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ACROSS OUR DESKS TO YOURS

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IN THE SPOTLIGHT
WITH KATHY HOFFMAN

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January PSA TIP: Marijuana Myths v. Facts

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In the Spotlight with Kathy Hoffman

By Megan Randall

For fifteen years, Kathy Hoffman has helped countless Indiana children in the fight against substance abuse. With health problems forcing her retirement, her work is now being continued through the programs she has helped foster and the children she has supported. "I'm going to still be on the board of directors and do grant writing," she said. "I think that one of my big blessings has been to see children that we've worked with who have grown up and are volunteering with us, serving on our board. Four of them have actually worked for our agency."

Hoffman's prevention work formally began in the summer of 1989 when she was hired as the interim director of the High Risk Youth Council while the Vigo County Task Force conducted a job search for a permanent candidate. With a degree in music from St. Mary's of the Woods, she did not seem like the most plausible candidate for a prevention career. Hoffman pursued prevention work, though, inspired by her personal life. "One of our children became involved with drugs and so I got involved with prevention," she explained. "I've tried to be very open about our family's struggles." Using these issues, she can sometimes bridge the gap between professionals and families when others cannot. "I feel that so many times individuals of all ages

are looking for someone they can relate to," she said. "I don't think people realize the affect addiction has on families."

After her three month interim period as director, she was hired on by the agency. The following January, she went to Indianapolis to renew the grant; and the

Division of Addiction Services said they wanted the agency to start working with youth. "We received a grant to basically bring the community together...to get the groundwork laid," Hoffman explained. "We got together...everyone who had a captive audience of kids. We began the Communities, Home, Agencies and Neighborhoods Cooperating in Education on Substance abuse (C.H.A.N.C.E.S.) program in July (of 1990). It really worked out beautifully."

Through one program, Youth as Resources, Hoffman has been able to help the community while getting kids and adults together through community service grants to



Kathy Hoffman has been in the field of prevention for 15 years.

January Events

January 10

- SAMHSA/CSAP Community Prevention Day at the Washington Convention Center in Washington, D.C. For more information, go to www.health.org

January 11-13

- CADCA's National Leadership Forum XV at the Washington Convention Center in Washington, D.C. For more information, go to <http://cadca.org>

January 19

- Youth Legislative Day in Indianapolis, IN.

For more information, go to www.in.gov/cji/youth/poy/legislative_breakfast.html

January 24-27

- 2005 TRICARE Conference at the Marriott Wardman Park Hotel in Washington, D.C. For more information, go to <http://www.tricare.osd.mil/conferences/2005/default.cfm>

For a complete list of events, visit:
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ACROSS OUR DESKS TO YOURS

Curl up with a good prevention book

By Megan Randall

It's never too cold for a good book. The IPRC staff and In the Spotlight Prevention Professional Kathy Hoffman have compiled a list of favorite reads for you to enjoy in this month. Each book is helpful and inspiring in its own way.

Hoffman's contribution to our list of great books is **Red Ribbon Story Book** by John Lasne. This highly-illustrated children's book details many prevention stories. "With the U.S. Post Office," explained Hoffman, "about 7 or 8 years ago, we received hundreds of those wonderfully illustrated books." The books were distributed throughout the community to children. "Kids get it," she said, "and they love the story."

Ashes to Ashes by Richard Kluger

This book details every aspect of the war on tobacco use in the United States. The book gives detailed histories of major tobacco companies and is very business-oriented. This book would be helpful to those who need in-depth general knowledge about the tobacco industry.

Substance Abuse Prevention by Julie A. Hogan, Kristen Reed Gabrielsen, Nora Luna and Denise Grothaus

This book covers prevention mainly using scientific theories. For someone just starting out in the prevention field, this is a great training and reference text.

Selling Sin D. Kirk Davidson

For those prevention professionals interesting in marketing, *Selling Sin* is included in the list. This book covers the many aspects of marketing controversial subjects such as tobacco, alcohol and gambling.

Reducing Adolescent Risk by Daniel Romer

For prevention professionals dealing with youth, this book is a must. It takes a psychological approach to discussing adolescent risk behaviors. The book concludes with recommendations for dealing with youth and prevention.

Improving Prevention Effectiveness

This book is geared towards prevention of substance abuse in school-aged children. It details many different approaches to starting prevention programs and also profiles some programs already in place at schools. It's highly recommended for professionals on the front line of prevention and those just starting out in the field.

Making Prevention Work by CSAP

This book from CSAP contains general information about prevention efforts such as data, strategies and risk factors. It contains an extensive list of additional prevention resources. It's another great text for beginning prevention professionals or those wanting to sharpen their game.

We hope you find these books inspiring and educational.

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help promote prevention.

Through C.H.A.N.C.E.S., Hoffman has also reached out to youth through the C.H.A.N.C.E.S. Teen Council. The Council is an outgrowth of the Indiana Teen Institute, and was recently combined with the agency's Indiana Tobacco Prevention and Cessation Program in four counties to form the integrated group, Youth Voice. These haven't been the only changes she has seen with her agency recently, though. "Last year we started covering a whole new population, children of parents who are incarcerated," she said. "The program, in collaboration with Choices (an Indianapolis youth program) and the Indiana Youth Services Association has been very successful finding the youth to be served and finding wonderful mentors."

C.H.A.N.C.E.S. also supports other major programs: Afternoons R.O.C.K. in Indiana in 18 counties; C.H.A.N.C.E.S. Teen Court; Safe Kids; and Kids Family and Communities. They are the state-wide sponsor of Students Against Destructive Decisions, the Red Ribbon Campaign, Project L.E.A.D. and have two Youth Citizenship and Board Development grants through the Lilly Endowment. Through these programs, Hoffman has seen positive changes in the youth C.H.A.N.C.E.S. serves, but she emphasizes that the work is not yet done. "I feel that

C.H.A.N.C.E.S. will continue to grow as long as youth have problems," she said. "We need to reach as many children as we can and let those children grow-up without chemical dependency in their lives. It's worth any effort to keep one child from making the wrong choices."

Community Voices

Colleagues from across Indiana share news at:
www.drugs.indiana.edu/hottopics/community/index.html

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