

PREVENTION CORNER

September 2022 | Vol.1

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In honor of National Recovery Month, our September Prevention Newsletter is dedicated to defining recovery, discussing medication safety, and reviewing proper medication disposal. It is important for parents/caregivers to be aware of all household products, medication safety, proper storage, and disposal of medications. Don't forget to review the "Safe Medication Storage" recommended by the Centers for Disease Control and Prevention!

Life is a journey,
not a destination.

Ralph Waldo Emerson

Recovery

Recovery refers to the process of change through which individuals improve their health and wellness. When an individual uses or abuses a substance and/or a medication, they may need to go through recovery to rebuild their health and wellness. Recovery can take anywhere from weeks to months to regain the strength the individual had prior to their addiction.

Recovery can look different for everyone, Outpatient, Partial Hospitalization Program, Residential, Inpatient, and are just a few of the recovery programs available. During recovery an individual may receive treatment services such as: individual counseling, group counseling, educational/preventative services, life skills training, mental health treatment, family services, or any other continuing care services.

CDC: Safe Medicine Storage

- Choose a safe spot that is out of the sight and reach of young children.
- Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore.
- Never leave medicine out on a kitchen counter or at a sick child's bedside, even if you have to give it again in a few hours.
- Remind guests to keep medications away and out of sight when they are in your home.
- While traveling find a safe storage place that is out of sight and reach of young children, like a high cabinet. If you're in a hotel room, try the passcode-protected room safe for safe storage.



DAVID LAWRENCE
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Medication Safety

Medication safety in a household is important to keep in mind. It essential we secure ALL medications of all members living in the household. Medication should be placed high enough where children cannot gain access to the medications. When you hear, "where do you store your medication?" Most people may think of a medicine cabinet in a bathroom, or in a drawer. It is important that we are aware of the location of medications, a lock box is a safe and proper way to store medications.



Steps for disposing opioids in your household trash:

- Mix medications (do NOT crush tablets or capsules) with used coffee grounds or soiled diaper; prior to putting in the trash and place in a sealed bag.
- Remove or scratch out all personal information on the prescription label before throwing out a pill bottle.
- You can always contact your local poison Control Center for more information on proper medication disposal.

Upcoming Events:

Active Parenting Teens Classes:
Beginning October 6, 2022

To register contact the Prevention Department by calling 239-263-4013

Medication Disposal

Have you ever had expired medications laying around, and you ask yourself, so now what do I do? Safe medication disposal is an important concept towards preventing unsafe medication use. Leftover or expired medication can be dropped off at a local medication drop box, for free! Locations for local medication drop boxes may include: law enforcement agencies and participating pharmacies across the state.

Call your Poison Control Center at 800.222.1222 right away if you think your child might have gotten into a medicine or vitamin, even if you are not completely sure.



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

