



Addressing the Opioid Crisis in Communities

► Who We Are

Purdue Extension is a network of educators, specialists and volunteers who live and work in each of Indiana's 92 counties. We connect Indiana's communities to world-class Purdue University research and a team of experts on agriculture, community, families, health and youth development.

Purdue Extension's role in addressing Indiana's opioid crisis is to provide community-based prevention education. Purdue Extension is dedicated to serving as a proactive, preventive, and positive force to tackle this issue in partnership with local communities.



► Mental Health First Aid

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration National Registry of Evidence-Based Programs and Practices.

Purdue Extension has a team of certified facilitators of Mental Health First Aid ready to bring this important, and sometimes life-saving, course to your community, organization, or business. Mental Health First Aid is open to any adult who is interested and wants to learn skills to assist those who may be in need.

To learn more about this program offered by Purdue Extension, visit:
extension.purdue.edu/opioids



► 60 Seconds of Health: Prescription Drug Abuse

Purdue Extension provides 3 simple tips to help keep you and your family safe from prescription drugs in the home.

This video can be viewed at: extension.purdue.edu/opioids

► **Strengthening Families Program: For Parents and Youth 10-14**

Purdue Extension offers the **Strengthening Families Program: For Parents and Youth 10-14** in multiple locations throughout the state. The program consists of 7, 2-hour sessions held over a 7 week period. This evidence-based parent, youth, and family skills-building curriculum is proven to:

- Delay the onset of adolescent substance use.
- Lower levels of aggression in youth.
- Increase the resistance to peer pressure in youth.
- Reduce youth conduct problems in school.
- Improve parent skills including building a positive relationship with their youth, setting appropriate limits, and following through on consequences while showing love and support for their children.



Of 6,000 programs analyzed for long-term effects on substance use/misuse, Strengthening Families ranks #1 with the World Health Organization.

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► **Combating Opioids Webinar Series**

Hosted by Purdue Extension and the North Central Regional Center for Rural Development, this webinar series aims to share information and best practices to prevent opioid misuse and abuse, increase professional capacity to engage in health leadership, and increase health literacy of opioid misuse and abuse. Topics have included the impact of opioids on rural communities, stigma related to substance abuse, social determinants of health, and how adverse childhood experiences play a role in the opioid crisis. All webinars are free and archived at: purdue.ag/combatingopioids

► **Use as Directed: Preventing Prescription Drug Overdoses**

There are risks of harm if prescription medications are not used as prescribed by a health care professional. This applies to medications we use ourselves and those we give to our loved ones. This publication provides information about preventing prescription drug overdoses. This publication can be downloaded and printed at: purdue.ag/preventingoverdoses



► **Reducing Stigma**

Purdue Extension is a partner of the “Know the O Facts” campaign created by the Indiana Family and Social Services Administration, Division of Mental Health and Addiction. This campaign aims to educate about opioids and opioid use disorder while helping to reduce the stigma associated with seeking resources and treatment for substance use disorders. The campaign’s website, www.knowthefacts.org, includes information, educational materials, data, and training resources.