



News Now

Mike DeWine, *Governor*
Lori Criss, *Director*

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>>> State Agencies Encourage Older Adults to Be Safe With Medications

Older adults are at increased risk of complications from medication misuse and abuse. Research has shown that three out of five older adults take their prescriptions improperly. Misuse includes skipping doses, not filling prescriptions, and not following the prescriber's directions. The Ohio Department of Aging and the Ohio Department of Mental Health and Addiction Services are using *National Substance Abuse Awareness Month* to alert older Ohioans of the risk and share tips to take, store, and dispose of their medications safely.



Steps older Ohioans can take to avoid medication misuse and abuse:

- Maintain an updated, complete list of medications you take, including prescription and non-prescription medicines, natural and herbal remedies, as well as any vitamins or supplements;
- Discuss your list with all your health care providers who have prescribed or may prescribe medications for you;
- If you have trouble hearing or understanding your health care provider, bring a trusted friend or family member with you to appointments or ask if you can record your visits;
- Ask your pharmacist to explain directions such as “take with food,” “on an empty stomach,” “once/twice/three times/four times daily,” and “as needed;”
- If you’ve been taking a medication for a long time, ask your health care provider if it is still appropriate for you;
- Do not take prescription medications that were not prescribed for you by one of your health care providers and do not share your prescription medicines with others;
- Protect your medications from theft and misuse by others by storing them in areas of your home that are not commonly accessed by others;
- Dispose of unused or expired medications promptly and properly; and
- If you feel that you or a loved one may be misusing medications or exhibiting signs of addiction, talk to a health care provider immediately.

Click [HERE](#) to view a video message from Directors McElroy and Criss. Visit www.aging.ohio.gov/medicationsafety for additional medication tips and resources for older adults.

>>> Peer Listening Sessions Planned

The Ohio Department of Mental Health and Addiction Services (OhioMHAS) Bureau of Recovery Supports is hosting four peer services listening sessions, starting in November. The sessions will feature facilitated discussions regarding the peer supporter training and certification process. Participants should be prepared to share experiences and brainstorm ideas about improvements that can be made. Seating is limited, and will be available on a first-come, first-served basis. For more information, contact peerservices@mha.ohio.gov.

Nov. 15 | Hope Recovery Center – Medina

Dec. 13 | Recovery Center – Cincinnati

Dec. 18 | Sandusky Artisans Recovery Community Center – Sandusky

Dec. 20 | The P.E.E.R. Center – Columbus

In the News

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10.28.19 | *WDTN-TV* [Trauma and Suicide Prevention](#)

10.28.19 | *Columbus Dispatch* [Nonprofit group to create full-time drop-in center for prostitutes, human trafficking victims](#)

10.28.19 | *WRGT-TV* [30 agencies across Ohio to share \\$1.3M for drug abuse response teams](#)

10.28.19 | *Forbes* [5 Ways to Manage Your Mental Health Over the Holidays](#)

10.27.19 | *The Daily Jeffersonian* [Local schools use Red Ribbon Week to talk to students about drugs](#)

10.27.19 | *Dayton Daily News* [Will expanding 'pink slips' curb gun violence?](#)

10.26.19 | *WEWS-TV* [From addict to athlete – Akron personal trainer uses his experience with addiction to inspire others](#)

10.26.19 | *WBNS-TV* [Ohio State's STEPP helping expectant mothers with addiction](#)

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