Happy New Year! Our resolution at the IPRC is to continue providing you with updates on the work we are doing as well as how we are promoting prevention, treatment and recovery efforts in Indiana. We seek to provide you with the tools to help facilitate healthy communities. We welcome your feedback on our newsletter and appreciate insights as to how we can improve our services. Email us at drugprc@indiana.edu.

In This Issue

Selected findings from the 2011 Indiana College Substance Use Survey (ICSUS) are presented in brief. We invite you to participate in the 2012 survey at no cost to you! See the next page for full details.

Grants watch 2012! Get expert tips on grant opportunities and how to work with your coalitions from the IPRC’s grants specialist, Merrill Hatlen.

Our Q&A section this month focuses on our annual Public Service Announcement Contest (PSA). The contest is open to Indiana middle and high school students in grades 6-12 and serves to educate and inform youth about the dangers of prescription drugs. Please visit our Keep RX Safe page at: [http://www.keeprxsafe.com/](http://www.keeprxsafe.com/). Facts and resources for parents, youth and adults are available.

Join the IPRC as we examine mental health through a six part series of articles that will focus on aspects of mental health and related risk and protective factors. Topics will include substance abuse and mental health, depression, anxiety and stress, suicide, poverty as a risk factor, and prevention. Highlights from the first article include “Mental Health and Quality of Life.”

Are you looking for solutions about how to deal with a student or youth who might be using alcohol, tobacco or others drugs? Find out how to focus on some practical solutions in the Author’s Corner.

We hope you enjoy this issue!
2011 Indiana College Substance Use Survey-Selected Findings

Students under the age of 21 were asked if they had bought alcohol from a retailer in the past six months.

Top three consequences reported by students as a result of their drinking:
1. 63.2% felt bad or guilty about their drinking.
2. 29.4% forgot where they were or what they did (blacked out).
3. 28.8% reported being unable to stop drinking when they wanted to.

Top three selected reasons for drinking alcohol:
1. 85.6% drank to have a good time with friends.
2. 62.3% drank to relax or relieve tension.
3. 58.7% drank because it tastes good.

Number of students who responded: 4,239
Detailed survey findings at: www.drugs.indiana.edu/data-survey_icsus.html.

Percentage of Students Under 21 Who Have Purchased Alcohol from a Retailer, Who Reported Select Methods as the Most Common for Purchasing Alcohol, 2011 (n = 164)

Don’t miss this opportunity to collect important data to use in planning your prevention programs. Individual campuses will not be identified in the state report, and only you will have access to your specific campus data.

Online and paper versions of the survey are available. Surveys must be completed in spring 2012, BEFORE your spring break.

If you want to participate in the survey or for more information please contact:
Rosie King, College Survey Coordinator
Indiana Prevention Resource Center
(812) 855-9150
rosking@indiana.edu

Funding for the survey was provided by the Indiana Collegiate Action Network through a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction. The survey was conducted by the Indiana Prevention Resource Center.
Grants Watch 2012
By Merrill Hatlen
Grants Consultant, IPRC

The federal budget for 2012 is still a work in progress, so it’s difficult to predict upcoming funding opportunities for substance abuse prevention, but The Office of National Drug Control and Prevention (ONDCP) and The Substance Abuse and Mental Health Services Administration (SAMHSA) are likely to continue funding the Drug-Free Communities (DFC) grants.

From my perspective, DFC grants are the “mother lode” for community coalitions, providing $125,000 per year for up to 10 years, with the potential of $1.25 million for your community. Keep in mind that DFC grants require matching funds or in-kind contributions for each federal dollar.

Tips for Grants Success

• Start exploring sources of match early, rather than waiting until Requests for Applications (RFAs) are announced (probably in January).
• Sign up for grant alerts from Grants.gov!
• Be well prepared to mobilize your team when the time comes.

As with painting a house, the hard work is preparation; the actual painting is the easy part. It’s the same for writing a grant proposal, which is mostly about getting ready.

For information about the DFC Program, including a list of previous and current grantees and eligibility requirements, see the following link:
http://www.whitehouse.gov/ondcp/drug-free-communities-support-program

Katharine Sadler, M.Ed., is the author of “What Adults Need to Know about Kids and Substance Use: Dealing with Alcohol, Tobacco, and Other Drugs”. Offers practical solutions for:
*When a student admits he is using drugs
*When a student says she has a friend, sibling, or parent who uses drugs
*When you need to call a social worker
*When you need to call law enforcement
To find out more about the book and order a copy visit:
http://www.search-institute.org/spotlighting-national-recovery-month-how-support-young-addicts

Author’s Corner-IPRC’s Katharine Sadler and her new book.

Not signed up for the IPRC listserv? Sign up now!
You’ll receive:
• Updates on grant and funding information
• Upcoming trainings and events
• Translation of the latest research

The IPRC will never share your email with other organizations.

How to join:
From our webpage, www.drugs.indiana.edu, locate this box on the main page. Enter your info and click Join Now
An Ounce of Prevention JANUARY 2012

Annual Public Service Announcement (PSA) Contest Involves Indiana Youth in Drug Education

Question: How does the PSA contest work?
Answer: 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 Keep RX Safe website, and win some fun prizes including a FLIP video camera!

Question: How long has the IPRC been involved with the PSA contest?
Answer: 2012 marks the fourth annual Keep RX Safe 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!

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

MENTAL HEALTH AND QUALITY OF LIFE

According to the Centers for Disease Control and Prevention (CDC), well-being refers to how "people think and feel about their lives—the quality of their relationships, their positive emotions, resilience, satisfaction with life domains, or the realization of their potential." Well-being can be measured by the extent to which a person feels positive emotions like happiness and tranquility and their interest in life and positive moods. It is also measured by the person's sense of being connected with others through social ties and his/her sense of satisfaction and meaning in life. Measurement of well-being is expressed by the CDC as health related quality of life. (CDC, 2011a)

To view the full article visit our website at: http://www.drugs.indiana.edu/drug-info/featured-articles/174-mental-health-and-quality-of-life

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