

National Drug Take Back Day

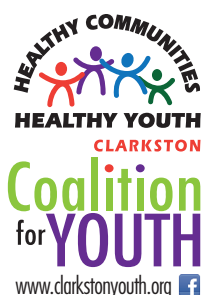
Wednesday, June 3, 2015 • 7:30am–4:30pm

Independence Township Oakland County Sheriff's Substation
6560 Citation Drive, Clarkston, MI 48346

**To Keep Our Kids and Our Seniors Safe,
and Waterways Clean**
dispose of unused, unneeded or expired medications.



Can't make this date? Citizens can drop off medications at the Independence Township Oakland County Sheriff's Substation off of Citation Drive in Clarkston, Monday–Friday, 7:30am–4:30pm.



21 locations throughout
Oakland County.
For more info visit
www.oakgov.com/sheriff



Keeping Kids Safe

Help prevent prescription and over-the-counter drug abuse. Follow these basic suggestions and contact **Clarkston Coalition for Youth** to learn how you can help.

5 WAYS TO SAFEGUARD YOUR MEDICATIONS

- 1 Don't tell many people about your medication types.** Keeping your prescription types private may help in preventing unwanted attention to your medications. Not telling others about your medications will also keep your medical problems private.
- 2 Don't give many people access to your medication.** Minimize the number of people who help you with your medications.
- 3 Know how much medication you have.** Do a routine count of your medications on a regular basis to make sure none are missing.
- 4 Discard unused medications properly.** Regularly dispose of unused or expired medication **SEE BACK OF THIS FLYER**. Do not keep in your home once treatment is complete or you are not using certain medications any longer.
- 5 Lock up your medications.** Medication lock boxes are a good way to keep strong medications secure at home. It is an easy way to establish sound prevention habits too-FREE while supplies last, contact the Coalition at the number below.

Federal, State and/or County funding has been provided through the Oakland County Health Division Office of Substance Abuse Services to support the project costs.

BE THE SOLUTION

Prevent Prescription Drug Misuse

- **Talk to your children** about the dangers of abusing prescription drugs.
- **Educate your children** about the importance of not sharing medications with others.
- **Always follow the dosage instructions** included with the medication.
- **Be a positive role model** when using prescription drugs yourself.
- **Know your child's friends and their parents.**
- **Research alternatives** to medication: Exercise, meditation and acupuncture.

CARING FOR AN OLDER ADULT?

Medicine and alcohol misuse can happen unintentionally. Know some signals that may be an indication of alcohol or medication-related problems.

Call the Independence Township Senior Adult Activity Center at (248) 625-8231 and ask for the Senior Services social worker or call your doctor.

The **Clarkston Coalition for Youth** focuses on the positive steps to strengthen families, help youth find meaningful roles in the community, build bridges for communication within and across generations, and form partnerships with other youth-serving groups in and around our community.

The **Coalition** is a non-profit organization funded through the Alliance of Coalitions for Healthy Communities, along with private and business donations. It consists of individuals and organizations that recognize the importance of valuing and supporting positive youth development.

Make a difference in your community. Please visit our website for more information on the Coalition or contact us if you would be interested in helping:

www.clarkstonyouth.org
info@clarkstonyouth.org

Sign up for email blasts at: www.clarkstoncalendar.org

