



INPEP

Indiana Peer Education Program

Correctional Health is Community Health

Lorenzo Bell, CAPRC I

Jessica Beyer

Abby Carr, MPH, CHW/CRS

Andrea Janota, MPH

Deborah Nichols, MPH, MS, CHW

Jenna Watkins, BA

Today's Agenda

- Overview of INPEP ECHO
- Overview of OUTPEP
- Peer Education Demonstration | Tuberculosis
- Q&A

Overview of INPEP ECHO





IUPUI

RICHARD M. FAIRBANKS
SCHOOL OF PUBLIC HEALTH



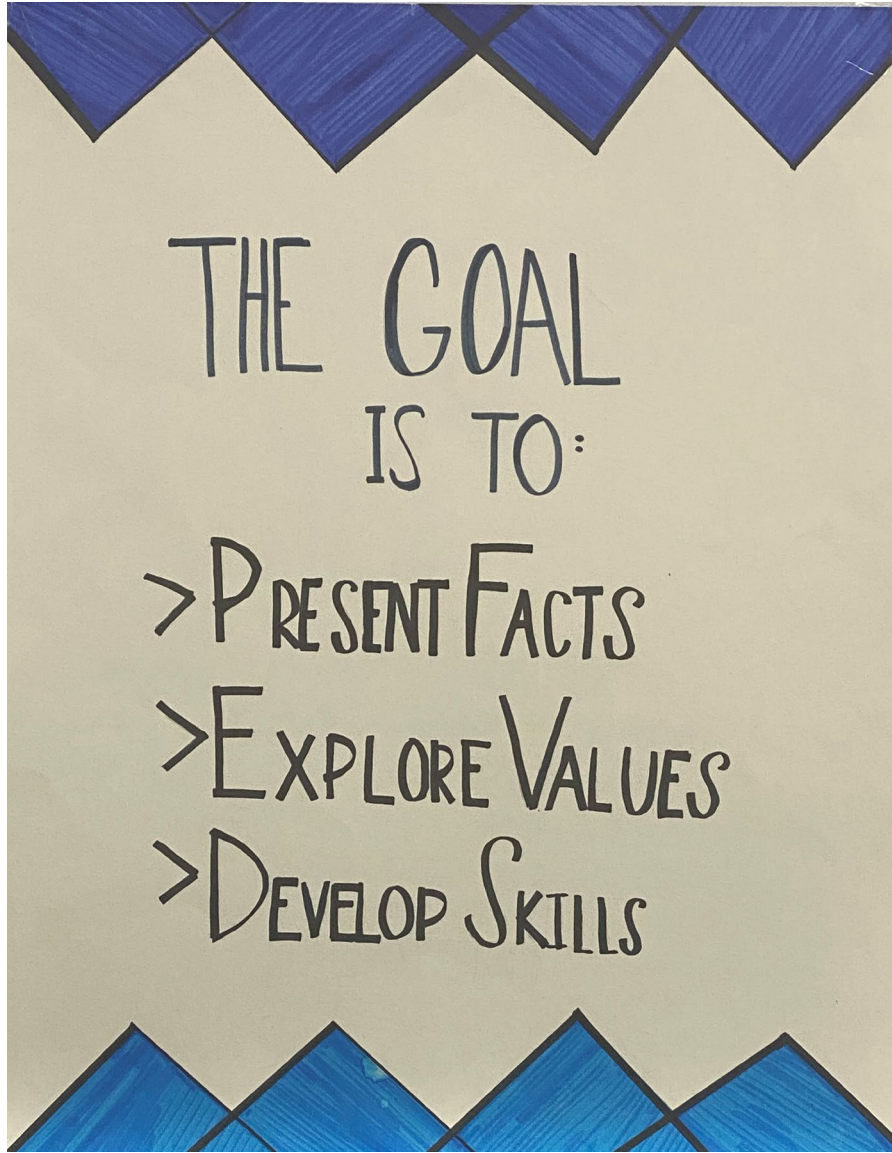
Indiana
Department
of
Health

INPEP ECHO Partner Organizations



Participating Facilities

1. Correctional Industrial Facility
 2. Plainfield Correctional Facility
 3. Indiana Women's Prison
 4. Pendleton Correctional Facility
 5. Putnamville Correctional Facility
 6. Madison Correctional Facility
 7. Westville Correctional Facility
 8. *New Castle Correctional Facility*
- **Rockville Correctional Facility*



Four Components of INPEP ECHO

40-Hour Training

- Selected individuals are trained as peer health educators
- Peer educators develop presentation and professional skills

10-Hour Workshops

- Peer educators train the general population about health education and disease prevention
- People who are incarcerated develop skills to protect themselves and their peers

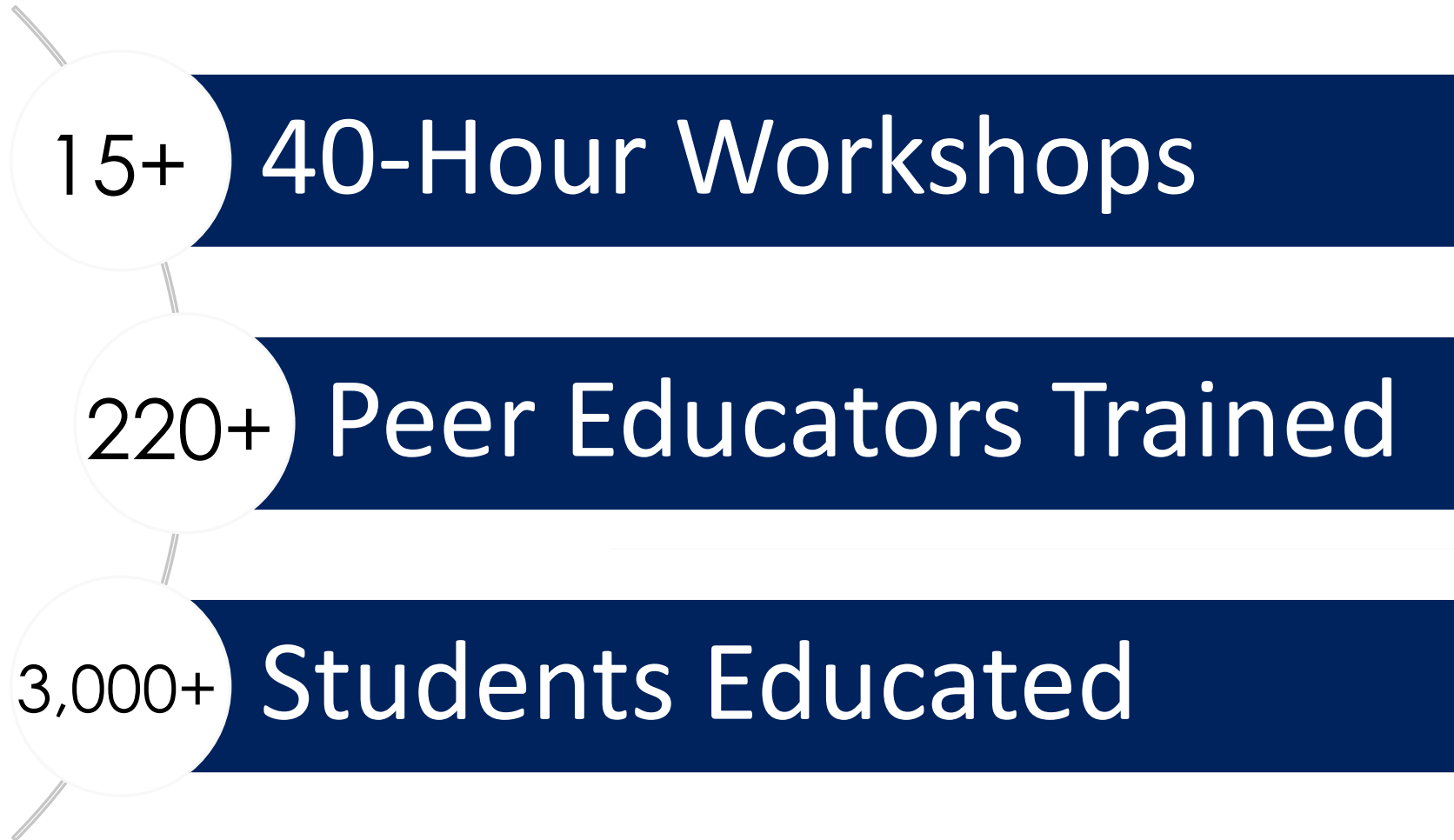
Monthly Site Visits

- Ongoing support is provided to peer educators by Fairbanks School of Public Health, Step-Up, Inc., and IDOH

TeleECHOs

- All peer educators connect with each other and INPEP ECHO staff
- Peer educators receive continuing education and participate in case-based learning


INPEP ECHO Stats (May 2019-Present)





Peer Education Training Topics


- Speech Anxiety
- Adult-Learning Theory
- Persuasive arguments (Aristotle's Rhetoric)
- Giving & Receiving Feedback
- Trauma Informed Care
- Stages of Change
- Motivational Interviewing
- Stigma
- Legacies

SPEECH ANXIETY 10/1


→ FIGHT! 

→ FLIGHT! 

→ FREEZE! 

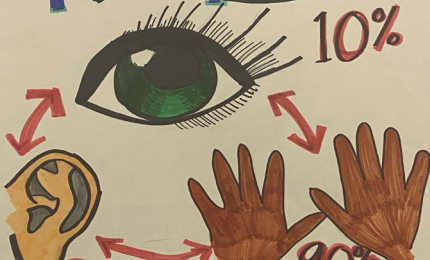


How to manage it?

- + Sleep well
- + Eat right/Drink water
- + Breathe
- + Know the material
- + Visualize/Affirm
- + Body language 

HOW LEARN People





10%

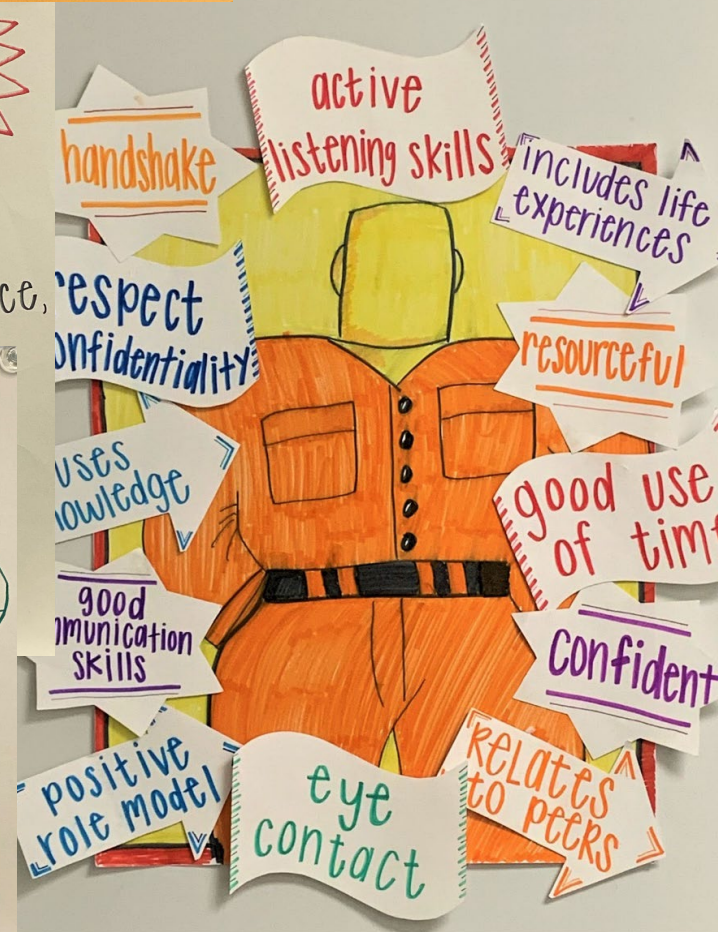


Stigma

A mark of disgrace associated with a particular circumstance,

The 4 Principles of Motivational Interviewing

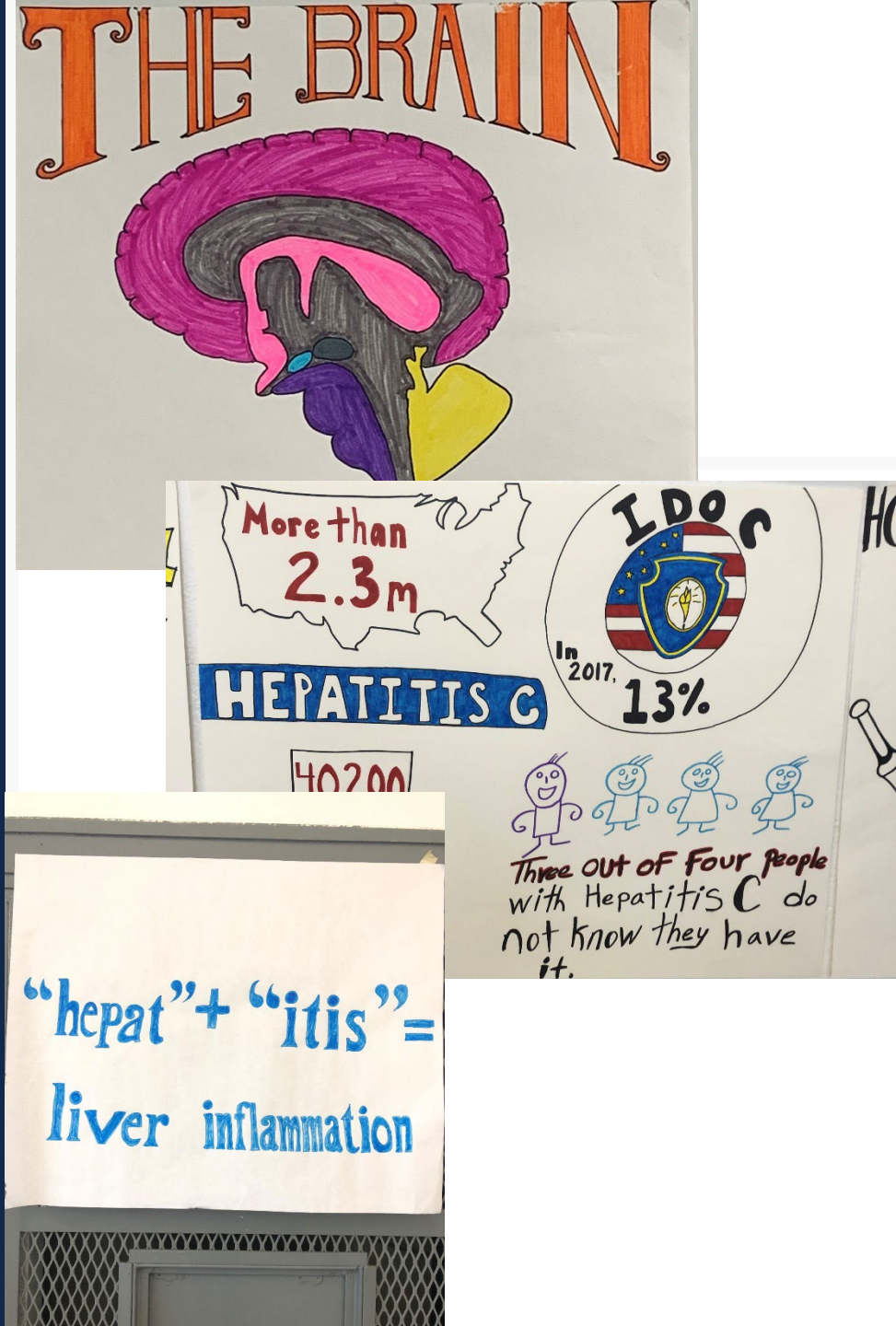
- Express empathy 
- Develop discrepancies 
- Roll with resistance 
- Support self-efficacy 



- handshake
- active listening skills
- includes life experiences
- respect
- Confidentiality
- uses knowledge
- good communication skills
- resourceful
- good use of time
- Confident
- positive role model
- eye contact
- relates to peers

10-Hr Workshop Training Topics

- Germs & General Hygiene
- Tuberculosis
- Diabetes
- Staph/MRSA
- STIs
- Influenza
- COVID-19
- HIV/AIDS
- Hepatitis A, B, C
- Substance Use Disorders
- Harm Reduction
- Mental Health First Aid & Trauma Informed Care



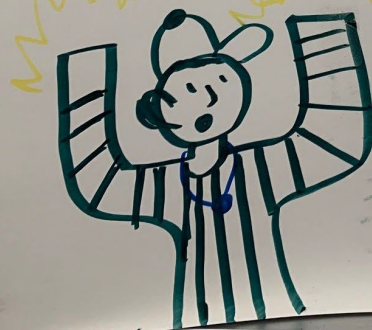
Peer Education Demonstration | Tuberculosis

The Goal is to...

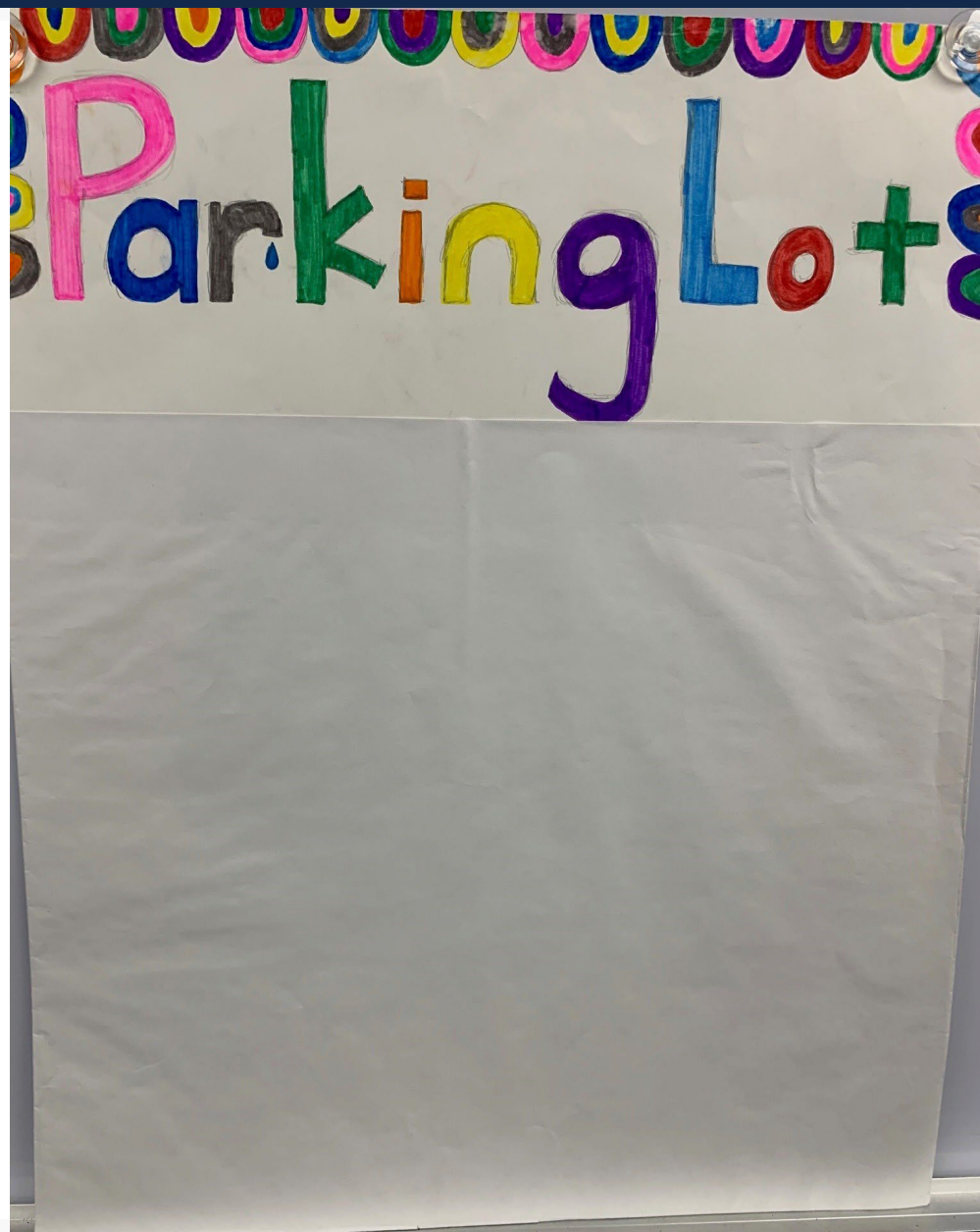
- Present
Facts

- Explore
Values

- Develop
Skills



CLASS AGREEMENTS



Tuberculosis

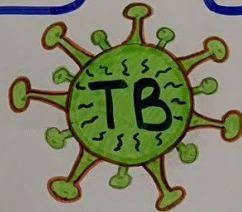
This bacterial infection usually impacts the lungs, but it can also affect other parts of the body such as the brain, kidney, & spine. Not everyone that is infected with the TB bacteria becomes sick.

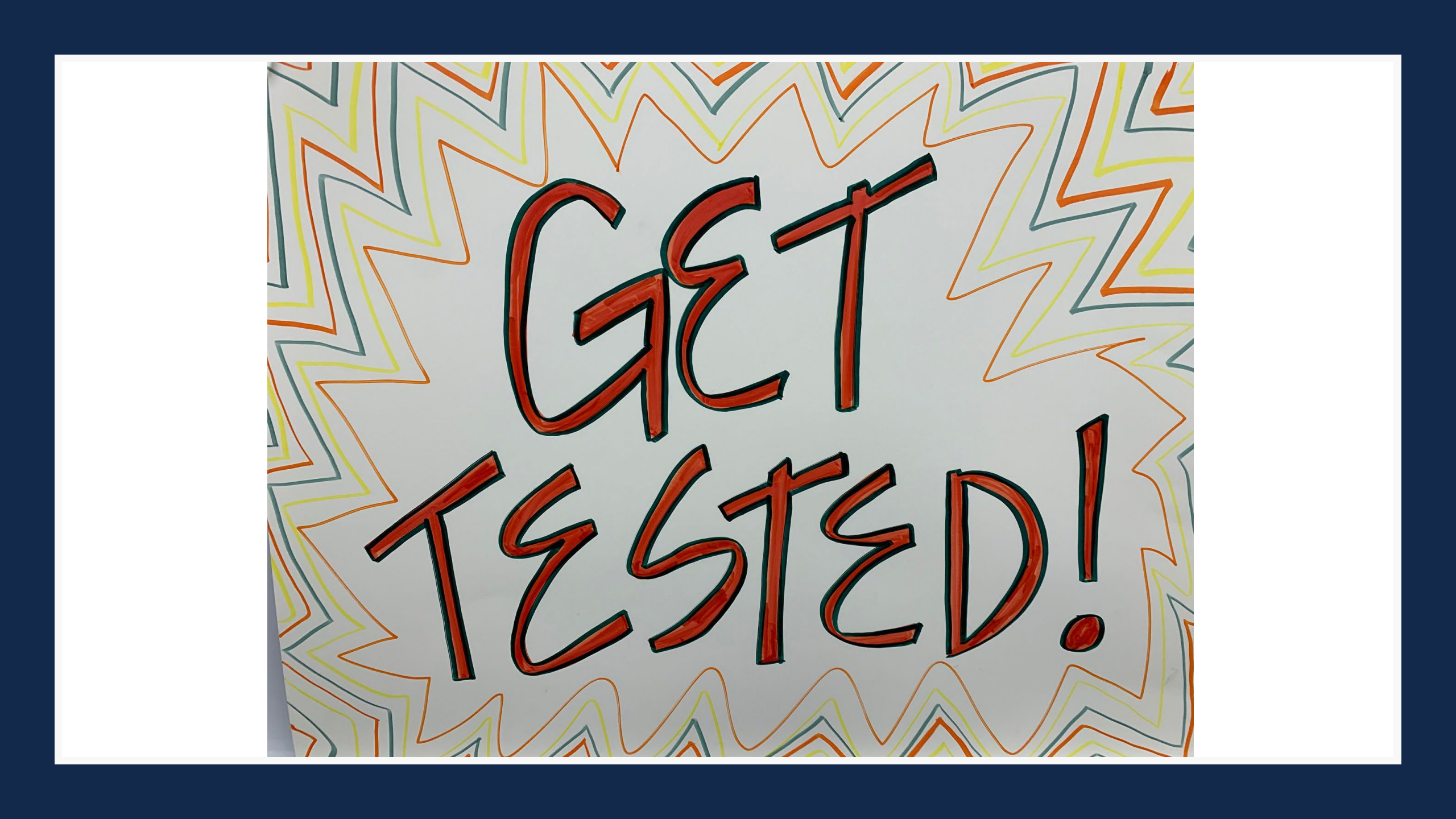
Latent TB Infection

- The bacteria in the body are asleep or inactive.
- Someone with TB infection cannot pass TB onto someone else.

TB Disease

- Someone with TB Disease is sick & will show symptoms.
- Someone with TB Disease must get treated.





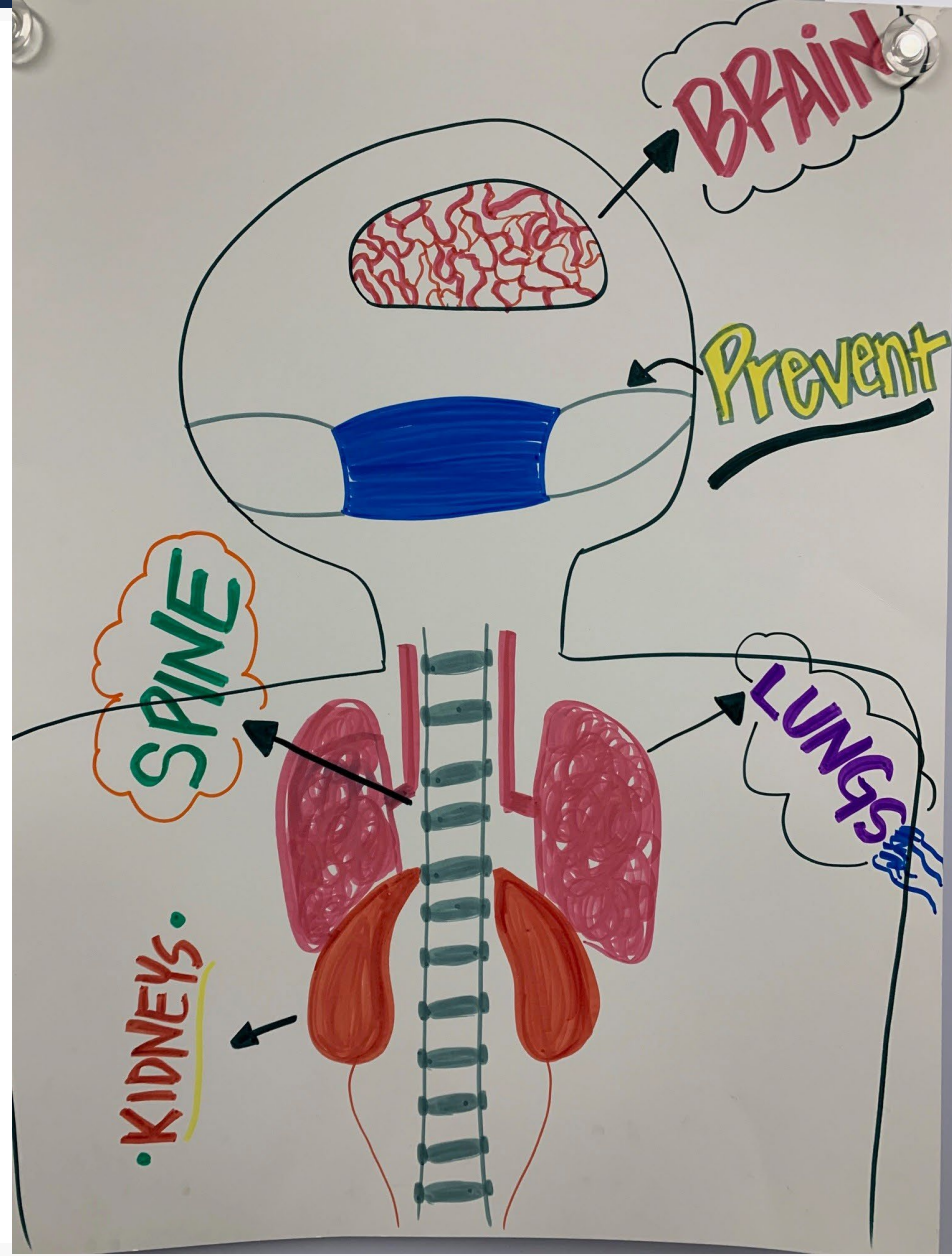
GET
TESTED!

yes!

there is a

CURE

(6-12 MONTHS)





OUTPEP
Outside Peer Education Program

Thank You

Re-Entry Services | Step-Up, Inc.
(317)-259-7013
Stepupin.org

IUPUI ECHO Center |
Richard M. Fairbanks School of Public Health
fsph.iupui.edu/echo

Deborah Nichols, MPH, MS, CHW
Epidemiologist | Indiana Dept. of Correction
Dnichols@idoc.in.gov

Give people information to save their life
I became a survivor
Knowledge
People will listen to me
Help other people
I have discovered I am important too
passionate about empowering women
to let people know they are not alone
dark, I want the chance to be the light
others recognize the importance of
We're all in this together
Empower
To change stereotypes
better
My past will not define me, my past is my power
to do something positive with my time here
I believe there can be a better world
I have grown
I want to lead by example
I am eager to
To help people like me
I want to live in a safer environment
and we all have value