



Safe Medicine Return in Rural Oregon November 13, 2025

The mission of the Oregon Office of Rural Health is to improve the quality, availability and accessibility of health care for rural Oregonians.

The Oregon Office of Rural Health's vision statement is to serve as a state leader in providing resources, developing innovative strategies and cultivating collaborative partnerships to support Oregon rural communities in achieving optimal health and well-being.

Webinar Logistics

- Audio is muted for all attendees.
- Select to populate the  to populate the chat feature on the bottom right of your screen. Please use either the chat function or raise your hand  on the bottom of your screen to ask your question live.
- Presentation slides and recordings will be posted shortly after the session at: <https://www.ohsu.edu/oregon-office-of-rural-health/orh-webinars>.





Nina Pamintuan (she/they) is a project associate with Oregon's Kitchen Table, almost coming up on her one year anniversary of working at OKT! Originally from the San Francisco Bay Area, Nina moved to Oregon to attend college at Southern Oregon University, before moving up to North Portland in 2023, bringing her experience in community organizing, social media, and administrative support to the team.



Eliot Feenstra (he/they) is a project manager at Oregon's Kitchen Table. Before joining OKT, he worked as a community organizer in the LGBTQ+ community in Josephine County. He is particularly passionate about using creative approaches to amplify the voices and needs of youth and rural communities. He recently relocated from Cave Junction to Portland where he lives with his wife, cat and bicycle.



Welcome!

Community conversation about safe medicine return
Oregon's Kitchen Table
November 13, 2025



Eliot + Nina

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Oregon's Kitchen Table is a statewide community engagement program that invites all Oregonians to participate in the decisions that affect their lives. We particularly focus on reaching, engaging, and hearing from Oregonians that have been left out of traditional engagement processes.

Next Steps



We are hosting conversations and talking with people across Oregon between now and November 15

We also have an online survey at: tinyurl.com/okt-safe-med



OKT will write a report of what we heard. OKT's report and summary in multiple languages will be shared with MED-Project and participants in February 2026



The input will be used to improve MED-Project's safe medicine return program



Today's Conversation

Discussion
Guidelines,
Background

Discussion:
Full group +
breakouts

Next Steps,
Closing

Background

Since 2021, the state of Oregon has had a program to make sure people have ways to safely dispose of the medicines that are expired or their families no longer need. MED-Project is one of the groups that leads a free, statewide medicine return program.

Through this program, there are many ways people can safely return their medicines, including:

- At a local drop box, like at a pharmacy or police station.
- Pick up a mail-back package at certain places that has the address and postage on it.
- Request a mail-back package online or through a multilingual call center.

MED-Project is partnering with Oregon's Kitchen Table to hear from people across Oregon about how the program is working and what would make it easier for people to turn in medicines that they no longer need. MED-Project particularly wants to hear from people who work in hospices and in rural areas. Your input will help MED-Project to improve their program so that more people can safely return medication they no longer need.





Discussion Guidelines


Give time and space
for each other

Speak from your
own experiences
and observations.
Don't rely on
generalizations.

Be respectful of
your neighbors

Listen with
curiosity

Make room for
different ideas and
experiences





INTRODUCTIONS: YOUR TURN!



Name

Organization

Where you are joining from

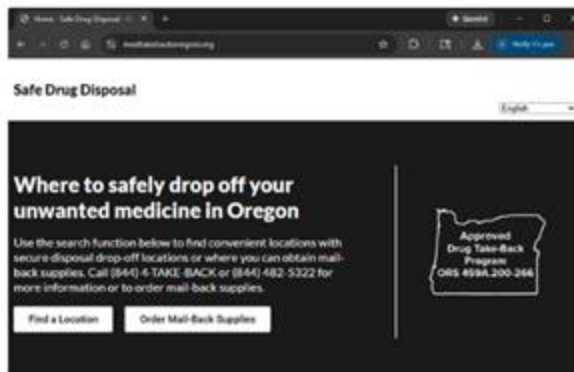
What is a word or phrase that comes to mind when you
hear the phrase “unwanted or expired medication?”



LET'S DISCUSS!



Have you used or participated in MED-Project's safe medicine return program?
If so, what was your experience?





LET'S DISCUSS!



What might make it **hard** for you or people you know in your community to take part in this program?

What would make it **easier or more convenient** for you or people you know to take part in this program?

Take a few minutes to discuss in pairs and then come back and share as a group!



LET'S DISCUSS!



What would help people use mail-back packages?

Where would people in your community go to pick up a mail back package?

What might make it hard or easier for people to use mail back packages to dispose of their medicines?

Drop into the chat or share out loud!



Thank you!

As we wrap up, share with us by chat:

What do you most want MED-Project to think about as they plan for services to make sure people can safely return unwanted or expired medicines for disposal?

Eliot Feenstra - feen@pdx.edu



ORH Announcements

Next Community Conversations | Nov. 20 | 12:00 p.m.

National Rural Health Day: Celebrating Rural Health in Oregon ([Register here](#))

Next ORH Biweekly Policy Update Meeting | Nov. 21 | 12:00 p.m. ([Register here](#))

Rural Population Health Incubator Grants | Applications due Jan. 23, 2026

([More information here](#))

May 14-15, 2026 Virtual | 3rd Annual Forum on Rural Population Health | Now accepting presentation proposals through Dec. 12.

([More information here](#))

Oct. 7-9, Bend, OR | 43rd Annual Oregon Rural Health Conference

([More information here](#))

Thank you!

Sarah Andersen
Director of Field Services
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