



**What's New!**

**1st Annual Pill Dump Days A Great Success!**

Thanks to several good hearted volunteers, good weather and 89 people from Osage County, the Osage Nations Prevention Program First Annual Pill Dump Day was a great success. We traveled and set up at the following sites:



Title VI we saw 9 people and collected 24 scripts, Fairfax-22 people and 101 scripts, Prue-0, Hominy -13 people and 59 scripts, Barnsdall-20 people and 139 scripts, Pawhuska Cedar Ridge-6 people and 32 scripts, Pawhuska Community Center-16 people and 91 scripts, Skiatook-3 people and 90 scripts. The total on liquids or unknowns-99.

The total number of pills-22,754.5 These pills are now off the streets and out of the environment. We are all so very proud of the hard work from our volunteers. The event had a wonderful turnout . Several locals asked, would we be doing an event like this again,

the answer is yes. We plan on having the Prevention Pill Dump Day 2 times a year: 1 in the Spring and 1 in the Fall.

The Osage Nation Prevention Program would like to thank everyone who helped to make our 1st Annual Pill Dump Days such a great success!

**Mission Statement:**

**The Osage Nation Prevention Program is on the path to a safe and healthy Reservation for our people by reducing substance abuse among our youth and community members.**



## **PRESCRIPTION PILLS : WHAT TO DO WITH THEM**

Many people toss expired or unused medications in the trash or flush them down the toilet. Some components of these drugs end up in our lakes, streams, and water supplies. According to the U.S. Fish and Wildlife Service, “The improper disposal of unused medications by flushing them or pouring them down the drain may be harmful to fish, wildlife and their habitats.” Additionally, throwing medications away in the garbage may be dangerous since they can end up in the mouths of children or household pets.

According to an Associated Press investigation reported in early 2008, “A vast array of pharmaceuticals — including antibiotics, anti-convulsants, mood stabilizers and sex hormones — have been found in the drinking water supplies of at least 41 million Americans.”

Since the amount of the drugs found in our water supply is hundreds or thousands of times lower than the quantity found in the medications that we take, it is not clear what the potential harm is to humans. However, research has shown that there can be effects on animals that live in the water such as fish and frogs.

**Pills and other forms of medication should never be flushed down the toilet. Flushing pills and liquid medication can harm the environment.**

### **How Do Medications Get into Our Water?**

Drugs enter our water supply in several ways:

- Many of us have medications that we no longer take, that have expired, or were used by someone who died. Most of these medications are flushed down the toilet or, in the case of liquids, poured down sink drains.
- When we take a medication, our bodies absorb some of the drug. The remainder passes through us (in our urine or stool) and is flushed down the toilet.

In both cases, the wastewater is treated by our local sewage facilities before it is discharged into local reservoirs, rivers or lakes. Most of these water treatments do not remove the entire drug residue. Some of this water then may go to drinking water treatment plants and piped to our faucets

A study by the United States Geological Survey done in 1999 showed that in 80% of the streams sampled contained detectable levels of compounds found in common medications. National attention is growing to develop more appropriate methods of safely disposing of unwanted medications.

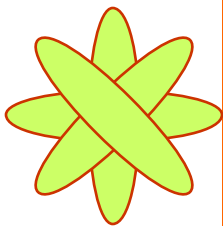
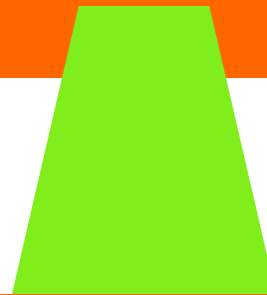
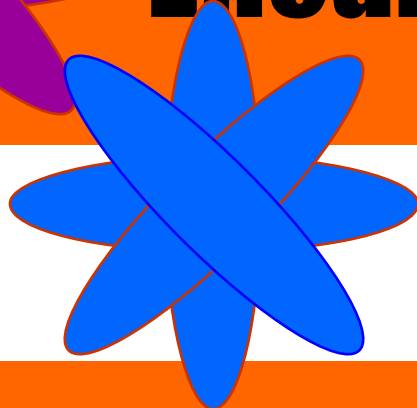
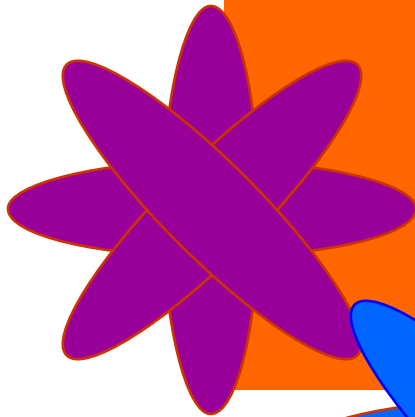
The Osage Nation Prevention Department will be announcing it's second pill dump days in the spring of 2010. Please continue to save your unwanted meds for us to dispose of properly.



# Prevention

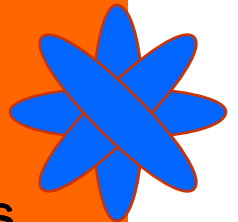
# Youth

# Encampment



With LIVE D.J. on Oct. 23rd

at 5p.m. at the Cultural Center



There will be fantastic door prize's, tee-shirts,

Nintendo Wii & Nintendo DS game

systems, gift cards, DVD players, movie's a

guest speaker and many other exciting

events.





**Osage Nation  
Prevention Programs**

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**We're on the Web!**

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GET A HEAD  
DON'T DO DRUGS!



**Upcoming Events:**

**Oct. 21, 2009**—Osage Nation Health Summit @ the Cultural Center

**Oct. 23, 2009**—Osage Nation Prevention Program Annual Youth Encampment starts at 5p.m. ends at midnight. @ Cultural Center

**Oct. 26, 2009**—Drug Free Team meeting @ the Pawhuska Library @ 3p.m.

Is Prevention something that you would like to have more information on? Something you would like to teach your students, youth group, or employees? We want to give you more information on Drug and Alcohol Prevention and would love to come and speak to your group or just provide informative information for you.

Please give us a call at 918-287-5595

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