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Upcoming Events

- **Veterans Day**
November 11
- **ISTCC/ITN (virtual)**
November 19



Division Staff Updates



Brian Busching (Director):

Brian holds a bachelor of science in kinesiology and a master of public health in administration from Indiana University - Bloomington. Prior to joining the Division of Trauma and Injury Prevention, he held positions with the Tobacco Prevention and Cessation Commission and the Indiana Women, Infants, and Children division at IDOH.



Kyle Nelson (DOP Community Outreach Coordinator):

Kyle graduated from Indiana University Purdue University Indianapolis (IUPUI) with a bachelor of science in public safety management. He worked and continues to volunteer for the Hamilton County Emergency Management Agency in response to the COVID-19 pandemic prior to joining IDOH.



Emily Pham (PHAP Associate):

Emily graduated from University of California, Los Angeles, with a bachelor of science in psychobiology and Asian American studies in 2021 and plans to pursue a master of public health. Prior to joining IDOH, she worked as an outreach associate with the nonprofit organization ActiveSGV to promote COVID-19 education and vaccine access. Emily is with the division for two years via the CDC's Public Health Associate Program (PHAP).



Maria Carioso (Injury Prevention Program Coordinator):

Maria earned her Bachelor of Science in Community Health from Indiana University - Bloomington. She was a fall intern at IDOH in the Trauma and Injury Prevention division during undergrad. She worked at the Marion County Public Health Department as a Family Support Specialist prior to re-joining the division full-time.

Governor's Public Health Commission

The Governor's Public Health Commission laid the foundation for the work ahead to improve the delivery of public health services in Indiana during its inaugural meeting on Sept. 16.

State Health Commissioner Kris Box, M.D., FACOG, provided an overview of Indiana's current health rankings and public health infrastructure, which includes 94 local health departments and the Indiana Department of Health. Paul Halverson, founding dean of the IU Fairbanks School of Public Health, shared findings from a study that examined the state's public health system, focusing on the impact of funding challenges and the need for sufficient expertise and technology across the state.

"We've had so many success stories in the last 20 years with respect to our tax system, our economic development and our universities," said former state Sen. Luke Kenley, co-chair of the commission. "Yet in terms of our own lifestyle, the one area that we're probably lagging behind is in the health of our citizens and the healthcare of our citizens. This is the time, and this is the place, where we need to take a serious look at our public health program in the state of Indiana."

CDC Foundation President and CEO Judy Monroe, M.D., FAAFP, who is co-chairing the commission, noted that she observed many of Indiana's public health challenges while serving as the state's health commissioner from 2005 to 2010.

"I saw the unevenness of public health services across the state at that time. That's been a longstanding issue," she said. "There is nationally no greater question right now than how do we improve public health. My hope is that this commission has real impact on the health of Hoosiers."

The commission, which includes representatives from public health, local government, the Indiana Minority Health Coalition and healthcare associations, is charged with analyzing the strengths and weaknesses of the current public health system, assessing the performance of public health during the COVID-19 pandemic and identifying ways to improve funding and the equitable delivery of public health services in the future, with a focus on legislation.

Recorded meetings and copies of the presentations are posted at www.in.gov/gphc. The commission's next meeting will be held on Thursday, Nov. 18, at the Indiana State Library. Proceedings will be livestreamed and available online at <https://www.youtube.com/c/IndianaDepartmentofHealth>.

Executive Order 21-21, which established the commission, can be found [here](#).

Overdose Trends in Indiana During the COVID-19 Pandemic

- During the same period in 2019 (January – December), there was a **41% increase** in drug overdose deaths in 2020.
- EMS naloxone administrations across Indiana were **66% higher** in 2020 compared to the same period in 2019 (January – December).

Figure 1: Indiana Fatal Drug Overdoses by Month in 2019 vs. 2020 (Preliminary Counts)*

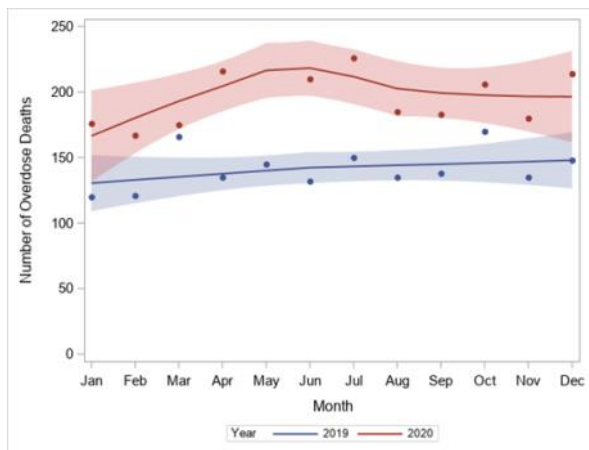
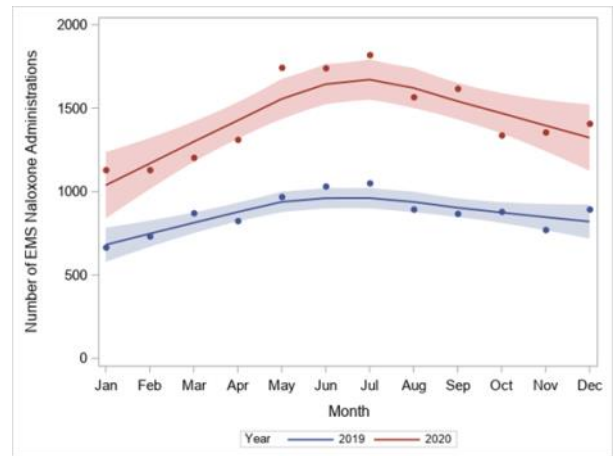
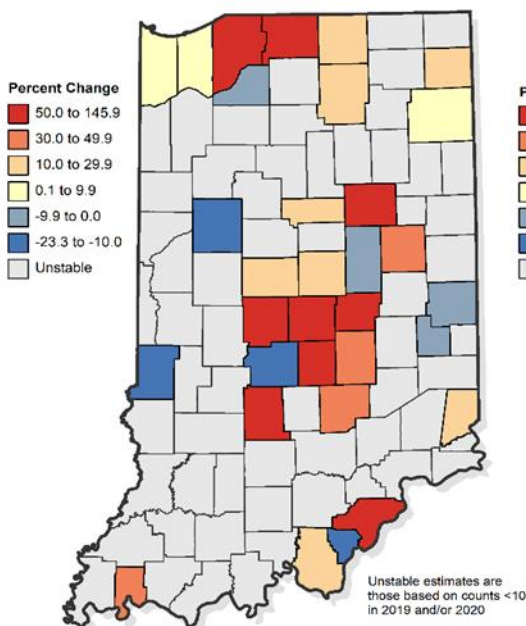


Figure 2: Indiana EMS Naloxone Administration Counts in 2019 vs. 2020*

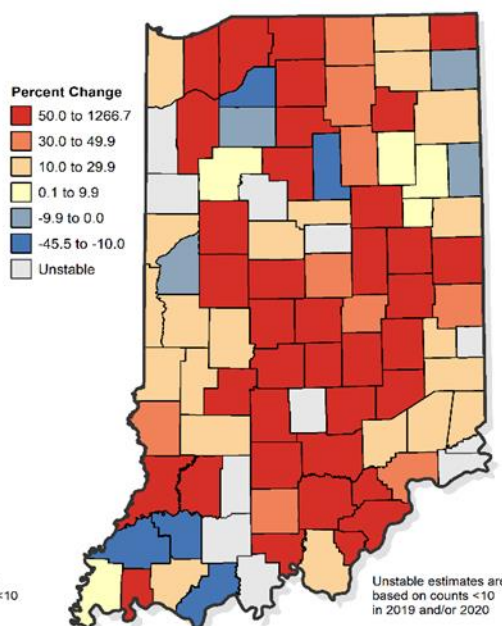


*The line on both graphs represents a smoothed trajectory, and the shading represents a pointwise 95% confidence interval superimposed. All overdose fatality counts are preliminary and should be used with caution as they are subject to change.

Percent Change in Fatal Overdoses 2019 – 2020



Percent Change in EMS Naloxone Use 2019 – 2020



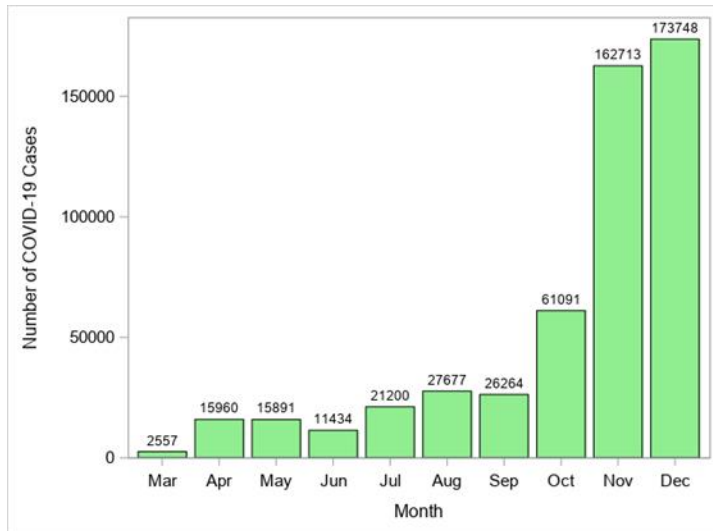
Figures 3 and 4: Percent Change in Fatal Overdoses and EMS Naloxone Use by County**

- Across Indiana, several counties had large increases in overdose deaths, especially in the Central region.
- There were widespread increases in naloxone use in many counties, indicating a potential increase in the number of nonfatal overdoses seen in 2020 compared to 2019**.

**EMS was approved to bill for naloxone on July 1, 2020 (see official guidance here <http://provider.indianamedicaid.com/ihcp/Bulletins/BT202063.pdf>). This may have contributed to the increased use.

Overdose trends in Indiana during the COVID-19 Pandemic

[Figure 5: 2020 Statewide COVID-19 Case Counts by Month](#)

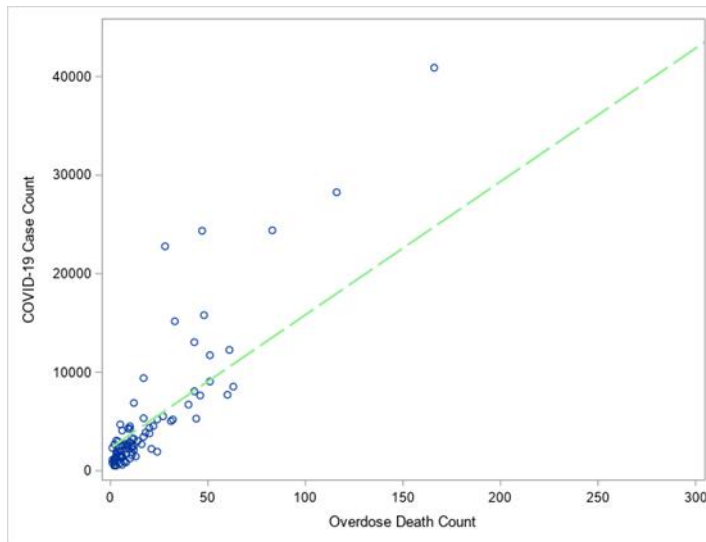


Indiana saw a steady increase of total COVID-19 cases from the beginning of the pandemic in March 2020 through the end of the year.

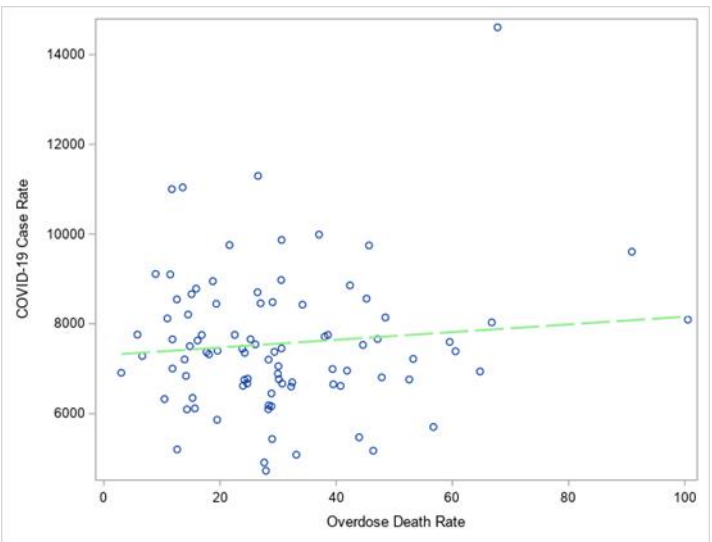
As seen on the previous page, Indiana also saw a steady increase of overdose deaths and naloxone usage across the state in 2020 compared to 2019.

This has led to speculation that the COVID-19 pandemic has led to an increase in overdose deaths seen across Indiana. This relationship is investigated below.

[Figure 6: Correlation Between COVID-19 Case Count and Overdose Death Count by County, 2020](#)



[Figure 7: Correlation Between COVID-19 Case Rate and Overdose Death Rate by County, 2020](#)



When examining the relationship between overdose deaths and COVID-19 cases by county, there was a significant positive correlation (0.91, $p < .0001$) for counts, such that counties with higher cases of COVID-19 also had higher counts of overdose deaths. However, when we examine the relationship between COVID-19 rates and overdose death rates, this significant correlation no longer exists (0.10, $p = 0.35$). This may reflect the fact that population size is adjusted for in the rates' correlation, which is a known confounder in correlations between counts.

This analysis is correlative and therefore not necessarily indicative of causation. Ultimately, further study within IDOH and overdose stakeholders across Indiana is needed to better understand how COVID-19 directly or indirectly affected overdose incidence in 2020.

This report can be accessed [here](#)—"Overdose Trends During the COVID-19 Pandemic" (Preliminary Data).



Stepping On is a seven-week program designed for people who are living at home and have experienced a fall or are concerned about falling.

The program is an evidence-based program that is effective and proven to reduce falls in older people living in the community. The program incorporates strategies to implement positive lifestyle changes to keep you independent, upright and active.

The evidence has proven that Stepping On reduces falls by 31% in the community.

The Stepping On workshop timeline is below:

Week 1: Introduction, overview and risk appraisal

Week 2: Exercises and moving about safely

Week 3: Home hazards

Week 4: Community safety and footwear

Week 5: Vision and falls and vitamin D

Week 6: Medication management and mobility mastery experiences

Week 7: Review and plan ahead

Week 8: Home visit

Week 9: Booster session

Currently, the Indiana Department of Health (IDOH) is the license holder for the state of Indiana. As the license holder, IDOH oversees training and implementation for all local Stepping On leaders. Currently, the state has 19 active Stepping On leaders (individuals certified to lead and co-lead the seven-week workshop) and two master trainers (individuals who train and certify Indiana leaders as well as host and co-host workshops).

In September 2021, we welcomed six new Stepping On leaders. These individuals attended the three-day leader training to become certified to go back to their communities and begin hosting workshops, alongside guest experts (required). COVID-19 has understandably paused many workshop offerings around the state, and winter is quickly approach (off-cycle to host a falls prevention course), so most of our Indiana leaders are planning on offering workshops within their communities in the Spring of 2022.

As a Stepping On leader, one must maintain active certification status by hosting at least one, seven-week workshop per year. Additionally, each workshop requires a leader and a co-leader, so it is recommended to have a colleague also become a certified leader.

If you are interested in learning more about becoming a Stepping On leader, please contact Kayleigh Adrian at adriank@uindy.edu. For additional information about the program, visit <http://www.steppingon.com/about/>.

Winter Preparedness

November is Winter Safety Awareness Month. There are many situations that one should be prepared for as the temperatures begin to drop. The primary situations that should be prepared for are loss of heat, power outage and the possibility of being stranded in a car. Below are items suggested for keeping in your home or at work. In 2020, there was a total of 8,759 winter weather cases with a total of 123 injuries and 85 deaths.

You should have the following items in a kit in case of a power outage (home or work):

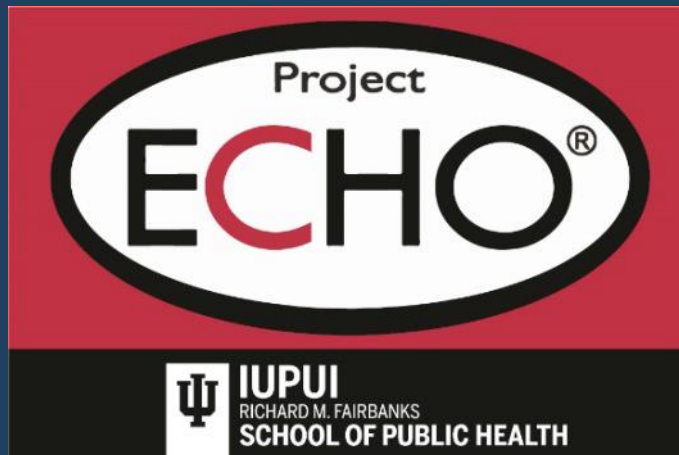
- A flashlight and extra batteries.
- Battery-powered NOAA weather radio and portable radio to receive emergency information. These may be your only links to the outside.
- Extra food and water. High-energy food, such as dried fruit or candy, and food requiring no cooking or refrigeration is best.
- Extra medicine and baby items.
- First aid supplies.
- Heating fuel. Fuel carriers may not reach you for days after a severe winter storm.
- Emergency heating source, such as a fireplace, wood stove, space heater, etc. Learn to use properly to prevent a fire, and be sure to have proper ventilation.
- Fire extinguisher and smoke detector. Test your units regularly to ensure they are working properly.

You should have the following items in case you get stuck in your car:

- Blankets/sleeping bags
- Flashlight with extra batteries
- First aid kit
- Knife
- High-calorie, non-perishable food
- Extra clothing to keep dry
- A large empty can and plastic cover with tissues and paper towels for sanitary purposes
- A can, candles and water-proof matches to melt snow for drinking water
- Sack of sand (or cat litter)
- Shovel
- Windshield scraper and brush
- Tool kit
- Tow rope
- Booster cables
- Water container
- Compass and road maps



Sources: <https://www.weather.gov/oun/safety-winter-safetykit> and <https://injuryfacts.nsc.org/home-and-community/safety-topics/weather-related-deaths-and-injuries/data-details/>



The Drug Overdose Prevention team continues to work diligently on the CDC Overdose Data to Action (OD2A) grant that was awarded in 2020. One major part of this grant is the Indiana Communities Advancing Recovery Efforts Extension for Community Healthcare Outcomes (IN CAREs ECHO). The ECHO model is an innovative framework that uses videoconferencing technology to increase the knowledge, skills and performance of community stakeholders, particularly those located in rural and underserved areas. The Indiana Department of Health and the IUPUI Fairbanks School of Public Health work together to offer the IN CAREs ECHO to select counties. The IN CAREs ECHO connects a group of faculty experts (referred to as the "Hub") who have experience in reducing overdose deaths with a set of community-based teams (referred to as "Spokes") made up of leaders within each community. The Spoke teams are committed to working together to implement strategies and coordinate efforts to reduce substance misuse, reduce morbidity and mortality associated with substance use disorder (SUD) and increase linkage to care for those with SUD.

Year two of the IN CAREs ECHO project wrapped up in August 2021, and the counties for year three of the project were selected and awarded in the same month. The 14 IN CAREs counties for year three are as follows: Allen, Bartholomew, Cass, Clark, Dearborn, Floyd, Jay, Johnson, Lake, Morgan, Porter, Randolph, Scott, and Tippecanoe. The first ECHO session for these 14 counties took place in September. The Drug Overdose Prevention team looks forward to working with the new IN CAREs ECHO awardees. To learn more about ECHO sessions offered through the IUPUI Fairbanks School of Public Health, click [here](#).

Naloxone Grant Closeout/Year-End Summary

Local Health Department Naloxone Grant

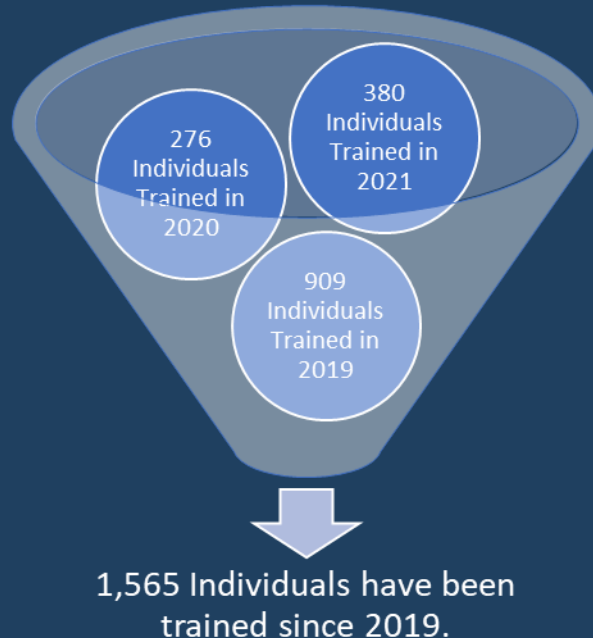
In 2021, 55.4% of Indiana's county health departments participated in receiving and distributing naloxone. The 51 participating counties are located across the state and range from rural, rural/mixed, to urban classifications. An average of 587 doses of naloxone were distributed per county health department, with a total of more than 30,000 doses distributed overall.

Rural First Responder Naloxone Grant

A total of 104 rural first responder agencies participated in the 2021 grant opportunity. These departments included court systems, schools, correction centers, fire departments, EMS agencies and police departments. On average, each agency received 43 doses, with a total of 4,486 doses distributed overall.

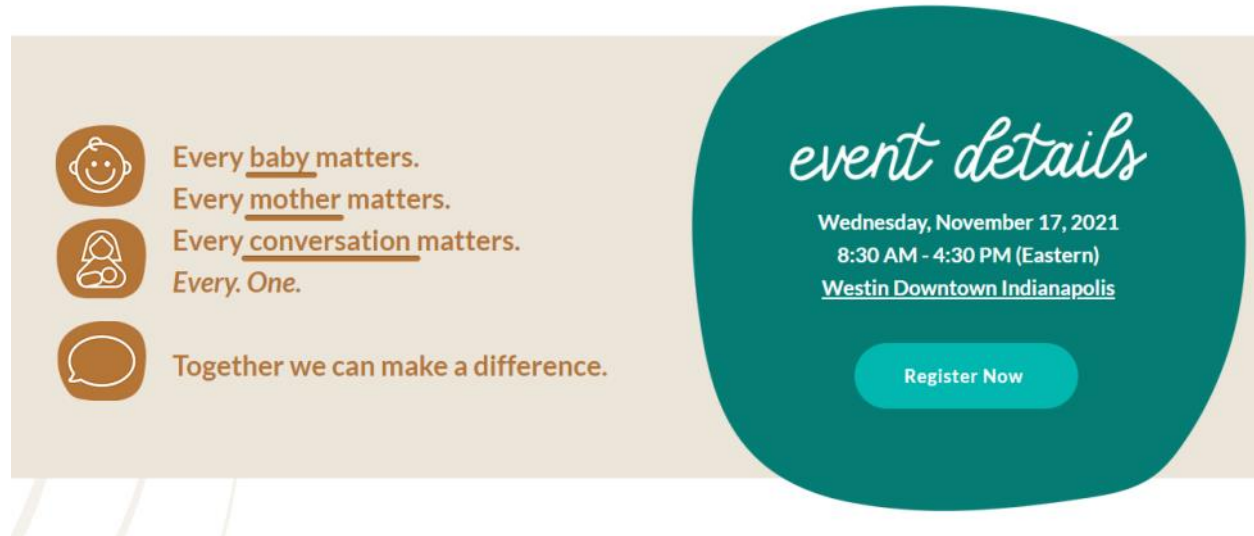
Emphasis on Training

IDOH has held several overdose intervention trainings in 2021. The naloxone team has conducted 14 trainings across the state so far this year. These trainings were given in person and through secure online video forums. Upon completion of the training, each participant is issued a lifetime certification, and in 2021 the team created and issued more than 380 certificates. IDOH has trained over 1,500 individuals since 2019 and plans to continue its training efforts into the coming year.



UPCOMING CONFERENCES

[2021 Labor of Love Summit](#)



Every baby matters.
Every mother matters.
Every conversation matters.
Every. One.

Together we can make a difference.

event details

Wednesday, November 17, 2021
8:30 AM - 4:30 PM (Eastern)
[Westin Downtown Indianapolis](#)

[Register Now](#)

Midwest Injury Prevention Alliance (MIPA) Virtual Summit

10
YEARS

A DECADE OF SUCCESSFUL PARTNERSHIPS
IN PREVENTING INJURY & VIOLENCE



Midwest
Injury
Prevention
Alliance

DECEMBER 9, 2021

CHECK IN & NETWORKING: 8:30-9:00 AM CST
SUMMIT: 9:00 AM-3:30 PM CST

MIPA VIRTUAL SUMMIT



Register for the 2021 MIPA Virtual Summit!

Hosted by the Illinois Department of Public Health Violence and Injury Prevention Section

Join us for this year's Midwest Injury Prevention Alliance Summit, as injury professionals from states in Federal Health and Human Services Region V (Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin) gather to work toward reducing unintentional and intentional injury- and violence-related death and disability.

Registration is open! The Summit is free but registration is required. www.mipasummit.org

Target audience: Professionals working in injury, violence and substance use prevention, treatment, harm reduction, trauma, public health, and academia, as well as NGOs and state government officials.

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

Brian Busching — Division Director

Carrie Bennett — Drug Overdose Prevention Program Director

Murray Lawry — Operations Manager/Deputy Director

Ramzi Nimry — Trauma and Injury Prevention Program Director

Anita McCormick-Peyton — Records Consultant

Cassidy Johnson — Naloxone Program Manager

Emily Pham — Public Health Associate

Emma Heltzel — Registry Coordinator

Helen Schwartzel — Administrative Assistant

John O'Boyle — Records Coordinator

Keenan Young — Records Consultant

Keifer Taylor — Records Consultant

Kyle Nelson — Drug Overdose Prevention Community Outreach Coordinator

Laura Hollowell — Drug Overdose Prevention Community Outreach Coordinator

Maria Cariaso — Injury Prevention Program Coordinator

Meredith Canada — Public Health Analyst

Morgan Sprecher — INVDRS Epidemiologist

Navtej Bal — Records Consultant

Patricia Dotson — Records Consultant

Ryan Cunningham — INVDRS Lead Records Consultant

Timothy Miller — Data Cleaning Consultant

Trinh Dinh — Trauma System Epidemiologist

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

Visit our website at indianatrauma.org.

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Indiana
Department
of
Health