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Upcoming Events

- **New Year’s Day (state offices closed)**
January 1
- **IPAC/INVDRS (virtual)**
January 15
- **Martin Luther King Jr. Day (state offices closed)**
January 18
- **ISTCC/ITN (virtual)**
February 19

Warmest wishes for safe and happy holidays from the staff of the Division of Trauma and Injury Prevention at the Indiana Department of Health.

Thank you for your work in supporting safer, healthier lives for all Hoosiers. We look forward to reconnecting in the New Year.



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

Many of our division members have continued to help 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, COVID-19 vaccination scheduling, etc. Together, our division has dedicated more than 12,200 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.

New Year's Resolutions

New Year, new you? New Year's is a great time to shake things up and create healthy habits.

How to set SMART goals

S – Specific. Creating well-defined goals helps you know what you are aiming for.

M – Measurable. Being able to quantify and track the difference can help you stay motivated.

A – Achievable. Is this goal something that is realistic?

R – Relevant. Making sure the goal relates to the broader aim can make it more applicable.

T – Time-Bound. Creating a time frame can keep you on track and visualize the end goal.

Do not have a resolution this year? Look at these:

- Quit Smoking. Smoking can cause many health problems and is a hard habit to kick. Setting a goal to quit can be intimidating. Here is a resource to help: https://www.cdc.gov/tobacco/quit_smoking/index.htm
- Eat Healthier. Incorporating more vegetables and fruits into your daily diet and eating out less are great places to start. Here are some ideas of what else you can change: https://www.cdc.gov/healthyweight/healthy_eating/index.html
- Exercise. Physical activity has many physical and mental health benefits. Here is a resource to help you determine how much exercise is recommended for you: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

Seeking support from friends and family is a great way to ensure you reach your goals. Have a happy and safe New Year's!

Syringe Exchange Programs

Syringe exchange programs, also called needle exchange programs, are community-based programs that provide sterile needles and syringes, and facilitate the disposal of used syringes. These programs help individuals find treatment programs for substance use disorder and provide screening and treatment for HIV. The goal of these programs is to raise awareness of the dangers of drug overdoses and educate injection drug users on the proper and safest way to inject. The goal is to meet the individual where they are but not necessarily to force them to stop injecting or seek treatment.

Decisions about whether or not to use syringe exchange programs is made at the state and local levels. Over time, these programs have been proven to help individuals overcome their substance use disorder as they are more likely to enter treatment than those who do not partake in these programs. In terms of cost effectiveness, syringe exchange programs help reduce health care costs by preventing sexually transmitted infections such as HIV, viral hepatitis, as well as other infections such as endocarditis. Syringe Exchange Programs have proven to be an effective way to promote entry and retention in treatment facilities for substance use disorder.

Tips and Tricks for Safely Working from Home

The year 2020 has brought COVID-19 and a year of working from the home office. In an effort to maintain social distancing and stop the spread of COVID-19, a substantial amount of the workforce has transitioned to a home office environment, presenting some unique challenges and safety concerns. Think about workplace efficiency and designing your workspace comfortably for your back, neck and shoulder to stay healthy and safe.

Some tips and tricks to stay safe and healthy while working from home include:

- Maintaining regular work hours
- Have a morning routine to get ready for your workday
- Take breaks throughout the day
- Get out of the house at least once while working
- Stay in touch and communicate with your colleagues
- Have a station in your home dedicated for work
- Keep walkways clear to prevent trips and falls
- Be aware of your surroundings

Applying these tips to your daily at home work routine can help you stay physically and mentally healthy for the duration of your remote work.

Sources: <https://ohsonline.com/Articles/2020/03/18/Working-from-Home-Tips-for-Productivity-Mental-Health-and-Staying-Healthy.aspx?m=1>

Teen Dating Violence Awareness Month



February is Teen Dating Violence Awareness and Prevention Month, the goal of which is to raise awareness about teen dating violence and promote health relationships at an early age. Teen dating violence is defined as the physical, psychological or sexual abuse; harassment; or stalking of a teenager in the context of a past or present romantic relationship. It occurs often and will affect 10% all teenagers between the ages of 12 and 18, which equates to nearly 4,000 victims daily. Cases will often go unreported because the victim feels embarrassed, scared or may not know where or how to get help. Victims can experience long periods of depression, anxiety and antisocial behaviors as well as alcohol and substance abuse.

Teens who struggle to communicate their feelings effectively with their partners or use drugs or alcohol are more likely to experience dating violence. Teens who feel pressured to behave differently or out of character often suffer from depression, anxiety or other emotional problems.

Organizations such as Beacon of Hope Crisis Center and Families First Indiana are organizations that help victims of teen dating violence.

Sources: <https://www.loveisrespect.org/get-involved/tdvam/>
<https://www.teendvmonth.org/>
 Graphics: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

Teach safe and healthy relationship skills

- Social-emotional learning programs for youth
- Healthy relationship programs for couples

Engage influential adults and peers

- Men and boys as allies in prevention
- Bystander empowerment and education
- Family-based programs

Disrupt the developmental pathways toward partner violence

- Early childhood home visitation
- Preschool enrichment with family engagement
- Parenting skill and family relationship programs
- Treatment for at-risk children, youth, and families

Create protective environments

- Improve school climate and safety
- Improve organizational policies and workplace climate
- Modify the physical and social environments of neighborhoods

Strengthen economic supports for families

- Strengthen household financial security
- Strengthen work-family supports

Support survivors to increase safety and lessen harms

- Victim-centered services
- First responder and civil legal protections
- Treatment and support for survivors of IPV, including teen dating violence
- Housing programs
- Patient-centered approaches

Burn Awareness Week

February 7th kicks off National Burn Awareness Week. This week is an opportunity for organizations to mobilize burn, fire, and life safety educators to share the message of burn awareness and prevention in their communities. This year's theme is Electrical Safety from Amps to Zaps (A to Z), with burn prevention and awareness facts for each letter of the

#NBAW

National Burn Awareness Week

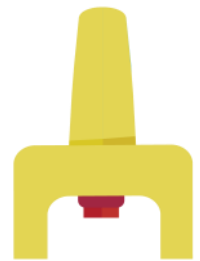
FEBRUARY 7–13, 2021

alphabet. One way to get involved is to share information on social media using the hashtag, #NSAW, and to tag the American Burn Association at @Ameriburn. You can find the shareable graphics and additional information on promoting National Burn Awareness Week [here](#).

Naloxone Program Grant Announcement

The Indiana Department of Health (IDOH) is accepting grant applications for two different naloxone programs:

The first program is to provide intranasal naloxone to first responders in rural counties. Only first responders who provide services in rural counties are eligible to receive the naloxone doses. The following types of agencies (paid or volunteer) are considered first responders under this grant: law enforcement, fire, EMS agencies, corrections, parole officers and schools. Please review the grant announcement for [additional information](#).



The second opportunity is for Local Health Departments. The intent of this grant is to provide naloxone to local health departments (LHDs) that will be then be distributed to the community. LHDs are highly encouraged to collaborate with faith-based organizations, public libraries, homeless shelters, schools, first responder agencies, private businesses etc. for this opportunity. Please review the grant announcement for [additional information](#).



January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15 IPAC/INVDRS	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23
24	25	26	27	28	29	30
31	Birth Defects Prevention Month	National Mentoring Month	National Human Trafficking Prevention	National Blood Donor Month		

February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 <u>Burn Awareness Week</u>	8 <u>Burn Awareness Week</u>	9 <u>Burn Awareness Week</u>	10 <u>Burn Awareness Week</u>	11 <u>Burn Awareness Week</u>	12 <u>Burn Awareness Week</u>	13 <u>Burn Awareness Week</u>
14	15	16	17	18	19 ISTCC/ITN	20
21	22	23	24	25	26	27
28	American Heart Month	Low Vision Awareness Month	National Cancer Prevention Month	Teen Dating Violence Awareness		

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

Contact Us

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