

TRAUMA TIMES

A Communication of the Division of Trauma and Injury Prevention

Indiana State Department of Health

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Upcoming Events

- **7 regional faith-based opioid trainings**
See page 7 for dates
- **2019 Indiana Black & Minority Health Fair**
July 18-21



- **Indiana Suicide Prevention Network Annual Conference**
Aug. 2
- **ISTCC/ITN**
Aug. 16
- **Health Equity Summit**
Aug. 28

Update from the Governor's Office

Under Gov. Eric Holcomb's leadership, Indiana is working with our partners to empower medical professionals with better tools to combat the opioid crisis – and we're making progress.

Those tools include the opioid prescribing guidelines for medical professionals (governor's 2017 agenda) and the work to integrate our prescribing database (INSPECT) into medical professional's workflow (governor's 2018 agenda).

These efforts and many others have helped Indiana's prescribing rate fall faster than the national average. In 2018, opioid pill dispensations decreased 23 percent from the previous year. Prescriptions are down 12 percent. Visit <https://www.in.gov/recovery/> for more information.



Annual Zoo Car Seat Clinic

The Indianapolis Zoo hosted the annual Zoo Car Seat Clinic on June 3. The clinic is a free event that provides parents and caregivers with the opportunity to ensure that their children are safe motor vehicle passengers. Motor vehicle crashes are a leading cause of unintentional injury and death in the United States. Children are at a greater risk of injury and death when they are not properly restrained. In 2016, 35 percent of motor vehicle fatalities in children 12 years and younger occurred when the child was not restrained.¹ In addition, approximately 46% of car and booster seats are misused in a way that could reduce their effectiveness.² Car seat inspections and educational opportunities, such as car seat clinics, are successful ways to combat these statistics.



The 2019 Indianapolis Zoo Car Seat Clinic was made possible by event sponsors, volunteers and child passenger safety technicians. This year, the clinic was sponsored by the Automotive Safety Program, Dorel Juvenile, Indiana Criminal Justice Institute, Indiana State Department of Health (ISDH), Anthem and Safe Kids Indiana. Staff from the ISDH Division of Trauma and Injury Prevention were among the volunteers at the event (pictured in above and at left), assisting with recycling unusable car seats, stocking new car seats, directing traffic and more. Numerous child passenger safety technicians (CPSTs) volunteered their time to provide

their expertise. CPSTs are trained individuals who are certified to conduct child safety seat inspections, as well as give education and resources to parents and caregivers. These inspections included checking the car seat's condition and recall status, the car seat's current installation, as well as the height and weight of the child. If the car seat was not in a safe, usable condition or was an improper fit for the child, the family was provided with a new car seat. This year, the Indianapolis Zoo Car Seat Clinic conducted more than 194 car seat inspections and provided 146 car seats to families in need, making the event a huge success.

Retrieved from <https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/812494External>
Greenwall, N.K., Results of the National Child Restraint Use Special Study. May 2015, National Highway Traffic Safety Administration: Washington, D.C.



CSTE Conference Summary

In early June, the Council of State and Territorial Epidemiologist (CSTE) conference brought together epidemiologists and public health workers from across the country to meet and share their expertise in surveillance and epidemiology, as well as best practices in a broad range of areas including informatics, infectious diseases, substance use, immunizations, environmental health, occupational health, chronic disease, injury control and maternal and child health.

This year's focus was on the recognition of disease risk takers and risk factors. The Indiana State Department of Health had representatives from a variety of divisions such as Trauma and Injury Prevention, Epidemiology Resource Center, and HIV/STD/Viral Hepatitis attending the conference to share expertise and research findings through presentations and poster sessions. A special presentation was conducted by the ISDH Deputy Commissioner and State Epidemiologist Pam Pontones, who provided attendees with an update on the successes and outcomes of the Scott County HIV epidemic and the role the syringe service program played in addressing the issue at the county level.

The poster below was presented by Morgan Sprecher, Indiana Violent Death Reporting System (INVDRS) Epidemiologist, who analyzed suicide risk factors for males versus females. The data show that males have a six times higher suicide rate compared to females, and their deaths are more violent (ex. firearms) than females (ex. poison).

Figure 1. Mechanism of Injury for Indiana Males

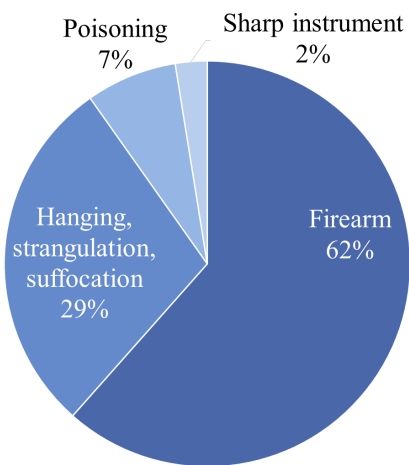


Figure 2. Mechanism of Injury for Indiana Females

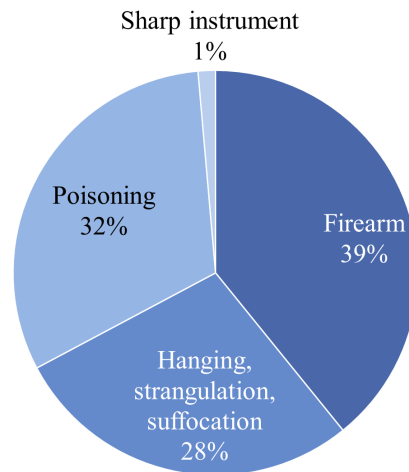
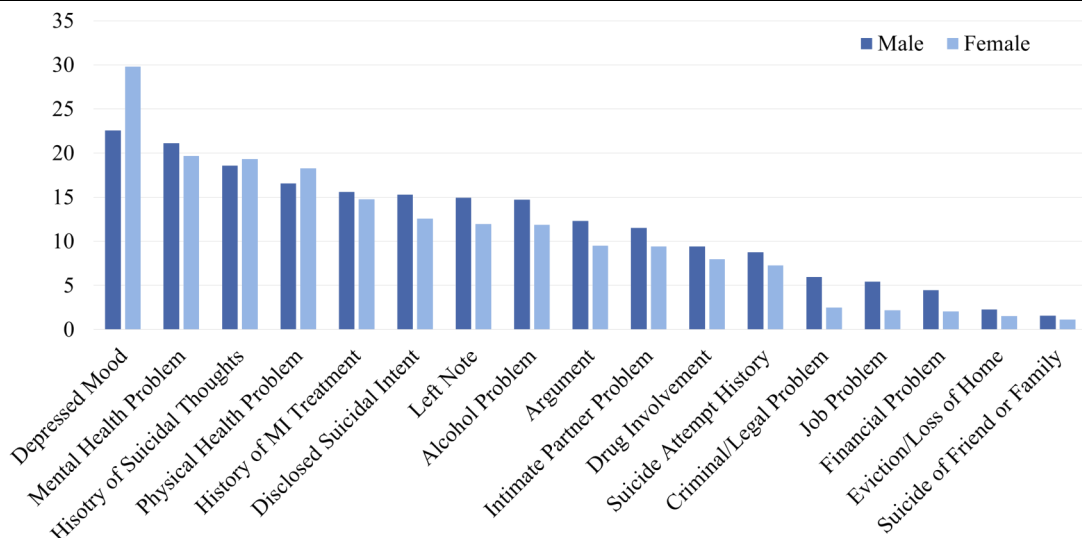


Figure 3. Circumstances Surrounding Suicide Incident (per 100)



UV Safety Month (July)

With the heat of the summer upon us, it is the perfect time to head outdoors to spend some quality time in the sun. While getting out in the sun is fun, are you protecting yourself from ultraviolet light (UV)? To raise awareness of UV light, the U.S. Department of Health and Human Services named July UV Safety Month. The main source of UV light comes from the sun, although it can also come from tanning beds. UV light is a type of radiation that can lead to sunburn, wrinkling of the skin and development of skin cancer. Since skin cancer is the most common cancer in the United States, it is important to protect our skin during times of direct contact with sunlight.

Here are some tips to help limit exposure to UV light:

- Block UV light with protective clothing, including wearing a hat to protect your head, as well as wearing UV protective sunglasses to protect your eyes.
- Stay in the shade if possible to limit exposure. UV light is the most intense from 10 a.m. to 4 p.m. year-round, even on cloudy days during the winter. Year-round protection is important.
- Choose and apply the right sunscreen. The U.S. Food and Drug Administration suggests sunscreens that have an SPF of at least 15 should be used and applied correctly. This includes applying at least a palm-full of sunscreen every two hours. If you are swimming or sweating, sunscreen should be applied every hour, even if the sunscreen advertises itself as waterproof.
- Stay away from artificial UV sources, which includes tanning beds. The Centers for Disease Control and Prevention stresses the importance of avoiding indoor tanning, as this leads to an increased risk of developing skin cancers, premature aging of the skin and suppressing of the immune system.

When planning outdoor activities, the U.S. Environmental Protection Agency suggests looking at its UV

index, which forecasts the level of exposure to UV in your area. The UV index can be found at <https://www.epa.gov/sunsafety/uv-index-1>.

More information about how to protect yourself from UV Rays can be found on the American Cancer Society <https://www.cancer.org/cancer/skin-cancer/prevention-and-early-detection/uv-protection.html>.



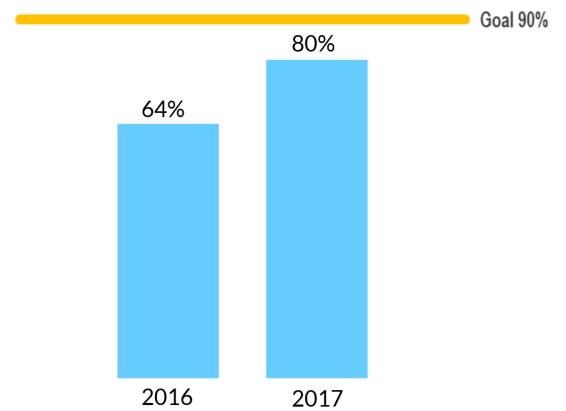
A look back at accomplishments as the division wraps up three years of efforts under the CDC's Prevention for States grant

The Division of Trauma and Injury Prevention (DTIP) was awarded CDC's Prevention for States grant in 2015. The purpose of this funding was to advance and evaluate comprehensive state-level interventions for preventing prescription drug overuse, misuse, abuse and overdose. Interventions of priority address drivers of the prescription drug overdose epidemic, particularly the misuse and inappropriate prescribing of opioid pain relievers. As the DTIP wraps up its efforts in the final months of the grant, we look back at some of our accomplishments, which include:

Improving quality of death certificates

The ISDH's ability to respond quickly and appropriately to the drug overdose epidemic depends on complete and timely data. Historically, drug overdose deaths have too often been classified on death certificates as resulting from "multi-drug toxicity" or simply "drug overdose" without specifying the drug that caused the fatal overdose. Comprehensive toxicology testing is essential to properly identify which drugs, specifically opioids, are associated with overdose deaths. Since July 1, 2018, under a new law enacted by the Indiana General Assembly, all Indiana coroners are required to conduct the same toxicology screenings to gather standardized information on suspected controlled substances in fatal overdose cases. This legislation enhances the state's ability to respond quickly and appropriately to control the drug overdose epidemic by providing more rapid, consistent and extensive data. The ISDH provides all funding to cover the cost of toxicology testing.

The percent (%) of Indiana resident drug overdose death certificates that listed at least 1 contributing drug rose from 2016 to 2017, but more action is needed to reach the 2020 goal of 90%.***



Public communication and education

The ISDH is committed to educating communities and residents about the prevention, intervention and treatment of opioid use disorder to build a healthier Indiana. To support the mission to prevent injury from drug poisoning, the DTIP has created a mobile education exhibit to share resources regarding opioid misuse. In the last three years, the booth has visited over 100 different events and conferences and has had more than 6,000 booth visitors. The DTIP has also compiled and created over 80 different educational handouts and brochures which have been handout out at the previously mentioned events. Additionally, DTIP has created a comprehensive website on overdose prevention with resources on opioid prescribing guidelines, treatment, naloxone and others. Lastly, ISDH has streamed monthly opioid-related webcasts on topics such as drug take back events, substance use prevention programs, law enforcement diversion programs and more.



Division staff work the drug overdose prevention booth at the 2018 state fair.

A look back at accomplishments as the division wraps up three years of efforts under the CDC's Prevention for States grant

Collaborations

The DTIP collaborated on various opioid-centered projects with organizations, including the Family and Social Services Administration (FSSA), Overdose Lifeline, IU Fairbanks School of Public Health, Rehabilitation Hospital of Indiana and others. By working together, efforts to battle the opioid epidemic have been more efficient and not duplicated.



Carrie Bennett, community outreach coordinator, sits on a panel during national public health week, discussing the opioid epidemic in Indiana.

Prescription opioids can be addictive and dangerous.

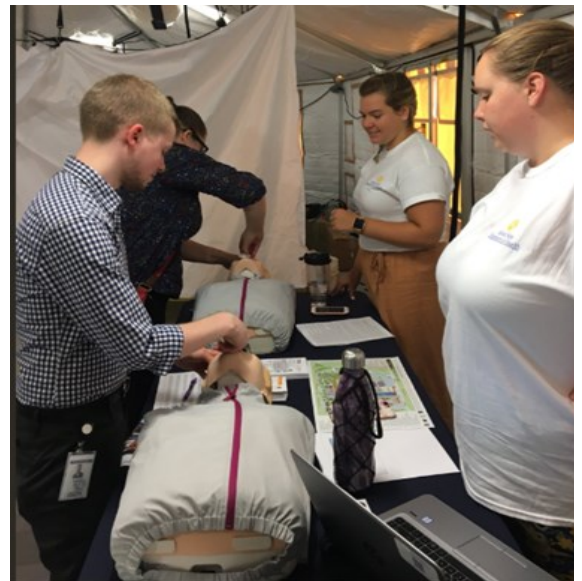
It only takes a little to lose a lot.

Indiana State Department of Health

CDC

Community Outreach Efforts

The DTIP's community outreach coordinators have been busy attending community meetings across the state, linking communities with resources and providing technical assistance. Efforts have focused on the 24 counties with the highest opioid burden. The coordinators have attended meetings with organizations such as local coordinating councils, systems of care and drug-free coalitions. In the last three years, our community outreach coordinators attended more than 750 local meetings.



Morgan Sprecher and Audrey Rehberg, division staff, provide naloxone administration training to those in attendance at the 2018 state fair.



Fighting Addiction in Indiana Through Hope

Communities of faith and houses of worship are in a unique position to help educate families about the disease of substance use disorder, erase the stigma, support families and those who struggle with the overwhelming feelings of hopelessness and despair.

Come join Overdose Lifeline, in partnership with the Indiana State Department of Health, at one of 7 free regional, faith-based trainings across the state. These free trainings will help build a collaborative network within each region by offering trainings, resources, and technical assistance for faith-based partners to gain insight and education on this public health crises.

Lawrenceburg and Dearborn County Region – July 10th
Gary and Lake County Region – July 17th
Richmond and Wayne County Region - July 19th
Indianapolis and Marion County Region – July 29th
Evansville and Vanderburgh County Region – July 31st
Terre Haute and Vigo County Region - August 9th
Ft Wayne and Allen County Region - August 8th

Prevention Insights, at the Indiana University School of Public Health, will be providing SBIRT (Screening, Brief Intervention and Referral to Treatment) to all attendees. SBIRT is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse and dependence on alcohol and illicit drugs.

The faith community has the opportunity to not only transform the heart but also treat the symptoms. This starts with the willingness to pursue and love those whose lives have been affected by substance use disorder. The church must be willing and capable of seeing those struggling with this disease as a reflection of what they believe, no matter the persons current condition.

Come join us at one of the above free trainings coming to a region near you in July and August.



For more information, contact Overdose Lifeline via contact@overdoselifeline.org or call 844-554-3354

Visit this website to RSVP for an event near you: <https://www.eventbrite.com/e/faith-mission-fighting-addiction-in-indiana-through-hope-tickets-64401165620>

International Overdose Awareness Day (August 31, 2019)

Overdose Awareness Day is an international event created to educate the public and increase awareness about the significance of overdose deaths. In 2016, over 42,000 Americans were killed by the opioid overdose epidemic. 100% of these deaths were preventable. By providing access to information, tools and support to the individuals using drugs and their families without stigma, we can eliminate drug overdose deaths. International Overdose Awareness Day provides a unique opportunity to provide these services and support in your community without stigma, fear, guilt or shame.

Here's how the National Safety Council encourages individuals and organizations to get involved in Overdose Awareness Day:

- Host or attend an event such as a candlelight vigil or an educational program
- Wear a silver badge or purple wristbands, pins or shirts
- Wear the silver badge or purple articles of clothing communicates your support of International Overdose Awareness Day
- Join the conversation on social media
- Share and retweet content from the official IOAD social media accounts, or post your own content via your personal or your chapter's social media pages
- Use the hashtag #OverdoseAware2019
- Share the NSC Facebook Live virtual candlelight vigil
- Post a tribute
- Get trained on how to prevent an overdose
- Host or attend a training on how to prevent overdose. Could be based around drug education, harm reduction, Narcan, or any combination of the three.
- Write to your state representative
- Research state and federal legislation that addresses opioid overdose prevention and write to your representative



Resources: <https://ssdp.org/blog/participate-2017-international-overdose-awareness-day/>
<https://www.nsc.org/home-safety/safety-topics/opioids/international-overdose-awareness-day>
<https://harmreduction.org/blog/overdose-awareness-day/>
<https://www.cdc.gov/mmwr/volumes/67/wr/mm6734a1.htm>

Division Staff Update

Pirtpal "Paul" Nijjar is the division's new records consultant. He is a student at Ivy Tech and IUPUI pursuing a degree in finance. While not at work or school, he is working to become a licensed real estate agent.

Prior to joining us at ISDH, Nijjar worked for two years as a logistics dispatch broker for FastCargo. We are so excited to have him on our team!



Addressing the Opioid Crisis in the Faith-based Community

The Indiana State Department of Health (ISDH) Division of Trauma and Injury Prevention is actively engaging faith-based organizations to be a resource and partner in its effort to combat the opioid epidemic.

ISDH has been able to work with 26 faith partners in Howard County and orchestrate Overdose Awareness Sunday which was in conjunction with International Overdose Awareness Day. County specific data was created for the event targeting the issue in the county regarding opioid use disorder (OUD). Faith partners also structured their worship service to hear testimonials from congregants who have dealt with OUD.

In June, ISDH partnered with the Marion County Health Department and faith leaders in the area to host a one-day Narcan training. About 100 participants from 39 churches were trained so that they will be able to have it in their churches in case someone is having an opioid overdose on the grounds or in the building.

We are still seeking more faith partners who are open to:

- Embracing and supporting people in recovery and walking with them on their journey
- Having a visible outreach in the community
- Having spiritual/pastoral support
- Disseminating information

As a trusted leader, faith partners and churches are in a unique position to make an impact on this epidemic in their community. If you, or someone you know, is interested in receiving more information on OUD or learning more about how OUD education from the Division of Trauma and Injury Prevention can be a part of an event – such as a youth group meeting, a community or evangelistic outreach gathering, or even a church health fair – please contact James Carroll, prescription drug overdose community outreach coordinator, at jcarroll1@isdh.in.gov or 317-691-3712.



Some of the faith-based leaders in attendance at the Marion County Faith-Based Leaders Attacking the Opioid Crisis meeting.

Bereavement Resources

The Indiana State Department of Health (ISDH) understands that losing a loved one to a drug overdose can be a traumatic event — one that can be made worse by the stigma surrounding substance use disorder. No one should handle this grieving process alone. As such, the ISDH, has compiled a list of bereavement resources for those experiencing the loss of a loved one to substance use disorder. Support groups, seminars, and online resources are listed below. Please visit the individual websites for more in-depth information.

[The Crisis Text Line](#)

If your grief is causing a crisis situation and you do not know which way to turn, there is immediate help available. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text. Here's how it works:

- Text HOME to 741741 from anywhere in the United States about any type of crisis.
- A live, trained crisis counselor receives the text and responds quickly.
- The volunteer crisis counselor will help you determine the next step.

[GriefShare](#)

GriefShare is a 13-week program focused on helping people learn how to understand their grief and move forward. GriefShare groups meet weekly and consist of three elements: video seminars with experts, support group discussions, and work-based personal study and reflection. GriefShare seminars and support groups are led by people who understand the grief process and want to help. Find a group in Indiana for meetings from their official website or by calling 800-395-5755.

[Indiana Funeral Directors Association](#)

The Indiana Funeral Directors Association has compiled a list of grief support services including anonymous online resources, grief support groups, and one-on-one counselling from a licensed therapist. The list includes resources for both parents and children, as well as general and preventive resources.

[Look Up Indiana](#)

Look Up Indiana is an online resource that connects individuals who are facing mental illness, substance use disorder or behavioral health issues with the necessary resources to acquire treatment, including counselor, residential and inpatient providers, recovery residences, shelters, support groups and more. This resource hub also houses **grief support groups**, which users can find by using the online portal, the online chat, calling 800-284-8439, or texting LOOKUP to 494949.

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

SAMHSA's National Helpline, 1-800-662-HELP (4357), is a free and confidential 24/7/365 information service provided in English and Spanish for individuals and family members facing mental health challenges and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

HealthEquitySummit

Changing the Conversation

Wednesday, August 28, 2019

8:30 a.m. – 4:30 p.m.

Indianapolis Marriott East

Learn more and register at www.healthbydesignonline.org.

Join us in changing the conversation about what creates health equity within public health, across government, and in communities. Together, we will learn guiding strategic practices; hear case studies from a national expert, Lili Farhang of Human Impact Partners, and organizations doing this work in Indiana and beyond; and consider what actions and next steps are needed to champion transformational change. The Summit will address how we must systematically address power imbalances, racism, and other forms of oppression to reduce disparities and create healthy, vibrant places for all.

Keynote Presentation:

In pursuit of health equity: What would a transformative practice mean for us?

Lili Farhang co-directs Human Impact Partners and is responsible for advancing the mission and strategic direction of the organization. For nearly 20 years, she's visioned, developed, and implemented policy and systems change to advance health equity in the government and nonprofit sectors, and she's feeling energized by people's willingness to talk about race, power and the other root drivers of health. Human Impact Partners is a national nonprofit organization using research, advocacy, capacity building, and field building to challenge the inequities that harm the health of our communities with a mission to transform the policies and places people need to live healthy lives by increasing the consideration of health and equity in decision-making.





Important information about

Naloxone

What is Naloxone?

Naloxone, also known by the brand name Narcan®, is a drug that reverses the effects of opioids. Naloxone can be given to any person with symptoms of an overdose, whether or not you know it is from an opioid. If the person has not used any opioids, naloxone will not work and will not cause any additional harm.

What are the signs and symptoms of an opioid overdose?

A person suffering an opioid overdose may present with some or all of the following symptoms:

- Unusual sleepiness and you are not able to awaken the person with a loud voice or by rubbing firmly on the middle of their chest (sternum)
- Breathing problems including slow or shallow breathing
- The black circle in the center of the colored part of the eye (pupil) is very small, sometimes called “pinpoint pupils”
- Gurgling or choking noises
- Body is limp
- Heart rate slows or stops
- Blue lips and/or nails



What do I do if I suspect someone is having an opioid overdose?

1. Immediately administer naloxone according to directions given to you by your pharmacist and/or located on the naloxone kit and call 911.
2. If you are trained, do CPR.
3. If there is no change in 2-3 minutes after giving naloxone, administer another dose.
4. Stay with the person until first responders arrive.
5. Tell the first responders that you gave naloxone and at what time and show them the dose.

Do I have to call 911 even if the person becomes conscious and resumes breathing?

Yes, it is important to have trained medical professionals assess the condition of the person who overdosed. Oftentimes, a person will need more than one or even two doses of naloxone to treat the overdose.

Additionally, sometimes people who overdose may develop other health problems, such as seizures, pneumonia or heart conditions, or could be suffering from something other than an opioid overdose.

Questions? E-mail optin@isdh.in.gov with any questions.



Indiana State
Department of Health
Trauma and Injury Prevention



The Value of Carrying Naloxone

Current opioid epidemic

In the last 15 years, over 360,000 people have died in the United States from overdoses related to opioids, and the problem is only getting worse. In just 2017 alone, the U.S. lost over 47,000 people to opioid overdose. This is equivalent to 130 deaths per day. The national epidemic is affecting Indiana as well. In 2017, an average of five Hoosiers died every day as a result of drug overdoses, with the majority of these deaths caused by opioids. These staggering numbers continue to be on the rise.

Whether you are a healthcare provider, first responder, public health official or community member, the opioid epidemic is likely affecting you and your community. **No matter who you are, you can take action to end the opioid overdose epidemic.** One way to do so is to be prepared in the case that someone overdoses on opioids. The most effective way to reverse an overdose is by administering the opioid-reversal medication, naloxone.

What is naloxone?

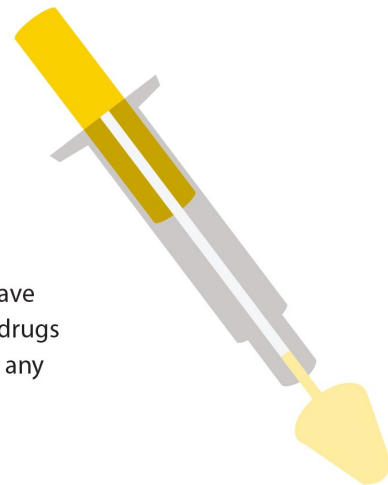
Naloxone, also known by the brand name Narcan®, is a drug that reverses the effects of opioids. Naloxone can be given to anyone with symptoms of an opioid overdose.

Does naloxone only work for overdoses caused by opioids?

Yes. Naloxone only reverses the effects of opioids such as heroin, methadone, morphine, opium, codeine or hydrocodone. However, many people who overdose have taken multiple drugs, including opioid pain relievers. Even if you are unsure of what drugs the person has taken, you can safely administer naloxone. If the person has not used any opioids, naloxone will not work and will not cause any additional harm.

How can I get naloxone? Do I need a prescription?

You can find a location that dispenses naloxone (such as a pharmacy or your local health department) by searching on **optin.in.gov**. No prescription is needed.



Takeaway: Encouraging first responders and individuals likely to witness an overdose to carry naloxone is an essential action to reverse the opioid epidemic.

Questions? E-mail optin@isdh.in.gov with any questions.



Paying for Naloxone

How can I get naloxone? Do I need a prescription?

You can find a naloxone dispensing location by searching on optin.in.gov. Nearly 899 locations, including pharmacies, nonprofits and local health departments, are listed on the site. **No prescription is necessary.**

How much does naloxone cost?

Prices of naloxone depend on a variety of factors, including if you have insurance and what your insurance covers, where you go to obtain naloxone and what form the medication comes in (such as an injectable or a nasal spray).

⇒ With Medicaid:

Indiana Medicaid plans, including Hoosier Healthwise, Healthy Indiana Plan (HIP) and Hoosier Care Connect, cover both the injectable and the nasal spray without prior authorization, but do not cover the Evzio® auto-injector.

⇒ With Medicare:

Almost all Medicare Part D and Medicare Advantage plans cover both the injectable and the nasal spray naloxone, but at high co-pays. Few Medicare plans cover the Evzio® auto-injector.

⇒ With private insurance:

Prior to obtaining naloxone in a pharmacy, consumers are encouraged to check with their insurance carriers to find out if naloxone is a covered benefit under their policy, and, if so, what form of naloxone is covered and any cost-sharing amounts that may apply under their policy.

⇒ Without insurance coverage (out of pocket prices):

| Naloxone Product | Manufacturer | Current Prices* |
|---|------------------------|-----------------|
| Injectable | | |
| 1ml vial | Akorn | \$ |
| 1ml vial | Mylan | \$ |
| 1ml vial | Pfizer (prev. Hospira) | \$ |
| 1ml vial | West-Ward | \$ |
| Injectable (Min-I-Jet™) or intranasal (Luer-Jet™ mucosal atomizer device) | Amphastar | \$\$ |
| Narcan® single-use intranasal devices (two-pack) | Adapt Pharma | \$\$ |
| Prefilled autoinjector with voice guidance (two-pack) | | |
| Generic | IJ Therapeutics | \$\$ |
| Evzio® | Kaleo | \$\$\$ |

*\$ = \$10 - \$25; \$\$ = \$35 - \$200; \$\$\$ = upwards of \$4,000

Is there any way to get naloxone for free?

Yes. Many local health departments in Indiana, as well as non-profits, give naloxone out for free.

To find a naloxone-dispensing agency or organization, visit optin.in.gov, type in your zipcode, and call the nearby naloxone entity to ask if they provide free naloxone.

Questions? E-mail optin@isdh.in.gov with any questions.



Indiana 2-1-1 partners with Lyft

With the assistance and support of Family and Social Services Administration (FSSA), Indiana 2-1-1 (IN211) is partnering with Lyft to reduce transportation barriers to those seeking assistance for substance use disorder. This will offer FREE rides to and from substance use treatment and certified recovery support programs.



Q. Who is eligible for a ride through Indiana 2-1-1?

A. Any individual with a current condition or a history of substance misuse and is not insured by Medicaid or HIP is eligible for a ride. Again, these rides must be to or from substance use treatment or certified recovery support programs. If the individual is a juvenile (younger than age of 18), a guardian must ride along. Indiana 2-1-1 will also provide rides home for guardians and/or caregivers if requested.

Q. How do I request a ride?

A. To request a ride, dial 2-1-1. An automated system will ask callers to press 2 to continue in English or press 3 to continue in Spanish (for languages not listed in these options, the caller can press 2 and request a translator later in the call). Once the language has been selected, the following message will be played, "If you are calling for information about substance use treatment or transportation to and from treatment, please press 9." At this point, the caller will press 9 and be directed to speak with a trained Lyft community navigator.

Q. Can I request a ride on behalf of a client?

A. Yes. However, Indiana 2-1-1 will require the following information: First and last name, pick-up and drop-off locations, and a phone number for drivers to communicate with passengers if they are unable to locate them.

Q. Is the client's information protected?

A. Lyft drivers will have access only to the first name of the passenger and the pick-up and drop-off locations. A phone number is provided to the driver, but it is a randomized and hidden number. Drivers lose access to all past rides once they are completed.

Q. Am I guaranteed a ride?

A. In partnership with the FSSA and Lyft, Indiana 2-1-1 can schedule FREE rides to and from substance use treatment and certified recovery support programs. Any individual with a current condition or a history of substance misuse substance use and is not insured by Medicaid or HIP is eligible for a ride. Indiana 2-1-1 verifies eligibility for all Lyft transportation requests. Indiana 2-1-1 monitors all trips, and all calls are recorded for quality purposes.

Indiana 2-1-1 reserves the right to deny requests from those who provide misinformation or misuse the program in any way. Funding is limited, and services are not guaranteed available in every area of the state.

Please contact [Indiana 2-1-1](https://lookupindiana.org/211-lyft-offering-free-rides-to-substance-use-treatment-and-recovery-support-programs/) for more information.

Source: ¹<https://lookupindiana.org/211-lyft-offering-free-rides-to-substance-use-treatment-and-recovery-support-programs/>

Injury Prevention Observances and Events July 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|-----|--|---|--|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | | | | Fourth of July | | |
| 7 | 8 | 9 | 10 Faith Mission Opioid Training (pg. 7 for de- | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 Faith Mission Opioid Training (pg. 7 for details) | 18 Indiana Black & Minority Health Fair | 19 Indiana Black & Minority Health Fair Faith Mission Opioid Training (pg. 7 for details) | 20 Indiana Black & Minority Health Fair |
| 21 Indiana Black & Minority Health Fair | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 Faith Mission Opioid Training (pg. 6 for de- tails) | 30 | 31 Faith Mission Opioid Training (pg. 6 for de- tails) | <ul style="list-style-type: none"> • UV Safety Month • Minority Mental Health Awareness month | | |

2019 Trauma Regional Advisory Council (TRAC) meetings

District 1: Aug. 22, Oct. 17 and Dec. 19

District 3: Aug. 8, Oct. 10, and Dec. 12

District 5: Sept. 18, and Dec. 18

District 6: Aug. 29, and Nov. 21

District 8: Aug. 28 and Nov. TBD

District 10: July 25 and Oct. 24

All other districts TBD

Injury Prevention Observances and Events August 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|-----|--|---|---|---------------------------------|
| Children's Eye Health and Safety Month | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 Faith Mission Opioid Training (pg. 7 for details) | 9 Faith Mission Opioid Training (pg. 7 for de- tails) | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 ISTCC/ITN | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 Health Equity Summit (pg. 11 for details) | 29 | 30 | 31 Overdose Awareness Day |

August is Children's Eye Health and Safety Month

The National Eye Institute suggests these 10 Healthy Vision Tips for children to implement into their daily lives to help protect their sight!

Eat right to protect your sight: Keep your eyes healthy by eating a well-balanced diet. Load up on fruits and veggies, especially leafy greens like spinach, kale, and collard greens. Fish like salmon, tuna, and halibut have been shown to help your eyes, too.

Get moving: Did you know that kids who exercise often have a healthier body weight than kids who don't? Being overweight or obese can put you at higher risk for diabetes and other conditions that can lead to vision problems.

Speak up if your vision changes: Is your vision blurry? Do you squint a lot? Ever have trouble seeing things at school? Tell a parent or teacher if your eyes are bothering you or if you notice any changes.

Wear your glasses: Your glasses help you see better, especially when they're clean and free of smudges. Talk to an adult about how to clean your glasses and how to store them when you're not wearing them.

Keep the germs away: Always wash your hands before putting them close to your eyes, especially if you're putting in/taking out contacts.

Gear up: Playing your favorite sport? Using chemicals during science class? Mowing the lawn? Wear the right protection to keep your eyes safe. Many eye injuries can be prevented with better safety habits, such as using protective eyewear.

Wear your shades: The sun's rays can hurt your eyes. Choose sunglasses that block 99% or 100% of both UVA and UVB radiation from the sun. And remember, you should never look directly at the sun.

Give your eyes a break: Do you spend a lot of time looking at a computer, phone, or TV screen? Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

Say no to smoking: Did you know that smoking is as bad for your eyes as it is the rest of your body? Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.

Talk about it: Does anyone in your family have issues with their eyes? Not sure? Ask! Talking about eye health with your family can help all of you stay healthy.

https://nei.nih.gov/kids/healthy_vision_tips

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Trauma and Injury Prevention