

# STARTS WITH **one**

## Campaign Talking Points

### What?

- Starts with One is a statewide campaign developed to prevent opioid misuse before it starts and raise awareness about how and where to safely dispose of unwanted, unused or expired opioids — and the importance of removing prescription opioid medications from homes.
  - Opioids are a type of pain medication that can be highly addictive. Examples are oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and others.<sup>1</sup>
  - The illegal drug heroin is also an opioid.
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### Why?

#### Protect loved ones

- Nearly half of people misusing pain relievers, including prescription opioids, get them from a friend or family member.<sup>2</sup>
- Young people in Washington say that their parents are one of the biggest influences on their decision to use or not to use drugs.<sup>3</sup>
- Promptly removing leftover opioid prescriptions from your home and safely disposing of your medications at a dropbox kiosk helps prevent misuse by a friend, family member or other home visitor and reduces the risk of deadly overdose.

#### Protect the environment

- Safe disposal not only helps prevent misuse and overdose deaths, it's also important for the health of our environment.
  - Drop box kiosks or mail-back envelopes are the only environmentally safe way to dispose of old or unused opioid medications.
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### How/Where?

- There are a few ways to safely dispose of opioids:
    1. Drop them at a permanent take back location.
    2. Now, drop box kiosks are also conveniently located at retail pharmacies, police stations, health centers and other community sites year-round. Find a location near you at [MedTakeBackWashington.org](http://MedTakeBackWashington.org)
    3. You can request a free medication return envelope online at [MedTakeBackWashington.org](http://MedTakeBackWashington.org) and safely mail back your leftover medications.
  - DEA National Prescription Drug Take Back Day events are held every year in April and October, in communities across the state.
    - o All prescription medications are accepted during Prescription Drug Take Back Day events.
  - Find data and results from previous Take Back Day events at [www.DEA.gov/TakeBackDay#Results](http://www.DEA.gov/TakeBackDay#Results)
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### Call to Action

- Go to [MedTakeBackWashington.org](http://MedTakeBackWashington.org) to order a free mail back envelope.
- Go to [MedTakeBackWashington.org](http://MedTakeBackWashington.org) to find a safe disposal location near you.

<sup>1</sup> National Institute on Drug Abuse

<sup>2</sup> Substance Abuse and Mental Health Services Administration

<sup>3</sup> 2021 Healthy Youth Survey