



## ***What's Lurking in Your Medicine Cabinet Could Cause Harm*** *April 15 is National Clean Out Your Medicine Cabinet Day*

**For Immediate Release**

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(Oneida, Wis.) – This year, April 15 is not only Tax Day, but also Good Friday and the start of Passover. It is also [National Clean Out Your Medicine Cabinet Day](#), a day to raise awareness and get rid of unused or expired prescription and over-the-counter medications.

“Prescription opioid misuse is an ongoing and increasing problem,” said Mari Kriescher, director of [Oneida Behavioral Health](#). “We see it every day. In many cases of opioid addiction, it starts with leftover drugs in someone’s bathroom cabinet.”

Kriescher adds that opioids are just one of many medications that can be found in the average medicine cabinet; medications that can be dangerous when abused by a patient or family member. The list of potentially harmful prescriptions includes antidepressants, muscle-relaxers, sleep aids as well as ADHD, blood pressure, heart and even pet medicine.

Kriescher says cleaning out the medicine cabinet is really just the first step; proper disposal of unused or expired medications is also very important. Flushing medications down the toilet can cause environmental problems in the water supply and simply throwing pills or other items into the trash can lead to environmental issues.

“The best way to dispose of those unwanted medications is to take them to a permanent drug drop box, such as the one at our police headquarters,” said Oneida Police Chief Eric Boulanger. “Proper disposal of pills helps in many ways, including keeping them out of the hands of young people and preventing theft. It’s an important way to protect individuals, families and the community.”

The [Oneida Police Department](#) is located at 2783 Freedom Road in Oneida. The drug take back box is near the building’s front entrance. Prescription and over-the-counter medications are accepted, including capsules, creams, ointments, pills, patches and vials. Before taking your medications for disposal, be sure to:

- Review the packaging to see if there are specific instructions for disposal
- Remove all personal information from the packaging

“Even if you can’t participate right on National Clean Out Your Medicine Cabinet Day, be sure to find the time in the near future to toss out those unused medications,” Kriescher added. “You could be sparing someone from addiction or overdose.”

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***Oneida Behavioral Health (OBH)*** offers a wide range of services to members of the Oneida Nation and their families, including individual adult, youth and children's therapy, ATODA services, suicide prevention, depression awareness, grief counseling and more. Services are provided at locations including the Ka?nikuhli.yo Family Center, Anna John Resident Centered Care Community, Veterans office and Oneida Nation schools.

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