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Upcoming Events

- **IPAC/INVDRS (virtual)**
March 19
- **Good Friday (state offices closed)**
April 2



Indiana Suicide Prevention Resources Toolkit



Indiana Suicide Prevention Resources Toolkit

In 2019, one person died by suicide every nine hours in Indiana, two times the number of people who died by homicide (2019).

The Indiana Department of Health's Suicide Learning Collaborative, a multidisciplinary stakeholder group housed within the Indiana Department of Health, actively works to prevent suicide death in the state of Indiana. The collaborative recently released the *Indiana Suicide Prevention Resources Toolkit*, which focuses on promoting simple, actionable suicide prevention tools (e.g., quick guides, brochures, posters) for different sectors. Throughout the development process, members of the collaborative and other partners (see picture) were asked to

supply relevant resources related to their topical area and provide feedback on the toolkit.

The final toolkit contains 13 profession-specific sections, including Healthcare, First Responders, Government, Stakeholder Groups, Justice, Employers, Faith-Based, Media, Coroners, Family, Education and Populations of Special Consideration. There is also a data section at the beginning of the toolkit that includes updated statistics on suicide death in the state of Indiana.

Each section of the toolkit is broken down with a brief introduction page, a list of tools and the actual tools. These tools vary depending on the section. For example, the Healthcare section contains a safety planning quick guide clinicians can use when developing a safety plan with a patient. The Employer section has an email template that can be used after an employee has died by suicide. Of course, the toolkit also highlights the pressing and ever-present need to focus on self-care, with several self-care tools throughout the toolkit.

The hope for this document is that professionals from these groups utilize the tools in their work. While none of the sections give a fully comprehensive approach to suicide prevention/intervention/postvention, there are many toolkits that specialize in just one of these topics. The *Indiana Suicide Prevention Resources Toolkit* serves as a simplified, action-oriented version of the other toolkits. The tools in this kit are primarily based on existing national toolkits and best practice guides. It is recommended that professionals read through other profession-specific toolkits referenced for further context and detail.

The full digital toolkit can be found here: <https://www.in.gov/isdh/28696.htm>.

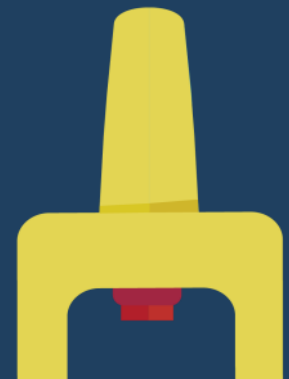


Naloxone Expiration Extension

As of Aug. 17 2020, Emergent BioSolutions, the manufacturer of the intranasal form of naloxone, Narcan, announced that the U.S. Food and Drug Administration (FDA) has approved the extension of Narcan's shelf life to up to 36 months. Previously, the approved shelf life of this form of naloxone was only up to 24 months. For those who may not already be familiar with the product and its use, Narcan Nasal spray is the first and only FDA-approved needle-free form of naloxone utilized to treat a known or suspected opioid overdose (Emergent BioSolutions 2020). The extension of Narcan's shelf life proves to be beneficial to local health departments and first responders who are responsible for the distribution and administration of the product to various entities and individuals throughout their respective communities. This extension also enables local health organizations and first responders to optimize the utilization of their naloxone doses for a prolonged period of time absent the fear of their allotted doses eventually exceeding their shelf life.

In addition, those entities who are still in possession of the 24-month shelf life Narcan prior to this announcement being made can now extend the shelf-life period for another 12 months. The comprehensive review conducted by the FDA included all forms of Narcan, which allows for the extension of expiration for older dosages. Other noteworthy changes include labeling information related to storage conditions. While most of the information from the previous and current label are the same, the more recent labeling simplifies instructions for the reader—for example, instead of providing a temperature range for storage (68°F - 77°F), the new label states to simply store at a controlled temperature below 77°F. But the more notable change here would be the addition of the disclaimer/warning statement that directs individuals using the product that in the event of an emergency, do not wait to thaw the Narcan and instead seek emergency assistance immediately. The previous statement was not included in the former label storage instructions, but it does include information about the time it takes for Narcan to thaw (15 min), which can be misleading due to the fact that many people need to use this form of treatment in the event of an emergency where there is little to no time to spare. The new doses with the extended shelf life can be identified by the red plunger. The doses with a 24-month expiration date have a white plunger. The red plunger doses also show the updated temperature control information on the packaging.

As the SVP and devices business unit head, Doug White states, "These changes are an example of our continued efforts to innovate and improve product features designed to address the needs of patients, consumers, health care providers, pharmacists and first responders." The extension of Narcan's shelf life and the additional storage information printed on labeling are two vital changes that can improve harm reduction efforts throughout the state of Indiana.



For additional information the supporting article can be found [here](#).

Division of Trauma and Injury Prevention's Ongoing Response to COVID-19

Many of our division members have continued to assist in the COVID-19 pandemic response by helping with the call center (general staff, supervisors and managers), drive-thru testing sites (site leads and hosting sites), contact tracing, incident command tasks and distribution/logistics work, COVID-19 vaccination scheduling, etc. Together, our division has dedicated more than 13,600 hours fighting the COVID-19 pandemic. Please join us in thanking our staff for their dedication and hard work to help educate the public and facilitate resources for the emergency response during the COVID-19 pandemic response.

Staffing Updates

Emma Heltzel is currently attending the Richard M. Fairbanks School of Public Health at Indiana University-Purdue University Indianapolis (IUPUI) where she is earning her bachelor of science in community health with a minor in epidemiology. Before joining IDOH, Emma worked as an EMT in the Indianapolis area and was an intern with the Division of Trauma and Injury Prevention in the fall of 2020.



Sydney Whiteford graduated from Indiana University with her bachelor of arts in psychology with a minor in public health and a certificate in clinical science. In May 2021, she will receive her master's in public health from the University of British Columbia in Vancouver, BC, Canada. Sydney worked for two years as a prevention specialist on a SAMHSA HIV and substance abuse prevention grant. She also was the Drug Overdose Prevention intern in summer 2020, prior to joining the team full time.

Brain Injury Awareness Month

Every 9 seconds someone in the United States sustains a brain injury. March is Brain Injury Awareness Month. For more than four decades, the Brain Injury Association of America (BIAA) has led the nation in observing Brain Injury Awareness Month by conducting an engaging public awareness campaign. The theme for the 2021 to 2023 campaign is “More Than My Brain Injury”. The campaign aims to destigmatize the injury, highlight the diversity of the brain injury community and empower those who have survived. Join the campaign on social media by sharing your personal experience or educating others about brain injury using the hashtag #MoreThanMyBrainInjury.



The Brain Injury Association of Indiana (BIAI) is the Indiana State Affiliate of BIAA. Visit its website at www.biaindiana.org to get information on various ways you can participate in this awareness initiative, including social media campaigns, PSAs, sharing your story, fundraising and more. You can also reach out to BIAI directly by email at biassociationofindiana@gmail.com or by phone at 317-410-3532.

Photo: <https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>

Patient Safety Awareness Week

March 14-20 is Patient Safety Awareness Week! This week is dedicated not only to increasing awareness about health care safety, but also to acknowledging successful work that has been done to protect patients and the workforce. Focusing on patient safety is crucial as medical harm is one of the leading causes of death worldwide.

- 40% of patients experience harm in ambulatory and primary care settings, with 80% of these harms being preventable.
- In the United States alone, 400,000 deaths occur each year as a result of errors or preventable harms.

Although not every case of harm will result in death, there are some long-term impacts. A patient’s physical health, emotional health, financial well-being and family relationships can all be affected.

Everyone takes part in the healthcare system whether as a patient or health care provider. We can all do our part by learning more about patient safety. The Institute for Healthcare Improvement provides resources for both health care professionals and patients, which can be found [here](#).

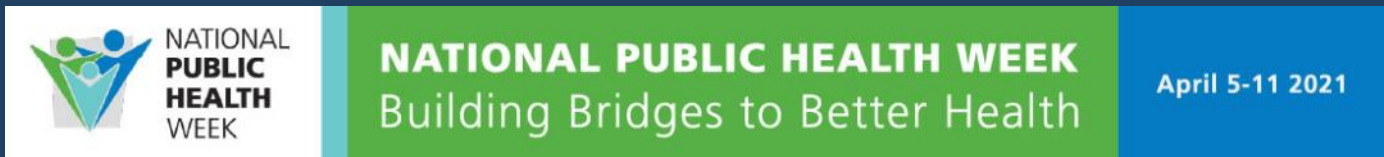


Source: <http://www.ihl.org/Engage/Initiatives/Patient-Safety-Awareness-Week/Pages/default.aspx>

Photo: <https://www.cdc.gov/patientsafety/features/medical-care.html>

National Public Health Week

April 5 kicks off National Public Health Week (NPHW). During this week, the American Public Health Association invites communities in the United States to recognize the achievements of public health and highlight public health issues that are significant to improving the health of our nation today. This year's NPHW theme is "Building Bridges to Better Health", and each daily topic represents a piece of the bridge that will help us attain better health for all. Working together, we can build healthier communities and the healthiest nation. Get involved on social media by following National Public Health Week at @NPHW or by sharing information on public health issues using the hashtag #NPHW. Find additional information and fact sheets for NPHW 2021 daily themes [here](#).



ISTCC Summary

The Indiana State Trauma Care Committee met virtually on Friday, Feb. 19. The Division of Trauma and Injury Prevention and regional districts provided updates to the group. Bekah Dillon with IU Health Ball Memorial Hospital was thanked for her committee service as she moves on to another role.

Most of the meeting was dedicated to two presentations given by Dr. Peter Jenkins with IU Health Methodist Hospital and Dr. Lance Trexler with Rehabilitation Hospital of Indiana.

Dr. Jenkins's presentation discussed traumatic brain injury and community health with a focus on the association of decreased Glasgow Coma Scores (GCS) and Outcomes at non-trauma hospitals. Based on Dr. Jenkins's research and analysis, the current data he looked at were limited to non-trauma hospitals and data from 2013 to 2015. Some of his conclusions were that patients with GCS less than 14 are at a higher risk of mortality, compliance with Indiana's Field Triage and Transfer Guidelines are low for the patients and urban hospitals are associated with lower likelihood of inter-facility transfer and increased in-hospital mortality.

Dr. Trexler's presentation discussed developing an infrastructure to manage TBI as a chronic illness. It was discussed to use clinical surveillance, preventive interventions, patient engagement and self-management training and access to medical care and rehabilitation services to help manage TBI. The Indiana ACL TBI Grant was also discussed; including goals over the next three years; MyBrain 2.0, which includes avatar-led assessments for clients, and the TBI clinical surveillance model.

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month (SAAM). SAAM is an annual campaign used to increase awareness about sexual violence and educate individuals on ways to prevent sexual violence. Sexual violence can be defined as any type of unwanted sexual contact online or in person ranging from sexist attitudes, words used in a sexual nature, threats, manipulation or coercion to commit sexual violence.

Sexual violence does not discriminate; in fact, it can impact every community and can affect all genders, sexual orientations and ages. Millions of people in the United States are impacted; however, many cases may go unreported because victims may be ashamed or afraid to tell their families, friends or the police.

According to the Centers for Disease Control and Prevention,



- More than **1 in 3** women and nearly **1 in 4 men** experience sexual violence involving physical contact during their lifetime.
- **1 in 3** female rape victims and **1 in 4** male rape victims experienced it for the first time between 11 and 17 years of age.

This year's SAAM theme is online sexual harassment and abuse. With the COVID-19 pandemic, communication through screens has become the new norm. We use it to connect with friends, family, co-workers and even strangers. Online harassment and abuse can be seen in many

different forms such as child pornography, harassment through texts or online platforms and the posting of unsolicited explicit images.



Sexual violence is **PREVENTABLE**. Join the efforts by helping build safe online spaces. Learn how you can practice consent online and educate other adults and kids around you about the different types of sexual violence and what they can do if they are a victim. If you want to help a survivor and are not sure where to start, check out [these](#) resources.

Photos: <https://www.nsvrc.org/saam>

National Youth Violence Prevention Week



Established by the National Association of Students Against Violence Everywhere (SAVE) and Sandy Hook Promise initiative, the National Youth Violence Prevention Week is set to occur April 12 - 16 with the goal of raising awareness and educating students, school staff, parents and the community on various ways to reduce and prevent youth violence. This weeklong series of events includes a wide range of activities demonstrating the important role our youth can play in helping both their schools and communities become safer places.

With the ongoing COVID-19 pandemic, over 30 million students are out of school, making youth violence prevention more relevant than ever. Social isolation is one of the key indicators of potential violence and has increased drastically due to COVID-19. Additionally, cyber bullying and loneliness are on the rise as students are forced to shelter at home, away from their social circles and many potential resources to counteract negative thoughts or feelings they may have. Acknowledging this, SAVE has generated a wide range of resources and tools for the National Youth Violence Prevention Week that are adaptable to the situations many find themselves in during the current pandemic. Primarily stemming from home-based activities, this new format will allow our youth to connect virtually with their peers during these times of social distancing.

As it stands, the final action kit for the 2021 National Youth Violence Prevention Week has not been completed. However, the way the events ran in the years prior give a good indication of what to expect. Throughout this series of events, SAVE will conduct virtual webinars and workshops designed to spark powerful discussions among likeminded peers; create awareness through the creation of posters, PSAs and social media posts; and donate educational resources designed to teach prevention strategies to the youth that can be followed even when school is not in session. Furthermore, SAVE hopes to encourage local legislators and media to participate by becoming strong community advocates for the prevention of youth violence.

Please join in setting a precedent and helping our communities become safe spaces for our developing youth. The resources provided through these events are crucial to refining current best practices for violence reduction strategies among this population and can hopefully have a major impact during these trying times. Look to the links below if you are interested in learning more or would like to do your part in promoting the ongoing prevention efforts. If nothing else, don't be afraid to post to social media and tag #NYVPW between April 12 and 16 to increase awareness among your social network.

Sandy Hook Promise National Youth Violence Prevention Week: [\(click here\)](#)

SAVE Promise Club: [\(click here\)](#)



The Annual Emergency Medical Services for Children (EMSC) Performance Measure Survey is Now Available for Indiana Registered EMS Agencies

On Jan. 6, 2021, the EMSC Program sent a statewide survey to Indiana registered EMS agency directors. The objective of the survey is to assess how pediatric emergency care is coordinated at EMS agencies and how agencies are keeping up with equipment, education and pediatric-specific quality improvement.

The Indiana Emergency Medical Services for Children Program (iEMSC) focuses on improving the quality of emergency care for children with serious injury and illness by integrating children's interests into the existing hospital and EMS system. iEMSC represents the unique needs of children within the healthcare community throughout the state of Indiana, working to ensure that all children everywhere in Indiana have timely access to appropriate emergency medical care.

In 2020, 8,525 EMS agencies across the United States completed the survey. The response rate in Indiana for the 2020 EMSC Performance Measure Survey was 89.2%. Health Resources and Services Administration funds EMSC programs and requires each state and U.S. territory to obtain an 80% response rate.

Indiana EMS for Children Program 2020 EMS Agency Survey Results

Indiana Data Collection Numbers:

Number of Respondents: **667**
Number Surveyed: **748**
Response Rate: **89.2%**

Number of Records in Dataset (after data cleaning)*: **629**

*Data cleaning includes removing agencies that do not respond to 911 and duplicates, etc.

Your EMS agency will receive an email from the National Emergency Medical Services for Children Data Analysis Resource Center (NEDARC) via the email address emsc@hsc.utah.edu asking you to complete the survey. The survey should only take 6-10 minutes to complete and is conducted on a secure web-based system. Please complete it as soon as possible to avoid follow-up phone calls and emails requesting completion. You may access a paper version of the assessment on emscsurveys.org.

Please assist iEMSC in helping Hoosier EMS be prepared to care for pediatric patients. Information gathered will help iEMSC provide education and resources for the prehospital-based PECC. The information has also assisted in the development of an upcoming resource document on the PECC Roles and Responsibilities, including quality improvement and quality assurance.

Individuals who have questions or would like to subscribe to the PECC quarterly newsletter may contact Margo Kniefelkamp, Indiana EMSC Program Manager, at margo.kniefelkamp@indianapolisems.org or 317-523-4636.

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Brain Injury Awareness Day	6
7	8	9	10	11	12	13
14 Patient Safety Awareness Week	15 Patient Safety Awareness Week	16 Patient Safety Awareness Week	17 Patient Safety Awareness Week	18 Patient Safety Awareness Week	19 IPAC/INVDRS Patient Safety Awareness Week	20 Patient Safety Awareness Week
21	22 National Drug and Alcohol Facts Week National Poison Prevention Week	23 National Drug and Alcohol Facts Week National Poison Prevention Week	24 National Drug and Alcohol Facts Week National Poison Prevention Week	25 National Drug and Alcohol Facts Week National Poison Prevention Week	26 National Drug and Alcohol Facts Week National Poison Prevention Week	27 National Drug and Alcohol Facts Week National Poison Prevention Week
28 National Drug and Alcohol Facts Week National Poison Prevention Week	29	30	31			
		Red Cross Month	National Multiple Sclerosis Education & Awareness Month	Brain Injury Awareness Month	Bleeding Disorder Awareness Month	

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Distracted Driving Awareness Month	Minority Health Month	Sexual Assault and Prevention Awareness Month	National Alcohol Awareness Month	1	2 Good Friday	3
4	5 National Public Health Week	6 National Public Health Week	7 National Public Health Week	8 National Public Health Week	9 National Public Health Week	10 National Public Health Week
11 National Public Health Week	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 National Work Zone Awareness Week	27 National Work Zone Awareness Week	28 National Work Zone Awareness Week	29 National Work Zone Awareness Week	30 National Work Zone Awareness Week	

Upcoming 2021 (TRAC) meetings can be found here: <https://www.in.gov/isdh/26644.htm>

Contact Us

Kris Box, M.D., FACOG — State Health Commissioner

Eldon Whetstone, JD — Assistant Commissioner, Health and Human Services

Division of Trauma and Injury Prevention Staff

Katie Hokanson — Director

Klaudia Wojciechowska — Drug Overdose Prevention Program Director

Murray Lawry — Operations Manager/Deputy Director

Ramzi Nimry — Trauma and Injury Prevention Program Director

Anita McCormick-Peyton — Records Consultant

Carrie Bennett — Lead Drug Overdose Prevention Community Outreach Coordinator

Cassidy Johnson — Naloxone Program Manager

Emma Heltzel — Registry Coordinator

Helen Schwartzel — Administrative Assistant

James Carroll — Drug Overdose Prevention Community Outreach Coordinator

John O'Boyle — Records Coordinator

Keifer Taylor — Records Consultant

Laura Hollowell — Drug Overdose Prevention Community Outreach Coordinator

Meghan Davis — Records Consultant

Morgan Sprecher — INVDRS Epidemiologist

Navtej Bal — Records Consultant

Patricia Dotson — Records Consultant

Pravy Nijjar — Injury Prevention Program Coordinator

Ryan Cunningham — INVDRS Lead Records Consultant

Sydney Whiteford — Drug Overdose Prevention Epidemiologist

Trinh Dinh — Data Analyst

Veronica Daye — Injury Prevention Epidemiologist

Please email indianatrauma@isdh.IN.gov for more information.

Visit our website at indianatrauma.org.

Follow us on Twitter: @INDTrauma



Indiana
Department
of
Health