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ISSUE:**

**MANY VOICES ~  
ONE VISION**

**IN THE SPOT-  
LIGHT WITH  
LAMAR KOONTZ**

**AUGUST PSA**

**BACK TO  
SCHOOL**

August's PSA focuses on keeping kids active, healthy, and too busy to try activities that are harmful to their health.

Check it all out at:  
[www.drugs.indiana.edu/hottopics/mattes/pdfs/matte\\_2004-08.pdf](http://www.drugs.indiana.edu/hottopics/mattes/pdfs/matte_2004-08.pdf)

For more information about *In the Spotlight*, please contact Megan Randall, Communications Editor at the Indiana Prevention Resource Center. For more information about *Many Voices One Vision*, please contact Megan Randall or Nilay Kumar, Graduate Assistant at the Indiana Prevention Resource Center.

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**MANY VOICES ~ ONE VISION**

With supplies in hand and a fertile mind, an eager crowd of 860 treatment and prevention professionals ascended the Indianapolis Convention Center to attend the 2004 Many Voices One Vision (MVOV) Conference. Sponsored by the Indiana Family and Social Services Administration and organized by the Indiana Criminal Justice Institute and with assistance by MVOV annually addresses issues related to the treatment and prevention of gambling, alcohol, tobacco, and other drugs.

For those attending, the conference means more than continuing education credit. Participants shared ideas, concerns and solutions with prevention professionals across the state.

To keep minds sharp and ideas flowing, the conference offered many opportunities for structured learning.

Keynote addresses were given daily for conference goers. Tuesday welcomed Beverly Watts Davis. Davis is the Substance Abuse and Mental Health Services Administration's (SAMHSA) Director of the Center for Substance Abuse Prevention (CSAP).

Davis warmed the crowd with encouragement and told tales of obstacles

she has overcome through her drug prevention experiences. She ended her presentation on a high note, announcing her organization's directives to help better prevention and treatment in Indiana. Most notably, Davis announced that the future of funding for treatment and prevention looks promising as now SAMHSA is now offering 5-year grant awards so that efforts can be sustained over time.

Dressed for the occasion in a black tuxedo, Harvey Alston seemed to have a big impact on his audience. Alston spoke words of encouragement and joked about everyday irritations for the working professional. His lively discussion and high toned speech sent the adrenalin pumping through most of the audience.

Alston encouraged an emphasis on ways professionals can cope with the rigors of their jobs such as incorporating what he terms as the "HAPPY technique, HAPPY (Heart, Attitude, Pride, People and You). By using members of the audience to represent the letters, he explained that, "if one would incorporate these five terms into his or her work it would make him or her feel good about what he is doing every day" ..

Well known and

acclaimed for his style of speech and his wit, Harvey Alston has authored four books. He ended with a quote he wanted the audience to embrace. "Everyday is a good day, today is the best day for me," he chanted, while receiving a standing ovation for his rejuvenating speech.

Tom Plake of Plake and Company, was the keynote speaker for Thursday. Plake's interactive handout for the audience aided his presentation and kept the session lively. He emphasized the importance of recognizing individuals for their work and appreciating oneself and others. Plake is a coach, speaker and facilitator who stresses the importance of teamwork, workplace leadership, and keeping ones mind free of the clutter that often fogs our sense of direction in life. Plake's speech reminded us all of how critical it is for us working in the helping professions to take time to rejuvenate and save ourselves from unnecessarily complicating our lives and the good work that we do.

Three mini-institutes were offered to attendees this year during the luncheon on Wednesday, August 4.

The mini-institute on Adolescent health was inaugurated by Dr. Gregory  
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## ACROSS OUR DESKS TO YOURS

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### MANY VOICES ~ ONE VISION, CONTINUED



#### In the Spotlight Lamar Koontz



Lamar Koontz has had a successful year. Over the past few months, she has helped La Porte County's Local Coordinating Council boast tremendous growth in participation and membership. She has been rewarded for her hard work by being nominated the Indiana Prevention Resource Center's In the Spotlight" award recipient by several of her La Porte colleagues. "It's nice to be recognized," Koontz said warmly. Koontz currently serves as the Coordinator for the Drug Partnership of the Local Coordinating Council in La Porte County.

Throughout her career, Koontz has been a valuable advocate for public health and safety. "When my children were still in school in 1979, the drug problem was bad nation wide. Because of my children, I tried to get involved (with prevention)." Lamar has lead a youth anti-drug group in the local school system, worked with the La Porte County Drug Free School Program, the Red Cross mentoring the student peer HIV/AIDS/Drug and Alcohol education program, and now as Coordinator for the Local Coordinating Council (LCC) for La Porte County.

With the LCC, Koontz has worked on numerous programs for La Porte County. Her current project, "Teen Nights," is a program that offers teens safe social get-togethers. Additionally, Koontz and other LCC members have been working with local schools and agencies to explore the possibility of joining together to apply for a federal grant. This grant would enable county middle schools to put science-based prevention into their curriculum.

Koontz plans on continuing to serve the community by delivering prevention programs designed to enrich the lives of Hoosier adolescents.

**Thank you Lamar for your commitment!**

Wilson, Commissioner of Health of the Indiana State Department of Health. It was presided by: Dr. Lloyd J. Kolbe, Department of Applied Health Sciences at Indiana University; Dr Judith A. Ganser, Medical Director of the Maternal and Children's Special Health Care Services at the Indiana State Department of Health; Brian K. Lucas the Director of Program Promotion of the Ruth Lilly Health Education Center; and Dr. Margaret J. Blythe, a Pediatrician at Wishard and Riley Hospital.

Members of the discussion panel put forward statistical figures and trends of risk and drug abuse behavior among adolescents in the state of Indiana and compared it with the national standards. In most of the categories the State of Indiana performed worse than the national standards. These helped emphasize the importance and urgency of the need for adolescent health programs in the state of Indiana.

The discussion panel also emphasized the importance of targeting the adolescent population due to the fact that adolescents are the future of the country and good health habits are easier to form at an early age. The participants also facilitated a question and answer session with attendees.

Panelists emphasized they were leaving the audience with more questions than they had answered, but hoped to gain insight as to whether or not an adolescent health planning body was needed to help improve the state of adolescent health in Indiana. The audience applauded the panelists for presenting and working as a team and for coordinating complex issues to be solved by multiple agencies and people.

Suzanne Clifford, Director of the Indiana Division of Mental Health and Addiction, addressed the audience in another mini-institute titled, "The State of Mental Health and Addiction", with Patrick Boyle, Director of Clinical Training for the Substance Abuse Mental Health Illness Coordinating Center for Excellence (SAMICCOE). Clifford and Boyle presented an overview of the current state of mental health in Indiana and revealed innovative techniques employed by multiple agencies to address the complex needs of those served.

Media, Literacy & Advocacy was the third mini-institute that was offered by Christopher Lloyd, a teacher and expert on media literacy and advocacy. Captivating the audience with his hands-on approach, Lloyd engaged the audience to think critically about the media and ways that prevention and treatment professionals can deliver their own instruction on understanding media messages that influence unhealthy choices.

Agencies such as the Indiana Excise Police, the Indiana Tobacco Prevention and Cessation, the Indiana Criminal Justice Institute, the Indiana Prevention Resource Center, and individuals from local-level treatment and prevention providers, contributed to the body of knowledge shared at this year's annual conference. With over 40 session offered, Many Voices ~ One Vision, offered yet another successful event!