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- ### Upcoming Events
- **Veteran’s Day (state offices closed)**
November 11
 - **IPAC/INVDRS (virtual)**
November 20
 - **Thanksgiving Day (state offices closed)**
November 26
 - **Lincoln’s Birthday (state offices closed)**
November 27
 - **ISTCC/ITN (virtual)**
December 11
 - **Washington’s Birthday (state offices closed)**
December 24
 - **Christmas Day (state offices closed)**
December 25

Division of Trauma and Injury Prevention’s On-going Response to COVID-19

Many of our division members are continually helping with the COVID-19 pandemic response in several ways including staffing the call center (general staff, supervisors and managers), drive thru testing (site leads and hosting sites), contact tracing, incident command tasks and distribution/logistics work, etc. Together, our division has already dedicated more than 9,300 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.

Division of Trauma and Injury Prevention Highlights

Ramzi Nimry was awarded the Indiana Commendation Medal by the Commander-in-Chief of Military Forces for exceptional meritorious service while serving as an Indiana Department of Health site coordinator and leading multiple missions throughout the state. Ramzi demonstrated outstanding leadership and service while supporting local communities and members of the Indiana National Guard during the COVID-19 pandemic.



Pravy Nijjar was nominated and awarded a 2020 Child Safety Advocacy Award. Pravy's peer nomination reflected her dedication to the health and safety of children in Indiana and honored her extraordinary efforts in preventing child injuries. Pravy will be recognized at the 24th Annual Child Safety Advocate Awards Ceremony that will be scheduled at a later date.

Drowsy Driving Prevention Week

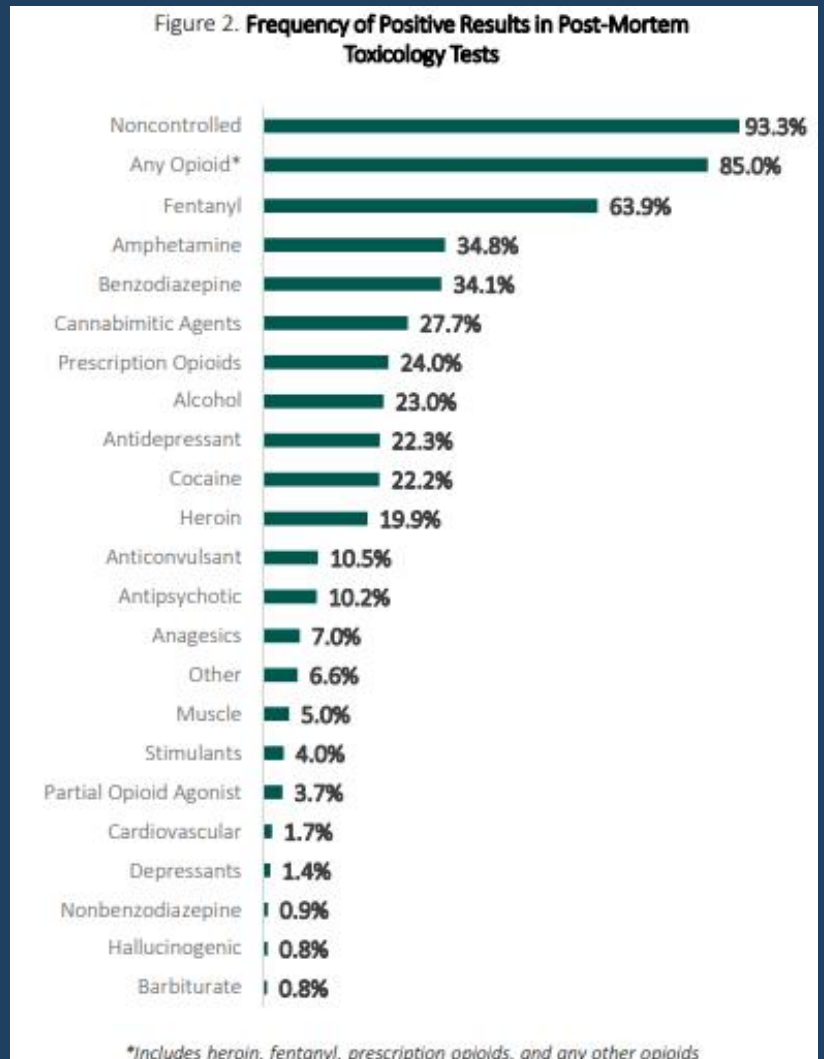
Drowsy Driving Prevention Week is a campaign put on by the National Sleep Foundation (NSF) during the first week of November. This campaign aims to spread awareness and education of the dangers of drowsy driving and how to prevent it. The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be the tip of the iceberg, since currently it is difficult to attribute crashes to sleepiness. Countermeasures that the NSF recommend before driving is to get 7-9 hours of sleep the night before, scheduling breaks about every 100 miles or 2 hours, having a passenger and avoiding alcohol and any medications that cause drowsiness. Warning signs that a driver may need to take a break include:

- Difficulty focusing
- Frequent blinking
- Heavy eyelids or feeling restless
- Daydreaming, missing exits or traffic signs
- Yawning repeatedly or rubbing eyes
- Drifting from the lane, tailgating, or hitting a shoulder rumble strip

Indiana Department of Health 2020 Toxicology Report

Since 2018, all Indiana coroners have been required to conduct toxicology screenings and report findings to gather information on suspected controlled substances in fatal overdose cases under Indiana Code 36-2-14-6 (b). The Indiana Department of Health has partnered with the Management Performance Hub and Wayne State University to conduct analyses on the toxicology data collected, linking it with death certificate data. The 2020 Multi-Drug Toxicology Report has been recently published on the state Department of Health [website](#). Key findings of the report include:

- Opioids were involved in over 85% (n=1312) of accidental overdoses deaths.
- Fentanyl was present in over 64% (n=987 cases) of all deaths and the most common illicit opioid found.
- Only 7% (n=103 cases) of all deaths were undercounted as opioid involved overdoses.



2018 NVDRS Restricted Access Database

CDC has recently updated its Restricted Access Database (RAD) to include 2018 data from the National Violent Death Reporting System (NVDRS). The NVDRS RAD consists of data from 38 states, 21 California counties, the District of Columbia and Puerto Rico.

The NVDRS RAD is a de-identified, multi-state, case-level dataset comprised of hundreds of unique variables. The data set is available to researchers who meet specific criteria. The RAD database also uses includes short narratives that describe the circumstances related to violent deaths, including descriptions from law enforcement and medical examiner or coroner reports. There is no cost for accessing the NVDRS RAD.

CDC provides data in a flat-file format for ease of use. Documentation of local institutional review board (IRB) is only necessary if required by your home institution or if linking to other datasets. Detailed data documentation (e.g., a RAD Users Guide) is available, and the RAD application has word limits. Response times to RAD user/applicant inquiries are typically 1-2 business days and applications are reviewed in 2-3 weeks.

To learn more about these data, eligibility requirements, and the application process, please visit their [web page](#). Questions can be directed to nvdrs-rad@cdc.gov.

International Survivors of Suicide Day

International Survivors of Suicide Day was designated by the United States Congress as a day for family and friends of suicide victims to come together for healing and support. It takes place on the Saturday before Thanksgiving each year as the holidays can be particularly difficult without the presence of their loved ones. This year, it will take place on November 21st. The hope is for the survivors to find connection, understanding and hope through interacting with each other and their shared experience.

This day and associated events are supported by the American Foundation for Suicide Prevention (AFSP). The AFSP is a health organization that strives to save lives and gives those affected by suicide a community based in research, education, and advocacy to take action against suicide. This day came to be because of Senator Harry Reid, who was affected by suicide in his family, to introduce Senate Resolution 99 which designated a day for survivors of suicide loss. Since then, communities around the world have joined in the observance. Due to the pandemic, most events are being held virtually, if you are interested in attending ([click here](#)) and you will be directed to the page on the AFSP website to find an event near you.

Labor of Love



Save the Date: Virtual, December 10, 2020

The Department is excited to host the Labor of Love Infant Mortality Summit as a virtual conference. The health and safety of our presenters, attendees and staff is our greatest priority. We appreciate your understanding and flexibility as we look forward to this year's virtual event. For additional information please check the website: <http://www.infantmortalitysummit-indiana.org/>

Indiana State Trauma Care Committee Summary

The Indiana State Trauma Care Committee met virtually on Friday, October 16, for the second time since COVID-19. The Department, regional districts and both Trauma System Planning and Performance Improvement subcommittees all provided updates to the group.

Most of the meeting was dedicated to a presentation given by Dr. Pratik Parikh from the University of Louisville and Dr. Nan Kong from Purdue University, which focused on working towards an optimal regional network of trauma centers. Their research project, Performance-Based Assessment of Trauma Systems (PBATS), looked at analyzing the current network of trauma centers, the impact on patient safety including under and over triage and conducting what-if analysis. Having used this method with the state of Ohio, Drs. Parikh and Kong reached out to the Division of Trauma and Injury Prevention at the Indiana Department of Health to explore Indiana data from 2018 through the Indiana Trauma Registry. Their study examined the total number of cases and total severely injured cases in each district. The results concluded that five out of the ten districts accounted for 75% of total cases, 78% of total severely injured cases and 15 out of 22 trauma centers. Other findings included over- and under- triage as mentioned before, as well as air ambulance usage from district to district in the state. Drs. Parikh and Kong plan to look at more recent data in the future to help Indiana.



KEEPING A 20/20 FOCUS DURING CHALLENGING TIMES MIPA VIRTUAL SUMMIT

DECEMBER 9, 2020 | 8:00 AM – 12:45 PM



*Hosted by the Minnesota Department of Health
Injury and Violence Prevention Section*



The Midwest Injury Prevention Alliance (MIPA) is an organization of injury professionals from states in Federal Health and Human Services Region V (Illinois, Indiana, Minnesota, Michigan, Ohio, and Wisconsin), who work collaboratively to reduce unintentional and intentional injury-related death and disability.

MIPA hosts an annual summit for injury professionals to share experiences and information on injury and violence topics of

common interest. Due to the COVID-19 pandemic, the summit will be held virtually this year on December 9th, 2020. This year's theme — ***Keeping a 20/20 Focus During Challenging Times*** — will cover important topics that will inspire, instruct and illustrate the power of partnerships, the passion of programs, and the practice of policy in changing the landscape of injury and violence in each of our states. The summit will include discussions about current research, innovative programs, new strategies and policies, as well as opportunities to connect and establish new linkages while strengthening existing friendships and relationships.



Target audience: Public health professionals, clinicians, academic researchers and practitioners, non-profit and community organization members, and others who are interested in injury and violence prevention and control.

For additional information and registration, please visit: www.mipasummit2020.org

National Injury Prevention Day

Injuries are the leading cause of death and disability to children 1-18 years old in the United States. Every day 20 children die from preventable injuries - resulting in more deaths than all other diseases combined. But the good news is, many of these injuries are preventable with the use of safety practices and equipment and the implementation of strong legislation. To highlight the significance of injuries to children as well as the importance of injury prevention, the Injury Free Coalition for Kids™ will launch the country's first "National Injury Prevention Day" on Wednesday, November 18, 2020.

The Injury Free Coalition for Kids® provides injury prevention programs. It is comprised of over 40 sites located in Level I Trauma Centers in 30 states across the country's Federal Trauma Regions. These sites, have hospital-based, community-oriented injury prevention programs whose efforts are anchored in research, education and advocacy. Each site has independent, physician-led programs driven by the coalition's mission: preventing injury to children. While research determines where the injuries take place and which ones are most prevalent and severe, most of the injuries addressed occur in urban environments. Coalition members work to empower the diverse populations who live there, and they address the injuries most prevalent in their areas.

If you have questions, please contact E. Lenita Johnson at 816-651-7777.

Source: <https://www.injuryfree.org/nationalinjurypreventionday/>

Shine a green light on
Injury Prevention Day
November 18, 2020

10 8 7 5 4 3 2 1

HOLLYWOOD

- Injuries are a leading cause of death and hospitalization to US children
- Injuries are preventable
- Help light the way toward childhood injury prevention

For more information go to: www.injuryfree.org

Injury Free Coalition
for Kids®

We would like to thank our local hospital, Riley Hospital for Children Indiana University Health, for helping **Shine a Green Light** to raise awareness about the need to address and prevent injuries!



Riley Children's Health
Indiana University Health

Safe Toys and Gifts Month

December 1st kicks off National Safe Toys and Gifts Month. According to the U.S. Consumer Product Safety Commission, in 2018, approximately 217,000 children were treated in emergency rooms for toy-related injuries. Toy safety is extremely important to preventing childhood injuries. There are many steps parents and caregivers can take to prevent toy-related injuries. One key step is to ensure that the toy is appropriate for the child's individual skills and abilities. Below is a list of other helpful safety tips to consider when buying toys and gifts:

- Inspect all toys before purchasing. Avoid those that shoot or include parts that fly off. Toys should not have sharp edges or points and should be sturdy enough to withstand impact without breaking.
- When purchasing toys for children with special needs search for toys that appeal to different senses but be mindful of the size of the toy and the abilities and skills of the child.
- Be diligent about inspecting the toys the child receives. Check them for age, skill level, and developmental appropriateness.
- Look for labels that prove that the toys have passed a safety inspection such as an "ASTM" label that means a toy has met the American Society for Testing and Material Standards.
- Gifts of sports equipment should always be accompanied by protective gear.
- Do not give toys with small parts to young children as they tend to put things in their mouths, increasing their risk of choking. If the piece fits inside a toilet paper roll, it is not appropriate for children under the age of three.
- Do not give toys with ropes/cords or heating elements.
- Only purchase non-toxic crayons and markers.



To see this list in more detail and for other helpful resources, visit the [American Public Health Association page](#).

Gov. Holcomb Announces Expanded Peer Recovery Options for Hoosiers With Mental Health Issues and Substance Use Disorders

Gov. Eric J. Holcomb announced on Aug. 6, a new partnership between the Indiana Family and Social Services Administration Division of Mental Health and the Addiction and Mental Health America of Indiana. This partnership is meant to expand access to peer recovery support recovery specialists throughout Indiana via the Indiana Recovery Network. The Indiana Recovery Network is a grassroots network that spans across the entire state with more than 60 recovery-based organizations that provide peer support. Peer recovery support specialists are individuals who have received training and have personal experience with mental health issues or substance use disorder. They are meant to work alongside patients and support them during recovery. The expansion, which is funded by more than a \$1 million grant from SAMHSA, will result in the addition of at least 40 part and full-time peer recovery specialists at 16 of the recovery-based organizations across Indiana. Click [here](#) to view the full announcement and a full list of the recovery-based organizations across Indiana that will be adding peer recovery specialists.

Holiday Travel Safety

The holidays are the busiest travel time of the year. With all the excitement in the air, staying safe should still be a top priority. We have compiled a quick tip sheet to keep you and your family safe this holiday season.

- **Where are you traveling to?** It is a good idea to check the COVID-19 numbers for the state or city that you are traveling to. The CDC has a tracker that can be accessed here: https://covid.cdc.gov/covid-data-tracker/#cases_casesinlast7days.
- **Are you going to have to quarantine?** Some states have quarantine requirements for travelers from certain states. Check the department of health website for the state you are travelling to for a list of states that are required to quarantine.
- **Don't forget** to wear a mask, wash your hands, and socially distance when exploring your new destination.
- **Know the risks** and precautions you can take for certain types of travel. Flying and driving both present unique obstacles for your safety. When in doubt, do your best to stay at least six feet apart, wear a mask, and wash your hands well and often.
- **Know when delaying your travel plans might be the best decision.** If you or a loved one is at high risk or you are traveling to or from a state with high case counts, it might be a safer decision for you and your family to postpone your travels.
- **When you are at your destination**, staying away from large social gatherings, or high-risk places like bars, restaurants, and movie theatres, will decrease your risk.
- **Once you are home**, monitor yours and your family's health by taking temperatures regularly and watching for symptoms like cough, shortness of breath, or other flu-like symptoms. If symptoms are present, contact your family physician for further instructions.

Sources: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#:~:text=If%20You%20Travel%3A%20%E2%80%A2,60%25%20alcohol>

Naloxone Program 2020 Overview

Rural First Responder Grant:

In 2020, there were 97 agencies that received naloxone from the Department as part of a grant opportunity. Many of the agencies were either police departments, fire departments, or EMS agencies. Other participants included sheriff departments and probation departments. There were 3,361 total doses of naloxone distributed through the grant. This was the third year of the rural first responder grant and the fourth year has just begun.



Local Health Department Grant:

In 2020, 54 local health departments participated in the grant. This grant round had the largest number of participants to date. A total of seven LHDs participated in the grant for the very first time. All other counties had participated in at least one previous grant round. There have been five other grant rounds for LHDs. This year there were over 24,000 doses of naloxone distributed to LHDs. LHDs were then able to distribute these doses in their communities. There will be a seventh round of the grant in this upcoming year.



Tips for Safe Winter Driving

Winter is quickly approaching and it is crucial to undergo a careful review of your vehicle's condition to better prepare for safe driving during the cold weather. Due to 17% of vehicle crashes occurring in winter, it is important to consider the following tips regardless of your driving experience.

Before you go

- Get your car serviced.
- Check for recalls using your VIN on www.nhtsa.gov/recalls.
- Familiarize yourself with the car manual.
- Ensure your electric/hybrid car is fully charged.
- Stock up on emergency supplies such as snow shovels, ice scrapers, sand/kitty litter to get out of snow, jumper cables, flashlights, flares, blankets, food, water, hot water bottle, phone chargers, first-aid kit and facemasks.
- Review weather conditions and travel route.
- Ensure you and all your passengers use seatbelts.
- Tell a close friend/family where you are headed.



While on the road

- Stay alert and be aware of your surroundings.
- Do not text and drive.
- Do not drive while intoxicated. Get a taxi service or a ride from a friend.
- Allow substantial distance between your car and the vehicle ahead of you for braking precautions.
- Slow down and never drive above the speed limit.
- Driving on the road behind a snowplow is safer than travelling beside one.



During emergencies

- If stationary, run your car periodically to avoid asphyxiation by carbon monoxide poisoning when the windows are up.
- Stay with your car and do not overexert yourself.
- Stay calm and use bright markers on windows or keep the interior dome light turned on.



Resources: Ten-year averages from 2005-2014 analyzed by Booz Allen Hamilton, using NHTSA data. National Highway Traffic Safety Administration (2020). *Tips for travelling safely*. Retrieved from <https://www.nhtsa.gov/winter-driving-safety#note>

November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Drowsy Driving Prevention Week	2 Drowsy Driving Prevention Week	3 General Election Day Drowsy Driving Prevention Week	4 Drowsy Driving Prevention Week	5 Drowsy Driving Prevention Week	6 Drowsy Driving Prevention Week	7 Drowsy Driving Prevention Week
8 Drowsy Driving Prevention Week	9	10	11 Veterans Day	12	13	14
15	16	17	18 National Injury Prevention Day	19	20 IPAC/INVDRS	21 International Survivors of Suicide Day
22	23	24	25 Thanksgiving Holiday Travel Safety	26 Thanksgiving Day Thanksgiving Holiday Travel Safety	27 Lincoln's Birthday Thanksgiving Holiday Travel Safety	28 Thanksgiving Holiday Travel Safety
29 Thanksgiving Holiday Travel Safety	30					

December 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Safe Toys and Gifts Month		1	2	3	4	5
6	7	8	9	10	11 ISTCC/ITN	12
13	14	15	16	17	18	19
20	21	22	23 Drive Sober or Get Pulled Over	24 Washington's Birthday Drive Sober or Get Pulled Over	25 Christmas Day Drive Sober or Get Pulled Over	26 Drive Sober or Get Pulled Over
27 Drive Sober or Get Pulled Over	28 Drive Sober or Get Pulled Over	29 Drive Sober or Get Pulled Over	30 Drive Sober or Get Pulled Over	31 Drive Sober or Get Pulled Over		

Upcoming 2020 TRAC Meetings can be found here: <https://www.in.gov/isdh/26644.htm>

Contact Us

Kristina Box MD, 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 — Drug Overdose Prevention Community Outreach Coordinator

Cassidy Johnson — Naloxone Program Manager

Chinazom Chukwuemeka — 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

Lauren Harding — Drug Overdose Prevention Epidemiologist

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

Trinh Dinh — Data Analyst

Veronica Daye — Injury Prevention Epidemiologist

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

Visit our website at indianatrauma.org.

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Department
of
Health