

MARCH 2022

NEWSLETTER



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www.quincypartnership.org

Current Project

STARTS WITH ONE

Opioids are now one of the leading causes of injury-related deaths in Washington State. More people die from overdose than from car crashes. The Starts with One campaign is designed to inform and educate young adults, their parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal.

Opioids are a class of drugs commonly used to reduce pain. The illegal drug heroin is an opioid, as are many of the prescription pain relievers prescribed by doctors, including oxycodone, hydrocodone, codeine, morphine, and many others. Opioids can negatively affect the reward center in the brain, leading users to need more and more over time. As a result, these drugs can be highly addictive.

Opioids are not the only painkillers on the market, and they are not always the best way to fight pain. In some cases, even over-the-counter drugs might be more effective, and have fewer side effects. Be sure to ask your doctor about alternatives to opioid prescriptions.

Lastly, sharing prescriptions is never a good idea. When a doctor prescribes you medication, they consider your personal health condition, allergies, and care needs. If you have medication left over that you will not take yourself, the best thing to do is to dispose of it at a medication drop box. The Quincy community has drop boxes located at the Quincy Police

Department, Quincy Community Health Center, and Quincy Valley Medical Center.

If you need a locking medication bag to safely store your prescriptions, please reach out to the Quincy Partnership for Youth coordinator (mlwatson@grantcountywa.gov) and we will provide one for you. Let us help you keep your friends and family safe by providing a safe storage method.

*all information from getthefactsrx.com

one simple step
lock up your meds

Opioids are now one of the leading causes of injury-related deaths in Washington State.
75 percent of opioid misuse starts with people using medication that wasn't prescribed for them—usually taken from a friend or family member?
Simple steps, like locking up medications, can stop them from being misused.

STOP OPIOID ABUSE
Your choices matter

- ✓ Prescription pain medication is highly addictive. Talk with your doctor about other ways to manage pain.
- ✓ Lock up your medications.
- ✓ Safely dispose of unused medications at a take-back program near you. Find one at TakeBackYourMeds.org.

Learn more at GetTheFactsRx.com

Source: Washington State Department of Health
Source: Substance Abuse and Mental Health Services Administration

Washington State Health Care Authority

Sector Highlight

LAW ENFORCEMENT

Quincy Partnership for Youth has received consistent support by our Law Enforcement sector. We collaborate with Quincy Police Department on the Rx Take Back Day twice per year.

“The Quincy Police Department is proud to offer a safe and convenient location to dispose of unwanted or unused prescription drugs. This event highlights the importance of proper disposal and educating the public

on potential abuse of medications.” Captain Ryan Green.

They also fulfill the QPY mission by offering us unique and important perspective on the landscape of substance use here in Quincy. They maintain a regular presence at our coalition meetings and have made themselves available to participate in our newspaper promotions as well as our newsletters. **Thank you QPD for all you do for prevention in Quincy!**

See our website at www.quincypartnership.org for more details.



Upcoming Events

KEY LEADER EVENT
March 24th
6-8:00pm

Join via Zoom!
<https://bit.ly/KLE2022>

RX TAKEBACK DAY

Apr. 20th
at Quincy Police Department,
Quincy Community Health Center
& Quincy Valley Medical Center

Member Highlight

Ryan Green

I have worked in law enforcement for over twenty years and helped raise four boys with my wife, Amanda. My last son is a junior in high school and I understand the importance of maintaining an open dialogue with him.

Quincy Partnership for Youth (QPY) is an opportunity for me to help other kids and spread the message that our community cares. QPY gives me chance to collaborate with other professionals with the same mindset and common goals we all share. The Quincy Police Department and I look forward to a long lasting relationship.



Captain Ryan Green

Prevention Topic

PUBLIC HEALTH APPROACH

The focus of public health is on the safety and well-being of entire populations by preventing disease, rather than treating it. The Institute of Medicine defines public health as follows: "What we, as a society, do collectively to assure the conditions for people to be healthy."

Therefore, a public health approach to behavioral health involves working with allied health professionals, families, schools, social services, neighborhoods, and communities to create conditions that will foster well-being. These important questions are answered using the public health approach:

What? What substance use problems (or other behavioral problems such as mental health problems, suicide, and serious psychological distress) need to be addressed?

Who? Who will the interventions focus on—the entire population or a specific population group?

When? When in the lifespan—or at what specific developmental stage—is the population that the interventions will focus on? (e.g., adolescence, young adulthood)

Where? Where should the interventions take place? Prevention needs to take place in the multiple contexts that influence health and where risk and protective factors can be found—in individuals, families, communities, and society.

Why? Why are these problems occurring? This refers to the risk and protective factors that contribute to or influence the problems.

How? How do we do effective prevention? This refers to a planning process—the Strategic Prevention Framework—that will be used to determine what interventions will be most effective for a specific population group.

*Substance Abuse Prevention Skills Training manual

Upcoming Project

KEY LEADER EVENT: WE ARE ALL IN THIS TOGETHER

Quincy Partnership for Youth will be working in collaboration with prevention coalitions from Moses Lake, Soap Lake, Mattawa, and Royal City to host an event for local key leaders across the county. Dr. Jason Kilmer of Washington University will be presenting about prevention science. He will discuss what it is, why it works, and how we know it works to diminish the rates of youth substance use. Following that presentation, we will hear from Dayana Ruiz of Renew Grant Behavioral Health and Wellness. Dayana will talk more specifically how prevention continues to integrate into our local communities. Finally, all

five coalition coordinators from Grant County will give presentations regarding how prevention has specifically affected our communities and how local leaders can support the efforts. We will be offering a Zoom option to participate. **Please join us via Zoom on March 24, 2022 5:00-8:00 pm to learn all about the hard work being invested in our communities in order to prevent youth substance use.**

Join via Zoom! <https://bit.ly/KLE2022>