

Region 5

Injury Prevention

Program Resource Guide



Region 5 Injury Prevention Program Resource Guide

Injury prevention is a vital and required component of a trauma system. The Region 5 Injury Prevention Committee has established evidence-based programs available to the public throughout the region. Below is a compiled list of the of injury prevention programs available throughout the region. On subsequent pages, the names of specific programs, the programs purpose, and contact information of the coordinator providing the program is listed.

- Alcohol/Substance Abuse
- Babysitting Safety
- Brain and Spinal Cord Injury Prevention
- Child Passenger Safety
- Concussion Prevention
- CPR
- Dating Violence/Sexual Assault
- Distracted Driving/Driving Simulator/Driving Safety
- Fall Prevention
- Fire Safety
- Helmet Safety
- Medication/Prescription Safety
- Mental Health
- Pedestrian safety
- Safe Kids Injury Prevention
- Senior Driving Safety
- Stop The Bleed
- Sports Safety
- Suicide Prevention
- Summer Safety
- Water/Boating Safety

Alcohol and Substance Abuse

Program	Purpose	Hospital	Contact	Phone Number	Email
Opioid Abuse Awareness and Prevention	Provides information on how misusing prescription opioids can lead to addiction, heroin use and overdose.	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org
Opioid Abuse Awareness and Prevention	Provides information on how misusing prescription opioids can lead to addiction, heroin use and overdose.	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wymanam@bronsonhg.org

Babysitting

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Babysitting with Confidence	Designed for ages 11 and older, topics include how to care for infants, how to stay safe, what to do in an emergency.	Spectrum Health Lakeland	Julie Anderson	(269)983-8623	juanderson@lakelandhealth.org

Bike Safety/Helmet Safety

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Helmet Safety and Helmet Fittings	Classroom/ community education, including bike rodeos and helmet fittings.	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org

Helmet Safety and Helmet Fittings		Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org
Helmet Safety and Helmet Fittings	Classroom/ community education, including bike rodeos and helmet fittings.	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com

Brain and Spinal Cord Injury Prevention

Program	Purpose	Hospital	Contact	Phone Number	Email
ThinkFirst for Teens	Education of the brain and spinal cord, an upbeat age-appropriate video, and a personal testimony from an injury survivor	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org
ThinkFirst for Teens	Education of the brain and spinal cord, an upbeat age-appropriate video, and a personal testimony from an injury survivor	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org

Child Passenger Safety

Program	Purpose	Hospital	Contact	Phone Number	Email
Child Passenger Safety	Child Passenger Safety Education & Community Car Seat Fitting Stations	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com

Child Passenger Safety	Community Car Seat Fitting Stations	Spectrum Health Pennock	Lori Von Seggern	(269)798-6855	Lori.VonSeggern@spectrumhealth.org
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Concussion Prevention

Program	Purpose	Hospital	Contact	Phone Number	Email
Concussion Prevention	To educate on concussions, promote the use of safety equipment, and reinforce safety habits while engaging in contact sports and outdoor activities	Ascension Borgess Hospital	Gillian Jones	(269) 226-7075	Gillian.Jones@ascension.org
Concussion Prevention	To educate on concussions, promote the use of safety equipment, and reinforce safety habits while engaging in contact sports and outdoor activities	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org

CPR

Program	Purpose	Hospital	Contact Name	Phone Number	Email
CPR	CPR	Spectrum Health Pennock	Lori Von Seggern	(269)798-6855	Lori.VonSeggern@spectrumhealth.org

Dating Violence/Sexual Assault

Program	Purpose	Hospital	Contact	Phone Number	Email
Dating Violence and Sexual Assault Prevention	Presentation defining dating violence, sexual assault, human trafficking to build awareness and help teens know what to do.	Bronson Methodist Hospital	Amanda Wyman	(269) 341-6915	wyman@bronsonhg.org

Distracted Driving

Program	Purpose	Hospital	Contact	Phone Number	Email
Distracted Driving Prevention	Hand on two part presentation with driving Simulator and impaired goggles	Allegan General Hospital	Dee Hoffman	(269) 686-4212	deehoffman@aghosp.com
Distracted Driving Prevention & Driving Simulator	Hand on two part presentation with driving Simulator and impaired goggles	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org
Distracted Driving Prevention & Driving Simulator	Hand on two part presentation with driving Simulator and impaired goggles	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org
Impact Teen Driving	45-60 minute PowerPoint presentation to illustrate the importance of drunk and distracted driving and its effects	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org

Drunk Driving Prevention

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Drunk/Impaired Driving Prevention	To discuss consequences of driving under the influence of drugs or alcohol	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org

Fall Prevention

Program	Purpose	Hospital	Contact Name	Phone Number	Email
ThinkFirst for Falls	Fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision, and medications	Allegan General Hospital	Dee Hoffman	(269)686-4212	deehoffman@aghosp.com
ThinkFirst for Falls	Fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision, and medications.	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	gillian.jones@ascension.org
ThinkFirst for Falls	Fall prevention topics such as home safety, safety in the community, talking with your physician, nutrition, the significance of exercise, vision, and medications.	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org

Fall Prevention Continued

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Matter of Balance	Attendees learn to prevent or minimize falls, set goals to become more active, reduce the risk of falling at home, and exercise to increase strength and balance.	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org
Matter of Balance	Attendees learn to prevent or minimize falls, set goals to become more active, reduce the risk of falling at home, and exercise to increase strength and balance.	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com
Bones in Balance	Four-week course teaches how to live with osteoporosis.	Spectrum Health Lakeland	Julie Anderson	(269)983-8623	juanderson@lakelandhealth.org
Fall Prevention and Balance Clinic	Provide balance screenings and fall prevention tips and tricks.	Spectrum Health Lakeland	Julie Anderson	(269)983-8623	juanderson@lakelandhealth.org
Tai Chi for Health	Helps improve muscle strength, flexibility, balance, and injury prevention for falls.	Spectrum Health Lakeland	Julie Anderson	(269)983-8623	juanderson@lakelandhealth.org

Mental Health

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Adult Mental Health First Aid	Designed for adults to take the fear and hesitation out of starting conversations about mental health and substance use problems.	Spectrum Health Lakeland	Julie Anderson	(269) 983-8623	juanderson@lakelandhealth.org
Youth Mental Health First Aid	Assist young people experiencing a mental health crisis. Training reviews typical adolescent development, teaches a 5-step action plan to help young people in crisis	Spectrum Health Lakeland	Julie Anderson	(269) 983-8623	juanderson@lakelandhealth.org

Senior Driving Safety/CarFit

Program	Purpose	Hospital	Contact Name	Phone Number	Email
CarFit	Educational program that offers older adults the opportunity to check how well their personal vehicles fit them.	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com
CarFit	Educational program that offers older adults the opportunity to check how well their personal vehicles fit them.	Spectrum Health Pennock	Lori Von Seggern	(269)798-6855	Lori.VonSeggern@spectrumhealth.org

CarFit	Educational program that offers older adults the opportunity to check how well their personal vehicles fit them.	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org
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Stop the Bleed/BCON

Learn proper bleeding control techniques including how to use their hands, apply dressings, and tourniquets to save lives.

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Stop The Bleed	See description above	Allegan General Hospital	Dee Hoffman	(269)686-4212	deehoffman@ag Hosp.com
Stop The Bleed	See description above	Ascension Borgess Hospital	Gillian Jones	(269)226-7075	Gillian.Jones@ascension.org
Stop The Bleed	See description above	Bronson Methodist Hospital	Amanda Wyman	(269)341-6915	wyman@bronsonhg.org
Stop The Bleed	See description above	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com
Stop The Bleed	See description above	Spectrum Health Pennock	Lori Von Seggern	(269)798-6855	Lori.VonSeggern@spectrumhealth.org
Stop The Bleed	See description above	Spectrum Health Lakeland	Julie Anderson	(269)983-8623	juanderson@lakelandhealth.org
Stop The Bleed	See description above	Sturgis Hospital	Loren Corbin	(269)659-4277	lcorbin@sturgishospital.com
Bleeding Control	Similar to Stop The Bleed	Oaklawn Hospital	Sarah Hughes	(269)789-7144	shughes@oaklawnhospital.com

Suicide Prevention

Program	Purpose	Hospital	Contact Name	Phone Number	Email
Suicide Prevention and Education	The collective efforts to reduce the incidence of suicide	Spectrum Health Pennock	Lori Von Seggern	(269)798-6855	Lori.VonSeggern@spectrumhealth.org