



HEALTH

Indiana's National Rankings*

National KIDS COUNT Book Health Ranking	35th
Prenatal Care	24th
Infant Mortality	41st
Children With Health Insurance	40th
Child And Teen Deaths	37th
Youth Suicidal Ideation	34th (of 37 states)

**For each indicator, higher rankings (1st) indicate better outcomes for youth*

Health is foundational for child well-being. Physical and mental health in childhood impacts other critical aspects of a child's life, including school attendance and performance, and can have lasting effects on a child's future health and well-being. Substance abuse, lack of health care, inadequate insurance, and poor health habits put children's health at risk.



Indiana's Opioid Epidemic

When parents struggle with substance abuse, Indiana's kids are affected.

Indiana's current opioid epidemic is bringing parental substance abuse to the forefront and making this issue more critical than ever.

- In 2016, 1,518 Hoosiers died from drug overdoses, a 59% increase from 2011.¹
- Drug overdoses now kill more Hoosiers than car crashes and gun homicides combined.
- Eighty-nine of Indiana's 92 counties have experienced drug overdose deaths from heroin or prescription opioids in the past 5 years.
- In 2016, there were a total of 8,297 opioid overdoses that resulted in nonfatal emergency department visits in Indiana.²
- In 2016, more than half (52.2%) of children removed from their home by the Indiana Department of Child Services were removed due to parental drug and/or alcohol abuse, up from less than a third (31.7%) of removals in 2013.³

96%

Counties that had at least five opioid overdoses resulting in emergency department visits in 2016.

What is an Opioid?

Opioids are a class of drugs that includes heroin, synthetic opioids such as fentanyl, and prescription pain relievers such as oxycodone, hydrocodone, and morphine. These drugs act on opioid receptors in the brain to produce pain relief and a feeling of euphoria.⁴

What is the Impact on Kids?

Prenatal exposure. Babies born to women who use opioids during pregnancy are at increased risk for poor fetal growth, preterm birth, congenital heart defects, and problems with brain and spinal development. Infants may also experience opioid withdrawal at birth, known as neonatal abstinence



1 in 10

children have lived with someone who had a problem with drugs or alcohol.

syndrome (NAS). NAS can result in increased irritability, tremors, difficulty eating, vomiting, seizures and respiratory complications.⁵

Parent-child relationships. Substance abuse can impair parents' awareness of and sensitivity to their child's emotions, interfering with healthy parent-child attachment.⁶



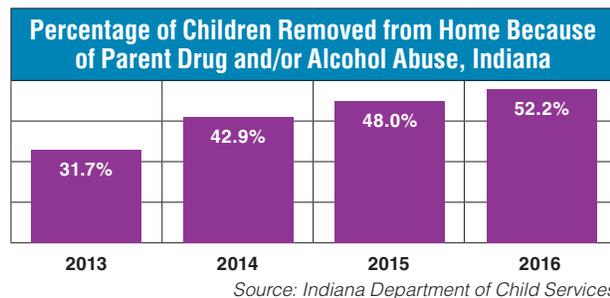
Source: National Survey of Children's Health

Increased risk of child maltreatment. Hoosier children whose parents abuse opioids are more likely to experience abuse or neglect than other children.⁷ Substance abuse interferes with mental functioning, judgement, self-control, and regulating anger and impulsivity, all factors which increase risk for engaging in abusive behavior.⁸ The time a parent invests in obtaining and using addictive substances can also take away from time with their child or interfere with adequate supervision of a child, contributing to potential neglect.⁹

Indiana has seen an influx of children in foster care, with the number of children in care up 50.2% from 2012 to 2015,¹⁰ an increase often attributed to drug addiction epidemics.¹¹

Substance abuse affects the whole family.

In households with parental substance abuse, resources may go towards drugs and alcohol instead of food or other household needs. In two-parent households where one parent does not use, children still may not receive adequate attention if the other parent must invest their time and energy in the parent with an addiction. Substance abuse can also strain relationships with others outside the immediate family, sometimes leading to estrangement from extended family and other social supports.¹²



What Resources are Available?

Indiana Next Level Recovery is an online entry point for all state resources on the opioid crisis. It offers information for healthcare professionals, emergency personnel, law enforcement, community leaders, and families impacted by substance abuse. <http://www.in.gov/recovery>

Opioid Treatment Centers offer help for those combatting addiction. The Indiana Family and Social Services Administration maintains a list of available opioid treatment centers in Indiana. https://www.in.gov/fssa/dmha/files/OTP_Treatment_Centers_-_1-2012.pdf

Alateen and **Narateen** are support programs for children affected by an adult's addiction. Group members come together in a confidential setting to share experiences, offer encouragement, and learn effective ways to cope with problems. www.al-anon.org/for-alateen

What Solutions are Possible?

Individuals

- ✓ Properly dispose medications.
- ✓ Monitor use of pain relievers.
- ✓ Serve as a foster parent.
- ✓ Volunteer as a CASA or to care for babies with NAS.
- ✓ Refer parents and youth to support groups.

Organizations and Communities

- ✓ Implement substance abuse prevention programs.
- ✓ Train youth workers and staff.
- ✓ Expand treatment options.
- ✓ Include the entire family in treatment.

Leaders and Policy Makers

- ✓ Include the entire family in policies.
- ✓ Ensure additional research is conducted.
- ✓ Make available vital data.

Systems of Care is a strategy for local communities to build comprehensive systems of behavioral and mental health care for youth and families. A list of local system of care coordinators is available for many of Indiana's counties. <https://www.doe.in.gov/sites/default/files/student-services/local-soc-subcommittee-members31417-jw.pdf>



2018 Indiana KIDS COUNT[®] Data Book

a profile of child well-being

Health Spotlight Sources

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