



The Torch

The official newsletter for Indiana state employees

August, 2020

State to stay in 'Back on Track' stage 4.5 until Aug. 27

Governor Eric J. Holcomb recently announced that the state will remain in Stage 4.5 of the Back On Track Indiana plan until Aug. 27.

"This virus will take what we give it, so it is incumbent upon us to be on our best behavior, practicing physical distancing, good hygiene, and masking up," Gov. Holcomb said.

Gov. Holcomb has used data to drive decisions since the state's first case of the novel coronavirus in early March and he continues to do so. The state will continue to monitor and respond to these four guiding principles:

- The number of hospitalized COVID-19 patients state-wide has decreased for 14 days
- The state retains its surge capacity for critical care beds and ventilators
- The state retains its ability to test all Hoosiers who are COVID-19 symptomatic as well as health care workers, first responders, and front-line employees
- Health officials have systems in place to contact



all individuals who test positive for COVID-19 and expand contact tracing.

Local governments may impose more restrictive guidelines.

Following consultation with the Indiana State Department of Health and the Indiana Chapter of the American Academy of Pediatrics, the mandatory mask order for schools was modified to allow students to remove masks for classroom instruction when they are able to maintain at least three to six feet of distance between students.

The state government capital complex will begin to open to the public Aug. 17. Hoosiers who need assistance may continue to schedule appointments with agencies in Indianapolis and throughout the state. Many offices, such as the Bureau of Motor Vehicles, are open without an appointment needed.

Details and guidance will be updated at [BackOnTrack.in.gov](https://www.in.gov/backontrack).

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Got a story?

Submit your story ideas to: spdcommunications@spd.in.gov

Social media



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Like [@SOIEmployees](https://www.facebook.com/SOIEmployees)



Follow [State of Indiana Employees](https://www.youtube.com/StateofIndianaEmployees)

Virtual yoga returns this Friday!

JOIN US FOR
Virtual Yoga
Friday at noon



Don't miss your chance to be part of a free, fun, and relaxing virtual yoga session this Friday, Aug. 7!

The class starts at noon and is open to participants of all skill and ability levels, from first-timers to seasoned yoga pros. A link to the livestream will be emailed to all participants prior to the start of the class.

Register [here](#) and check out the [Indiana State Personnel Department event calendar](#) for upcoming virtual yoga dates! No matter where you are, you can be part of the fun!

ActiveHealth webinar focuses on self-care

Learn about the importance of self-care in this month's ActiveHealth webinar.

Register for the Tuesday, Aug. 18 digital event [here](#). Times are 10 a.m., 12:30 p.m., and 4:30 p.m.

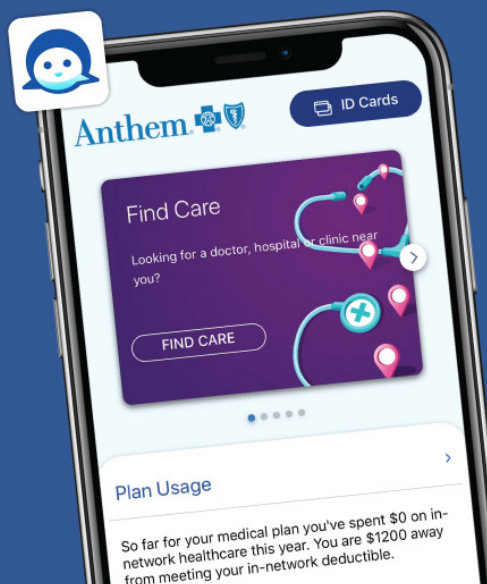


Your Anthem Health Guide is here!



Download the Sydney App today!

Call your Guide: 877.814.9709



‘Run the State’ jogs (and hikes) into Ft. Harrison State Park - Registration open for all remaining events

With a 5K and hike already “in the books” for the 2020 [Run the State 5K and Hike Series](#), what’s the next (literal) step?

A 5K AND a hike, of course!

If that sounds like amazing fun, you’re in luck!

The next stop in the series is Ft. Harrison State Park Aug. 15. The annual capper for the series will instead be the penultimate Run the State event in 2020, and for the first time ever, the yearly trip to the historic park will include two entirely unique activities.

Participants will have a choice of running or walking a 5K or taking a late summer hike in one of the Hoosier State’s most scenic state parks. The 5K will follow the same path as years past and is stroller friendly. All can go at their own pace on the route, which is lined by trees and features elevation changes.

Hikers can choose from three self-guided hikes that range in difficulty.

The Tree ID Trail is a one-mile jaunt perfect for beginners or those who want to take a more relaxed approach. The Tree ID Trail, as the name implies, also allows you to learn to identify the various types of trees on the route.

Birders and outdoor lovers in general will find a lot to like about the Fall Creek Trail, which is a bit more strenuous than the Tree ID Trail but worth the effort for the natural sights that accompany this one-mile journey.

Finally, the Schoen Creek Trail is a three-mile stretch sure to satisfy even the most seasoned hikers.

Social distancing measures are in effect at all Run the State events this season. Click either of the registration links below to learn more. You may also be interested in learning about the ongoing [scavenger hunt](#) contest here. You could win an Indiana DNR State Parks pass!

Though two events are complete ([Ouabache State Park](#) and Spring



Mill State Park) and another is just around the corner, the Run the State 5K and Hike Series is still far from over. We’ll finish up with a trip to Indiana Dunes State Park Oct. 17 for the series’ first ever fall finish!

Sign up for your chosen event by clicking the links below. We can’t wait to “Run the State” with you this season!

[Fort Harrison State Park 5K or Hike](#) – Aug. 15

[Indiana Dunes State Park 5K](#) – Oct. 17

IDDC encourages Hoosiers to ‘Make the Promise’ as businesses reopen

The Indiana Destination Development Corporation (IDDC) has just initiated a new campaign, [Hoosier-HospitalityPromise.com](#).

As Indiana moves through the stages to safely re-open our economy, it is important for consumers to have the confidence to visit attractions and businesses. This campaign is designed to help overcome the fear barrier by ensuring that businesses are doing all they can to make their environment safe and healthy for their employees and guests.

IDDC is asking businesses and consumers to “*Make The Promise.*” The businesses are promising to follow safety guidelines set out by the CDC, state and local health commissioners, as well as national organizations. When a business signs up on the website, it has the opportunity (not obligation) to provide an incentive for a consumer to visit their establishment.

When consumers “*Make the Promise,*” they are promising to social distance, wear a mask when

necessary, wash hands, and stay home when sick. In return for making the promise, the consumer receives the “*Hoosier Hospitality Promise Pass*” which entitles them to discounts offered by all participating businesses.

To make the promise, businesses and consumers simply go to [HoosierHospitalityPromise.com](#).

The DNR's Division of Historic Preservation & Archaeology has past Indiana Archaeology Month commemorative T-shirts available for purchase

The DNR's Division of Historic Preservation & Archaeology has past Indiana Archaeology Month commemorative T-shirts available for purchase. The shirts are \$5 each, and the funds from sales will go to the [Archeology Preservation Trust Fund!](#)

Quantities and sizes are limited. Shirts are currently available from 2016, 2017, and 2019. So, if you missed getting past shirts, now is your opportunity. Call the DNR's Customer Service Center (317-232-4200 or 877-463-6367) to purchase, and your order will be mailed to you.



DOR Recognized as Top Workplace for Second Year

Employee-centric survey lands DOR on prestigious list again in 2020.

The prestigious award is based solely on an anonymous survey of DOR employees that measures several aspects of employee engagement and workplace culture.

“Our team is honored to win this award for a second straight year,” commented DOR Commissioner Bob Grennes. “We have poured ourselves into building and nurturing a positive and engaged culture that produces amazing results. Being recognized for something we live and feel every day is pretty special.”

DOR is comprised of more than 700 dedicated team members who skillfully operate all tax adminis-

tration functions that process in excess of \$20 billion annually from 65 active tax types.

Eighty-eight percent of DOR employees voluntarily completed the 26-question survey administered by Energage, which included questions in areas of organizational commitment, communication, motivation, and leadership. DOR was recognized among 15 organizations the IndyStar awarded within their Large Company of 500+ Employees for Top Workplaces category.

“Our team cares deeply about the important work we do and the Hoosiers we serve,” said Commissioner Grennes. “We also care about each other and our work environment. DOR is a pretty special place and we are so proud to

be once again recognized as a Top Workplace.”

DOR was first recognized as a Top Workplace by the IndyStar in 2019—making DOR the first state agency to receive this employee-driven award. DOR's mission, to serve Indiana by administering tax laws in a fair, secure and efficient manner, along with its vision to be recognized as the premier tax administrator in the nation and a great place to work, guides DOR and its employees – but it is the wonderful work by the DOR team that brings these to life.

Click [here](#) to see a complete list of the Indy Star's Top Workplaces. Learn more about DOR, at the agency's [About Us webpage](#).



Agency Announcement

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DMHA'S NICK SVETLAUSKAS NAMED NATIONAL TREATMENT NETWORK REPRESENTATIVE OF THE YEAR

Nick Svetlauskas, bureau chief of addiction services in the Division of Mental Health and Addiction has been named the National Treatment Network's Representative of the Year.

The Representative of the Year is one of several national awards given out annually by the National Association of State Alcohol and Drug Abuse Directors, Inc.

According to our partners from NASADAD, Svetlauskas stood out as someone who was willing to participate fully in the National Treatment Network from the beginning.



Svetlauskas became the Region V Representative for the National Treatment Network representing Indiana and the region well on treatment coordinating committee calls. He stepped up to be co-chair of the Sustainability Learning Community from its inception and has maintained that commitment, leading the learning community calls and café model discussion at the annual meeting.

Svetlauskas is always willing to share what's going on in Indiana with his fellow National Treatment Network reps and to ask interesting questions of them. Nick exemplifies the collaborative spirit of the National Treatment Network.

"It's humbling to think that my hard working and impressive colleagues across the nation have nominated and voted me as the national treatment network coordinator of the year," said Svetlauskas. "It's an honor and privilege to serve Indiana and participate with NASADAD on a national level, advocating, collaborating and actively focusing on creating a more effective and efficient SUD treatment/co-occurring use disorder infrastructure."

The National Treatment Network is a component of the National Association of State Alcohol and Drug Abuse Directors. The National Treatment Network is a group of state alcohol and other drug agency treatment representatives dedicated to promoting effective, socially responsible programs and applying effective strategies to expand and improve publicly funded substance use disorder service system throughout the United States.



**Division of Mental
Health and Addiction**

Indiana 211 now part of FSSA

Governor Eric J. Holcomb recently announced that Indiana’s statewide community resource referral agency, Indiana 211, is now part of the Indiana Family and Social Services Administration (FSSA).

The change, which was part of Gov. Holcomb’s 2020 Next Level agenda and unanimously approved by the Indiana General Assembly during its 2020 session, will make it easier for Hoosiers to navigate the significant amount of state and community services available to support their overall health and well-being.

“By connecting the resources of FSSA with the versatility of Indiana 211, we can offer Hoosiers great government service,” Gov. Holcomb said. “We will connect them with what they need, when they need it with this 24 hours a day, seven days a week hotline.”

Indiana 211 is a free service that connects Hoosiers with assistance and answers from thousands of health and human service resources – quickly, easily and confidentially.

Indiana 211 and FSSA will be able to more efficiently aid Hoosiers in need by providing a “one-stop shop” for community and state services. When they dial 2-1-1, Hoosiers are connected to an experienced, responsive and compassionate team

of community navigators who are skilled at identifying needs and providing referrals that best meet those needs.

“Along with Governor Holcomb and the Indiana General Assembly, Indiana’s United Ways and the Indiana 211 Partnership have been great partners in making this vision become a reality,” said Jennifer Sullivan, M.D., M.P.H., FSSA secretary. “It is the ultimate goal of all involved to support Hoosiers’ overall health and well-being. They need a simple front door to walk through to receive any service or program we offer without delay – and if we don’t offer it, a way to be connected to it.”

Indiana 211 and FSSA already have a history of joint success, through programs such as the [partnership with OpenBeds](#), which was part of Gov. Holcomb’s 2018 Next Level agenda and has to date has connected over 1,400 Hoosiers with drug treatment and community services. The organizations have also partnered on operating suicide prevention and Adult Protective Services hotlines, and will be introducing new services related to helping Hoosiers recover from the COVID-19 pandemic in the near future.

Stay up to date with COVID-19 news

- [2019 Novel Coronavirus \(COVID-19\)](#)
- [Indiana State Department of Health](#)
- [Governor Eric J. Holcomb](#)

Helpful resources

Anthem Resources

- [Anthem Employee Assistance Program \(EAP\)](#)
- [Anthem NurseLine](#)
- [LiveHealth Online](#)
- [211.org](#)

General Resources

- ISDH COVID-19 Call Center– 877-826-0011
- Contact the INSPD Benefits Hotline – 317-232-1167 (Indianapolis area), 1-877-248-0007 (toll- free outside Indianapolis)
- Disaster Distress Helpline – 800-985-5990, or text “TalkWithUs” or “Hablanos” to/al 66746.
- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline – 800-662-HELP
- National Suicide Prevention Lifeline - 800-273-TALK or 888-628-9454 (español)



THROUGH SEPT. 7

Step into the pages of Eric Carle’s colorful picture books in this play-and-learn experience! Timed tickets required.

RESERVE NOW

INDIANA STATE MUSEUM AND HISTORIC SITES
indianamuseum.org



Artwork by Jerry Williams

Be Well Crisis Hotline to further assist Hoosiers during COVID-19 pandemic

The Indiana Family and Social Services Administration (FSSA) recently announced the launch of the Be Well Crisis Helpline, a confidential resource available through Indiana 211 that will allow Hoosiers to call and speak with a trained counselor 24/7.

The free Be Well Crisis Helpline was established by FSSA's Division of Mental Health and Addiction in direct response to the elevated levels of stress and anxiety Hoosiers are experiencing due to the COVID-19 pandemic.

COVID-19 has caused a rise in mental health-related issues across Indiana and the entire country, including new stresses brought on by social isolation and the lack of traditional support systems such as family, friends, schools,

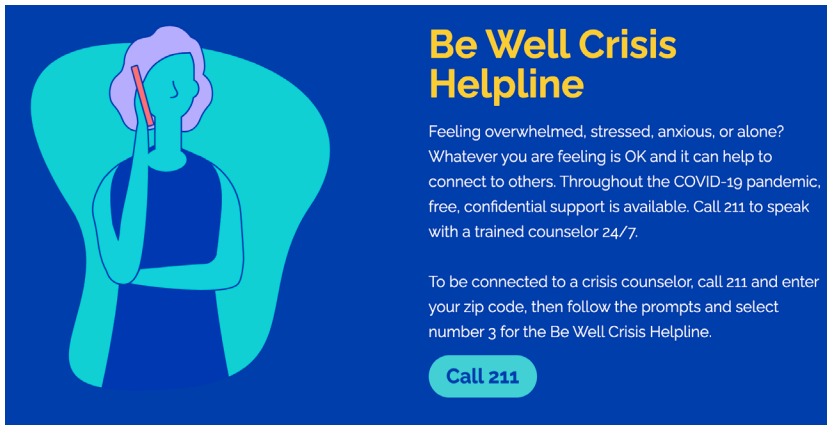
religious and other community organizations. For many Hoosiers, anxiety regarding financial stress, grief and loss over bereavement and the loss of one's "normal routine," along with all of the unknowns regarding COVID-19, is overwhelming.

"With the Be Well Crisis Helpline, our intent is to provide easy and free access to counselors who can listen and help by simply calling 2-1-1," said Jennifer Sullivan, M.D., M.P.H., FSSA secretary. "As Hoosiers continue to cope with the 'new normal' of life during a pandemic, with massive disruptions in their everyday lives, and with emotions ranging from bored to terrified, it was imperative to build a helpline that could literally be a lifeline for many."

Indiana 211 is a free service that connects Hoosiers with assistance and answers from thousands of health and human service resources across the state — quickly, easily and confidentially. Earlier this month, [Indiana 211 officially became part of FSSA](#), helping enable specialized programs such as the Be Well Crisis Helpline as needed.

"By calling 2-1-1 (and selecting 3), callers will connect with an experienced and compassionate counselor specially trained to help with issues triggered or worsened by COVID-19," said Jay Chaudhary, J.D., DMHA director. "The trained counselors will be able to listen, provide support and promote personal resiliency."

The Be Well Crisis Helpline is funded by a [Crisis Counseling Assistance and Training Program](#) grant from the Federal Emergency Management Agency. In Indiana the program becomes part of the state's new Be Well Indiana initiative. Additional information about the mental health resources available to Hoosiers is available at [BeWellIndiana.org](#).

A graphic for the Be Well Crisis Helpline. It features a stylized illustration of a person with purple hair talking on a red phone. The background is a dark blue gradient. Text on the right side of the graphic reads: "Be Well Crisis Helpline", "Feeling overwhelmed, stressed, anxious, or alone? Whatever you are feeling is OK and it can help to connect to others. Throughout the COVID-19 pandemic, free, confidential support is available. Call 211 to speak with a trained counselor 24/7.", "To be connected to a crisis counselor, call 211 and enter your zip code, then follow the prompts and select number 3 for the Be Well Crisis Helpline.", and a blue button that says "Call 211".

Be Well Crisis Helpline

Feeling overwhelmed, stressed, anxious, or alone? Whatever you are feeling is OK and it can help to connect to others. Throughout the COVID-19 pandemic, free, confidential support is available. Call 211 to speak with a trained counselor 24/7.

To be connected to a crisis counselor, call 211 and enter your zip code, then follow the prompts and select number 3 for the Be Well Crisis Helpline.

Call 211

Learn about educational opportunities with WGU Indiana at upcoming 'virtual lunch & learn'

You're invited to learn more about the WGU + State of Indiana partnership.

Join WGU Indiana strategic partnerships manager Lindsay Taylor from 12:30 to 1 p.m. Tuesday, June 16 to learn more about WGU's affordable, competency-based,

education model, along with the benefits the online university provides to state employees.

Learn about the following:

- competency-based education
- how to earn a bachelor's degree in less time (starting at \$3,225 for

each six-month term)

- how to earn a master's degree in less time (starting at \$3,240 for each six-month term)

There will also be a tote bag giveaway to participants while supplies last.

Gov. Holcomb mourns passing of former Gov. Kernan, orders flags lowered to half-staff

Gov. Eric J. Holcomb described former Gov. Joe Kernan as “a bona fide American hero” following Kernan’s death due to complications from Alzheimer’s disease July 29. He was 74.

“Indiana mourns the loss of Joe Kernan, a bona fide American hero, decorated Navy officer, and truly selfless statesman who always placed the interests of his fellow Hoosiers first,” Gov. Holcomb said. “Distinguished isn’t a strong enough word to describe him. Without regard for personal cost, Joe Kernan devoted every ounce of his life, time and again, to upholding the oath he took, and serving the country and state he loved.”

Former Gov. Kernan was a Navy veteran who spent 11 months as a POW after he was shot down on a mission during the Vietnam War. He returned to active duty after his release from a Vietnamese prison until 1975. The Notre Dame grad then went home to South Bend where he worked in business. His political career began in earnest when he was elected mayor of that city in 1987.

Politics would eventually take him to Indianapolis where he would serve as lieutenant governor under Democrat Frank O’Bannon.

“Undeterred after being shot down and tortured in Vietnam, he returned and led his beloved City of South Bend as mayor for three terms, and our state as our 47th lieutenant governor,” Gov. Holcomb said.

When O’Bannon died from complications from a stroke in 2003, Kernan finished his predecessor’s term.

“When duty called him to step into a role he didn’t seek, he served as our 48th governor,” said Gov. Holcomb.

Respected and well-liked, throughout the state and on both sides of the aisle, Kernan initially balked at running for a gubernatorial term of his own. He later changed his mind and ran on the Democratic ticket in 2004 but lost to Republican challenger Mitch Daniels. Kernan subsequently returned to his beloved South Bend where he remained active in

business, politics, government, and volunteerism.

In every facet of life, Joe Kernan was a consummate Hoosier. For his military service alone, he was awarded two Purple Hearts, the Navy Commendation Medal, and the Distinguished Flying Cross.

“Through his decades of servant leadership and sacrifice, Joe Kernan modeled all the best of what it means to be a Hoosier and his legacy will continue to live on in each of us whom he inspired,” remarked Gov. Holcomb, himself a Navy veteran.

The current governor [directed all flags to be lowered to half-staff](#) in Kernan’s honor. Gov. Holcomb and First Lady Janet Holcomb also called on Hoosiers to remember the late former governor for his contributions to the state and a life dedicated to public service.

“Janet and I ask Hoosiers across our state to join us in lifting up in prayer Mrs. Kernan, their incredible family, and all whose lives he touched,” said Gov. Holcomb.

IAC honors ADA anniversary, showcases Hoosier artists

In honor of the 30th anniversary of the ADA (Americans with Disabilities Act), the [Indiana Arts Commission](#) teamed up with organizations and artists they serve statewide to share the impact of the ADA as well as resources for ways Hoosiers can be inclusive in community programming and planning.

Check out these great stories:

- [Hoosier Women Artists: An Opportunity for Self-Expression](#)
- [Artist Spotlight: Karin Wilison](#)
- [ArtMix: A Daily Celebration of the Americans with Disabilities Act](#)
- [Adding Color to Life through Art](#)

IAC also hosted a webinar late last month with its partners to talk about this great milestone and to look forward at how to be more inclusive. Presenters shared tips for making accommodations. [Click here to watch the video on YouTube.](#)

Getting to the Heart of the Matter -

the one option left if you still haven't started your premium discount incentive

The good news is you can earn a premium discount on a 2021 State Personnel health plan AND there are three ways to do it.

The bad news is if you haven't started on one of them yet, you're down to one last way to save your take-home pay – Online Education.

But don't lose heart! In fact, start collecting them through ActiveHealth online education. Complete health education modules and set health goals. You earn hearts with each completed activity, which increases your ActiveHealth level. Reach Level 5, which is 9,000 hearts, by September 30. There are limits to how many hearts you can earn in a day, so get started right away!



Reach Level 5 (9,000 hearts) in online education by Sept. 30, 2020.

To get started

Log in to ActiveHealth, www.myactivehealth.com/StateofIndiana, or download the ActiveHealth app.

Already started? Keep going!

In addition to the digital coaching level 5 option, you can unlock your 2021 premium discount by continuing a physical activity option, or health coaching. (Note: You must have started work on the physical activity option by March 15, and the health coaching option by July 1 to complete the requirements by the Sept. 30 deadline.)



Complete four **health coaching sessions** (in person or by phone).



Set up a tracking device and **meet daily physical activity OR daily steps goals for two quarters.**

Find out more about your benefits

Visit InvestInYourHealthIndiana.com

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Email SPDBenefits@spd.in.gov

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