

# Trauma Times

November/December 2022

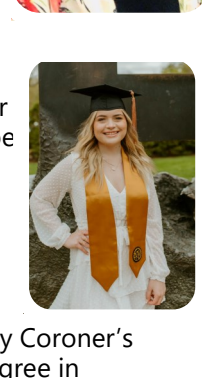
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## Staffing Updates

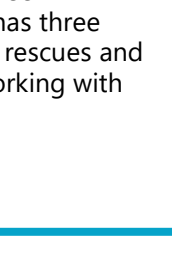
Camille Anderson has joined the team as one of the division's community outreach coordinators. She graduated from Ball State University with a bachelor's degree in social work. She also received a master's in human services and nonprofit management. Prior to joining the IDOH team she was the director of Recovery Café Indy and has more than 12 years of experience serving the Indianapolis community in various roles ranging from child welfare and community outreach to recovery support.

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Camryn Longberry has also joined the division as one of our community outreach coordinators. She recently graduated from Purdue University with a bachelor's of science in public health. Prior to working at IDOH, she had experience working with Fetal Infant Mortality Review in Tippecanoe County. She is so excited to be here and expand her career in public health as the DOP community outreach coordinator.

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Pam Young is the team's new coroner records coordinator, and she worked at the Marion County Coroner's Office as a senior deputy coroner for 12 years. She attended IUPUI and obtained a bachelor's degree in criminal justice with a minor in psychology. Prior to that, she worked in nursing for 27 years. She has three adult children and four beautiful grandchildren. In her spare time, she enjoys fostering dogs from rescues and has adopted two of them, including a blind 13-year-old Pug named Irma. She looks forward to working with everyone.

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## Public Health Update

### Governor's Public Health Commission report

The Governor's Public Health Commission was created Aug. 18, 2021 to examine Indiana's current public health system and develop recommendations for improvement. The final report of recommendations was shared with the governor and the public in August 2022.

Among the report's findings were that public health is chronically underfunded, and Indiana consistently ranks among the states with the lowest public health expenditures per person. To help ensure all Hoosiers can access core public health services and address the decrease in Hoosier life expectancy, the commission's recommendations focus on topics including emergency preparedness, funding, local health department services, and workforce.

The [report](#) and [news briefing](#) can be found at [in.gov/ghpc](https://in.gov/ghpc).

## Naloxone Grants

### Rural First Responder Naloxone grant application 2023

The Indiana Department of Health (IDOH) is accepting grant applications to provide intranasal naloxone to first responders in rural counties. Only first responders who provide services in rural counties are eligible to receive the naloxone doses. For grant activities, first responders include (professional and volunteer) firefighters, law enforcement officers, paramedics, emergency medical technicians, or other legally organized and recognized volunteer organizations that respond to adverse opioid-related incidents. Please email the Naloxone program manager, Laura Hollowell (LHollowell@health.in.gov), if you think your agency might be considered a first responder agency and is not listed.

Only Indiana's 49 rural communities are eligible to apply. The communities, as defined by the Federal Office of Management and Budget, are listed in the table below.

Adams	Blackford	Cass	Clinton	Crawford
Daviess	Decatur	DeKalb	Dubois	Fayette
Fountain	Franklin	Fulton	Gibson	Grant
Greene	Henry	Huntington	Jackson	Jay
Jefferson	Jennings	Knox	Kosciusko	LaGrange
Lawrence	Marshall	Martin	Miami	Montgomery
Noble	Orange	Parke	Perry	Pike
Pulaski	Randolph	Ripley	Rush	Spencer
Starke	Steuben	Switzerland	Tipton	Wabash
Warren	Wayne	White	Union*	

\*This county is eligible even though it is designated a metropolitan county. All census tracts in the county qualify as rural.

Interested organizations may apply here: <https://redcap.isdh.in.gov/surveys/?s=KJFP4XL4HDC74W9>.

## IN CAREs ECHO

### ECHO sessions continue on Zoom

The Drug Overdose Prevention team continues to participate in monthly ECHO sessions via Zoom. Project ECHO (Extension for Community Healthcare Outcomes) is a collaboration between the IUPUI ECHO Center, the Richard M. Fairbanks School of Public Health, and the Division of Trauma and Injury Prevention. This partnership brings together key stakeholders from communities in Indiana that have high rates of substance use disorder and opioid-related overdoses. Each virtual meeting includes a presentation from a guest speaker, an open discussion, and a case study presented by a participating county. These monthly meetings equip participants with evidence-based solutions for mitigating poor health outcomes related to drug use. Learn more about ECHO sessions by clicking the link below.

[CLICK THIS LINK](#)

## MIPA Summit Recap

### Alliance hold virtual conference

The 11th annual conference of the Midwest Injury Prevention Alliance (MIPA) was held virtually Wednesday, Sept. 21, 2022.

A keynote discussion on structural racism and childhood injuries was presented by Dr. Frederick Rivera, Professor of Pediatrics and Adjunct Professor of Epidemiology at the University of Washington. In his presentation, Dr. Frederick Rivera underscored structural racism as a root cause of death for both children and adolescents, as well as intentional and unintentional injuries in the nation. Following Dr. Frederick Rivera's presentation, representatives from Michigan, North Carolina, and Ohio provided a brief overview of harm reduction initiatives for people with drug abuse in their respective states. The representatives then participated in a panel discussion in which they shared their expertise regarding effective harm reduction strategies and interventions. After the panel discussion, a variety of topics in breakout sessions occurred: a presentation on adverse childhood experiences, or ACEs, with significant emphasis on health outcomes, a discussion about methods to accomplish motor vehicle data linkage (such as software and data fields used), a presentation on Tai Chi for fall prevention among adults, a presentation on partnership building to reduce unintentional firearm injuries in children and suicide, and a discussion about development of partnership, resources, and programs that share the "Store It Safe" message. Lastly, a closing keynote on addressing the challenges of rising gun violence with evidence-based public health solutions was presented by Dr. Daniel Webster, Professor of American Health at John Hopkins Bloomberg School of Public Health.

Slide decks and videos of sessions can be found at the link below.

[CLICK THIS LINK](#)



## Smokeout Returns

### The Great American Smokeout 2022

Smoking is one of the [leading causes of preventable disease in the United States](#). In 2020, 12.5% of adults in the United States were current smokers, which is around 30 million people in total. Smoking can lead to a dependence on nicotine. For those who quit smoking, health benefits emerge almost immediately. On the other hand, [smoking long-term can cause disease in almost every organ of the body](#), and can result in cancer, organ damage, or even death. In fact, there are around [480,000 deaths each year](#) due to complications from smoking.

This problem is not new. In fact, smoking rates were reported to be as high as [42% in 1965](#). To combat this, in 1970, Massachusetts school counselor Arthur P. Mullaney asked people to give up cigarettes for a day and to donate the money they saved to a high school scholarship fund. Four years later, a newspaper editor named Lynn R. Smith from Minnesota created the first Don't Smoke Day in Monticello, Minnesota. Due to increasing traction, the California Division of the American Cancer Society decided to encourage 1 million people to stop smoking for a single day on Nov. 18, 1976. The following year, [American Cancer Society created the Great American Smokeout](#), where smokers are challenged to stop smoking on the third Thursday of November.

This year, the Great American Smokeout is Nov. 17. If you or anyone you know smokes, we encourage you to take the challenge.

Here is a list of resources for those who wish to quit smoking:

- Call 1-800-QUIT-NOW (1-800-784-8669)
- Visit [quitnowindiana.com/](https://quitnowindiana.com/)
- Visit [smokefree.gov/](https://smokefree.gov/)
- Download the quitSTART app (<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitstart-app/index.html>)

## November/December Observances

### November

#### Winter Preparedness Week (Nov. 6-12)

Be prepared for the winter months by planning ahead. Here are some tips below on how to keep you and your loved ones safe during the colder months:

- Get your home winter ready by insulating your walls and caulking or weather-stripping your windows and doors.
- Use generators, grills, or other natural gas or charcoal-burning equipment only in well-ventilated areas that are not enclosed. Keep this equipment away from doors, windows, or vents that could allow carbon monoxide indoors.
- Ensure carbon monoxide alarms throughout your living area. Test them monthly and replace batteries twice a year.
- Walk carefully on snowy, icy walkways.
- Prepare your car by creating an emergency kit, keeping your car in good working condition, and checking your antifreeze levels. Visit the [CDC website](#) for additional safety tips.

#### International Survivors of Suicide Loss (Nov. 23)

If you've lost someone to suicide, know that you are not alone. This is a day when survivors of suicide loss can find connection and hope with people who share their experience. You may:

- [Find an event near you](#) to connect with other loss survivors in your area
- [Find a support group](#) or someone who can provide mental health support
- [Explore resources and stories](#) from the American Foundation for Suicide Prevention

### December

#### Safe Toys and Gifts Month

Prevent Blindness America has declared December as National Safe Toys and Gifts Month. Though many practice gift-giving during the winter months, it is important to choose wisely when gift-shopping for the youth in your life.

- Read the labels. Follow age recommendations, and look for the letters "ASTM," which means the toy meets the safety standards set by the American Society for Testing and Materials.
- Ask yourself or the child's guardian if the toy is right for their ability and age.
- Consider whether smaller children in their home may have access to the toy.
- Always dispose of uninflated or broken balloons, and plastic wrapping immediately.
- When giving toys to small children, avoid choosing toys with small parts (including magnets and "button" batteries).

#### National Impaired Driving Month

The National Highway Traffic Administration (NHTSA) reported that there were [210 deaths due to alcohol-impaired driving in 2019, during the week between Christmas and New Year's](#). As people begin to gather for the holidays and during the winter months, here are some tips to help you return home safely from in-person events.

- If you have youth in your life, help them socialize safely by letting them know about the risks of impaired driving. You may also help them create a plan to get home safely – you may pick them up, coordinate with their friends' parents about driving plans, or help them hail a ride from a ride-share app.
- Know what you're drinking. Ask the party host what is in your drink, and ask for something non-alcoholic if you plan on driving.
- Check out the [Sober Ride Indiana program](#), which gives people a safe way home around high-risk holidays and events.
- Take care of others. If you notice a friend, coworker, or family member drinking, offer them a ride home or help them arrange a way to get home safely.

## Upcoming Events

### Emerging Topics in Prevention Science Media Series: Safer Homes, Safer Communities: Firearms, Safety, and Culture

**When:** 3:30 - 5 p.m. EDT Nov. 2

Current research demonstrates that when communities effectively implement evidence-based interventions to prevent youth access to substances, communities also benefit from a reduction in firearm-related violence. The Safer Homes, Suicide Aware program educates the public on the potential deadliness of easy access to firearms and medications if available during a time of crisis. Led by Forefront Suicide Prevention and the Washington Department of Veterans Affairs, the Safer Homes Coalition is comprised of firearms retailers, healthcare providers, and suicide prevention experts who around shared a single goal to save lives.

- [Visit the event website to register and learn more here.](#)

### Caregiving.com and Anthem BCBS Host Senior and Family Caregiver Expo

**When:** 10 a.m. - 6 p.m. EDT Nov. 5

**Where:** Agriculture Horticulture Building

Caregiving.com and Anthem BCBS are hosting a FREE senior and caregiver event for members of the community to meet and build relationships with a diverse group of local resources and healthcare providers. The expo will include hundreds of local businesses from Indianapolis and the surrounding area that serve family caregivers and their loved ones from all areas of the family caregiving continuum including health and wellness, benefits information, educational resources, financial information, legal planning, and local advocacy and support groups.

- [Visit the event website to register and learn more here](#)

### American College of Surgeons consultation visit

**When:** 8 a.m. - 4:30 p.m. EDT Nov. 7

**Where:** Indiana Government Center South – auditorium

The American College of Surgeons review team will be in attendance to evaluate and provide guidance on the development of the state's trauma system. A follow-up virtual exit presentation will be held the following Thursday.

### 2022 Fall Forum: Harvesting Rural Solutions

**When:** Nov. 17

**Where:** Ivy Tech Community College Culinary and Conference Center

The Indiana Rural Health Association will be hosting their 2022 Fall Forum. The agenda includes events about behavioral health access, sustainability for EMS, opioid settlement funds, and more.

- [Visit the event website to register and learn more here](#)

### 2022 Mental Health and Addiction Symposium

**When:** 8 a.m. - 4:30 p.m. EDT Dec. 9

**Where:** Indianapolis JW Marriott

The 2022 Mental Health and Addiction Symposium, hosted by Mental Health America of Indiana, takes place Dec. 9 in Indianapolis as an in-person and virtual event. This event will include workshops, a report from the Indiana Behavioral Health Commission, and a report from Lieutenant Governor Suzanne Crouch. Speakers will highlight the new crisis system in Indiana and discuss techniques for involving Hoosiers in Mental Health America of Indiana's mission.

- [Visit the symposium website to register and learn more here](#)

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

