



## *Memo*

To: Board of Directors  
From: Josselyn Quine  
Date: February 8, 2024  
Subject: RX Institutional Policy Partnership – Rim Family Services

Ron Barrett with Rim Family Services Prevention Department reached out to the District requesting a spot on the February Board Meeting.

Rim Family Services would like to propose a partnership to prevent continued contamination by improper disposal of prescription medications by:

1. Include monthly mailers providing information about proper prescription drug disposal and the location of local Prescription Drug Take-Back Boxes.
2. Ongoing partnership in disseminating the dangers to the environment and our water supply when disposing of prescription medications by flushing them in the toilet.



# Recommended Dose is Don't

Collaborating on Community Awareness  
on the Dangers of Flushing Medications

# Who We Are

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Rim Family Services is a 501(c)3 nonprofit organization primarily funded by the County of San Bernardino Department of Behavioral Health.

The environmental prevention department focuses on programs and education to limit or prevent access to drugs and/or alcohol.

Environmental prevention is based on the public health model of affecting health-related behaviors by addressing communities. This approach emphasizes the broader physical, social, cultural and institutional forces that contribute to the problems within a community.

# What We Do

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## Coalitions & Clubs:

- Rim Communities for Youth Coalition
- Mind over Matter



## Designated Driver Programs

# What We Do *(cont'd)*

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## Initiatives:

- Alcohol Prevention
- Marijuana Prevention
- Methamphetamine Prevention
- Opioid Prevention



## Strategies:

- Data Collection & Analysis
- Community Organizing
- Policy Development
- Media Advocacy
- Enforcement



# Prevention is Moving Mountains

... one program at a time

## Rim Prevention MENU OF PROGRAMS



### RIM COMMUNITIES FOR YOUTH COALITION

Meets the 2nd Tuesday of every month from 12:00 to 1:00 p.m. online. Email [RCFYCoalition@rimfamilyservices.org](mailto:RCFYCoalition@rimfamilyservices.org) for login information.

### RIM DESIGNATED DRIVER PROGRAM

2-Part Program where the designated driver in your group receives discounts at restaurants and retailers throughout the Rim Communities.  
[rimfamilyservices.org/designated-driver-program/](http://rimfamilyservices.org/designated-driver-program/)



### PRESCRIPTION TAKE BACK BOX

Discard expired or unwanted prescriptions at the Prescription Take Back Box located at the Twin Peaks Sheriff Station and Running Springs Fire Department.



### Influence YOUTH EVENTS

-Game of Skate Competitions -Dances -Movie Nights



### AVAILABLE PRESENTATION TOPICS

-Alcohol - Opioids - Marijuana - Other Drugs  
-Tobacco and E-Cigarettes - Naloxone Trainings

### COMMUNITY PERCEPTION SURVEYS



Contact: Jesse Rogers at  
[jrogers@rimfamilyservices.org](mailto:jrogers@rimfamilyservices.org)  
(909) 206-2928

English Spanish

??%

So what percentage of unused medications are improperly discarded  
by flushing or sewerage?

Sources: National Library of Medicine,  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5972255/>

# Negative Environmental Impact



- Putting unused medications down the drain or flushing them down the toilet may impact downstream drinking water with chemicals. Many medications cause ecological harm, and our current sewage treatment systems are not completely effective in removing all drugs from waterways. (Source: California Department of Toxic Substances Control, <https://dtsc.ca.gov/pharmaceutical-waste/#affects>)
- ... disposing of a pharmaceutical by flushing the pills or tablets down the toilet can release considerably greater quantities of the biologically active drug into sewer waste water ... The U.S. Geologic Services has reported that PPCPs such as steroids, prescription and nonprescription drugs, antibiotics, hormones, and fragrances have been detected in water samples collected from streams considered susceptible to contamination from various wastewater sources such as those downstream from intense urbanization or livestock. (Source: CA Dept. of Toxic Substances Control Human and Ecological Risk Office, <https://dtsc.ca.gov/pharmaceutical-waste/>)
- Millions of us are flushing unused medications down the toilet and discharging them in our body waste—even though sewage treatment plants and septic systems were never designed to deal with such contaminants. Additional discharges by healthcare facilities exacerbate the problem. As a result, researchers have identified traces of pharmaceutical drugs in the drinking water supplies of some 40 million Americans. (Source: Scientific American, <https://www.scientificamerican.com/article/pharmaceuticals-in-the-water/>)



# Negative Environmental Impact (cont'd)

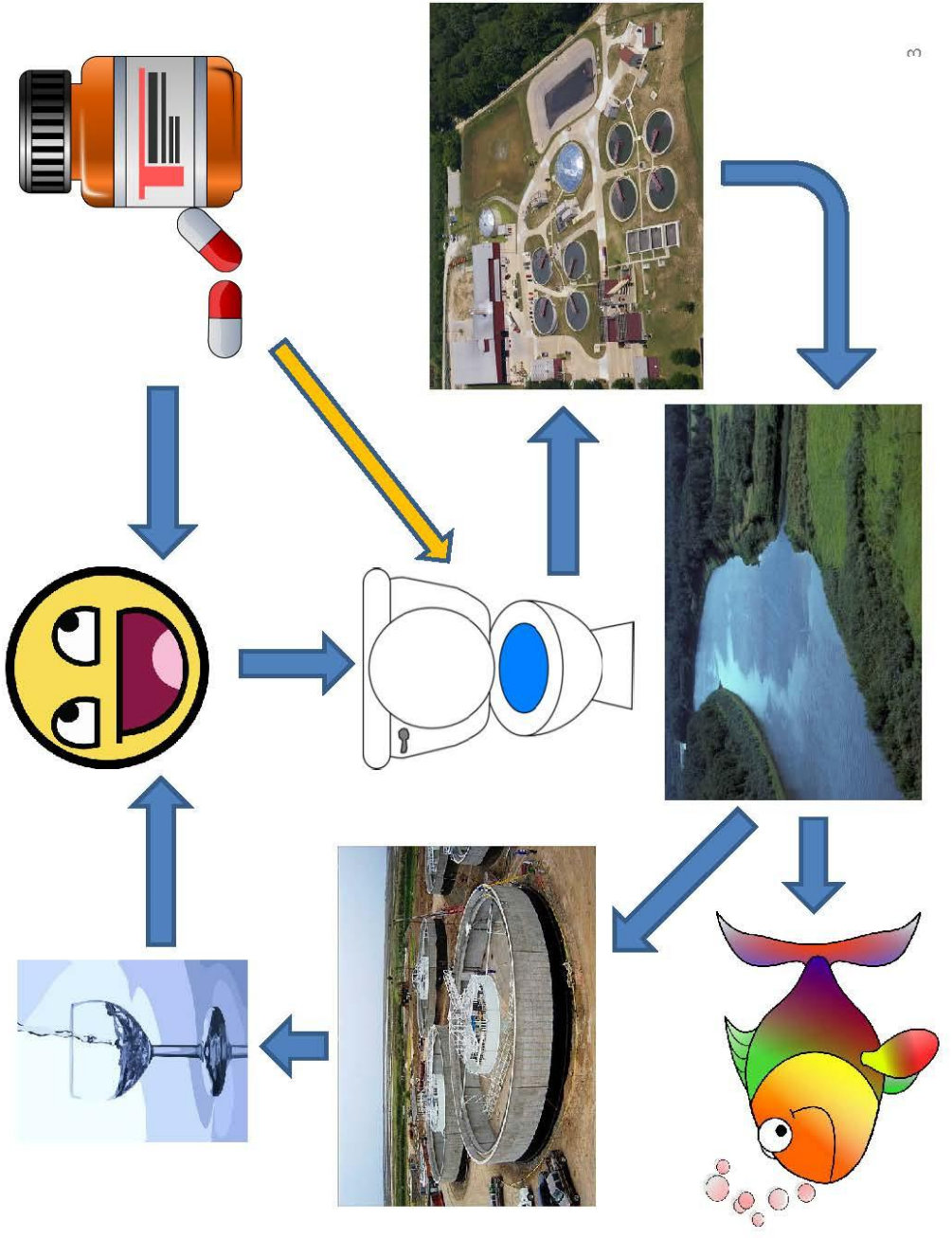


- There is a growing concern about the occurrence of pharmaceuticals in water bodies and in drinking water. Pharmaceuticals get into the water supply via human excretion and by drugs being flushed down the toilet. You might think wastewater treatment plants would take care of the situation, but pharmaceuticals pass through water treatment. (Source: *United States Geological Survey*, <https://www.usgs.gov/special-topics/water-science-school/science/pharmaceuticals-water>)
- In February of 2019, the Environmental Protection Agency (EPA) released its Final Rule on the management of hazardous waste pharmaceuticals. They wrote, “this final rule is projected to prevent the flushing of 1,644 to 2,300 tons of hazardous waste pharmaceuticals annually by banning the drain disposal (flushing, sewerage) of hazardous waste pharmaceuticals.” (Source: *Stericycle/Environmental Protection Agency*, <https://www.stericycle.com/en-us/resource-center/info-sheet/the-effects-of-flushing-pharmaceuticals-infograp>)
- Because of the unique chemical nature of many pharmaceuticals, compounds can remain in wastewater throughout the treatment and discharge process and have been detected in ambient rivers and streams throughout the United States. Once in the environment, they can result in detrimental effects on aquatic wildlife. (Source: *National Center for Biotechnology Information*, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4976290/>)



Image from a supplemental slide show to the EPA's water research topic entitled "Pharmaceutical Residues in Municipal Wastewater"

Source: <https://www.epa.gov/water-research/pharmaceutical-residues-municipal-wastewater>



# Taking Back the Hazard

## 25th Annual National Drug Take Back Day Statistics:

### California:

Collections Sites - 216  
Weight Collected - 27,988 lbs.  
All Time - 1,372,361 lbs.

### Nationwide:

Collections Sites - 4,675  
Weight Collected - 599,897 lbs. (300 tons)  
All Time - 17,900,351 lbs. (8,950 tons)

25th National Take Back Day

October 28, 2023

DEA NATIONAL **Rx**  
**TAKEBACK**

DRUG ENFORCEMENT  
ADMINISTRATION  
DIVERSION CONTROL DIVISION



# Partner with Institutional Policy

## SAFELY DISPOSE UNWANTED OR EXPIRED PRESCRIPTION MEDICATIONS

In an effort to protect the environment and keep prescription drugs out of the hands of our youth, please take advantage of our local prescription drop box.

The Box is available 24/7 inside at the  
**Twin Peaks Sheriff Station**

26010 CA-189, Twin Peaks, CA 92391  
&

Monday through Friday 8a. m. -5p. m.

**Running Springs Fire Department**

31250 Hilltop Blvd, Running Springs, CA 92382



## FOLLOW THESE STEPS FOR SAFE DISPOSAL

1

Take unwanted or expired prescription medications and empty them into a sealable plastic bag.

2

DROP the bag of medications in the prescription drop box

3

Remove labels with any personal information from empty prescription containers and recycle them.



**Aerosols, Liquids and Sharps are NOT accepted at the drop box.**

Rim Family Services would like to propose a partnership to prevent continued water contamination by improper disposal of prescription medications by:

- Including monthly mailers providing information about proper prescription drug disposal and the location of local Prescription Drug Take-Back Boxes
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# Thank You

*For your consideration in partnering with us*

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