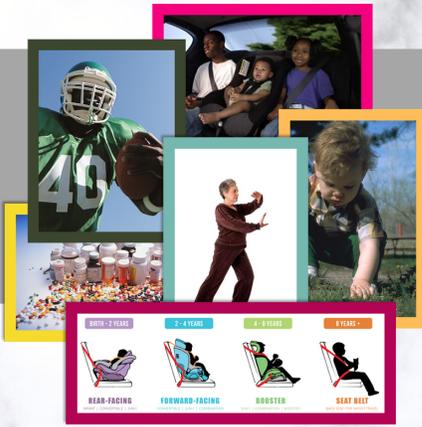


INJURY PREVENTION SERVICE



CREATING AN INJURY-FREE OKLAHOMA THROUGH PROGRAMS, POLICIES, AND PARTNERSHIPS



STAYING SAFER AT HOME: RESOURCES FOR INJURY PREVENTION

Click on the images below for resources.



Intimate Partner Violence Resources
If you need help, call the National Domestic Violence Hotline:
1-800-799-SAFE (7233)
or text **LOVEIS** to 22522



Store Medicines Up & Away
Prevent poisonings from prescription and over-the-counter medications. Call Poison Control at **1-800-222-1222** for 24/7 access.



Substance Use Disorder
Help is still available through alternate platforms.



Prevent Older Adult Falls
Protect yourself; most falls happen at home.



Bike & Walk Safely
Stay safe while spending more time outdoors.



Keep Kids Safe at Home
Keep kids safe room by room.



Prevent Suicide
The National Suicide Prevention Lifeline is available 24/7:
1-800-273-TALK (8255)



Mental Health Support
For crisis counseling, call the Disaster Distress Helpline:
1-800-985-5990
or text **TalkWithUs** to 66746

OPIOIDS & PREGNANCY PRESCRIBING GUIDELINES

Although great strides have been made to improve the safety and effectiveness of pain management, there has been a parallel rise in the prevalence of opioid use disorder (OUD) among pregnant women and in the incidence of neonatal abstinence syndrome. Reducing the burden of OUD on pregnant women and infants is a key component of Oklahoma's response to the opioid problem.

The Injury Prevention Service (IPS) and the Oklahoma Perinatal Quality Improvement Collaborative (OPQIC) work closely with stakeholders and state agencies to address pain management and OUD during pregnancy through a multifaceted, comprehensive approach. As part of this effort, the IPS and OPQIC developed a multidisciplinary workgroup (as a sub-workgroup of the Opioid Prescribing Guidelines for Oklahoma Workgroup) to develop guidelines for the use of opioids for pain management in pregnant patients and the treatment of pregnant patients with OUD.

The workgroup developed two sets of guidelines, **Risks of Opioids in Pregnancy: What You Need to Know** and **Treating Pregnant Patients with Opioid Use Disorder**, along with provider and patient education materials. All materials and trainings can be found on the OPQIC website, <http://opqic.org/omno>. Printed materials are available upon request, e-mail injury@health.ok.gov.

MARIJUANA EDUCATION

Marijuana, also called weed, pot, dope, or cannabis, is the dried flowers and leaves of the cannabis plant. Marijuana is a psychoactive drug that contains close to 500 chemicals, including tetrahydrocannabinol (THC), a mind-altering compound that causes harmful health effects. Over the past few decades, the amount of THC in marijuana has steadily climbed; today's marijuana has three times the concentration of THC compared to 25 years ago.

Although medical marijuana is legal in Oklahoma, it does not mean that it is safe. Marijuana, just like alcohol and tobacco, can have negative and long-term effects. To increase knowledge of marijuana-related risks, the IPS developed **Marijuana: What You Need to Know**, **Marijuana and Your Baby**, and **Marijuana: Tips for Teens**. To request printed materials, email injury@health.ok.gov.

MEN & BOYS: ALLIES IN SEXUAL VIOLENCE PREVENTION

The IPS collaborates with many partners through the Oklahoma Prevention Leadership Committee to promote sexual violence prevention throughout the state. Mobilizing men and boys as allies in prevention efforts is critical to creating and supporting safe environments that reduce risk of violence and promote healthy relationships. Men and boys who model healthy interpersonal relationships play a critical role by influencing others who are learning how to express their masculinity and who aspire to successful relationships. Men will change their negative or dysfunctional behaviors to emulate positive behavioral traits of other men they respect or admire. When men and boys adopt healthy traits, they find their relationships significantly improve. Additionally, they become leaders in the community, which helps to promote and model new positive masculine norms. All men and boys can be leaders by:

- Respecting and valuing people and their boundaries;
- Learning to trust and understand others;
- Being honest;
- Communicating clearly;
- Identifying appropriate compromises;
- Admiring other's individuality;
- Learning to control anger and fight fair; and
- Developing a sexual relationship where neither partner feels pressured or forced.

For more information, visit <http://svp.health.ok.gov>.

MEET OUR TEAM



Madelyn Maxwell, M.A., is the Healthy Aging and Falls Prevention Project Coordinator for the IPS. To advance statewide prevention, she engages cross-sector state and community stakeholders to implement strategies to reduce fall-related morbidity and mortality, promote healthy aging, and improve older adult health outcomes. Madelyn joins the IPS with a background in gerontology and experience as an activity coordinator and marketing coordinator for senior living communities. She is passionate about facilitating ways for older adults to build positive relationships and connections to strong support systems. Contact Madelyn at 405.271.3430 or MadelynM@health.ok.gov.