Welcome to the first Indiana Prevention Resource Center Newsletter. Quarterly, we will publish a newsletter to keep you informed of the work we are currently involved in, and how we are keeping up with prevention, treatment and recovery efforts in the state of Indiana. We aim to keep you informed of upcoming trainings and events useful to prevention professionals and keep you updated on current data and trends in the state.

**Awareness, Awareness, Awareness!**

September was National Recovery Month and our state hosted the Indiana Recovery Month Symposium at the Indiana Government Center. The IPRC collaborated to coordinate the symposium. The symposium highlighted prevention, treatment and recovery of substance abuse and gambling.

At the National Prevention Network Conference in Atlanta, GA, attendees witnessed the announcement of October being established as National Substance Abuse Prevention Month. In an Office of National Drug Control Policy announcement, Director R. Gil Kerlikowske stated, “It is in celebration of these outstanding and ongoing efforts, and in recognition of all of the Americans’ lives that can be improved through prevention that I stand with President Obama in commemorating National Substance Abuse Prevention Month.” Mark your calendar for this momentous month each year. To read more, [http://www.whitehouse.gov/ondcp/prevention-intro](http://www.whitehouse.gov/ondcp/prevention-intro)

The American Cancer Society is marking the 36th Great American Smokeout on November 17th by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk. For resources, more information, and how to get involved visit: [http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index](http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index)
Marijuana Use on the Rise: Nationally and Locally

In a three year time span (2007-2010), The Substance Abuse and Mental Health Services Administration (SAMHSA) noted an increase in the rate of marijuana use, from 14.4 million to 17.4 million in the US.* This increase could be related to perceptions of safety of marijuana use. Recent media coverage about the legalization of marijuana may diminish the perception of risk of use.

Locally, Indiana has also seen an increase in marijuana use. The Annual Survey of Alcohol, Tobacco and Other Drug Use by Indiana Children and Adolescents questioned 168,801 students in public and private schools. Researchers found that the reported use of marijuana is on the rise for grade 7 as well as grades 9-12.

*National Survey on Drug Use and Health, SAMHSA (September 2011)

Source: 2011 Indiana Survey, Figure 2.

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Alcohol, Tobacco and Other Drugs

The IPRC has conducted the Indiana Survey, and has managed and reported the resulting data from grades 6 to 12 since 1991.

The Indiana Survey includes statistics and other information about ATOD (alcohol, tobacco and other drugs) use, gambling behaviors, and risk and protective factors.

The strengths of the Indiana Survey include its ability to describe reported ATOD use at the local level. Communities can use information about their schools to inform needs assessments, planning and evaluation of drug abuse prevention activities.

The IPRC provides a report of local results to each participating school corporation free of charge.

The 2012 Indiana Survey will be offered online making it even easier for your school to participate.

The survey participation application form is available at: [http://www.drugs.indiana.edu/indianasurvey/apply](http://www.drugs.indiana.edu/indianasurvey/apply)
Each year, the IPRC conducts The Annual Survey of Alcohol, Tobacco and Other Drug Use by Indiana Children and Adolescents. For over 20 years, this information has provided accurate data to direct prevention funding and programming in Indiana.

The 2011 Survey questioned 152,678 students in public and private schools about their use of various drugs.

Among 12th graders, more males than females reported using the following drugs: cigarettes, over-the-counter-drugs, marijuana and prescription painkillers (Vicodin, OxyContin, Percocet).

To view the full survey, visit our website at http://www.drugs.indiana.edu/data-survey_monograph.html
Annual PSA Contest Involves Indiana Youth in Drug Education

2012 marks the fourth annual keeprxsafe Public Service Announcement (PSA) contest hosted by the IPRC. Students in grades 6-12 from Indiana are encouraged to use their voice and creativity to make an impact on prevention in our state!

With a camera phone, a video camera or a webcam, students can make a 30 or 60 second video PSA that will be used to influence young people to become more educated about the facts and myths of prescription drug misuse. Share this opportunity with schools, church groups, sports teams…anywhere you know young people spend time! Not only will the winners be making an important contribution to prevention, they will also get their PSA featured on the keeprxsafe website, and win some fun prizes including a FLIP video camera!

Check out the website for more information: www.keeprxsafe.com

SBIRT
Screening, Brief Intervention, Referral and Treatment

The Indiana Prevention Resource Center at Indiana University Bloomington is leading an ambitious initiative -- funded recently by an $8.3 million federal grant -- targeting the failure by health care providers to routinely ask patients about their alcohol and drug use, an omission considered a weak link nationwide in efforts to address substance abuse.

Question: What is SBIRT?
Answer: Screening, Brief Intervention, and Referral to Treatment (SBIRT) is a process designed to identify potential substance use problems among a selected population (i.e., patients, students) using validated and reliable screening tools, and briefly to intervene with those individuals using a short motivational conversation designed to reduce ambivalence toward behavior change. Further, patients who display high or dependent levels of use are referred for further assessment and treatment. This protocol demonstrably has reduced negative alcohol and drug-related outcomes among participants in a variety of different settings.

Question: Why SBIRT?
Answer: Traditional substance abuse treatment focuses on those who obviously are abusing substances (i.e., those with high or dependent levels of use). While SBIRT is an excellent way to identify these individuals and refer them to treatment, it also targets the comparatively larger segment of the population that uses alcohol and other drugs at risky or harmful levels but whose use is less obvious. It also provides a brief and effective way to begin moving those individuals on a path towards behavior change.