



ONE TOO MANY

COMMUNITY TOOLKIT

**Script
Wise**

Preventing
prescription
medication
misuse.

PURPOSE

ONE TOO MANY

Currently, *One Too Many* Victorians lose their lives to prescription medication related overdose.

ScriptWise's *One Too Many* initiative is dedicated to:

- Raising awareness about the risks associated with the long-term use of prescription medications such as opioids or benzodiazepines
- Ensuring Victorians understand the role and importance of SafeScript in saving lives across the State
- Empowering communities to increase and improve local preventative strategies and activities

GET INVOLVED

There are many ways you and your organisation can get involved in or support the *One Too Many* initiative. Here are three key ways you can be get involved:

- 1. HOST A LUNCH AND LEARN**
- 2. ENGAGE ON SOCIAL MEDIA**
- 3. SHOW SUPPORT IN YOUR WORKPLACE**

HOST A LUNCH AND LEARN

There are many ways you and your organisation can support and get involved in the *One Too Many* initiative.

HOST A LUNCH AND LEARN

You and/or your organisation can play an essential role in ensuring local community members know how to use potentially addictive medications safely.

WHAT IS A LUNCH AND LEARN?

- A 'lunch and learn' is an event that you can hold in your workplace or within your community to spread the One Too Many message. A lunch and learn typically includes:
 - Screening the One Too Many video
 - A presentation on the issue (e.g. from a local health professional or a person personally affected by this issue)
 - A short QandA or discussion

We liked the alliteration of a 'lunch and learn' but it's really up to you to decide the event you'd like to hold. It may be more appropriate to hold a breakfast event or a morning or afternoon tea.

ScriptWise has developed a 'Lunch and Learn Toolkit' to help support you to run an event in your community.

To access the full Toolkit, please contact megan@scriptwise.org.au

ENGAGE ON SOCIAL MEDIA

Help get the word out about the *One Too Many* initiative to your social media network.



FOLLOW US ON TWITTER @SCRIPTWISE



LIKE US ON FACEBOOK



SUBSCRIBE ON YOUTUBE

SOCIAL MEDIA

PRESCRIPTION MEDICATION DEPENDENCE CAN HAPPEN TO ANYONE. HELP GET THE WORD OUT!

One Too Many is dedicated to increasing understanding about the risks associated with using medications such as opioids or benzodiazepines long-term.

You can help get the word out on social media by sharing any of the resources on ScriptWise's social media.

PERSON-FIRST LANGUAGE

We can help reduce the stigma around dependence and addiction issues by using person-first language. This language is already used in relation to most health issues: people with depression, for example, are not called 'depressives', nor are people with type 2 diabetes called 'sugar abusers'.

Some examples of using person-first language include writing

- "people who use prescription medications" (not 'users')
- "people with prescription medication dependence (not 'addicts')
- 'people in recovery' (not 'clean')

SUGGESTED TWEETS

One Too Many Victorians lose their lives to prescription medication related overdose. Find out more at www.scriptwise.org.au/one-too-many #OneTooMany



You can become dependent on opioid medications within five days. Find out more about preventing prescription medication harms @ www.scriptwise.org.au/one-too-many #OneTooMany

Learn more about managing chronic pain and/or anxiety without the associated risks www.scriptwise.org.au/one-too-many #OneTooMany



One Too Many Victorians don't know the risks of using prescription medications such as opioids or benzodiazepines. Find out more at www.scriptwise.org.au/one-too-many #OneTooMany

You're not alone. Prescription medication dependence is a common consequence of the long-term use of opioids #OneTooMany



PROMOTE YOUR EVENT

DON'T FORGET THAT SOCIAL MEDIA CAN BE A POWERFUL WAY TO ENCOURAGE PEOPLE TO ATTEND

Once you've gone to the trouble of creating and organising a Lunch and Learn, you want to ensure you have a packed audience!

You might like to use social media to:

- 1. CREATE A FACEBOOK EVENT**
- 2. CHANGE YOUR BANNER IN SUPPORT OF ONE TOO MANY**
- 3. SHARE SCRIPTWISE SOCIAL MEDIA POSTS WITH DETAILS OF HOW TO RSVP TO YOUR EVENT**

SHOW SUPPORT AT YOUR WORKPLACE

Help raise awareness about this issue by putting posters up in your workplace or around your local community.

MORE QUESTIONS?

VISIT [WWW.SCRIPTWISE.
ORG.AU/ONE-TOO-MANY](http://WWW.SCRIPTWISE.ORG.AU/ONE-TOO-MANY)

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A ScriptWise initiative