

THE ADDERALL DILEMMA

Truth About Prescription Stimulant Abuse

Facilitator's Notes

General approach to the workshop: This program is designed to be a skit- and discussion-based workshop to raise awareness about the dangers of prescription stimulant abuse. The presentation could be given to any size audience but may be best conducted with small groups to allow meaningful discussions. As a presenter of this program, your goal is to relay useful information (provided in the program materials) and encourage student discussion. The program was designed to include both scenes of "The Adderall Dilemma", but if time is limited only one of the two scenes could be utilized. If only one scene is to be presented, we recommend that the narrator's introductory statement on page one of the script be included. The program could be of various durations but should minimally require 20-30 minutes.

The workshop focuses on the dangers of prescription stimulant misuse and abuse toward the goal of prevention. However, do not imply that the danger lies in taking these prescription medications per se. It is the non-medical use of these medications, their use without a prescription from a healthcare provider or their use in ways other than prescribed, that we are trying to prevent.

Definition of "misuse" and "abuse" of prescription drugs:

The words "misuse" and "abuse" are commonly used when talking about this issue, often interchangeably. We are actually trying to prevent both of these behaviors. The "misuse" of a prescription drug refers to its use in ways other than as directed by the prescriber, but not for non-medical reasons or the feeling it causes (e.g., to get "high"). The "abuse" of a prescription medication refers to its non-medical use for the feeling it causes.

Workshop Agenda

1) Introduction of workshop facilitators

Introduce each workshop facilitator and perhaps provide e-mail addresses for follow-up questions. Facilitators may include faculty or staff members as well as students. If presenting to a small group, you may wish to ask your audience to introduce themselves as well.

2) Perform each scene(s) and follow with selected (or all) discussion questions.

Actors should feel free to alter the scripts to use language/wording that is more comfortable to them, without changing critical content.

3) Conclude the workshop

Conclude the program by taking questions, distributing copies of the handout, and asking your audience to complete a program evaluation.

Materials needed: The skit scripts with discussion notes, as well as the scripts without discussion notes for use by the actors, are provided. A corresponding handout based on the program's key messages is provided as well. These are designed to encourage discussion. A program evaluation instrument is also provided for your audience to complete at the conclusion of the workshop.

Selection of "actors" for the two scenes: All speaking parts could be played by program facilitators or recruited from members of the audience. The parts for the narrator might best be read by a facilitator who could also lead the subsequent discussion, but a member of the audience could also be selected to read this part as well. In the latter case, a program facilitator should lead the ensuing discussion.

Procedure for discussion: Subsequent to each of the two scenes provided as components of "The Adderall Dilemma," sets of discussion questions are provided. The facilitator may pick and choose which of these questions to use, but we do recommend that you start with discussion question #1 in both cases. These initial questions relate to the concluding content of each scene. You are encouraged to give the audience adequate time to reflect upon and discuss each of the discussion questions. In some cases, "notes" are provided which may be helpful in these discussions. Additional information/statistics from the facilitator may be interjected at any point.

Preventing the Misuse and Abuse of Prescription Medications

www.fda.gov (Food and Drug Administration)

www.easyread.drugabuse.gov (Easy-to Read Drug Facts, National Institute on Drug Abuse)

The Generation Rx Initiative (go.osu.edu/generationrx or cardinalhealth.com/generationrx)

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go.osu.edu/generationrx



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