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MEET OUR STAFF!

Our goal is to provide prevention resources and

services to help you improve your community.

OUR MISSION

Strengthening a behavioral health system that promotes prevention, treatment, and recovery.

OUR VISION

To promote and sustain healthy environments and behaviors across the lifespan.

OUR EXPERTISE

We partner with state and national agencies to provide training and education, evaluation, special data reports, program and curriculum selection and resource materials that are all tailored for your community's or organization's specific needs.

WHAT ARE YOUR THOUGHTS ON POLICY?

The Indiana Prevention Resource Center is looking for your insight! The IPRC is considering expanding its policy and advocacy support for Indiana individuals and communities. Before embarking on this effort, we need more information from you! We're interested in understanding your current engagement in the state policy process, the resources you currently use, and what we can do to help you and your community in this arena. We'd love it if you could take a few minutes to complete this short survey to help us out!

[Click here to take the policy survey.](#)

If you have any questions, please reach out to Kathleen (kathleen@indiana.edu)

Upcoming Trainings



October 24 & 25

Mid-Central Problem Gambling Fall Training*

November 6

Introduction to Motivational Interviewing (MI)
for Problem Gambling Providers*

November 9

Creating a Comprehensive Needs
Assessment Webinar

November 28

SBIRT Provider Training

Visit the [Training Portal](#) for descriptions
and to register.

While you're there, take one of our FREE courses. CEUs available.

* Register at www.ipgap.indiana.edu.

[Resource of the Month](#)



The Indiana Minority Health Coalition (IMHC) was created in 1992 through the first 5-year Minority Strategic Plan for Indiana. This plan was created by a collaboration between local minority health coalitions and the Indiana Black Legislative Caucus, which was the goal of addressing the health disparities among Indiana residents. Two years later, in 1994, the IMCH was legally incorporated as a statewide non-profit organization that serves as a focal point and unified voice for local coalition concerns. IMHC focuses on enhancing the quality of life of racial/ethnic minorities through education, advocacy and quality health care services.

IMHC has partnerships with local affiliates all over Indiana and works to strengthen communities throughout the state, through programs, events and sessions that were created to improve health outcomes for all populations. Currently, the IMHC is working with "El Centro Comunal Latino" by strengthening communities through programs, events and sessions designed to improve the health outcomes of the Latino population in Bloomington, IN. In addition, IMHC offers different programs such as, *The Minority Health Initiative*, that has numerous projects that address infant mortality, HIV/AIDS, mental health and more. They have the Racial and Ethnic Minority Epidemiology Center, which serves as a central source for the collection and dissemination of information that may provide direction for the improvement of health activities targeting Indiana's racial/ethnic minority populations. A few research studies the center has conducted include:

The Infant Mortality Project, which focused on identifying root causes of poor birth outcomes among black infants in Indiana and a strategic plan to address these causes. Some of the focus areas included unplanned pregnancy, substance abuse during pregnancy and breastfeeding.

The Food Equity Project, which was a study in selected Indiana counties. The results provided information on various areas such as the access, availability and affordability of food, obtaining food, and use of local food systems and recommendations for programs that would promote food equity.

The HIV Study: Broadening Sexual Health Services in Indiana Community Health Centers Ideas for System Innovation for HIV and STD Services, which was conducted with various partners, including the Indiana University School of Public Health, focused on strengthen sexual health services and created learning goals to develop practice change.

To learn more about the Indiana Minority Health Coalition, please visit:

<http://www.imhc.org/>

5 Tips for Successful Teamwork

Teamwork is one of the main aspects that makes an organization run smoothly. This can only be created if team members are all on the same page and have a basic knowledge of how the work place is run. Here are a few tips on how to create a successful atmosphere within a team.

Communication. Communication is one of the main aspects a group of people needs for effective teamwork. This way members know what they are supposed to accomplish and by which it needs to be completed. If there are any questions or concerns, members should ask for clarification, so they ensure that they are completing the task correctly.

Safe Work Environment. Every work environment should feel like a safe place. Members should be able to talk freely with other coworkers about certain issues. Members should feel a sense of respect and belonging while at work; it will make the organization run smoother.

Evaluation. Teams need to constantly be evaluating themselves to figure out what is working and what is not. It might be helpful if an organization creates or updates a strategic development plan or evaluation plan every year. Throughout the year, either monthly or quarterly, this plan should be discussed to see if the organization is on track or meeting the goals set forth. These types of plans can show the aspects of the organization that are doing well or could need improvement.

Participation. Teams need constant participation from every member of the organization. With everyone's participation, jobs will be completed in a timely manner. Even in team discussions, there should be participation in some form from the each member of the group to get the most input and ideas from the meeting.

Leadership. There should be one person that has a definite understanding of the work that needs to be completed. That person will be in charge of administering jobs for each member to complete. This leader should be knowledgeable of each member's skills and weaknesses when evaluating who should and should not complete certain jobs. This leader can hold others accountable for the jobs they are assigned. Developing this organizational structure can alleviate some problems that can be caused from task responsibility confusion.

[More Details](#)

[Resource](#)

Staff Spotlight

Cindy Flynn is the Fiscal Coordinator for the Community Prevention Framework Team at the IPRC. One of Cindy's proudest work accomplishments is returning to work at the IPRC where she has been given multiple opportunities to improve her skills and knowledge in a variety of areas. The best work tip that Cindy has is a great one: Finish every task with pride because doing your best at everything is a reflection of who you are.



Cindy takes her philosophy of, "You only live once, so don't be afraid to take a chance every now and then" to heart! She enjoys traveling to different places to experience the culture and scuba dive in different waters. Scrapbooking, photography, and gardening are some of Cindy's other hobbies. There are 94 people in her family, ranging from Cindy's parents to her youngest great-grand-niece, so their get-togethers are quite the event! To Cindy, the hand-guided plow was the greatest invention ever because it was fairly simple but allowed for the overproduction of crops, which led to trading, bartering, and communication.

"Do unto others as you would have others do unto you."

—Matthew 7:12 or Luke 6:31

BILL BAILEY AWARD RECIPIENT



Pictured above is Dave Bozell speaking about the Bill Bailey Prevention Leadership Award at the Indiana Annual Recovery Month Symposium on September 12, 2017.

Each year, the William J. Bailey Prevention Leadership Award is given to an individual who contributes to the benefit of the prevention field in Indiana. The criteria for nomination includes leadership, innovation and personal commitment to preventing drug use and abuse. This year, Sally Fleck (retired) was awarded the designation at the Indiana Annual Recovery Month Symposium. Sally was a true leader in prevention by advocating for prevention funding, inaugurating a credentialing system for professionals and establishing Indiana as one of the top states dedicated to youth drug prevention. Sally worked tirelessly to transform prevention efforts to evidence-based programming that would benefit hundreds of thousands of youth during the tenure of Afternoons ROCK in Indiana.

Mary Lay, a prevention professional at the IPRC, nominated Sally and accepted the award on her behalf. Unfortunately, Sally had a family emergency inhibiting her from attending the award luncheon. Dave Bozell, a long-time co-worker with Sally at the Division of Mental Health and Addiction, presented the award.

The annual award is in the name of Bill Bailey, the inaugural director of the IPRC. Bill is regarded as a visionary in the prevention field, and his former colleagues refer to him as a selfless, hardworking and passionate leader. Nominations for the 2018 awardee will be open in July of next year.

DFC Grant Application Support

The Indiana Prevention Resource Center (IPRC) is launching a new technical assistance support service this fall to help your community prepare for the Drug Free Communities Support program grant (DFC). If you've applied before, you know how hectic the application time can be (once the FOA is released) with creating all the needed accounts, gathering the "finishing touches" required documents, building a budget, and of course writing the narrative!

To try to alleviate some of this stress, the IPRC is creating a pacing cohort, which is starting October 9th. Much like running a marathon, it's easier when you have peers by your side, and someone telling you what benchmarks to reach and when.

Enter the IPRC!

For \$150 per community, we are offering the chance to join a cohort of your peers as you all prepare (over the next six months) to apply for the DFC grant. You'll receive a monthly task list, time to peer share with those in your cohort, our tips & tricks to help the process go smoother, and (hopefully!) reduced stress come March!

Please register in the IPRC training portal at: www.drugs.indiana.edu/training

Questions? Contact Kathleen at kathleen@indiana.edu



Register at:
www.drugs.indiana.edu/training
\$150 per community
Structured support October—March

Six Month Format

- Monthly list of tasks to accomplish
- Short explanation video
- Mid-month peer sharing and discussion
- FOA response guidance
- Discount to grant-writing retreat (February)
- Submission seminar (March)

GREAT FOR ANYONE INTERESTED IN APPLYING — FIRST TIME OR REPEAT APPLICANTS — IF YOU'RE CONSIDERING APPLYING, LET US SUPPORT YOU

[National Health Literacy Month](#)

The month of October is recognized as National Health Literacy month. This year's theme is, "Be a Health Literacy Hero," with aims to encourage others to take action and find ways to improve health communications. Beginning in 1999, Helen Osborne founded this awareness-raising event in an effort to help identify and solve health literacy problems. The U.S. Department of Health and Human Services (2010) defines health

literacy as, "the degree to obtain, process, and understand health information needed to make informed health decisions." This includes the ability to understand what the values for cholesterol and blood pressure indicate for your health risks. Other examples of health literacy include being unable to understand dosage on prescription or over-the-counter medication bottles or nutrition labels on common food products. All of these can impact a person's ability to manage his or her care in a safe manner. Research has shown that persons with limited health literacy skills are more likely to have chronic conditions and less able to manage them effectively, including conditions such as hypertension, diabetes, asthma, or HIV/AIDS (Office of Disease Prevention and Health Promotion, 2010).

Efforts from organizations across the U.S. aim to raise awareness about issues like these by providing materials that are easy to read, comprehend and use, along with partnering with communities and colleagues to advance health literacy. Organizations like the Institute for Healthcare Advancement provide resources to share as well as host an annual conference for continuing education on related topics. The Centers for Disease Control provides state specific health literacy organizations as well as data on health literacy covering broad topics. Health.gov provides the *National Action Plan to Improve Health Literacy* which focuses on two specific principles: 1) Everyone has the right to health information that helps them make informed decisions and 2) Health services should be delivered in ways that are understandable and beneficial to health, longevity, and quality of life. Healthy people 2020 has a specific aim under the Health Communication and Health Information Technology Goal which is to increase health literacy.

[Office of Disease Prevention and Health Promotion](#)
[U.S. Department of Health and Human Services](#)
[The Institute for Healthcare Advancement](#)



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