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MEET OUR STAFF!

Our goal is to provide prevention resources and services to help you improve your community.

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 that are all tailored for your community's or organization's specific needs.

Upcoming Trainings



November 9

Creating a Comprehensive Needs
Assessment Webinar

November 15

Cognitive Reprocessing Therapy Training*

November 28

SBIRT Provider Training

December 6

Prevention Open Space Networking Event

December 7

Conducting Quality Focus Groups Training

Visit the [Training Portal](#) for descriptions
and to register.

While you're there, take one of our FREE courses. CEUs available.

* Register at www.ipgap.indiana.edu.

Resource of the Month



Reach for Youth, which is located in Greenwood, Indiana, is aimed to educate youth and their families through prevention, intervention, counseling and youth development. They have been around for 40 years, and during those years, they have successfully helped kids improve their lifestyles. Reach for Youth is a community resource that gives the youth and their families a variety of different tools to live a successful life. They administer certain counseling programs that help youth with behavioral problems, depression and anxiety. Reach for Youth conducts a program called, The Teen Court program, and it gives juvenile offenders a second chance to turn their lives around. This program incorporates youth volunteers and youth offenders to give them alternative Juvenile Justice penalties. This organization can also help the youth and their families deal with substance abuse. Many volunteers and donors from the community are what keeps this program running, so they are always welcoming volunteers.

To learn more about the Reach for Youth, please visit:

<http://www.reachforyouth.org/>

5 Tips to Communicate with a Younger Community

In the workplace or professional world, it is often important to speak well and use language that is appropriate for the audience. The same ideal holds true when associating with a younger audience. Keep these five things in mind when trying to communicate with a teenagers or young adults.

Be Passionate and Knowledgeable. The audience can immediately tell when the speaker is not passionate about the information that is being presented. If you are not fascinated by the speech that you are giving, why should the audience? The participants are more likely to pay attention if you are educated about the material and curious about the topic.

Active Listening. Listen to the feedback that the audience is giving you, even if it is negative. This constructive criticism could be beneficial in making your presentation more effective and useful. Don not brush off the information that is given by the younger community because it could make them feel inferior to you. That feeling of inferiority will make them give less and less feedback. Active listening can improve

the relationship between the speaker and the audience.

Summarize Information in a Simple Manner. Try to decrease the use of big words during a presentation. It will lose the focus of the younger viewers and that will render your speech ineffective. The audience is more likely to retain the information if a speech is presented in a basic and simple manner. Inserting pictures, videos, or other activities throughout the presentation is a good way to keep your viewers focused. Not many people want to listen to one person talk for the entire time.

Do Not Force Participation. One thing that the younger community will not react well to is forcing them to participate. The audience are more likely to join in on a conversation if they feel knowledgeable about what they are saying or want to share a different perspective. One of the reasons the audience might not be participating is because they are not confident in what they are going to share. Forcing them to engage in a conversation could only make them less interested in your presentation.

Ask Open-Ended Questions. If a question is asked that has no wrong answer, it may make the audience feel more comfortable since they cannot be incorrect. The younger community is very fond of their image, so being wrong in front of a group of people could be embarrassing to them. By asking open-ended questions, a safer environment might be created where individuals feel open to sharing their opinions and perspectives.

[More Details](#)

[Resource](#)

[Additional Resource](#)

Staff Spotlight

Sara Tidd is the Administrative Services Manager at the IPRC. One of Sara's proudest work accomplishments was the development of Service Tracker, a database that is used to track all of the IPRC's services and deliverables in order to ensure that everything is completed on time and organized in one place. This is a very helpful tool that will assist the organization through growth and expansion. Sara's best learning tip is to always be open to learning new things.



In her free time, Sara enjoys reading and playing tennis, board games, and Magic the Gathering. She also has a blast attending Gencon every year. Sara also has an adorable Birman cat named Mochi. To Sara, the greatest invention ever would be the microprocessor because it allowed for computers to get smaller and more ubiquitous, which created the opportunity for all the amazing innovations we now have at our fingertips.

"They change their sky, not their soul, who rush across the sea."

—Horace

National Prevention Network Conference

The 30th Annual National Prevention Network (NPN) Conference was held on September 12th-14th in Anaheim, California. This year's theme was, "Rooted in Tradition, Strengthened by Science, Evolving the Field of Prevention." The IPRC's Executive Director, Dr. Ruth Gassman, was able to attend this event and share her insights on this year's conference versus past years.

One key difference in years that Gassman noted was the distinct focus on the opioid crisis. A keynote presentation was given by journalist and author Sam Quinones, who wrote the book *Dreamland*, which chronicles the spread of the opioid epidemic across the mid-west and -eastern states. Additionally, many of the break-out sessions related to opioids, including Gassman's favorite workshop, *Leveraging Federal and Community Leadership to Prevent Opioid Misuse*. It was presented by Gregory Goldstein, Deputy Director, CSAP and Fran Harding, Director of CSAP, SAMHSA. Gassman commented that it was useful to compare notes on what CSAP is emphasizing with what Indiana is doing to address the opioid crisis.

Gassman identifies the biggest advantage of attending the NPN conference as being the opportunities to network with individuals from federal funding agencies, state government agencies, companies that focus their services on prevention, and thought leaders sharing their insights and experiences implementing and disseminating prevention programs, practices, and policies. While she found this year's conference to be a valuable experience as a whole, she found the resources mentioned, specifically the Surgeon General's Report – Facing Addiction in America, as being the most useful since this report provides comprehensive coverage about what we know about the epidemiology and approaches to addressing addiction in general, and the opioid misuse epidemic in particular. It is required reading to those who lead efforts to prevent addictions.

To learn more about this year's NPN Conference, please visit: <http://www.npnconference.org/>.

Prevention Spotlight

Geena Lawrence is the new Prevention Bureau Chief at the Department of Mental Health and Addiction (DMHA) and is the DMHA contact for the SABG contacts. Geena graduated with an MPH from IU Bloomington School of Public Health in 2015. Before working for DMHA, she was the State Adolescent Health Coordinator at the Indiana State Department of Health.



Let's give Geena a warm prevention welcome!

The Great American Smokeout



Every year, on the 3rd Thursday of November, everyone comes together to take part in the American Cancer Society's Great American Smokeout. This date is commonly used by individuals who smoke as a day to commit to stopping smoking that day or to quit altogether. Individuals who do not smoke use this day to encourage those around them to stop smoking or to provide continued support to those that have quit.

This year, the Great American Smokeout will take place on November 16th.

The Great American Smokeout grew from an event in 1970 in Rudolph, Massachusetts, where Arthur P. Mullaney asked people to give up cigarettes for a day. People were then asked to donate the money they would have spent on cigarettes for the day to a high school scholarship fund. Later, in 1974, Lynn R. Smith spearheaded Minnesota's first "Don't Smoke Day" or "D-Day." The idea spread, and by 1976, the California Division of the American Cancer Society (ACS) had nearly 1 million smokers quit for the day. The event in California is marked as the first, and the ACS took the event nationwide in 1977. This event draws attention to the preventable deaths and chronic diseases caused by smoking and helps influence policy to ban smoking in workplaces and restaurants. Some notable changes in policy also include increased sales tax to reduce consumption, federal smoking bans on interstate buses and 6 hour domestic flights (1990), and the published list of harmful constituents of smoking products and cigarette smoke by the FDA to warn consumers (2012).

While the changes being brought on by the increased awareness are beneficial to the public, it is still worth noting that approximately 1 in 5 U.S. adults still smoke. Smoking is estimated to cause one-third of all cancer deaths in the U.S. as well as approximately 83% of lung cancer deaths in men and 76% of lung cancer deaths in women.

The Great American Smokeout continues to be useful to reduce the number of people smoking and is making strides to change attitudes toward smoking. This year, and in more recent years, the Great American Smokeout is celebrated around the U.S. with rallies, parades, information dissemination and "cold turkey" menu items in workplaces, schools and legislative halls. The American Cancer Society provides information on quitting, ways to improve your health and resources to host a Great American Smokeout event on their website linked below.

[American Cancer Society](#)



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