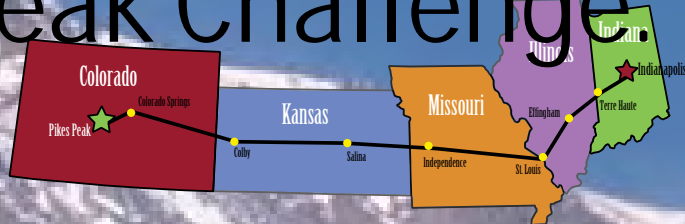


Profiles

For the employees and retirees of Health and Hospital Corporation of Marion County and the Marion County Health Department

HHC/MCHD Pikes Peak Challenge:

The journey begins! **Page 3**



Men:

Bulk up your body image

Page 4

How oil impacts health care: Part III

Page 6

Take a stand against violence

Page 8



HEALTH AND HOSPITAL
CORPORATION
OF MARION COUNTY

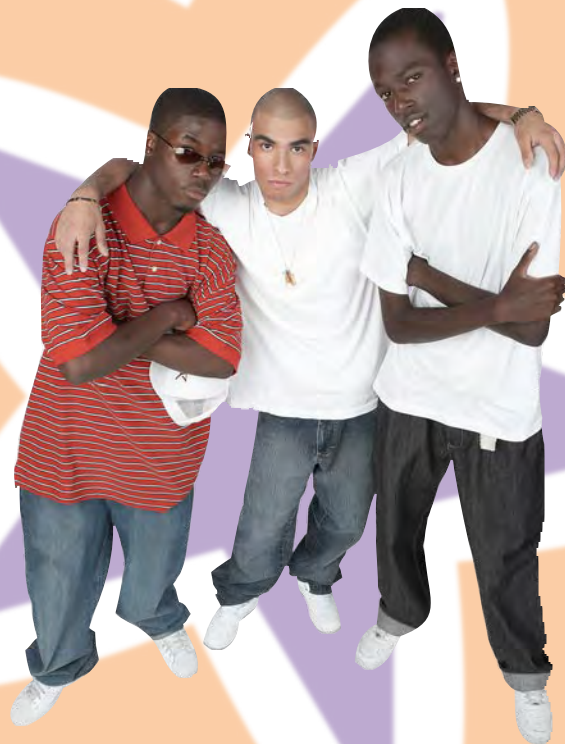
In Department News:

- Flexible spending plan debit card is now available!
- Free smoking cessation classes
- New program focuses on HIV-risk reduction
- Free diabetes management classes



MARION COUNTY
HEALTH DEPARTMENT
Making a difference

STUDENTS TAKE A STAND AGAINST VIOLENCE



MCHD's Violence Prevention Program has started the very first Indianapolis chapter of Students Against Violence Everywhere (SAVE). The national program, started in North Carolina in 1989, is dedicated to creating safe and secure schools and communities, free of fear and

conducive to learning as a result of students being actively involved in meaningful violence prevention efforts.

The national program is a natural fit for the health department's long-standing and successful violence prevention program. "We see this as a great opportunity to reach high school students, give them the opportunity to develop leadership and mentoring skills and then have them share information on conflict resolution and crime prevention in a service-learning setting," said Byron Johnson, coordinator of the Violence Prevention Program.

Through the service-learning model, high school students will work with their peers, middle school and elementary school students.

Johnson is working with Safe and Drug Free Schools coordinators and other personnel in local schools to encourage students to join the local SAVE chapter.

The Indianapolis chapter, funded in part from an Allstate Foundation grant,

joins 1,600 chapters in 45 states with a membership of more than 200,000.

Since its inception, SAVE chapters have used orange and purple as their official colors. Orange is used in remembrance of Alex Orange. If you read the history of SAVE (www.nationalsave.org), you will learn that it was because of his death that SAVE was created by his classmates. The color purple is used because it is the universal color for nonviolence and peace.

For more information on the SAVE program, contact Byron at (317) 221-2085.

I will not support or participate in any physical or verbal violence against any person.

I agree not to use a weapon to settle or deal with a conflict.

I agree not to bring a gun or any weapon to school or to any school event.

I agree not to possess a gun or any weapon on or off school property.

If I see a gun or other weapon on campus or at a school event, I will alert an adult about its existence.

I will demonstrate respect for others and encourage others to be positive role models.

I will tell my peers to seek adult assistance when conflict situations begin to get out of control.

I will use my influence with my friends to keep them from using guns to settle disputes.

I will work to make our school and community free from violence, drugs and weapons.

I will be committed to resolving conflicts without violence.

I will not participate in any harmful acts toward animals.

I pledge to practice safety in my own life.



On January 9, 2007, Mayor Bart Peterson unveiled a plan for funding and addressing the city's long-term crime fighting needs.

Experts in the community served on individual committees of the Crime Prevention Task Force to provide recommendations to the mayor. Dr. Virginia A. Caine, served on the health care committee. Here are some of the findings and recommendations of health care needs in the community to help prevent violence.



Alcohol use and violence

Studies consistently show a strong link between alcohol use and violence, such as homicide. A new study published in the October, 2006 issue of "Alcoholism: Clinical & Experimental Research" showed that total and male homicide rates in Ontario, Canada were strongly related to average levels of alcohol consumption. The study also showed that as AA membership increased, homicide levels decreased.

Addictions

Addiction, as defined by Dr. Tim Kelly, is compulsive use without control with continued use in the face of adverse consequences. There is a strong genetic component to addiction. The disease is chronic, difficult to treat and subject to relapse.

Criminal behavior and alcohol/drug abuse

Judge Shaheed noted that 46.2 percent of total convictions in Indiana are drug related compared to a national average of 41.2 percent.

Of the 46.2 percent:

- 22% are powder cocaine,
- 45.6% are crack/cocaine,
- 14% are marijuana related,
- 3.2% heroin,
- 14.4% are methamphetamine,
- 1% other

In Marion County, a first offense for marijuana is an A-Misdemeanor; second offense is a D-Felony. A first offense for cocaine is a D-Felony. There are 11 courts that process felonies in Marion County; roughly 30 percent of the open felonies (12,890 open cases) are processed in two drug-related courts.

The court orders drug treatment for misdemeanor drug offenders but no funding is provided for treatment. Less than one-half of the convicts actually get treatment and therefore land back in jail. When these individuals actually come to drug court, they are not seen by medical professionals nor do they receive a mental health evaluation.

Even if these individuals do receive treatment, 67 percent of those treated in the United States revert to taking drugs. Longer term programs are needed to match the chronic nature of the disease. In 1998, a drug diversion program was started. Under this program, eligible individuals are required to participate in a rehab program and check in with the court every week. If the one-year program is successfully completed, then the charges are dropped. A total of 44 percent of persons that do not participate in this program are rearrested. Only 12 percent of those that do participate in this program are rearrested. This program actually works and there are currently 200 people in the program. Unfortunately, while this program works for adults, there is no similar program for youth.

Health care costs

The Governor has introduced a proposal to help fund health care costs for the uninsured. People with drinking problems use health care twice as much as people without drinking problems. Treatment for alcoholism has actually been proven to reduce health care costs by as much as 55 percent from their highest pre-treatment levels.

Re-entry Issues

When individuals leave jail, limited drug testing or continuing treatment programs are available.

Substance abuse and dependence

- 68 percent of jail inmates are dependent on or abusing drugs or alcohol.
- 18 percent of inmates receive treatment or other substance abuse programs.
- 69 percent of inmates are regular drug users.
- 29 percent of convicted inmates report use at the time of their offense.

Mental Illness

- 16 percent of inmates and state prisoners report a mental condition or overnight stay in a mental hospital.
- 41 percent of inmates receive treatment.
- 61 percent of prison inmates receive treatment.

Limited Employability

- 57 percent of inmates were working full-time the month prior to their arrests.
- 39 percent of inmates report personal earnings less than \$300 per month.

Extensive Criminal Histories

- 75 percent of inmates have served prior probation or incarceration sentences.
- 25 percent of inmates have served three or more sentences prior to incarceration.
- More than half of all inmates have a criminal justice status at the time of arrest.

Other issues for re-offenders:

- More likely to be unemployed
- Use drugs or abuse alcohol
- Have extensive criminal histories
- Are younger
- Negative attitudes toward police and the legal system
- 30 percent re-arrest during their first six months of freedom

MCHD helps to take a stand against violence