Welcome to the fourth edition of *An Ounce of Prevention*. The Indiana Prevention Resource Center is excited to bring you the online version of our newsletter. Highlights from this issue include newly released data about youth drug use in Indiana, a focus on community coalitions and article four in a six part series about mental health. The mental health focus this edition is stress and anxiety.

Enjoy the issue!

**Our Mission**
Strengthening a behavioral health system that promotes prevention, treatment, and recovery.

**Our Vision**
To promote and sustain healthy environments and behaviors across the lifespan.

**Our expertise**
We partner with state and national agencies to provide training and education, evaluation, special data reports, program and curriculum selection and resource materials….all tailored for your community or organization’s specific needs.

This month, The Substance Abuse and Mental Health Services Administration (SAMHSA) published *Celebrating Progress in Behavioral Health-Special 20*th *Anniversary Issue*. This publication documents SAMHSA’s 20 years of progress in the behavioral health field while directing future development. The document’s audience is intended for community coalitions, advocates, policy makers, prevention professionals, care providers, program planners, administrators, researchers and people with substance use or abuse problems. The issue also describes a program to help diverse populations access behavioral health care, an underage drinking campaign and Children’s Mental Health Awareness Day.

Download a free copy here.
Designer drugs: A wolf in sheep's clothing

How could anything with such a benign name as bath salts, spice or bliss be dangerous? Think of these synthetic drugs as ever-changing narcotic concoctions designed to be easily available and one step ahead of prosecution. The chemicals in these drugs and their effects on the human body have not been studied; many of the dangers are not yet known. Parents need to be aware and educated in order to keep their kids safe.

Tips for parents:

- Monitor and supervise youth activities.
- Communicate with kids and ask them what they know about designer drugs.
- Become educated about designer drugs.
- Praise positive behavior and drug refusal, express pride in children for not taking drugs.

For more information including a podcast and webinar about K2 and bath salts visit the IPRC’s website at:
http://www.drugs.indiana.edu/

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An Ounce of Prevention

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Research Focus-Community Coalitions

What are community coalitions?
Community coalitions are made up of individuals representing various organizations and sectors, who come together to achieve a common goal. Successful coalitions engage both influential leaders and grassroots community members in identifying, planning, and adopting prevention strategies that would not be possible through the efforts of a single agency.

History
Since 1990, the federal government has funded coalitions to reduce youth substance use. Through the Drug-Free Communities (DFC) grant program, the Office of National Drug Control Policy in collaboration with the Center for Substance Abuse Prevention is currently funding 15 community coalitions in Indiana. A recent study found that youth substance use rates in communities with a DFC grant were significantly lower than the rates in comparison communities without a DFC grant.

What are the goals of community coalitions?
Coalitions attempt to bring about new policies, programs and practices that change the social and physical environment in their community. Coalitions focus on factors in the environment (such as availability, enforcement, or promotion of alcohol use).

What makes coalitions successful?
Six factors contribute to effective coalitions:

Interested in quick, easy to read drug information?

Check out the IPRC Factlines!
Factlines offer scientifically defensible information on the most common drugs used by Indiana's adolescent population.
Each Factline contains information about a specific drug, the incidence and prevalence of use in Indiana, and its effects.

To see all of the drug Factlines click here.

Below is an expert from the Heroin Factline.

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

The IPRC will never share your email with other organizations.
This article is the fourth in a series of six that examine mental health. Stress and anxiety are mental health conditions that can contribute to personal success or to negative health outcomes. There is not a firm consensus among psychologists on definitions of stress. A traditional definition of stress is “Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being.” (Lazarus, 1966) Coping refers to the thoughts and actions we use to deal with stress. Anxiety like stress is a normal part of life. Anxiety is defined by the Collins English Dictionary as “distress or uneasiness of mind caused by fear of danger or misfortune.” A certain amount of stress and anxiety can actually be healthy. Work deadlines and school assignments are both examples of situations that cause stress or anxiety. They also cause us to remember to stay focused on our jobs, school work and other life commitments.

To read the full article and find resources please visit our website at: http://www.drugs.indiana.edu/drug-info/featured-articles/169-stress-and-anxiety

PSA CONTEST CELEBRATES ANOTHER SUCCESSFUL YEAR

For the fourth year, young Indiana filmmakers take action against prescription drug abuse by submitting video public service announcements (PSA) for the Indiana Prevention Resource Center’s fourth annual www.KeepRXSafe.com video PSA contest. Prescription drug abuse is the fastest growing drug problem in the United States according to the Centers for Disease Control and Prevention. According to the 2011 Annual Youth Survey conducted by the IPRC, 16% of Indiana 12th graders have used non-prescribed painkillers and nearly 15% of 12th graders have also used other prescription medications without a medical need. “Prescription drugs continue to be an issue in our state. The contest gets students involved in prevention efforts. We know that young people are influenced by their peers; the contest lets students take charge and make an impact. The students did an excellent job expressing themselves and providing a strong message,” stated Mallori DeSalle, the www.KeepRXSafe.com contest coordinator.

This year, Will Hanna and his classmate Mason Moody, both seniors at Jeffersonville High School in Jeffersonville, submitted the winning entry entitled, “The Final Trip.” View all the videos here.