Welcome to our third edition of An Ounce of Prevention. We are excited to share information about some of our unique services with you this month. Please be sure to visit our website at www.drugs.indiana.edu to check out our newest feature articles including information about Spring Break Safety Tips for college students and dating violence. We welcome your feedback on our newsletter and appreciate insights on how we can improve our services. Email us at drugprc@indiana.edu

In This Issue

You’ll find information about our evaluation and data services and how they can benefit you! Discover the many resources our Home Library has to offer and find out what trainings are being offered by the Indiana Problem Gambling Awareness Program (IPGAP) during April and May.

Curious about how intervention works in substance abuse addiction? We have a Q&A at the end of our newsletter with more information in addition to part three of our mental health series which focuses on depression and mental health.

Enjoy the issue!
An Ounce of Prevention

The Indiana Prevention Resource Center’s service called PREV-STAT uses GIS software and data from a variety of sources to create county profiles and customized project reports, including maps and tables.

If you would like a better understanding of the characteristics of a place, or to locate a group of people with particular attributes, or to study a subset of the population of a given locale the IPRC can help!

We can analyze data at any level for your community! For more information contact Barbara Seitz de Martinez at: seitzb@indiana.edu

PREV-STAT creates:
A statistical picture of your community based on variables of your choice.

PREV-STAT allows:
For analysis of a broad spectrum of population based data.

PREV-STAT supports:
Assessment, capacity-building, planning, fund-raising and evaluation.

PREV-STAT looks at 3 types of data:
• Risk factors (chaotic home environments, ineffective parenting, poor social coping skills)
• Protective factors (strong family bonds, clear rules of conduct, parental involvement)
• Basic demographics (neighborhoods, schools, alcohol retail outlets)

Series 8 (2011) is currently available to search: http://www.drugs.indiana.edu/prev-stat/county-profiles-data

Top 5 Reasons to Use IPRC Evaluation Services
• To monitor progress toward your program’s goals.
• To determine whether your program components are producing the desired progress on outcomes.
• To permit comparisons among groups, particularly among populations with disproportionally high risk factors and adverse health outcomes.
• To justify the need for further funding and support.
• To find opportunities for continuous quality improvement.

Contact us today to find out more!
1-800-346-3077

The Indiana Prevention Resource Center is operated by the Department of Applied Health Science, School of Health, Physical Education, and Recreation at Indiana University. Funded, in part, by a contract with the Indiana Family and Social Services Administration, Division of Mental Health and Addiction, financially supported through Health and Human Services Administration, Center for Substance Abuse, Substance Abuse Prevention and Treatment Block Grant.
IPRC Home Library of e-resources

Our library databases include the following:

- **Prevention in Practice Database** - a collection for anyone interested in fact sheets, research summaries, “how-to” resources, data and statistics relating to substance use.
- **Prescription Drug Abuse Database** - search for specific drugs, topics or by title.
- **Veterans Resources Database** - for returning veterans and their families also includes resources for counselors, teachers and physicians.
- **College Students Database** - resources specifically selected for their relevance to college students, their parents, and the college teachers, counselors and administrators who serve them.
- **Hispanic/Latino Portal** - resources in Spanish and English for Hispanic-Latino Americans and their service providers.
- **DVD/AV Loan Library** - for Indiana residents: borrow a DVD or VHS from our loan library.

Got a question? We can help! Ask Carole, our reference librarian

**drugprc@indiana.edu**

Check out the library at:

[http://www.drugs.indiana.edu/search/home-library.aspx](http://www.drugs.indiana.edu/search/home-library.aspx)

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](http://www.drugs.indiana.edu) locate this box on the main page. Enter your info and click **Join Now**

IPGAP is a project funded by the Division of Mental Health Addiction to provide technical assistance for prevention, treatment, co-occurring issues in Indiana. IPGAP also raises the awareness of addiction issues including problem gambling in Indiana. This project is being led by the Indiana Prevention Resource Center (IPRC) DMHA’s substance abuse prevention technical assistance contractor.

Visit our webpage:

[http://www.ipgap.indiana.edu/](http://www.ipgap.indiana.edu/)

Providing technical assistance for prevention, treatment and recovery

Upcoming IPGAP Trainings

April 3, 2012: [NEW] Ethics

April 12, 2012: [NEW] Motivational Interviewing for Problem Gamblers

April 18, 2012: Women and Problem Gambling

April 18, 2012: Spirituality and Spiritual Issues for Problem Gambling

May 15, 2012: Group Practices

May 15, 2012: 12 Step Facilitation Model
This article is the 3rd in a series of six that examine mental health. The focus this month is on poverty and how it affects the mental health of individuals and families.

Depression, though not commonly understood, is believed to be the result of interacting genetic, biological, environmental, and psychological factors. Depression, a mood disorder, is a common type of mental health problem in which a variety of symptoms combine to interfere with daily living, causing pain for the person who is depressed and for those who care about or interact with him or her. It takes various forms, including minor depression and major depression. Major depression results in the person being unable to function normally at work, at school, at home. It can even interfere with eating, sleeping and previously pleasurable activities. Some of the forms of depression include psychotic depression, postpartum depression, seasonal affective disorder, and bipolar disorder.

To view the full article, visit our website at:
http://www.drugs.indiana.edu/drug-info/featured-articles/183-depression-and-mental-health

Intervention Q&A with Bruce Perkins-to see the full interview visit:

Within the Midwest there are currently 15 certified Interventionists. To learn more about the intervention process the Indiana Prevention Resource Center (IPRC) interviewed Bruce Perkins, a certified Interventionist who works predominately in Indiana. Nationally certified as a substance abuse therapist at the highest level, NCAC II, Bruce is also a Licensed Marriage and Family Therapist (LMFT), Licensed Social Worker (LSW), and a Certified Alcoholism and Drug Counselor in the state of Indiana.

IPRC: What is an intervention and what are the key factors that make an intervention successful?
Bruce Perkins: I base my interventions off of the Johnson Model of Intervention, in which those closest to the substance abuser form a team that will confront the individual under the guidance of a trained interventionist. The team of family members and friends (usually 4-10 people) prepares for the intervention by learning about the characteristics of addiction, listing specific facts about the effects of the individual’s substance abuse, and deciding on potential treatment options. All preparations are conducted without the knowledge of the addicted individual. I have the family members and friends write down a list of the reasons why they love the addict which will be used during the intervention process.