

Success in Prevention

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Our Place Drug and Alcohol Education Services, Inc.

June 28, 2023



Learning Objectives

At the end of the session, participants will have a better understanding of:

- The role of primary prevention in the continuum of care
- Factors to consider when evaluating outcomes of primary prevention programs.
- Key points when implementing mental health promotion campaigns

Direct Prevention Programming for Students

- 2nd grade - Footprints for Life
- 4th grade - Botvin LifeSkills
- 7th grade - Botvin LifeSkills
- 8th grade – Botvin LifeSkills
- 9/10th – Botvin LifeSkills
- 12th grade booster programming – Transitions (Botvin)
- Be The Majority – social norms programming in middle and high school grades

Other Supportive Prevention Programming

- Early Identification and Referral
- Parent night presentations
- Training on Developmental Assets, and Trauma (Risk Factors)
- Parents Who Host Lose the Most
- Raising Our Children's Kids (ROCK)

Reference.

Results of *Be The Majority*

2018 Comparison of Reported Use and Perception of Use

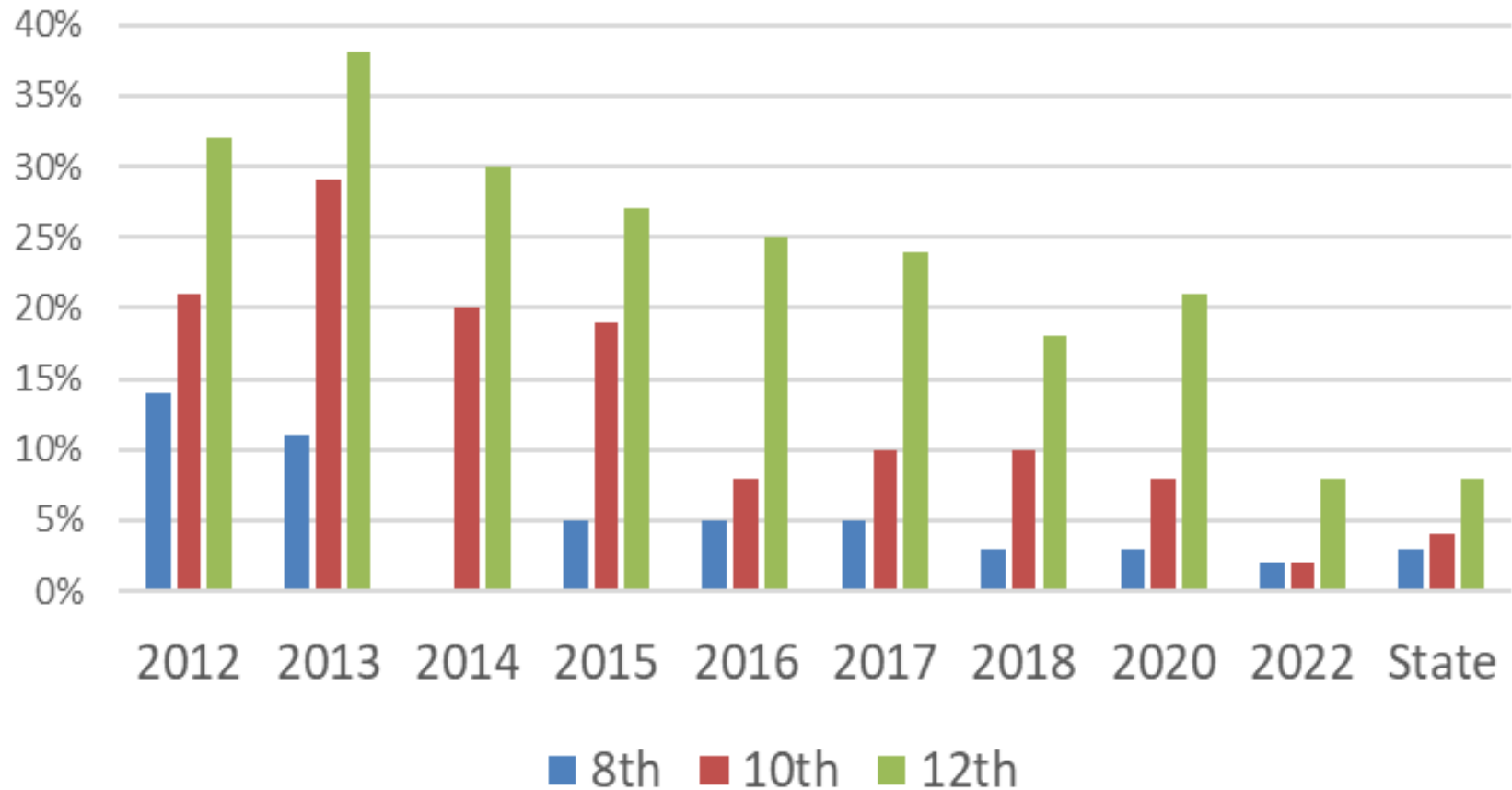
- 10th Grade
- Reported Alcohol Use 29.4
- Perception 92.4
- Reported Marijuana Use 20.4
- Perception 90.5

2020 Comparison of Reported Use and Perception of Use

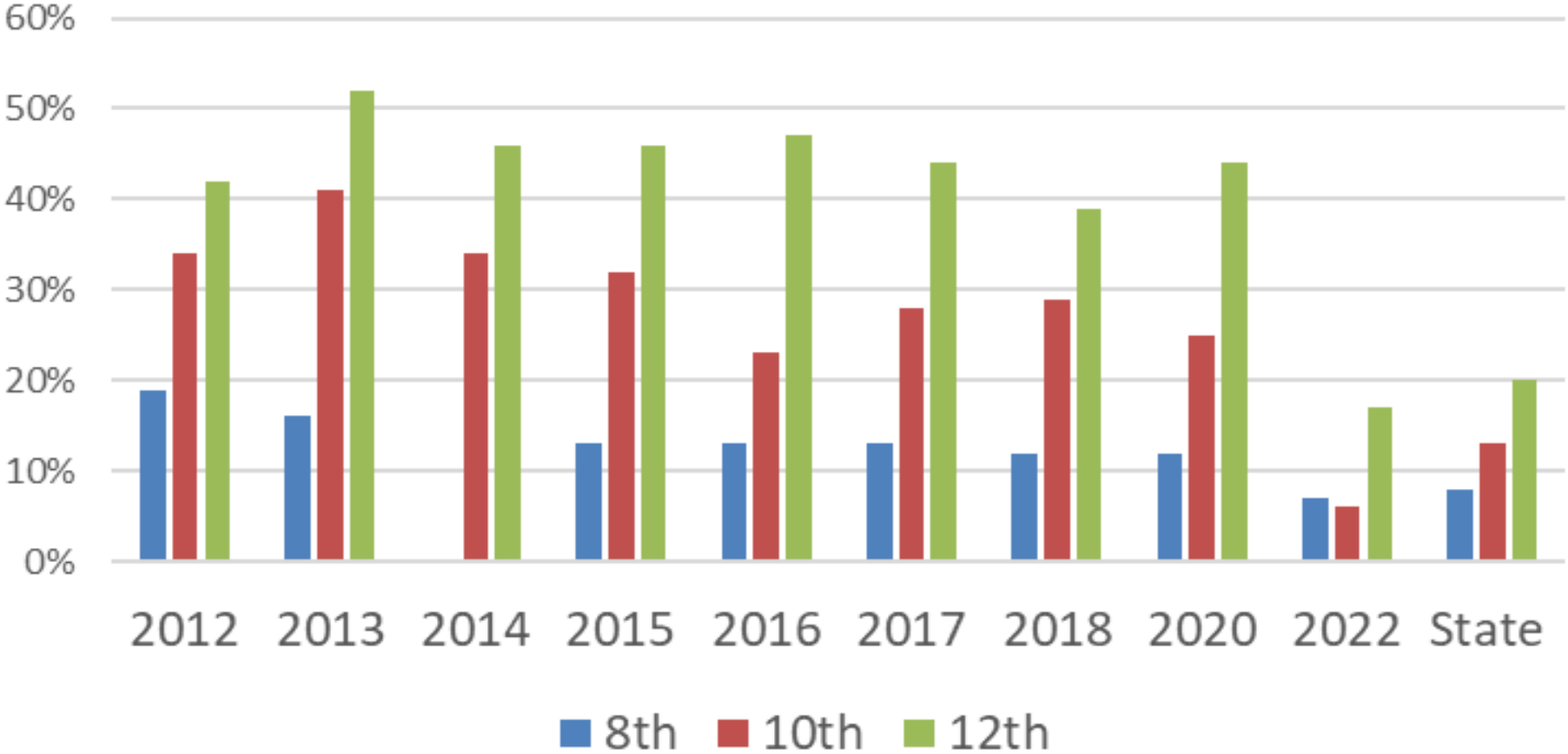
- 10th Grade
- Reported Alcohol Use 25.2
- Perception 45.6
- Reported Marijuana Use 16.8
- Perception 52.7

Reference.

Binge Drinking Past 2 Weeks



Past 30 day use of Alcohol



Indiana Youth Survey, Indiana Prevention Resource Center, Prevention Insights.



Thank you!

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Success in Prevention

Angela Wehner

Porter-Starke Services

June 28, 2023



Living Life. On Purpose.

Older adults are facing one of the fastest-growing health issues in our country: the misuse of alcohol and drugs, including prescription medications. Life events such as retirement, declining health, grief and loss, or changes in living situations are all factors for older adults that can lead to substance misuse, isolation, and depression. Exploring these steps can help ensure that you live a safe, satisfying and healthy life.

1. Take your medication as directed
2. Don't overdo it (with alcohol and medications)
3. Check in with your mood
4. Find purpose in each day

Living Life. On Purpose.

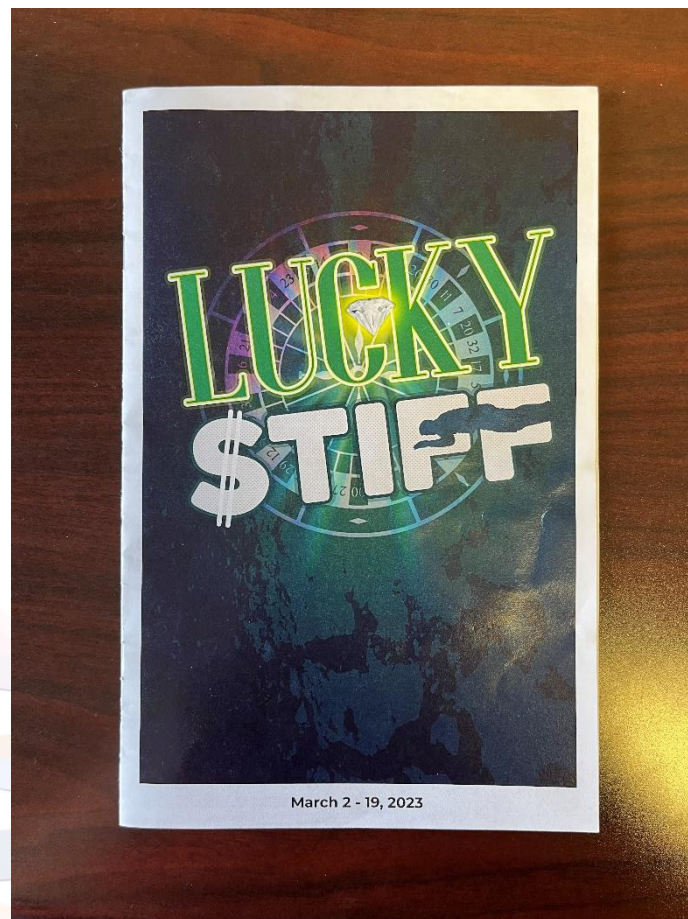
Because our media campaign addresses such a wide variety of topics, we make sure that all of our ads, marketing materials and swag direct consumers to our website where they can explore information independently. Additionally, the website contains information on our WISE program. Living Life. On Purpose. has its own web page, however it is a sub page of the Porter-Starke Services website. This is another way that our prevention work ties into that of Porter-Starke.

www.porterstarke.org/lifeonpurpose



Living Life. On Purpose.

When advertising, we choose publications that we know are reaching older adults. In our community, Memorial Opera House has a strong following of older adults who can often be found at the matinee shows. This particular ad provides the four base statements of our program (Take Medications as Directed. Don't Overdo It. (in regards to alcohol and medications) Check in with Your Mood. Find Purpose in Each Day.) and encourages readers to learn more by booking a WISE class.



LIFE. ON PURPOSE.
A Healthy Lifestyle as You Age

Healthy Reminders for Adults over 50

- 1. Take Your Medication as Directed**
Prescribed and over-the-counter medications include directions for safe use. Be sure to follow all printed guidelines and the advice of your doctor for the safest and most effective care.
- 2. Alcohol: Don't Overdo It**
As you age, alcohol affects you more, and more quickly. It can interfere with prescribed medications, interrupt sleep, and may lead to accidents, falls and fractures.
- 3. Check in with Your Mood**
Feeling persistently sad, empty, or that you don't have value can indicate depression. Reach out to your family, friends, or provider. Depression is treatable and early care greatly improves recovery.
- 4. Find Purpose in Each Day**
Studies show that having a sense of purpose in life improves your overall health. Make daily choices based on what is enjoyable, interesting, and important to you so that your life feels fulfilling and meaningful.

Learn more about healthy aging!
Book your adult group for a **WISE Class** 6-week series.
Learn More at porterstarke.org/lifeonpurpose

PORTER STARKE SERVICES
Health • Balance • Hope

Division of Mental Health and Addiction
Funding provided by the State of Indiana
Division of Mental Health and Addiction.

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INDIANA MENTAL HEALTH AND ADDICTION CONFERENCE

Living Life. On Purpose.



Branded pill boxes reinforce our message of medication management and proper medication use. We discuss how something as simple as taking medications at times other than directed may constitute medication misuse.

Living Life. On Purpose.



Branded cooling towels, bags to use on the go, and journals all reinforce our message about staying active and being mindful of body, mind, and spirit when looking at living with an enhanced quality of life.

Thank you!

Angela Wehner

Porter-Starke Services

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