

August RPC Newsletter

Save a Life, Safely Dispose

The summer season is a busy time, and the Red Rock RPC team knows you don't want another thing to add to your to-do-list. But what if one more thing added to your to-do list could save a life? Dropping off your expired or leftover medicine is hassle-free and essential before your home is filled with guest who might have some back to school stress and want to reach for your medicine cabinet. Red Rock RPC encourages you to take the step and safely dispose your medicine.

The summer season is also a time filled with traveling, adventuring, and trying to beat the heat. While Red Rock RPC hopes you are having an amazing summer, they also know that viruses and infections can sneak up and put a damper on your mood. Some reasons that colds and other viruses may stick around longer in the warm weather can be caused by blasting air conditioning, irregular sleep patterns, and excessively exercising. There's a natural instinct to want to help your friends and family fight their virus and share your medicine. Keep in mind that sharing prescription medicine is illegal. Sharing your prescription medicine can put you or someone you know down a dark and dangerous road. Illegal prescription drug sharing/use can also have some serious legal consequences. Possessing a dangerous controlled substance can either be a felony or misdemeanor, depending on substance. If the prescription medicine is categorized as a Schedule II drug it's automatically a felony on first offense. If the prescription medicine is a Schedule III, IV, or V medication it's a misdemeanor on the first offense and felony on following offenses.

Oklahoma leads the nation in non-medical use of pain medicine (okimready.org). Opioid dependence has been brought to a new light in the past decade. Situations regarding stealing or selling prescription medicine was not something many used to worry about, let alone think about. If you ever have questions or want to be better educated on the subject of opioids visit okimready.org. The best way to avoid endangering your friends and family this season with your left over prescription medicine is to locate your nearest drop box. The two main drop box locations for your county are:

Custer County Sheriff's Office

700 N 7th St

Arapaho, Ok 73620

Weatherford Police Department

201 SW Main St

Weatherford, Ok 73096

Red Rock recommends that this task is one that you add to your pre back to school to-do list. Safely dispose and potentially save a life.

Back to school Blues?

Children who use alcohol have higher rates of academic problems and poor school performance compare with non drinkers.

Make your future a priority.

RPC STAFF

Ashley Cline-Director of Prevention

Programs

ashleyc@red-rock.com

405-422-8871

Lynsi Mayfield-RPC Director

lynsim@red-rock.com

580-323-9736

Sarah Keeth-RPC Coordinator

skeeth@red-rock.com

405-422-8873

August Calendar

August 8th-Custer Health Action Team meets at 12pm at Corn Heritage Village in Weatherford, OK

August 14th-Caddo County Interagency Coalition meets at 12pm; place TBD

August 19th-Kiowa County Coalition meets at 1pm at Kiowa County Health Department in Hobart, OK

August 27th-OPPA meets at 11am at Gateway to Prevention in Shawnee, OK

August 28-29th-ODMHSAS Provider Training in OKC



Looking for volunteer experience or to explore career's? Red Rock RPC is looking for youth to join us on Alcohol Compliance Checks. Contact Sarah at 405-761-1146

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