

Vermont's Drug Disposal System

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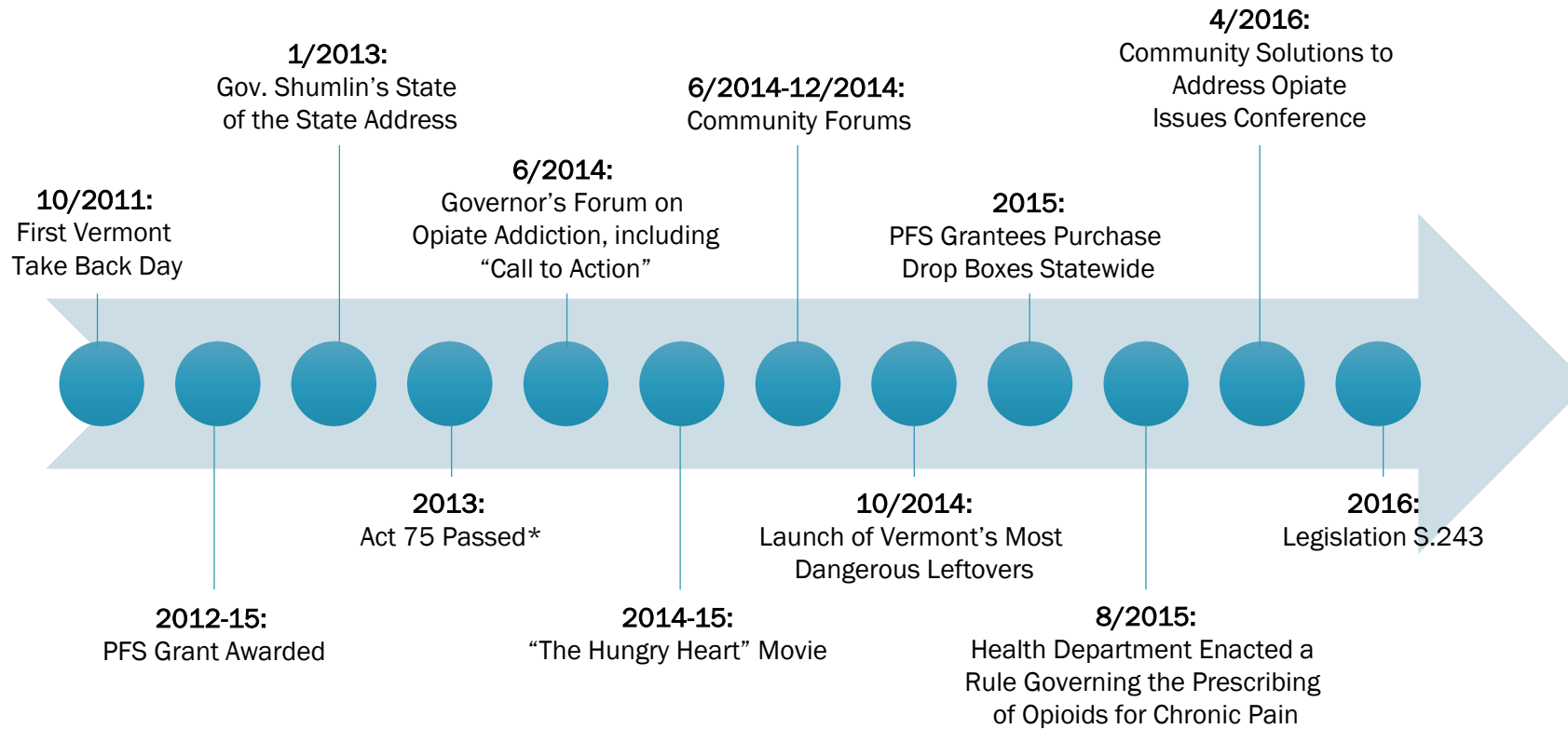
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Vermont at a Glance

Vermont Opiate Timeline



*An Act relating to "Strengthening Vermont's response to opiate addiction and methamphetamine abuse."

From Policy to practice

- Gov. Shumlin invited to the White House to speak about VT's path and progress
- Hosted a meeting of governors/staffs from New England and NY producing 5 priorities
- Co-chaired National Gov. Association Drug Abuse Academy
- Call for action via VDH's 12 District Offices



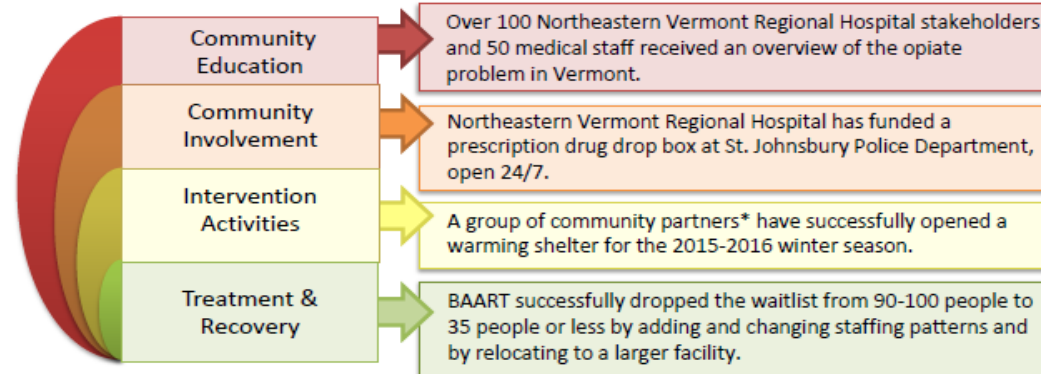
Coalitions and Community Partnerships:

- Drug Abuse Resistance Team 2.0 (DART 2.0)
- Northeastern Vermont Regional Hospital's (NVRH) Alcohol, Tobacco, & Other Drugs (ATOD) Prevention Task Force
- BAART
- Kingdom Recovery Center
- The Community Restorative Justice Center
- Northern Counties Health Care
- Department of Health St. Johnsbury District Office
- St. Johnsbury Police Department
- Agency of Human Services Field Services
- Department of Children & Families
- Department of Corrections
- Northeast Kingdom Human Services
- Northeast Kingdom Youth Services

How Did the Community Decide to Work on Opiate Issues?

Following the Governor's Forum in June 2014, the Forum representatives from the St. Johnsbury region met with the community at a DART 2.0 meeting. The community chose to make positive changes in their neighborhoods by focusing on Community Education, Community Involvement, Intervention Activities, and Treatment & Recovery strategies.

How Did the Community Make Positive Changes on Opiate Issues?



By focusing their efforts on these changes, communities were able to make improvements in addressing opiate issues in their region. Ongoing work continues to advance the health and wellness of Vermont's communities.

Prevention Activities



Community Education



Drug Disposal



SAMHSA Strategic Prevention Framework



Legislation



Campaigns



Reporting & Tracking

History

- **Act 75: An Act Relating to Strengthening Vermont's Response to Opioid Addiction and Methamphetamine Abuse**
 - In 2014, directed the Commissioner's of Health and Safety to provide recommendations for the design and implementation of a voluntary statewide drug disposal program for unused over the counter and prescription drugs at no cost to Vermonters
 - Committee held meetings and produced recommendations that included options for drug disposal and promoting the program through social media to ensure safe disposal of medications.
- **Act 173: An Act relating to combatting opioid use in Vermont**
 - In 2016, Act 173 created funding from the VT legislature to the Vermont Department of Health (VDH) to established a Program Manager position for Drug Disposal, funding for up to 2 statewide media campaigns, to create a statewide drug disposal system

Drug Disposal Stakeholder Group

- Key stakeholders include law enforcement, PFS Grantees, VT Pharmacy Association, Waste Management, Chain Pharmacy reps, Poison Control, Syringe/HIV Program, PDMP Program, DEA Rep., Long term Care Facilities and Hospital reps
- Met bimonthly for 9 months to develop the recommendations for Vermont's Drug Disposal System under DEA guidelines
- Continues to provide guidance and support for ongoing disposal activities



DEA Take Back Day

October 2018 Results

Locations: 66

Total lbs of Medication: 5892

April 2019 Results

Locations: 68

Total lbs of Medication: 6562



Programs and Initiatives

With the new legislation and available funding multiple programs were developed and launched to address unused medications.

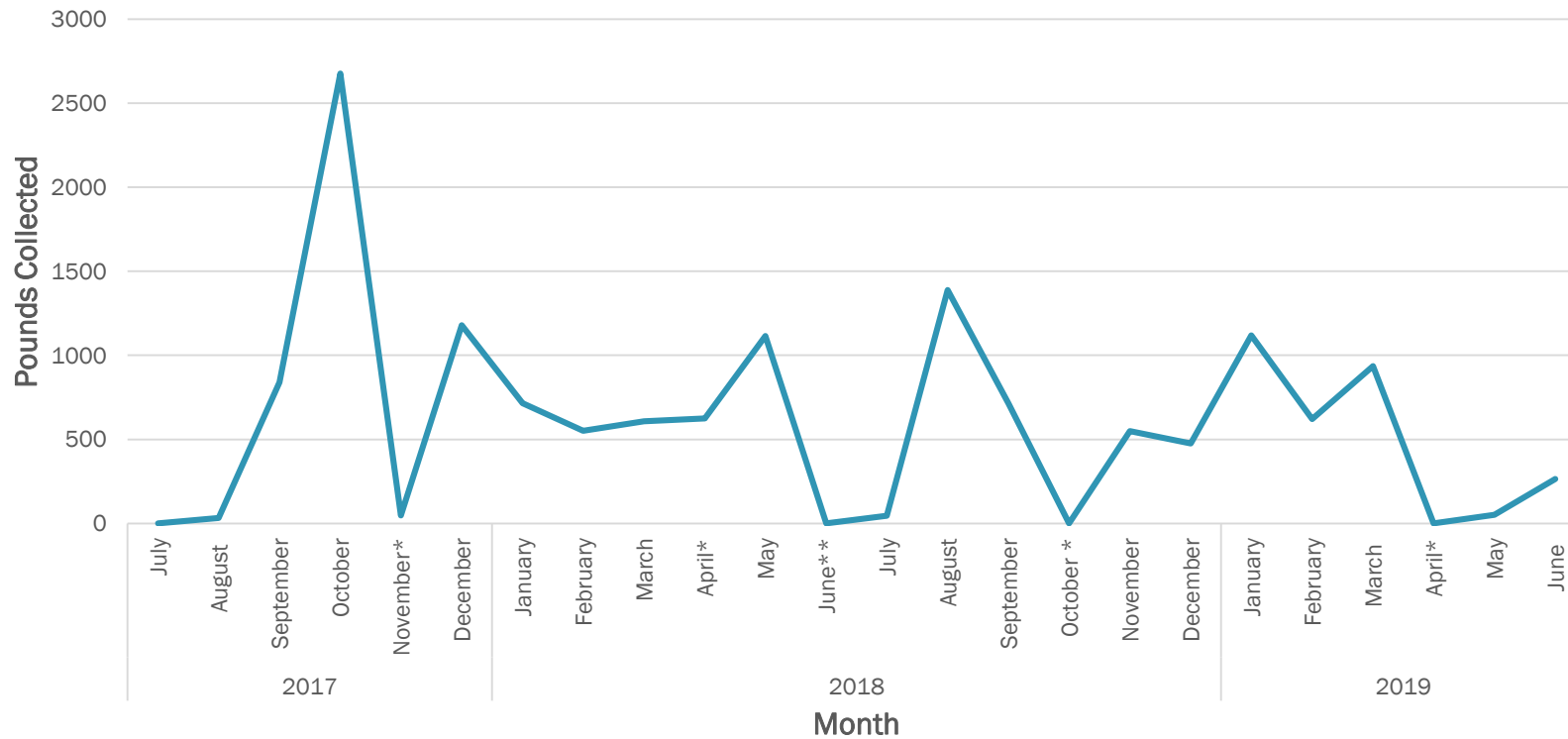
Lamoille County Sheriff Department Pilot Project



- ADAP works with Lamoille County Sheriff Department to develop a tiered system for collection of disposed medication collected by other law enforcement agencies
- Routinely each month, staff from LCSD go to each of the sheriff departments and other law enforcement agencies of VT to collect medication, measure it and transport it safely back to the LCSD
- Medication is stored in at LCSD until the next DEA Take Back Day

Lamoille County Sheriff Department Pilot Project

**Lamoille County Sheriffs' Drug Disposal Pilot Project:
Monthly Collection of Medication from Local Law Enforcement Agencies Statewide**



Lamoille County Sheriff Department Pilot Project

Biggest Challenges:

- Finding space for collected material
- Amount of time required of law enforcement to participate
- Liability to pilot organizers in handling drugs turned in anonymously
- Improper deposit of sharps and other materials in drug take-back receptacles

Lamoille County Sheriff Department Pilot Project

Pharmaceutical Evaluation:

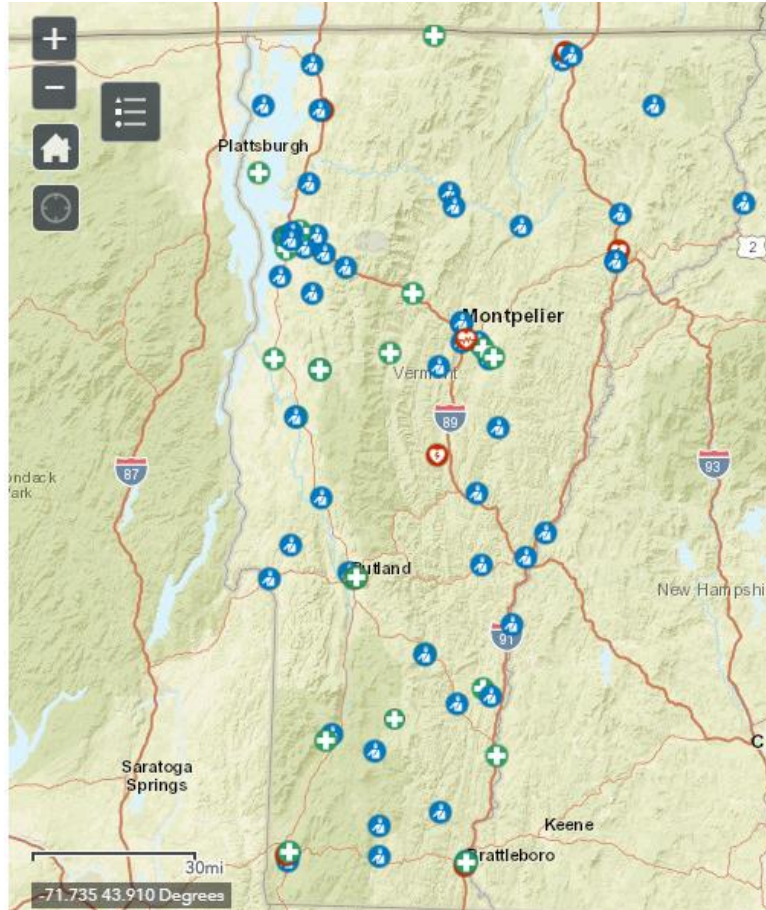
- Agreement between LCSD and Albany College of Pharmacy and Health Sciences
- Bi-annually, pharmacy students and two pharmacists will evaluate the type and amount of medication collected
- Said information will assist in understanding where high levels of opioids are being utilized regionally

Drug Disposal Kiosks

- VDH Contracts with Trilogy (Medwaste Solutions) to fund 24 kiosks and liner replacements
- Provide kiosks and liners to pharmacies and hospitals, and DEA approved Instructions on how to properly ship the medication back and replace the box within the kiosk
- Law Enforcement Agencies utilize CVS's free kiosk program



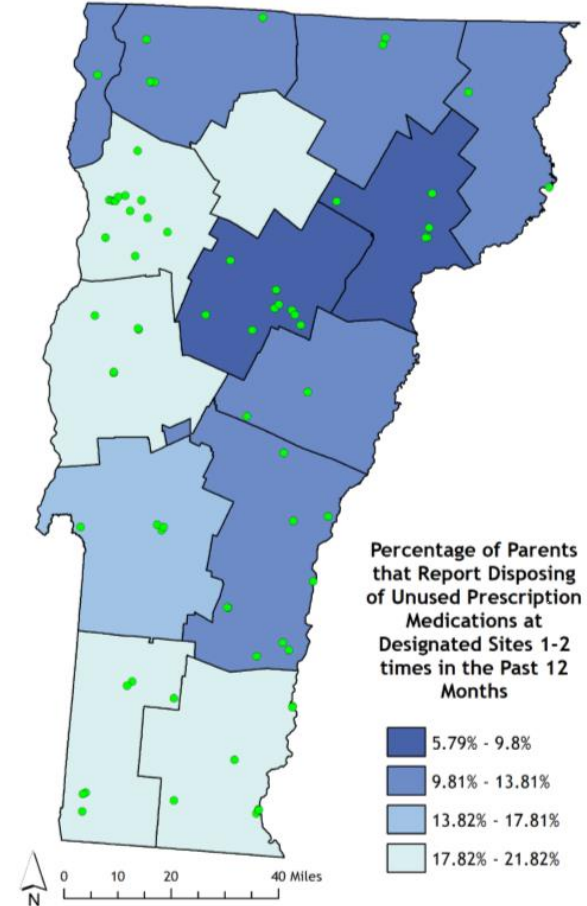
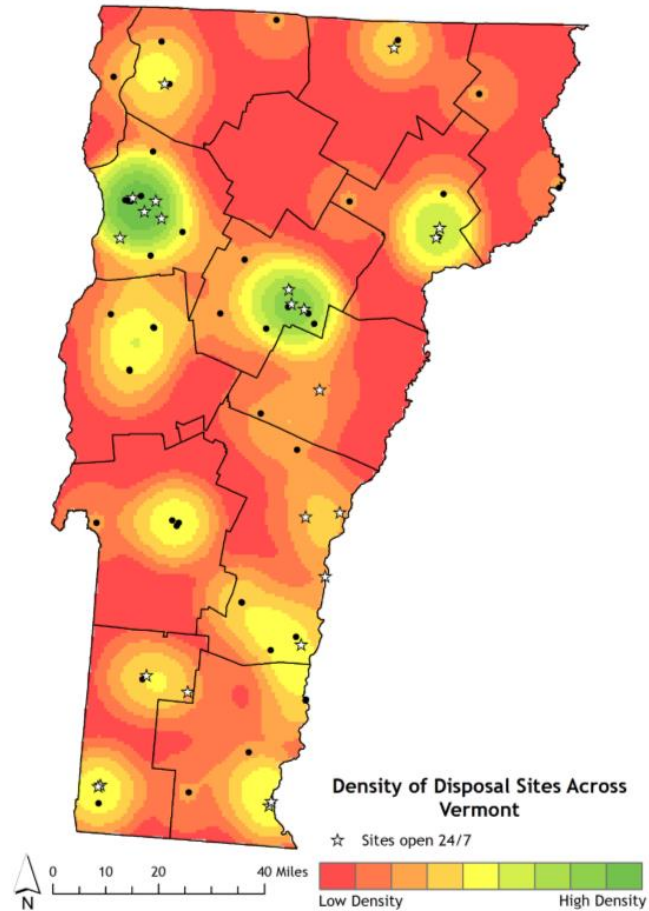
Drug Disposal Kiosks Locator



Prescription Drug Disposal Location

Facility Name	Walgreens
Facility Address	514 Farrell St
Facility Town	South Burlington
Facility State	VT
Facility Phone	(802) 651-0597
Days and Times of Operation	Mon-Fri: 9:00am - 9:00pm; Sat-Sun: 9:00am - 5:00pm
More Information	Call for details
Accepts Pills?	Yes
Accepts Rx Patches?	Yes
Accepts Liquids?	No
Accepts Aerosols?	No
Accepts Sharps/Needles?	No

Density and Usage Rate



Mail Back Envelopes

- Provide Vermonters, especially those with limited access to other drug disposal methods a safe and secure way to properly dispose of medication.
- Can be individually ordered online or picked up at various locations through out Vermont communities.
- Tracked and incinerated to assure destruction and compliance



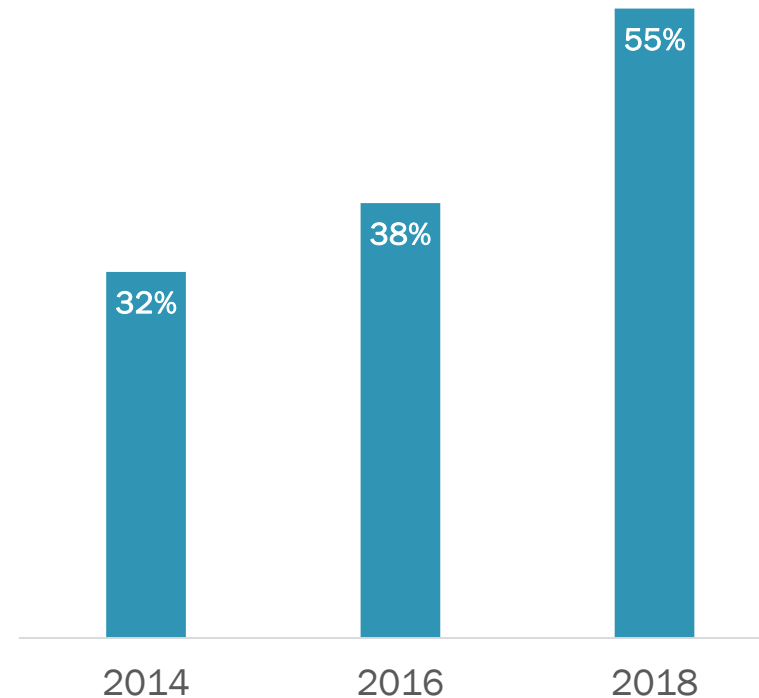
Regional Prevention Partnerships (RPP) Grant & Prescription Drug Disposal

- Outreach and education to communities, including medical providers and prescribers, about the importance of safe use, storage, and disposal of prescription medications
- Support of prescription drug disposal options in the community (drop boxes/kiosks, drug take back days, mail back envelope program)
- Awareness campaigns promoting use of safe drug disposal options in communities

RPP Grantee efforts have contributed to the number of safe prescription drug disposal options in Vermont, and increased community awareness of those options.

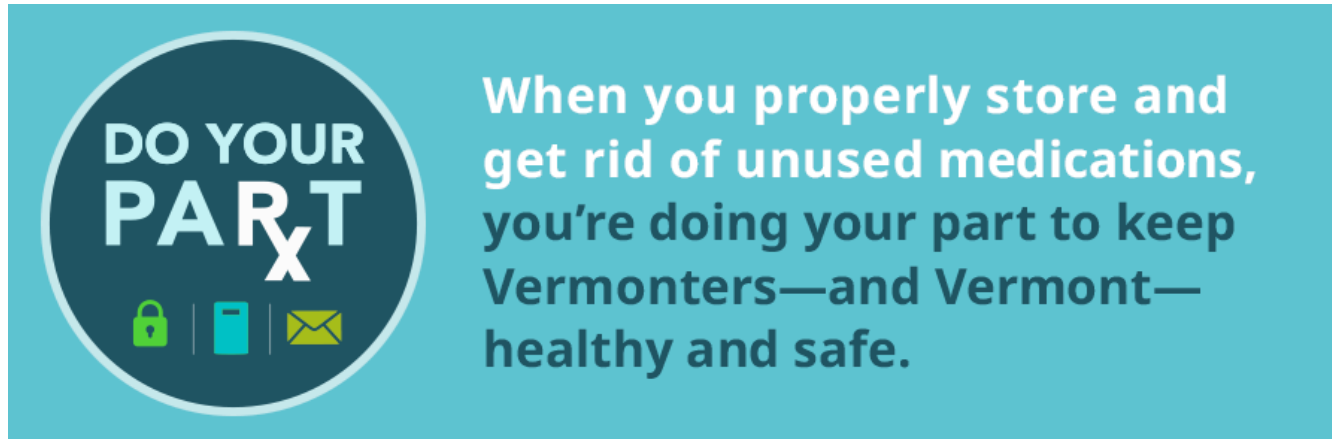
A total of **18 permanent prescription drug disposal locations** have been established throughout the state by RPP Grantees.

More Vermonters age 18-25 have seen or heard information about safe storage/disposal of unused prescription medications has increased.



Source: Young Adult Survey conducted by PIRE

“Do Your Part” Media Campaign



Establishing a cohesive, easily digestible brand that promotes accountability to protect yourself; your family, children, friends and pets; and Vermont waterways and wildlife.



Lock



Drop



Mail

healthvermont.gov/DoYourPart



Thank you!

Let's stay in touch.

Email: Alexander.Homkey@vermont.gov

Web: www.healthvermont.gov

Social: [@healthvermont](https://twitter.com/healthvermont)



Overview of the Statewide Drug Disposal System Evaluation Plan

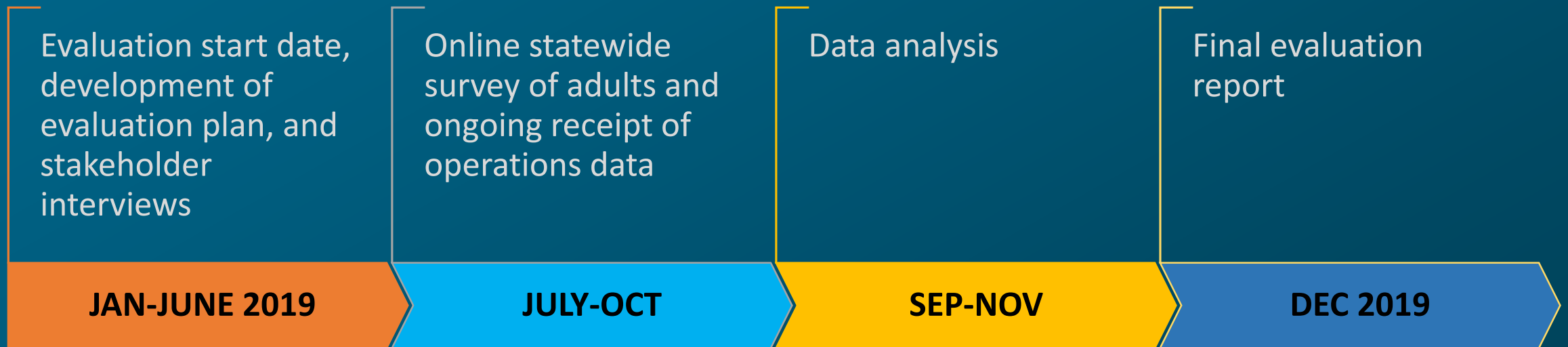
Jessica Edwards

Amy Livingston

Evaluation Overview

- Pacific Institute for Research and Evaluation (PIRE) is contracted by the Vermont Department of Health (VDH) to conduct an evaluation of the statewide drug disposal system.
- The evaluation is collecting quantitative and qualitative data to examine the processes and impact of the statewide drug disposal system and its individual components in order to assist VDH in improving the system.

Evaluation Timeline



Evaluation Questions

- Has there been an increase in *access* to safe drug disposal sites throughout Vermont?
- Has there been an increase in public *knowledge* surrounding proper and safe drug disposal methods?
- Has there been increased *use* of proper disposal methods (i.e., take-back events, permanent safe drop-off sites, mail-back envelopes)?
- Has there been a decrease in prescription drug misuse and abuse?
- How does Vermont's disposal system compare to other states?

Data Sources

- Operations data from the statewide drug disposal system
- Statewide survey of adults
- Existing survey data pertinent to the evaluation
- Interviews with stakeholders across the state
- Review of information about other states' drug disposal systems

Systems Operations Data

- **Lamoille County Sheriff Department (LCSD) Pilot Project Data**
 - Pounds of medication collected, by county
 - Number of miles traveled by LCSD employees
 - Cost to LCSD
- **Data on VDH-funded Drug Disposal Kiosks**
 - Number of kiosks
 - Number of kiosk liners replaced
 - Pounds of medication disposed of
- **Mail-back Envelope Program Data**
 - Number of envelopes disseminated and returned, by region
- **Map on VDH website of drug disposal locations**

Additional Data from VDH

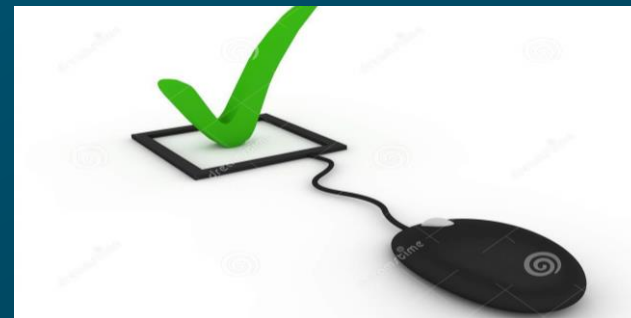
- **Media Campaign Data**
 - Number of impressions on VDH website
 - Do Your Part
 - Over the Dose
- **Albany College of Pharmacy Medication Evaluation Data**
 - Type, amount, and total weight of medications collected through LCSD Pilot Project
- **Vermont Prescription Monitoring System (VPMS) Data**
 - Volume of opioids dispensed

Statewide Survey of Adults

- Online survey (using Survey Gizmo software) of a convenience sample of Vermont residents ages 18 and older
- Includes measures for assessing:
 - Behaviors related to safe storage and disposal (types of disposal options used; types of medications disposed; reasons for disposing of unused medications)
 - Awareness of Do Your Part media campaign and other information about safe disposal options
 - Past 12 month use of prescription medication misuse
 - Suggestions for improving the statewide drug disposal system

Statewide Survey of Adults

- Recruitment via social media (Facebook and Instagram)
- Survey period of approximately five weeks during August and September 2019
- Sample size goal of approximately 1,000 residents



Existing Survey Data

The Vermont Young Adult Survey (YAS) has included several measures relevant to the evaluation:

Item	Response (%)	2014	2016	2018
Is there a drug drop-off location within 5 miles of where you live?	Yes			24.7
	No			11.9
	Don't know			63.3
Recall seeing or hearing, within past 12 months, any information regarding safe storage and disposal of R _x drugs?	Yes	32.4	37.7	55.2
How easy it is for young adults in your community to get prescription pain relievers without a prescription	Very easy or somewhat easy	39.5	37.0	33.2
Perceived risk of using prescription pain reliever that was not prescribed a few times a year	No risk or slight risk	14.2	11.6	13.2
Used any prescription pain relievers that were not prescribed to you in the past 12 months	Yes	6.1	4.5	2.4

Existing Survey Data

The 2017 Vermont Parent Survey on Youth Substance Use also included measures relevant to the evaluation:

Item	Response	Percent
Are there places in your community where you can dispose of unused prescription drugs?	Yes	71.3
	No	4.7
	Don't know	24.0
In the past 12 months, how many times have you taken unused prescription drugs to a drop-off location in your community?	0 times	81.5
	1 to 2 times	15.8
	A few times or many times	2.7

Stakeholder Interviews

- **Purpose**
- To learn from individuals directly involved in one or more components of the drug disposal system to better understand how the system is working and what could be improved.
- **Stakeholders include:**
 - Members of the Drug Disposal Stakeholder Workgroup
 - Vermont Department of Health Staff (central office and district offices)
 - Law enforcement
 - Hospitals and pharmacies
 - Community partners

Review of information about other states' drug disposal systems

- Structure, activities, and experiences of other states' and communities' disposal efforts, including:
 - Collaborations with partners
 - Public awareness efforts
 - Challenges and solutions
 - Successes and lessons learned
 - Sustainability efforts

Stakeholder Interviews



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Interview Questions

- Description of stakeholder's role and involvement
- How disposal works at their site, if applicable
- What has been working well/been successful
- Challenges
- Feedback from public
- Support received and/or desired from VDH
- Suggestions for improving/expanding drug disposal

Participants N=19

Stakeholder role	Number
Drug Disposal Stakeholder Work Group member	5
Department of Health Staff – Local Health	2
Department of Environmental Conservation staff	1
Lamoille County Sheriff's Department	1
Law enforcement	4
Hospital	3
Pharmacy	4
Community partner	4
Type of disposal location represented	
Drop box/Kiosk site	12
Mail back envelope distribution site	7



Photos from the field









Stakeholder Interview Findings – Feedback from Public

- Feedback from the public was generally very positive
- Public concerns include:
 - Interest in saving medications for future use
 - Privacy – who will be looking at what medications they return
 - Someone might try to steal the medications from kiosks
 - More comfortable going to a hospital or pharmacy than police station

Stakeholder Interview Findings – Support from Vermont Department of Health

- Support from the state in obtaining kiosk and/or receiving mail back envelopes for distribution was great
- Additional support desired:
 - Continued supply of liners for the kiosks
 - Templated policies and procedures for setting up and maintaining kiosk would have been helpful
 - Promotional materials that can be customized with local disposal locations

Stakeholder Interview Findings – Successes

- Very easy to participate as a disposal site
- Kiosks have had consistent volume
- Mail back envelopes are a great option
- Local law enforcement has been very supportive and involved
- Law enforcement agencies are happy to have the LCSD pick up meds; frees up storage space; no longer have to wait for take-back days
- Glad there was a stakeholder process (work group) for developing the system
- One hospital has become a resource for others who want to set up a kiosk

Stakeholder Interview Findings – Challenges

- Estimating number of liners needed/frequency of liner replacement
- Funding/sustainability of acquiring and maintaining kiosk
- Addressing concerns and fears about crime related to kiosks
- Limitations on space for kiosks given requirements for 24-hour surveillance
- Inappropriate use: sometimes find sharps, marijuana, other medical products/devices (e.g., inhalers, glucose testing kits)

Stakeholder Interview Findings – Suggestions for Improvement

- Need for sharps disposal option
- More kiosks needed
- Messaging on why it is important to not save medications
- Outreach and education on options through additional channels such as solid waste districts, hospice agencies, bus ads, etc.
- Provide mail back envelopes with pharmacy deliveries
- Work at the policy level to increase contribution of pharmaceutical manufacturers to disposal

Stakeholder Interview Findings – Additional Comments

- Several hospitals and pharmacies have planned to continue to support their kiosk after VDH funding ends.
- Important to have strong partnership with local prevention services providers/coalitions
- One hospital has started a food distribution program that stemmed from how comfortable people seem to be bringing their unused medications to the kiosk at the hospital.

“Every six weeks when we empty that box it makes me smile because I’m thinking of how much we are getting off the streets, out of harms way for people.”

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