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The Importance of Self-Care During COVID-19



Self-care is a crucial part of wellness, especially for people who take care of others in their home or work-life. During a unique time like this, where COVID-19 has changed the way many of us perform our day-to-day tasks, interact with one another and other aspects of our lives, this is the perfect opportunity to learn how to take care of oneself.

According to the Centers for Disease Control and Prevention, here is what you can do to care for yourself each day:

- **Take breaks** to unwind through yoga, music, gardening, or new hobbies.
- **Find new ways to safely connect** with family and friends, get support, and share feelings.
- **Take care of your body** and get moving to lessen fatigue, anxiety, or sadness.
- Treat yourself to **healthy foods** and **get enough sleep**.

For more information please visit:

(<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/care-for-yourself.html>). *Continued on page 2.*

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The Ohio Injury Prevention Partnership (OIPP) is a comprehensive state-level injury prevention program to help every Ohioan live his or her life to the fullest potential by reducing death and disability associated with intentional and unintentional injuries.

ODH Leadership Update

Please welcome the new leadership team at ODH.



Stephanie McCloud joined ODH as the new Director on November 16, 2020. Director McCloud had most recently served as the Director of the Ohio Bureau of

Workers' Compensation (BWC). Director McCloud has worked to ensure the availability of treatment options and healthcare deliverance to our injured and ill workforce and has experience in the area of mental health and addiction treatment. She will ensure that as we continue our pandemic response that we also balance daily operations at ODH.



Kathleen Madden joined ODH as Chief of Staff in November 2020. She had been serving as Assistant Director at the Ohio Office of

Budget and Management. Kathleen will play a key role in keeping programs and operations running smoothly — both with the pandemic response and other programming at the department, as well as resolving critical issues, providing guidance to ODH's staff, and ensuring that funds entrusted to the department are spent responsibly and strategically.



Bruce Vanderhoff, MD, MBA, joined the leadership team as Chief Medical Officer on December 1, 2020. Dr. Vanderhoff served more than

a decade as a Senior Vice President and Chief Medical Officer at OhioHealth. He is a nationally recognized physician that has addressed disparities and improving healthcare quality and population health.

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Research has shown the benefits of easy practices that support health and healing:

- Too much idle time creates boredom and causes you to feel some dissatisfaction with different aspects of your life. Take breaks and unwind by incorporating things like listening to music, learning new crafts, or reading that book that you haven't had the chance to delve into yet.
- Interacting with friends and family has been one of the many challenges during the pandemic. Find new ways to securely connect with family and friends, receive support, and share any feelings you may be experiencing. This can be accomplished using free platforms like Zoom, Facetime, WhatsApp (international calling), Google Hangouts and Skype.
- Although some gyms may be open, the way that you work out and even how often you can go due to capacity regulations, can influence your motivation to stay active. It is important to take care of your body and get moving to lessen fatigue, anxiety, or sadness. Activities like walking, strength training, or yoga can help ease symptoms and prevent some physical or mental health issues.

- Treat yourself to healthy foods by trying the "rainbow diet" by adding more colorful fruits and vegetables to your plate. Attempt to stay away from eating too many calories and ask your doctor about Vitamin D or fish oil supplements. This will ensure that your body is receiving the proper nutrients.
- Avoid too much news exposure — Take breaks from watching, reading, or listening to news stories. It can bring your mood down, to hear about the crisis and seeing certain images repeatedly. Try to do activities that are more enjoyable and give you a positive feeling inside.

For more information please visit: https://wwwn.cdc.gov/ResearchGateway/Content/pdfs/R2C_FactSheets/en/R2C_Factsheet_102117_Desai_en.pdf.

If distress is impacting activities of your daily life for several days or weeks, talk to a counselor, doctor or contact the SAMHSA helpline at **1-800-985-5990**.

During these times of uncertainty life can feel stressful but it is important to remember to just take a break, breathe deeply and take those small strides each day!

Save the Date

Data Action Group (DAG) Webinar

Thursday, March 4, 2021 at 2 p.m.

Krishna Palipudi, with the Center for Behavioral Health Statistics and Quality of the Substance Abuse and Mental Health Services Administration, will provide an overview of the National Survey on Drug Use and Health (NSDUH). NSDUH collects information on drug use, alcohol use, substance use disorders, and mental health issues among the noninstitutionalized U.S. civilian population aged ≥12 years and older. The survey began in 1971 and is conducted annually in all 50 states and District of Columbia. Palipudi will highlight how data are collected and timing of data collection; uses, proper interpretation, and limitations of the data; and data access. Palipudi will also provide a snapshot of the 2019 national data with a focus on drug use and mental health.

Violence and Injury Prevention Section Data Publications

- 2019 Ohio Drug Overdose Data: General Findings
- 2019 Ohio Drug Overdose Data: Demographic Summary

Data Links

ODH VIPS Injury Data and Publications:

www.odh.ohio.gov/injurydata

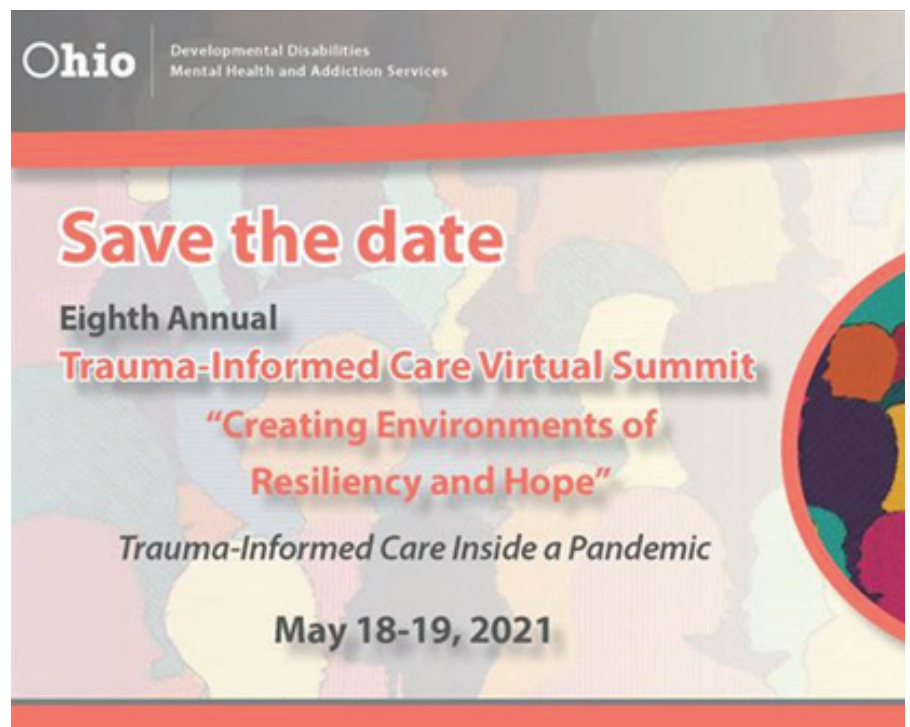
Ohio Public Health Data Warehouse:

<http://publicapps.odh.ohio.gov/EDW/DataCatalog>



Sexual Assault and Domestic Violence Prevention Program

- Seventh Annual Trauma-Informed Care Summit: Creating Environments of Resiliency and Hope in Ohio | Virtual | May 18 - 19, 2021.
- When life knocks you down, Resilience is that quality that allows someone to come back even stronger! Join the Ohio Department of Mental Health and Addiction Services and the Ohio Department of Developmental Disabilities in Learning how to develop resilience in all children, youth, adults and older adults with whom they interact. Using the necessary tools and knowledge provided you can learn how to foster this skill.



OIPP Action Group Updates

Ohio Overdose Prevention Network (OOPN)

OOPN increased its membership by 106 in 2020 and welcomed Gary Bright as new Member at Large on OIPP Leadership Team. The coalition will increase recruitment activities in February.

Congratulations to our Pilot Project Recipients:

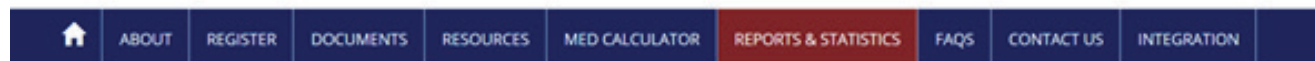
- Family Recovery Center of Columbiana County.
- The Huron County Board of Mental Health and Addiction Services.

Prescription Drug Monitoring Program (PDMP) Interactive Data Tool

- To assist state and local partners in better understanding the distribution of controlled substance medications in their communities, the State of Ohio Board of Pharmacy recently launched a new PDMP Interactive Data Tool. This tool offers a wide range of prescription data including customizable charts and maps. The new tool can be accessed by visiting: <https://www.ohiopmp.gov/Stats.aspx>.



OHIO AUTOMATED
RX REPORTING SYSTEM



STATISTICS

PDMP INTERACTIVE DATA TOOL

Ohio's prescription drug monitoring program, known as the Ohio Automated Rx Reporting System (OARRS), collects information on the distribution of prescription controlled substances and two non-controlled drugs, gabapentin and naltrexone, to Ohio patients.

Ohio OPN Highlights

Subcommittees:

- **Data** — welcomed Michelle Schoonover as Chair; committee has also developed an Overdose Fatality Review (OFR) manual using information from the Take Charge Ohio Quick Guide.
- **Harm Reduction** — welcomed new Chair Jackie Pollard; committee has completed a survey about naloxone in criminal justice settings with infographic-style report.
- **Pain Management** — currently developing a social media toolkit and is recruiting clinical partners to accomplish their strategies.
- **Policy** — published and received final approval from the Governor's Office to release the Naloxone in Schools Brief. They are also creating a brief on MAT in Correctional Facilities.

***The annual Ohio OPN Conference will take place again this fall, with more information coming soon.

OIPP Action Group Updates

Child Injury Action Group (CIAG)

Congratulations to the 4 Pilot Project Recipients:

- **Red Oak Behavioral Health** — will train their school based mental health therapists in Dialectical Behavioral Therapy (DBT). (Youth Suicide)
- **Cincinnati Children's Medical Center** — will determine the most effective means of counseling about gun safety in the emergency department: comparing a targeted counseling vs a targeted counseling and provisions of gun locks. (Youth Suicide)
- **Dayton Children's Hospital** — will develop a training and evidence-based best practices and resources on conversational education to address current weaknesses in existing safe sleep education and tools. (Safe Sleep)
- **Atrium Medical Center** — will establish a triage screening tool in the Emergency Department determining the use of protective devices when a patient is brought in with a bike or other wheeled sports injury and provide appropriate education or helmet (Traumatic Brain Injury).

Facebook Link: <https://www.facebook.com/OhioCIAG>.

Upcoming subcommittee meetings

| | |
|------------------------|--------------------------------|
| Youth Suicide | Wednesday February 10th @ 10am |
| Child Passenger Safety | Tuesday March 2nd @ 10am |
| TBI | Wednesday March 3rd @ 1pm |
| Teen Driving | Thursday March 4th @ 2pm |
| Youth Suicide | Wednesday March 10th @ 10am |
| Child Maltreatment | Tuesday March 16th @ 1pm |
| Safe Sleep | Thursday March 18th @ 10am |
| Youth Suicide | Wednesday April 14th @ 10am |
| Child Maltreatment | Wednesday April 14th @ 10am |

Ohio Older Adult Falls Prevention Coalition (OOAFPC)

Subcommittee Updates:

- **Awareness** — continues to plan for the August 2021 Virtual Falls Symposium.
- **Promotion** — The Promotion Committee sends a big thank you Karen Kuprowski who served as co-chair. Karen changed positions at Erie County Health Department and Emily Vassallo has filled her position. Welcome Emily! The committee has developed a survey to update the Tai Chi instructor listing. This version of the survey includes questions about virtual offerings. It is planned to go out in January 2021.
- **Infrastructure** — The Coalition has 217 members. The Infrastructure Committee wants to thank co-chair Jayne Call for her time and dedication to the Ohio Falls Coalition. Jayne took another position and left the Washington County Health Department in November 2020. The committee will be sending out emails to Ohio Falls Coalition member to encourage committee participation and is working to prepare the 2021-member survey which will go out in March. Megan Smith at Washington County HD has filled Jayne's former position. Welcome Megan.
- **Policy** — The Policy Committee has delayed the senior center fact sheets project due to COVID-19. The committee is also taking a new direction which will focus on empowering coalition members to make policy changes within their own organizations and communities. Educational sessions, trainings, and webinars on successful policy change initiatives will be coordinated by the committee moving forward.

Facebook Link: <https://www.facebook.com/Ohio-Older-Adult-Falls-Prevention-Coalition-317682428416812/>.

Message from ODH:

ODH will be offering free virtual Tai Chi for Arthritis facilitator training in both April and May of 2021. Advertisement for this will be shared once available. Spots will be limited and based on high burden need areas and gaps in community resources.



What's Happening Around Ohio

OIPP would like to share information and examples of evidence-based/best-practice strategies from our partners. If you are interested in being featured in OIPP's next "What's Happening Around Ohio", please send an email to Meleesha.Hodge@odh.ohio.gov which includes a brief description of your evidence-based/best-practice activity, name of agency, date event occurred, and picture (s).

UH Rainbow Injury Prevention Center

University Hospitals Rainbow Babies & Children's Hospital partnered with University Circle Inc. to host a "Pedal with Police" event in July of 2020. 7th-9th graders were given bikes and helmets, along with a goodie bag filled with helmet fitting instructions, HEADS Up concussion fact Sheets, Your Move rules to follow when biking, Your Move bike lights, "I'm Safe" activity books, and a few other resources. During the distribution, attendees performed an ABC check and were shown how to properly wear a helmet while maintaining social distancing. **For more information, please contact:** Julie.Novario@UHhospitals.org.



Direction Home Akron Canton Area Agency on Aging & Disabilities, Region 10B

Tai Chi Classes were moved to an online format using zoom within our community. **For more information, please contact:** lsmith@dhad.org.



The Regional Harm Reduction Collaborative in Southwest Ohio

This snowy day turned out to be one of our busiest community Narcan distributions at a local food bank in Butler County! **For more information, please contact:** jwilliams@acscounseling.com.

Community Partnership on Aging (CPA)

This organization received a grant from the McGregor Foundation for a new technology initiative, CPA Connects. This funding will be used mentor older adults about the technology they already have in addition to providing devices/access to older adults who otherwise would not have access. This program is income based. Participants receiving equipment and connectivity will agree to take part in a variety of surveys and assessments and complete virtual classes related to falls prevention or healthy living. **For more information, please contact:** gridat@communitypartnershiponaging.org.



What's Happening Around Ohio

ProMedica Russell J Ebeid Children's Hospital

Toledo ProMedica hosted a Virtual Safety City bike helmet distribution event in Lucas County. In-person car seat events were also held while following all recommended health and safety protocols.

For more information, please contact:
gina.veres@promedica.org.



Fox Rehab

Fox Rehab provided Physical Therapy/ Occupational Therapy to Lee Larison and as a result it reduced his fall risk!

For more information, please contact:
susan.tremaine@foxrehab.org.



Kendal at Home

Kendal at home is a non-profit, at-home organization that focuses on maintaining the independence of our members, allowing them to remain in their homes throughout their lifetime. As an at-home organization, Kendal at Home is committed to our theme, Wellness: A Matter of Balance. During Covid-19, we have created a comprehensive virtual platform from which to engage our members. In effort to decrease fall risk, we offer "Movement Mondays." Members select from several virtual engagement opportunities focused on traditional strength and exercise, Balloflex and Yoga. We have also recently partnered with a newly developed company, Care in Home, to provide in-home personal training sessions for interested members. **For more information, please contact:**
mgordon@kahome.kendal.org.

Toledo-Lucas County Health Department

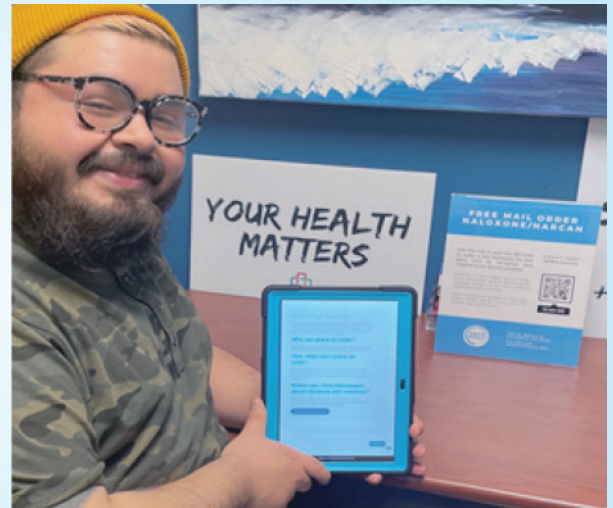
Over the summer, the Northwest Ohio Syringe Service (NOSS) team connected with Toledo Fire and Rescue to identify neighborhoods considered to be "hotspots", which have experienced surges in overdoses. A group of volunteers were identified through NOSS and they trekked through hotspot neighborhoods, to pass out Narcan, educate, and even provide fentanyl test strips. Collectively this group has put in over 175 hours of community service doing this type of outreach! **For more information, please contact:**
steffnm@co.lucas.oh.us.



What's Happening Around Ohio

Equitas Health

In response to sustained high rates of overdose deaths in Franklin County, Equitas Health's Safe Point team has collaborated with Stark County Public Health, Ohio Department of Health, and students from The Ohio State University — College of Public Health [Elli Schartz, Sana Lalani and Shreya Shaw] to develop NarcanConnect. This initiative to install free, mail-order naloxone kiosks at Equitas Health locations and partner agencies in various parts of Columbus/Franklin County to promote equity in naloxone access for area residents. **For more information, please contact:** javieralvarez@equitashealth.com.



Safer Lock Box



Central Ohio Poison Center

The Central Ohio Poison Center is distributing a limited number of free medication lock boxes to their service region to assist with safe storage of medications in the home. They are also including poison prevention information for the home along with the lock boxes. **For more information, please contact:** Amanda.Goetz@nationwidechildrens.org.

#STAYATHOMESAFETY

As we take on the COVID-19 pandemic, injuries to children are still a major threat. Learn what you can do to make your home a little safer.



Nationwide Children's Hospital- Abigail Wexner Research Institute

In 2020, they launched the #StayAtHomeSafety campaign, which aimed to protect children from preventable injuries in the home and help parents and caregivers understand why preventing injury is especially important in the midst of a national emergency. The campaign kicked off with a Twitter chat on March 25th, 2020 which resulted in over 330 contributors, >1,000 tweets with a reach of more than 6.2 million and more than 18.3 million timeline deliveries. The campaign lives on through their newsletter which focuses on a different home safety topic each month and the #StayAtHomeSafety hashtag, which continues to be used and shared on social media. To Sign for the newsletter visit this link: <https://www.preventchildinjury.org/individual-sign-up> **For more information, please contact:** Shea.Smoske@NationwideChildrens.Org.

What's Happening Around Ohio



UA CARES- Upper Arlington Fire Division

Throughout COVID-19, UA CARES has continued to assess residents for fall risks and provide the necessary interventions. By following safety protocols and wearing protective equipment, UA CARES team members can safely install grab bars to reduce the risk of falls. **For more information, please contact:** cleyshon@uaoh.net.



Tuscarawas County Health Department

Tuscarawas County Health Department (TCHD) Health Educators loaded up safety equipment to deliver to a family via curbside pick-up. Throughout the Pandemic, TCHD staff employed innovative methods of delivering child and family safety education via phone and YouTube videos and then supplying families in need with concrete safety support items such as cribs, toddler beds, safety gates, car seats etc. In 2020 alone, 150 families were supplied with education and concrete safety support equipment thanks to grant funding from the Ohio Children's Trust Fund. More than 105 car seats through the Ohio Buckles Buckeyes program (low-income car seat program through ODH) were provided. **For more information, please contact:** jdemuth@tchdnow.org.

Older Adult Falls Programming during COVID-19

Older adults account for a disproportionate share of fall-related injuries, and falls are particularly harmful to older adults. Falls and fall-related injuries seriously affect older adults' quality of life and present a substantial burden to the Ohio healthcare system. They surpass all other mechanisms of injury as a cause of emergency department (ED) visits, hospitalization and death. ODH funds 5 agencies with the Older Adult Falls Injury Prevention Grant. In early 2020, older adult fall prevention activities were paused to protect older adults from Covid-19. These funded agencies worked with their local coalitions to make several of their fall prevention activities available for virtual or remote delivery. Some of those activities include:

- Facebook Live Tai Chi.
- Virtual Home Assessments with Home Modification drop off.
- Self-directed Walk With Ease.
- Distribution of falls prevention packets at local grocery stores.
- Partnering with paramedicine programs.
- Partnering with local pharmacies for medication reviews.
- Socially distant events for medication reviews with pharmacy students.

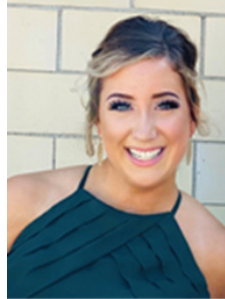
Violence and Injury Prevention Section New Employees



Margaret Day,

Program Administrator II.

Margaret will be focusing on supporting drug overdose prevention initiatives for health systems. Her primary initiative will be managing the Emergency Department Comprehensive Care (EDCC) Project, linking those at risk for overdose with medication assisted treatment, naloxone and other clinics.



Casey Pitcock,

Public Health Consultant, VIPS Community Harm Reduction.



Stacy Ell,

Health Services Policy Analyst.

Stacy serves as the Program Evaluator for drug overdose prevention efforts. Stacy is also the Project Coordinator for an initiative to enhance drug overdose surveillance through ODMAP, an overdose mapping application program to detect spikes in suspected overdoses and encouraging the use of data for coordinated community response efforts.



Meleesha Hodge,

Public Health Consultant, Older Adult Falls Prevention (IF) Grant and OIPP Coordinator.

Ohio Injury Prevention Meeting Dates Section

- (Virtual) Friday, May 7th
- Friday, August 6th
- Friday, November 5th

OIPP Membership

Please complete the online membership form to ensure that you will receive updates about OIPP. Please email Meleesha Hodge at Meleesha.Hodge@odh.ohio.gov with any questions regarding membership in OIPP.

Membership signup

<https://www.surveymonkey.com/r/6XZ98MF>