

# Clinton Collaborative Council

## Clinton County Strategic Prevention Framework for Prescription Drugs Grant (SPF-RX)

PREVENTION STARTS WITH US - Empowering Communities, Saving Lives

**Who We Are** - The Clinton Collaborative Council (CCC) is a group of community partners working to sustain the SPF-Rx grant's efforts. This includes Academic Detailing, face-to-face educational visits with healthcare providers, and sharing SAMHSA's Overdose Prevention Toolkit with the community to reduce prescription drug misuse and prevent overdose deaths in Clinton County.



*"You don't have to be a substance use expert to make a difference. You just have to care about your community."*  
Community Anti-Drug Coalitions of America (CADCA):

### The Problem:

- ✓ Youth have a low perception of harm in misusing prescription drugs
- ✓ Clinton County has a high number of patients who take more than one controlled substance prescription at the same time.



**46% OF Clinton County 11th Graders** say that it is easy to get medications not prescribed to them, and they have a low perception of harm in misusing them, 2021 Iowa Youth Survey

According to data from the Centers for Disease Control and Prevention and Iowa Department of Health and Human Services Prescription Monitoring Program Data (2018-2022), Clinton County prescribers had the 5<sup>th</sup> highest rate for prescribing opioids and benzodiazepines together

Taking opioids and benzodiazepines together, even briefly, can be dangerous. Both drugs slow down the central nervous system, which controls vital functions like breathing and brain activity. The combination can lead to extreme drowsiness, slowed or troubled breathing, coma - or even death.

*"We just want our parents to actually talk to us about this stuff and then listen and not judge us. We don't want to worry about getting in trouble for being honest"* – a Clinton County High School Sophomore (when asked what's one thing they wished their parents knew)

### Our Members

- 👤 **Michelle Cullen**  
Healthcare
- 👤 **Emily Regenwether**  
Healthcare
- 👤 **Kelli Eggers**  
Environmental Health
- 👤 **Lauren Schwandt**  
Prevention Specialist
- 👤 **Mary Hightower**  
Healthcare
- 👤 **Aubrey Winslow**  
Education
- 👤 **Carolyn Weets**  
Prevention Specialist



**EMPOWERING A COMMUNITY**  
To Prevent and respond to overdose

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### Accomplishments to Date

- To reduce the number of youth who say it's easy to get prescription drugs, we are targeting access at home. By equipping parents and caregivers with the SAMHSA Toolkit and the Monitor, Secure, Dispose message, we're promoting safe storage and disposal of prescription drugs. With nearly 600,000 impressions across a variety of media channels, this outreach supports long-term change by increasing awareness.
- Our long-term goal is to reach 50% of Clinton County's 108 prescribers (54 total) by October 2026 with academic detailing services. To date, 39 prescribers have received best practices for safe prescribing and patient education materials. With over 17 months remaining in the grant cycle, we're right on track to meet this goal.

### KEEP YOU AND YOUR LOVED ONES SAFE

OVERDOSE IS PREVENTABLE



#### MONITOR

Keep track of medication and take only as directed



#### SECURE

Keep medications out of sight and in a safe, secure location



#### DISPOSE

Drop off medication at local takeback locations  
to find a local drop off location go to [csaciowa.org/prescription-drugs](https://csaciowa.org/prescription-drugs)

### EMPOWERING PARENTS AND CAREGIVERS

Helping them to learn how to protect their loved ones by safely managing medications at home and giving them the tools to start important conversations with their kids.

The Strategic Prevention Framework for Prescription Drugs (SPF-RX) grant is funded by Iowa Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA)

### EMPOWERING OUR HEALTHCARE PARTNERS

Clinton County has healthcare partners that embrace small changes that make a big impact.

#### What can providers do to help?

##### Use non-opioid treatment.

Opioids are not first-line or routine therapy for chronic pain. Recommend non-opioid or non-pharmacological treatment.

##### Review the Prescription Monitoring Program (PMP).

##### Avoid concurrent prescribing.

Check prescription monitoring program data for high dosages and prescriptions from other providers. Avoid prescribing opioids and benzodiazepines concurrently whenever possible.

##### Start low. Go slow. Follow up.

When opioids are started, prescribe them at the lowest effective dose and follow-up with the patient within one week.

##### Prescribe naloxone.

Naloxone is now free in Iowa at most large pharmacies. Visit [www.naloxoneiowa.org](https://www.naloxoneiowa.org).

##### Provide YLI resources for all patients.

Visit [YourLifelowa.org](https://YourLifelowa.org) for resources and help with alcohol, drugs, gambling, suicide and mental health. Call 855-581-8111 or text 855-895-8398.

### Secrets to Our Success

- Strategic media campaigns that maximize community reach
- A commitment to listening, learning, and adapting based on real feedback from youth, young adults, parents, caregivers, and those with lived experience
- Collaboration with coalitions and community partners, prescribers, pharmacists, and brain health professionals to strengthen prevention and support families

### We Need Your Help!

Whether you're a parent, provider, educator, or concerned community member – you can make a difference!

Join the **Clinton Collaborative Council** as we work to spread awareness, share resources, and support prevention efforts across Clinton County. Email Carolyn Weets at [carolyn@csaciowa.org](mailto:carolyn@csaciowa.org) to get involved.

To view the SAMHSA Overdose Prevention and Response Toolkit, find local medication drop-off locations, and more, visit: <https://csaciowa.org/prescription-drugs>