MY ACTION PLAN

An action plan is a specific action that you are confident you can accomplish within the next week. It’s an agreement or contract with yourself.

When writing an Action Plan, be sure it includes:

1. What you are going to do.
2. How much you are going to do.
3. When you will do it
4. How often you will do it.

Example 1: This week I will *write down a list* of all my current medications (*what*) for 30 minutes (how much) after dinner (when) one time (how often) to bring with me to medical appointments.

Example 2: Starting this week I will locate a safe place to store my medications and *check that they are accounted for*, (what) for 10 minutes (*how much*) in the morning (*when*), once, every day (how often).

 [what]

[how much]

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [when]

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [how often]

How confident are you that you will complete your entire Action Plan during the week?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| (Circle) 0 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| not at all |  |  |  |  |  |  |  |  | totally |
| confident  Check off each day you |  |  |  |  |  |  |  |  | confident |

accomplish your plan Comments:

Monday

Tuesday

Wednesday

Thursday

Friday Saturday Sunday

Preventing Opioid Misuse and Abuse Presentation Notes Page

Use the space below to take notes during the presentation. There may be items you want to discuss with friends, family, or health care provider.

Life’s Simple 7 tips for preventing opioid misuse and abuse:

1. Discuss non-medication and non-opioid options for managing your pain
2. Take medications only as prescribed
3. Keep a current list of all your medication
4. Keep opioids in a safe place
5. Never give away or share medications
6. Review your medication with your provider at every visit
7. Safely dispose of unused opioids

**Resources**

**Dial 211 from anywhere in the United States to be connected to a community resource specialist in your area who can help you find behavioral health or addiction treatment services and resources available to you locally.**

**https://www.cdc.gov/drugoverdose/patients/materials.html Centers for Disease Control and Prevention** provides patients and caregivers with up-to-date information on preventing opioid misuse, pain management, expectations for opioid therapy, and more.

**https://www.nia.nih.gov/health/safe-use-medicines-older-adults** This National Institute on Aging interactive site provides information on medicines, medication management, and questions to present to your physician on potential non-opioid medication alternatives.

**https://apps.deadiversion.usdoj.gov/pubdispsearch** The U.S Department of Justice, Drug Enforcement Administration allows you to find controlled substance public disposal locations.

**http://www.againstopioidabuse.org/** the Allied against Opioid Abuse national education and awareness initiative, aids to prevent abuse and misuse of prescription opioids. They provide education tools on the rights, risks and responsibilities associated with prescription opioids.

[**https://www.findtreatment.samhsa.gov/**](https://www.findtreatment.samhsa.gov/)This Substance Abuse and Mental Health Services Administration site offers a behavioral health treatment services locator, an anonymous source of information for persons seeking treatment facilities in the United States for substance abuse/addiction and/or mental health problems.