

DECEMBER 2017

PULSE

A look at what keeps ISDH ticking

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(NOT SO) FUN FACT

On average, Americans gain approximately one to two pounds during the holiday season.

- Academy of Nutrition and Dietetics



**Indiana State
Department of Health**

Mission:

To promote and provide essential public health services

CELEBRATING SUCCESSES IN YEAR OF CHANGE

It's hard to believe that the year is almost over! This is always a time of reflection and anticipation, when we look back on all we've accomplished, as well as the challenges we faced, and look forward to the opportunities a new year brings.

This has been a year of overwhelming change for me both personally and professionally, and my new relationships at ISDH have been a blessing and support to me. I know it also has been a year of change for all of you, and I understand that can be unsettling. Yet, as I've seen up-close the work you all do, it's clear to me that the mission of this agency has continued uninterrupted.



**Kris Box,
MD, FACOG**

I have been so impressed, not just by your dedication to improving the health of Hoosiers, but also by your commitment to working with partners across the state to achieve that goal.

It seems that every day I learn about a new partnership, whether it's strategic planning to improve HPV vaccination rates, continuing support of syringe exchange programs, or our Labor of Love infant mortality efforts, to name a few. Everywhere you turn, ISDH employees are lending a hand, not for accolades, but because it's the right thing to do. That's the true spirit of the season, and it transcends any one person at the top.

During the recent executive staff retreat, much of the discussion focused on our mission and vision as we move forward with a new strategic plan for our agency. What do we stand for?

How do we get there? Our primary job — to create a safer and healthier Indiana — has not changed, but as we look ahead to 2018, we will most certainly face challenges. Lead levels in children will continue to be an issue, as will the opioid epidemic. Our resources are limited. But we will continue to chip away at our stubborn infant mortality rate, and we will press on with efforts to persuade Hoosiers to eat less and move more. None of these issues can be solved overnight, but I'm confident that we can make progress.

I can think of no better partners in these efforts than our team here at ISDH. Thank you all for leading by example. I hope you find time to enjoy your loved ones and celebrate your own successes, whether they are personal or professional, as we close out 2017.

FINANCE UPDATE: A MESSAGE FROM THE CFO

At the beginning of the year, the State Budget Agency (SBA) implemented a 3-percent reserve on all funds, promoting that even with the state's strong fiscal position, every agency needs to be prepared for unknown factors that may impact our financial success, said ISDH Chief Financial Officer Aaron Atwell. ISDH leadership recently met with SBA to review our financial outlook almost halfway through fiscal year 2018.

To ensure the state continues to maintain its fiscal integrity, it was determined that each agency must provide an additional reversion/reserve. In the case of ISDH, that amount comes to

approximately \$700,000.

"We understand this can be frustrating, as every project and personnel decision is evaluated and alternative funding mechanisms explored, but please know that we are committed to working with each division to ensure that we meet your critical needs and a positive outcome is achieved. This is the perfect opportunity to apply our collective creative genius toward cost-savings, innovation and generalized achieved efficiencies for the future," Atwell said.

"Thank you for your assistance and patience as we navigate the remainder of the year."

To ensure a smooth close to

the fiscal year, finance requests that ISDH staff ensure that all invoices are being routed to the appropriate ISDH email account so the accounts payable team can process payments in a timely manner. For your purchasing needs within ISDH, we are about three months away from that time of year when all requisitions have to be in the PeopleSoft Finance system.

Please note that payroll will distribute W-2s to all staff as soon as they are received. Be sure to check that the county you are paying taxes in is listed correctly and change it if needed. An email will be sent soon with further instructions.

READY FOR THE SHOW RING

By Terry Whitson

Karen Smith is ready to put on a show. Well, at least her dog is.

Smith, an ISDH public health nurse surveyor supervisor, is the owner of James, a 5-year-old, 98-pound Rhodesian ridgeback. The show dog will be on the national stage in the American Kennel Club's National Championship later this month and in the Westminster Kennel Club Dog Show in February.

The Rhodesian ridgeback breed, developed in South Africa, was previously known as an African lion hound because of its ability to keep a lion at bay.

The Rhodesian ridgeback's distinguishing feature is the ridge of hair that grows forward along its back in the opposite direction from the rest of its coat.

James is the dog's call name, but his registered name is GCHS Hunter's Ridge Sunrunner of Rose. Smith has owned James since he was born and has kept Rhodesian ridgebacks since 2001. She also owns James' 9-year-old mother.

There are seven groups of dog show breeds, and James competes in the hound group. The AKC National Championship is Dec. 16 and 17 in Orlando. That show will be live-streamed at www.akc.org and televised from 6 to 9 p.m. Jan. 23 on the Hallmark Channel.

In February, the pair will go to the Westminster Kennel Club Dog Show at Madison Square Garden. The hound group competition will be televised from 8 to 11 p.m. Feb. 13 on Fox Sports 1, with the best in show airing from 8 to 11 p.m. the next day.

Qualifying for a premier dog show is no easy feat. A dog must be recognized as an AKC Champion and have won two major events. James attained Champion status in 2013 in Columbus, Ohio. He is a Grand Champion Silver and fewer than 20 points away from Grand Champion Gold, the highest recognition level.

Dogs generally begin training when they are just a few weeks old. James attended his first dog show when he was 6 months old. He enjoys the events and gets excited when he sees his show leash and reacts when he hears applause.

James is shown by handler Eileen Hackett



James with handler Eileen Hackett (left) and owner Karen Smith at a recent dog show in Kokomo.

and may continue to go to shows for a few more years. Ridgebacks are considered old at age 7 and have a life span of 10 to 12 years.

Smith got started in dog shows after someone complimented her first ridgeback in 2002.

"I like watching them in the ring," she said. "People clap, and [James] likes that."

AKC describes the breed as quiet, dignified, even tempered and affectionate toward loved ones but reserved with strangers. The breed was officially recognized by the AKC in 1955, and the AKC lists them as the 42nd most popular breed in the United States.

"They're like protectors, but they can be couch potatoes if they want," Smith said. "They're really versatile; they want to be with their families, so they'll do anything."

James also exhibits public health values as a regular blood donor for dogs.

STAFFING UPDATES

ISDH would like to welcome employees who recently joined the staff or transferred:

They are Sarah Mitchell, chief nurse consultant, Immunization; Shreelakshmi Gopal, microbiologist, Biological Preparedness, Lab Outreach and Logistics; Chanda Beson, medical surveyor, Long Term Care; Jacqueline Brown, public nurse surveyor, Acute Care; Marta Mendez, program coordinator, Maternal & Child Health.

Congratulations also go to William Schwall, program director, compliance, Center for Deaf and Hard of Hearing Education, who converted to permanent employment after working as a contractor.

ETHICS REMINDER: GIFTS

The holidays are a time for giving. However, state employees need to be sure to follow the ethics rules regarding gifts.

"A state employee, special state appointee, or the spouse or unemancipated child of a state employee shall not knowingly solicit, accept or receive any gifts, favors, services, entertainment, food, drink, travel expenses or registration fees from a person who has a business relationship with the employee's or special state appointee's agency or is seeking to influence an action by the employee or special state appointee in his or her official capacity."

For more information about the Gift Rule and other ethics rules, please visit the [Inspector General's Ethics Code](#). If you have ethics questions, please contact ISDH Ethics Officer Adrienne Brune.



Indiana State
Department of Health

**Increasing Patient Satisfaction
While Decreasing Opioid Prescriptions
& Other Opioid Topics of Interest**

Friday, December 15
10 a.m.

Rice Auditorium, 2 N. Meridian, Indianapolis
or via webcast



Dr. Chad Brummett, Associate Professor, Anesthesiology, University of Michigan, will present at the Indiana State Trauma Care Committee on his involvement with the Michigan Opioid Prescribing Engagement Network (Michigan OPEN) and his clinical research in post-surgical pain.

WELCOME NEW ISDH LEADERSHIP

Amy Kent has joined ISDH as the director of legislative affairs.

Kent has been a state employee for eight years, most recently as the assistant legislative director for the Department of Child Services. She previously worked as the media liaison and communications director for the Department of Correction.

An Indianapolis native, Kent has most enjoyed her work advocating for policies that have had a positive impact on Hoosier children and families. She received her Bachelor of Arts in political science from Indiana University.

She lives on the northside of Indianapolis with her husband, Aaron, and their two Labrador retrievers, Indy and Luna.

Paul Krievins, the new division director for the Lead and Healthy Homes Program, brings a wealth of information on lead, project administration, public health projects and grant writing to ISDH. For the last six years, he worked as a consultant around energy and previously spent six years working for the Indiana Housing and Community Development Authority, where he managed the Indiana Weatherization Program.

The majority of his career has been spent working with low-income communities on programs to help them improve their living conditions.

He is married and a father to two foster children and enjoys living in and working on old houses.

Jeremy Turner joined ISDH earlier this month as deputy direc-



Amy Kent



Paul Krievins



Jeremy Turner



Heather Whitaker

tor of the HIV/STD/Viral Hepatitis Division. Turner has more than 13 years of service in the HIV/STD field. His most recent job was vice president and chief development officer at the Damien Center in Indianapolis.

In recent years, he took over the responsibility of fund development and has succeeded annually in meeting all goals for his department.

He began his work at AIDS Resource Group and Matthew 25 in Evansville.

Turner volunteers in the community on local boards and fundraisers to support the Direct Emergency Assistance Fund statewide, which also supports clients of the Damien Center.

Heather Whitaker joined ISDH Dec. 4 as human resources director. Whitaker was once a recruitment consultant to ISDH, so she may be a familiar face for some ISDH staff members, and she already knows the agency's roles and mission.

Between her roles at ISDH, Whitaker served in various human resources and leadership positions at several state agencies for more than 11 years. Most recently, she was the HR director for the Indiana School for the Deaf, but she also worked at the Indiana School for the Blind and Visually Impaired and the State Board of Accounts.

Whitaker earned her bachelor's degree in human resources management from Indiana University.

PROGRAM CAN HELP RELIEVE HOLIDAY STRESS

The state employee assistance program (EAP) offers a variety of free services to you and your dependents and/or household members to help you balance work and home life. One of the newest benefits is three face-to-face counseling sessions, per issue, with a licensed therapist. Access to this benefit is as easy as calling 800-223-7723.

When you call, select option one, EASY program, from the prompt menu. Once you are connected with an EAP representative, ask about the three free therapy visits. The representative is trained to assist you in finding a therapist who fits your needs and guiding you through the process of scheduling your first appointment. For your convenience, appointments can even be scheduled within LiveHealth Online, offering face to face conversations with a doctor or therapist using a computer or mobile device. Let the representative know if you are interested in that option.

All services may be accessed privately and

are confidential.

Other EAP services available include:

- **Assistance with legal and financial concerns**, including a 30-minute initial consultation, per issue, with a qualified attorney or financial advisor.

- **Dependent care referrals**. Locate child and eldercare providers using online tools or by calling the EAP.

- **Convenience services**. Obtain resources and information on pet sitters, educational choices for you or your children, summer camp programs and much more.

- **Website**. The EAP website www.anthemEAP.com contains resource articles, including self-assessments; audio and video material covering emotional well-being; health and wellness; the workplace; and life issues, such as childcare, eldercare, adoption and education.

- **Smoking cessation**. Speak with a wellness coach to set achievable milestones to quit tobacco. Additional support can be found through QuitNet, a free online pro-

gram that will assist you in your tobacco cessation efforts with peer support from individuals in every stage of the quitting process, along with lots of tips to keep you moving forward.

- **ID recovery and credit monitoring**. Assess your risk level and identify steps to resolve potential identity theft. The EAP can help you complete any necessary paperwork, report to consumer credit agencies for you and negotiate with creditors to repair your debt history.

- **Member center**. Includes access to a listing of EAP providers in your preferred area and routine counseling referral service.

Visit www.anthemEAP.com to access Anthem's EAP online resources. From the homepage, click the "Members Login" button on the left side of the page. On the next page, enter the company code "State of Indiana." Click on the "Log In" button to open the services page.

Immediate support is available 24 hours a day, seven days a week, by calling 800-223-7723 toll-free.

ACCREDITATION UPDATE

By Patricia Truelove

The Office of Public Health Performance Management (OPHPM) and the Accreditation Team (A-Team) share a quick overview each month about requirements for achieving public health accreditation. Achieving this designation means that a voluntary body of public health professionals — the Public Health Accreditation Board — certifies that the ISDH meets their high standards of quality.

These standards, organized in 12 domains, cover all 10 essential public health services. To achieve accreditation, ISDH must provide examples showing how it meets or exceeds PHAB requirements.

ISDH plans to complete the accreditation process next year.

This month, the A-Team would like to share an update on staff changes. Please join us in welcoming Casey Kinderman (OPHPM), Sarah Briley (MCH) and Michele Starkey (ERC). They are filling the role vacated by Linda Stemnock and the impending retirement of Janet McCutchan.

As we continue our journey toward accreditation by the OPHPM Board, the A-Team would like to provide a brief overview of Domain 7 and Domain 8. Domain 7 discusses the agency's efforts in improving access to care. Domain 8 then dives into the agency's workforce.

Domain 7

Access to care and the capacity of the healthcare system to meet the needs of the population are important agency responsibilities. Within Domain 7, ISDH will show how availability of healthcare services within the state are assessed, identify gaps in populations and the barriers those groups experience, identify gaps in specific services in certain areas and what causes those gaps, as well as demonstrate the strategies ISDH uses to address those gaps.

What you can provide:

- How do you gather, assess and identify gaps in Indiana residents' ability to access care? ISDH will need examples of



sharing these assessments for planning purposes. (This can be in the form of MOUs, or contracts, HIEs, RHIOs, reports, e-mails, etc.)

- ISDH will need examples of how we have considered the impact that emerging issues may have on access to care. (These could be changes to healthcare structures, number of professionals trained, changes in reimbursement rates, and the like, and can be in the form of meeting minutes, reports, etc.)

- ISDH will need a report that identifies populations that experience barriers to health care services. (Populations can be identified by a variety of characteristics such as, but not limited to, age, ethnicity, geographic location, health insurance status, education level, mental or physical disabilities, women and children, etc.)

- ISDH will also need examples (at least two) of cross-partnership reporting. These reports must include the following items:

- Assessment of capacity and distribution of health care providers
- Availability of health care services
- Identification of causes of gaps in services and barriers to receipt of care
- Results of data gathered periodically concerning access

ISDH will need to show a collaboration or network working together to reduce those barriers along with examples of strat-

egies developed. (These partnerships could be with schools, community providers, correctional agencies, transportation, military, etc.)

Domain 8

This domain focuses on the public health workforce.

In Domain 8, ISDH demonstrates how it encourages the development of a sufficient workforce, as well as ensures the competency and continued growth of that workforce.

What you can provide:

- Documentation of a partnership or an ongoing collaboration with a school of public health or related academic program that prepares the public health workforce. This can be in the manner of practicum, internship opportunities, school visits, guest lectures or job/career fairs.

- Remember that PHWINS survey recently? I hope you participated! This will provide OPHPM the information needed to create the agency's Workforce Development Plan.

- This plan will outline future trainings for all of ISDH's workforce (employees, contractors and interns). The results of the survey will provide OPHPM the information needed to assess what will be most beneficial for our staff.

- ISDH will provide examples of how it recruits and retains staff. If your program does something special that you appreciate, please share!

Any documentation that contains confidential information, such as names and contact information, can be submitted if the restricted information is redacted. (Assistance can be provided and names associated to ISDH or related staff do not need to be restricted.) It is important to remember that our examples do not have to be "wins" to show how we have learned from past opportunities.

Email any questions or examples of documentations to Accreditation Coordinator Patricia Truelove at PTruelove1@isdh.IN.gov.

GET READY TO GO365 IN THE NEW YEAR

Get ready for a new program year by finishing the old year strong. Moving up in status before your Go365 program year ends is smart because the program resets, and reaching higher status again in the new year pays off in more double Bonus Bucks. Be sure to reach Bronze Status or higher to spend any bucks earned throughout the year.



Here are a few things to look forward to when your program year renews:

- 750 points for the first verified workout;
- Double Bonus Bucks upon reaching prior year highest status;
- Up to 1,250 points for taking the health assessment;
- 10 percent of your points carry over;
- All of your unspent, unexpired bucks carry over.

All members reset to Blue Status at the beginning of the new program year. Earn double Bonus Bucks when you reach your prior year highest status.

Bonus Bucks:

- Bronze = 0
- Silver = 1,000
- Gold = 3,000
- Platinum = 10,000

If you end your program year in Blue Status, but you earned points and bucks because you completed some activities, those points and bucks reset to zero. You must reach Bronze Status or higher to access any earned bucks.

Check out the December 2017 edition of [The Torch](#) and the full “Get Ready to Go365 in the new year” article for more detailed information.

INFECTIOUS DISEASE SUMMIT



The Indiana State Department of Health held its first-ever infectious disease summit Nov. 29 and 30 at the JW Marriott in Indianapolis. The summit hosted 300 attendees from public health, healthcare providers, animal health and preparedness agencies to learn about mitigating and preventing the transmission of infectious pathogens. Among the events were several expert panels on the theme “Emerging Infectious Disease at Your Doorstep.” The second day of the conference included a discussion-based exercise that asked participants to discuss how they would address such issues as screening and monitoring patients; communications and public messaging; epidemiological surveillance and investigation; infection control and use of personal protective equipment; resource sharing; and more.

ABOVE: A healthcare panel discussion on real-life infectious disease events.

ABOVE RIGHT: David Daigle of the National Centers for Disease Control and Prevention speaks about crisis communication.

RIGHT: ISDH’s Epidemiology Resource Center Outbreak Supervisor Shawn Richards, who helped coordinate the summit.



LABOR OF LOVE SETS RECORD



ISDH’s fifth annual Labor of Love Infant Mortality Summit was Nov. 15 at the Indianapolis Marriott Downtown. The attendance was the highest yet at more than 1,200. This year, the summit focused on the effect of opioids on moms and babies, featuring Indiana’s community organizations that focus on this epidemic. “We are grateful to have heard from not only industry leaders and healthcare professionals, but also community voices sharing their personal stories,” said Maternal & Child Health Director Martha Allen. “Having the ability to share the various programs and personal stories was a true testament to the impact we can have when a community comes together to serve the population.”

LEFT: ISDH Commissioner Kris Box, MD, FACOG, addresses the audience.

ABOVE: ISDH MCH staff members (from left) Diana Feliciano, Rocio Garcia, Charnel Forbes and Ricardo Gnecco. We are already looking forward to next year’s summit on Nov. 14, 2018.