [here](#). **Funds are unable to be used to purchase food/refreshments, technology (such as computers), or harm reduction supplies (such as naloxone, syringes, fentanyl or xylazine testing strips).**

CSAP Strategy- Environmental Management

This strategy establishes or changes community conditions, standards, and codes in order to influence the incidence and prevalence of substance misuse.

Option 1: Drug Disposal

Deterra Drug Disposal Pouches

Deterra drug disposal pouches are endorsed by both the US DEA and the Community-Based, Advocacy-Focused, Data-Driven, Coalition-Building Association (CADCA). Deterra pouches are environmentally friendly and fully dispose of prescription drugs in a safe, at-home environment. Medium Deterra Pouches are the recommended size for individual, at-home use. Medium pouches can dispose of up to 45 pills, 6oz of liquid, or 6 patches. Medium Deterra Pouches are priced at \$766 per case (200 units per case).

Deterra has also made a bilingual consumer trifold available for purchase, for a cost of \$6.25 per pack of 50, and other free, downloadable consumer education [here](#).

Funding can be utilized to purchase and distribute safe disposal supplies, and to promote safe drug disposal in the home.

Drug Takeback Day

National Prescription Drug Takeback Day aims to provide communities with a responsible means of disposing of prescription drugs, while also educating the community about potential misuse of prescription medications. Funding can be utilized to develop/disseminate communications materials and promote or assist with the planning and engagement required to host prescription drug takeback day in collaboration with appropriate community partners (such as law enforcement).

Permanent Drug Takeback Locations

Several communities have permanent drug takeback locations installed in various locations. Development of education around these local resources is a helpful tool to connect people with drug takeback options separately from National Drug Takeback Day.

Option 2: Safe Storage

Funding can be utilized for promotion of safe storage of prescription drugs through distribution of lockable medication boxes or pouches, as well as education and promotion of general safe storage practices. While some individuals enjoy

the larger box size for home use if they have multiple medications, others throughout the state have requested pouches that would be more easily transportable.

Lockable Pouches

Cardinal Bag Supplies has lockable medication pouches in multiple sizes with various options for bag material, color, and lock type. Pricing structure and details are included [here](#) for vinyl-material pouches. Screen printing is also available if desired, to allow for a logo to be included on the pouch (\$90 flat fee).

For canvas, non-rippable pouches, details and pricing structure are included [here](#). This option does not allow for screen printing but does include an option for a card holder (for +\$1.50 per pouch).

Maine CDC *strongly encourages* the locks to be the combination locks, as this allows for a recipient to use either a key or a combination to access their contents. This is important to ensure no recipient is unable to access their own prescriptions as needed if a key is lost. Combination locks are a \$6 extra charge per pouch and should be considered in the pricing.

Lockable Boxes

Lockable medication boxes are also available.

[LockMed medication boxes](#) are available at wholesale pricing. Lockmed's small combination lockbox holds up to 15 standard prescription bottles. For more information and a quote, email info@lockmed.com.

CSAP Strategy- Prevention Education

This strategy involves two-way communication and is distinguished from the Information Dissemination strategy by the fact that interaction between the educator/facilitator and the participants is the basis of its activities. Activities under this strategy aim to affect critical life skills, decision-making, critical analysis, judgment abilities (i.e. media literacy etc.) classroom and/or small group sessions (all ages).

Option 3: Class Educational Services (Curriculum)

Evidence Based Programs

Numerous evidence-based curriculums were recommended in Maine's 2021 SPF-Rx Needs Assessment. Funding could be utilized to purchase curriculum and staff training to be able to conduct the program. Some specific examples include:

[Opioid Prevention Plus Wellness](#) is an evidence-based program which uses a multi-part approach to screen for current health habits (at which time participants are made aware of opioid misuse and wellness behaviors), feedback on healthy habits and creating a positive image of the future, and presenting a goal plan for participants to set and monitor their goals to avoid opioid misuse and increase self-control skills.

[Botvin LifeSkills: Prescription Drug Abuse Prevention Module](#) is a new module for the middle school Botvin LifeSkills curriculum, designed to be either integrated into the middle school curriculum or act as a standalone lesson. This module works to educate on the risks of prescription drugs, discuss medical uses, and learn refusal skills.

Other evidence-based programs do exist. If you would like to use another EBP related to substance use prevention/prescription drug misuse prevention, please include the name of the program, link to evidence, and work with the project coordinator to ensure fit for the program.

Option 4: Parenting/Family Management

An example of a community engagement program is the [Home Environmental Strategy to Reduce Access to Harmful Legal Products](#), which intends to change parental norms around the risks of prescription drug misuse and reduce home availability of prescription drugs. This strategy utilizes "Family Night" at local schools to work with parents to create rules around prescription drugs and increase parental disapproval of children's misuse of prescription drugs.

CSAP Strategy- Information Dissemination and Communication

This strategy provides awareness and knowledge of the nature and extent of substance use and addiction and their effects on individuals, families, and communities. It also provides awareness and knowledge of available prevention programs and services. Information dissemination is characterized by one-way communication from the source to the audience, with limited contact between the two.

Option 5: Resource Development

The SPF-Rx Strategic Plan addresses the need to develop messaging that is culturally relevant and accessible for all Mainers. Mini-grant recipients could choose to develop partnerships to conduct focus groups and perform message testing with priority populations, including the immigrant, refugee, and asylum-seeker (“New Mainer”) community; people with mental health disorders; pregnant/parenting people; people in recovery, and people who identify as LGBTQIA+. The goal of this intervention would be to better understand the culture around substance use and prescription drugs as well as the linguistic and informational needs to inform appropriate and useful messaging.

Option 6: Health Communications

Utilizing virtual or print materials as an educational tool for the community. Methods could include use of newsletters, email distribution lists, health fairs/health promotion events, Public Service Announcements (PSAs), resource directories, etc. to distribute information related to prevention of prescription drug misuse. Maine CDC is updating the [Eyes Open for ME Campaign](#) and digital or print materials can be utilized and shared. Several materials exist on the [Maine Prevention Store](#) website to be ordered for free- check back frequently for updates.

If you are planning to develop materials under this grant, please coordinate with the Project Coordinator at Maine CDC. There may be materials already developed which meet your needs.

All materials developed under this funding must be approved by Maine CDC before they are used in the community.

Option 7: Community Education

Funding can be utilized to provide trainings to community members or high-risk and priority populations about prescription drug misuse; substance use prevention or addressing risk and protective factors. Specific indicators addressed in the SPF-Rx Strategic Plan include:

- % of high school students reporting a perceived low risk of harm of prescription drug misuse
- % of high school students reporting past 30-day misuse of prescription medications
- % of adults 18 and older reporting misusing prescription pain relievers in the past year

If you develop materials/education for community education/awareness events, these must be pre-approved by Maine CDC before they are used.

CSAP Strategy- Alternative Activities

Alternative Activities provide opportunities to engage youth as partners in preventing substance use. Alternative programs include a wide range of activities which build skills and positive attitudes among young people to increase their capacity and readiness to address aspects of their social networks and environments that impact their or their peers’ substance use.

Option 8: Youth Groups Addressing Substance Use Prevention Efforts/After School Activities

Convening youth to address substance use/prescription drug prevention efforts, building protective factors, and providing a safe, substance-free activity/environment.

CSAP Strategy- Community-Based Process

This strategy enhances the ability of the community or prevention system to influence substance use and misuse and includes such activities as building interagency coalitions and training community members and agencies in substance use education and prevention. Community-based processes encourage the planning necessary to implement effective prevention strategies and programs in a community. Activities in this strategy include organizing, planning, and enhancing the efficiency and effectiveness of service implementation, interagency collaboration, coalition building, and networking.

Option 9: Multiagency coordination/collaboration and Services to Community/Volunteer Groups

Examples Include:

- Pulling together various community sectors (schools, parents, youth, healthcare, agencies serving populations of focus, populations of focus, law enforcement, etc.) to discuss community coordination around preventing prescription drug misuse
- Provide training and technical assistance to community programs and collaborative groups to improve reach of substance use prevention efforts

