



The Indiana Family and Social Services Administration

Prevention: An overview of Indiana's Prevention System

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What is Prevention?



1 CLEAN

Wash your hands often.
Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.



2 COVER

Cover your cough.
Use a tissue to cover your mouth and nose when you cough or sneeze.
Don't have a tissue? Your sleeve will do.



3 CONTAIN

Contain germs by steering clear of others who are sick.
If you do get sick, stay at home until you're well again, so you don't spread more germs.

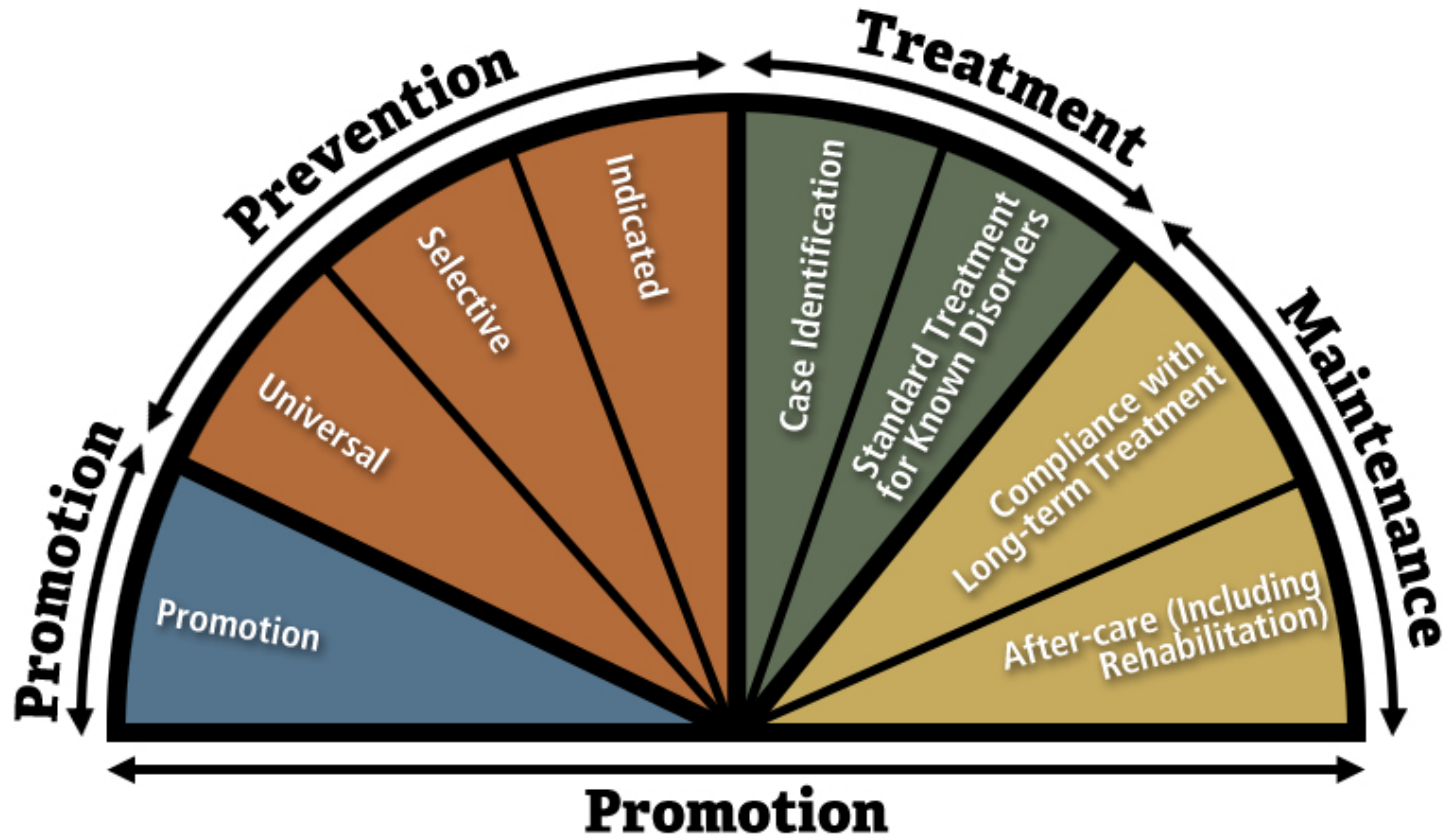


Behavioral Health

- Behavioral health is a state of mental/emotional being and/or choices and actions that affect wellness.
- Populations affected by these problems overlap significantly, as do the factors that contribute to these problems. Consequently, improvements in one area often have direct impacts on the other.



Continuum of Care





What is Prevention?

- **Prevention** focuses on interventions that occur prior to the onset of a disorder that are intended to prevent the occurrence of the disorder or reduce risk for the disorder

Promotion: These strategies are designed to create environments and conditions that support behavioral health and the ability of individuals to withstand challenges. Promotion strategies also reinforce the entire continuum of behavioral health services.



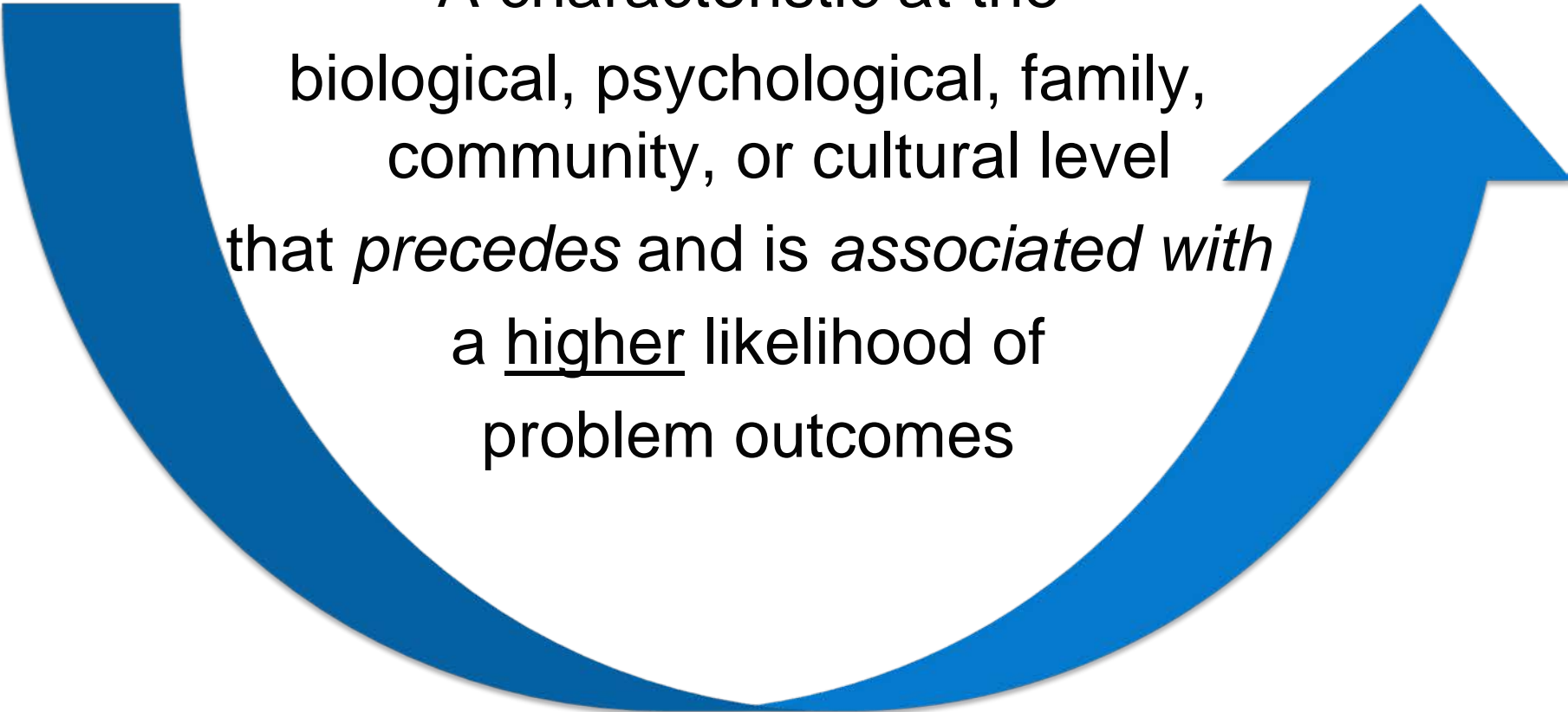
Why it matters

- By 2020, **mental and substance use disorders** will surpass all physical diseases as a major cause of disability worldwide.
- One estimate puts the total economic costs of **mental, emotional, and behavioral disorders** among youth in the United States at approximately \$247 billion.
- Priority substance in Indiana are:
 - Alcohol
 - Tobacco
 - Prescription Drugs
 - Marijuana



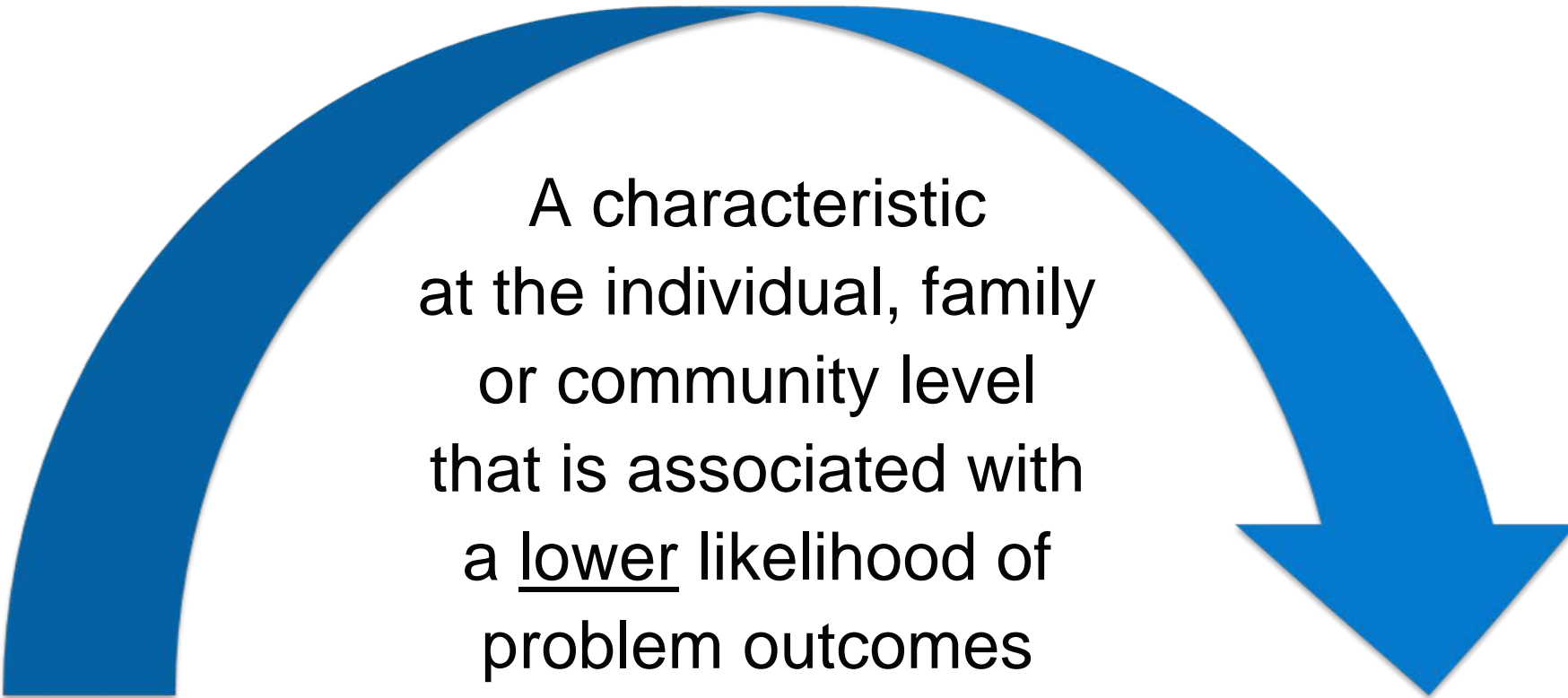
Risk Factor

A characteristic at the biological, psychological, family, community, or cultural level that *precedes* and is *associated with* a higher likelihood of problem outcomes





Protective Factor



A characteristic
at the individual, family
or community level
that is associated with
a lower likelihood of
problem outcomes

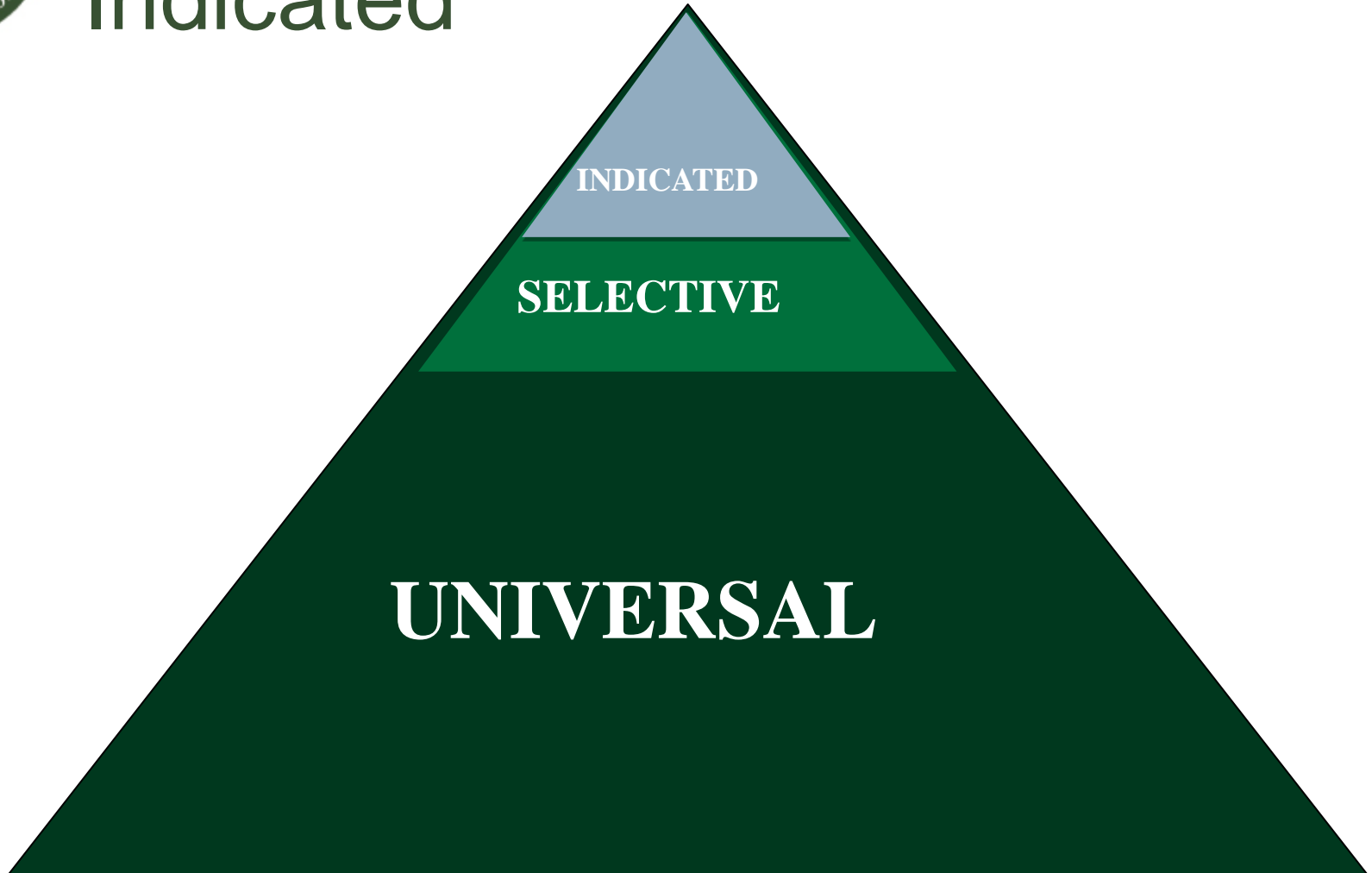


DMHA Mission & Vision

- **Mission:** To reduce substance use and abuse and promote behavioral health across the lifespan of Indiana citizens by maintaining a coordinated, effective, and accountable system of prevention and behavioral health promotion services.
- **Vision:** Sustainable environments that nurture, assist, and empower all Indiana citizens to access and experience optimum physical, emotional, and mental health.



Universal, Selective, Indicated





Strategies

- Individual level vs. environmental strategies
 - Help individuals develop the intentions and skills to act in a healthy manner
 - Create environments to support healthy behaviors
 - Policy
 - Communication/Education
 - Enforcement
- Success of any selected strategy or combination of strategies depends on [strong collaboration](#) among schools, law enforcement, parents, and other community members.



DMHA Funded Projects

- Family Grants
- Capacity Building Grants
- Implementation Grants
- State Epidemiological Outcomes Workgroup
- Indiana Prevention Resource Center
- IN Coalition to Reduce Underage Drinking
- LEAD & Elder LEAD Initiative
- Partnerships for Success 2 Initiative
- Prenatal Substance Use Prevention Program
- Enforcement Initiatives
- Service to Science



Prevention Resources

- DMHA
- Indiana Criminal Justice Institute
 - 92 Local Coordinating Councils
- Indiana Prevention Resource Center
- State Epidemiological Outcomes Workgroup
- Community Anti-Drug Coalitions of America (CADCA)
- Substance Abuse and Mental Health Services Administration
 - Center for Substance Abuse Prevention
 - Center for the Application of Prevention Technologies

Links

- <http://www.in.gov/fssa/dmha/4484.htm>
- <http://www.drugs.indiana.edu>
- <http://www.healthpolicy.iupui.edu>
- <http://www.cadca.org>



Questions?

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