



# Prevention Newslink

April 2024

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

### WPRC

Youth and Family Services  
Rapid City, SD

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### SEPRC

Volunteers of America-Dakotas  
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### NEPRC

Human Service Agency  
Watertown, SD

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## 2024 SD PEER LEADERSHIP CONFERENCE



The 2024 SD Peer Leadership Conferences (Formerly SADD) were held on March 21 in Rapid City and March 22 in Watertown. High School and Middle School students from across the state were able to hear from featured keynote speakers

Brigadier General (Ret.) Mike Oster and national speaker, Kevin Wanzer. The speakers encouraged wellness through modeling positive behaviors and supporting others healthy living and happiness.

In Rapid City, they hosted over 150 participants from 9 communities at Camp Rapid.

Participants learned about qualities of a strong leader, how to support their peers, and how to make healthy life choices through breakout sessions from Youth and Family Services, NAMI, Lifeways, and the SD National Guard.



At Lake Area Technical College in Watertown, 180 students and staff from 11 communities participated in activities that promoted the theme "Unleash your Super Power."

Participants in Watertown had the opportunity to learn about the 'Power of Purpose' from Brittany Petrik, owner of Roseabella Boutique, 'The 3 D's of Self-Defense' presented by Rich and Beret Ohm from Fallout Shelter Ministries, and the risks associated with Vaping from Jamon Herberts from the Watertown Police Department and Haley Ellis with Prairie Lakes Healthcare System.

Thank you to the SD Department of Social Services Division of Behavioral Health and the National SADD Organization for sponsoring our keynote speakers for both days.



# UPCOMING TRAININGS & EVENTS

## Prevention Summit

May 1 | 9 - 4:30pm (CT)  
Arrowwood Resort - Oacoma  
Register [Here](#)

## South Dakota Association of Addiction & Prevention Professionals (SDAAPP) -Conference

May 8-10th | Mitchell  
[More Info Here](#)

## Medications for Opioid Use Disorder (MOUD) Training Day

May 9 | 8 - 5 pm (CT)  
USD Sanford School of Medicine  
Health Science Center, Sioux Falls  
Register [HERE](#) or contact [Lindsey Krause](#)

## Challenging College Alcohol Abuse (CCAA) Training

May 21 (10-5pm) -May 22 (8-12pm)  
Pierre  
Contact [Bella Glissendorf](#) for more information

## Youth Suicide: Prevention, Intervention & Postvention in Schools

May 30 | 9 - Noon (CT)  
Virtual via Zoom  
Register [Here](#) or contact [Becky Cain](#) for more information

## Multi-Tiered System of Support (MTSS) Conference

June 25-26 | Oacoma  
Registration coming soon. Contact [Becky Cain](#) or [Brandi Gerry](#) with any questions

## South Dakota Suicide Prevention Conference

August 1 -2 | Sioux Falls Convention Center  
[Save the Date!](#) For more information contact [DSSPREVCONT@state.sd.us](mailto:DSSPREVCONT@state.sd.us)

## SPF Application for Prevention Success Training (SAPST)

June 24 - 27th | Pierre  
Registration [HERE](#). For more information, contact [Dodi Haug](#).

# Prevention Matters

Uniting efforts on substance use prevention in South Dakota

## Agenda

May 1<sup>st</sup>, 2024

TIME	PRESENTATION	PRESENTER
9:00 AM – 9:15 AM	Welcome	Tiffany Wolfgang <i>Chief of Behavioral Health, Department of Social Services</i>
9:15 AM – 10:05 AM	Why Prevention Matters: Applying Prevention Science to Practice	Carolina Corrales, PhD <i>Mountain Plains Prevention Technology Transfer Center</i>
10:05 AM – 10:55 AM	Youth Marijuana Use Prevention	Erin Ficker, MPA <i>Strategic Prevention Technical Assistance Center</i>
10:55 AM – 11:10 AM	15-minute break	
11:10 AM – 12:00 PM	Prevention Across SD Panel <i>Department of Social Services, Department of Health, Helpline Center, Northeastern Prevention Resource Center, and Department of Tribal Relations</i>	Shaina Smykle, Lori Martinec, Hilary Larsen, Nicole Schneider, Dodi Haug, and Amber Thompson
12:00 PM - 1:30 PM	Lunch on your own	
1:30 PM - 2:20 PM	Substance Misuse and Suicide Prevention	Michelle Majeres, CPS <i>Strategic Prevention Technical Assistance Center</i>
2:20 PM - 3:20 PM	There Has Always Been Drinking in America: Alcohol, History, Culture, and What It All Means For Prevention	Rodney Wambeam, PhD <i>University of Wyoming</i>
3:20 PM - 3:30 PM	10-minute break	
3:30 PM - 4:20 PM	How to do Prevention: Evidence-Based Practices in Today's Prevention Landscape	Marjean Nielsen, MPP <i>Mountain Plains Prevention Technology Transfer Center</i>
4:20 PM - 4:30 PM	Closing Remarks	Matt Althoff <i>DSS Cabinet Secretary</i>



# ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month—a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of how individuals struggle with alcohol use and offers resources and support.

# NATIONAL PREVENTION WEEK

A CELEBRATION OF POSSIBILITY

SAMHSA's National Prevention Week 2024 will begin on May 12! Join in celebrating the possibilities and brighter futures that exist thanks to the ongoing work of prevention happening across the country! To learn more about the prevention efforts in South Dakota, reach out to your local PRC. For #NationalPreventionWeek24 promotion ideas, check out SAMHSA's [planning toolkit](#).

## MAY 7 NATIONAL FENTANYL AWARENESS DAY

[National Fentanyl Awareness Day](#) brings together individuals, parents, teachers, corporations, influencers, community groups, and government entities to help put an end to this emergency.

Last year, over 70,000 Americans fatally overdosed on illegally made fentanyl. Fentanyl is now found in fake pills and many street drugs, but users are often unaware that their drugs contain the potent opioid. This is an urgent public health crisis that puts all of us, and our loved ones, at risk. We all must play a role in preventing further tragedies.

Mental Health Month | May 2024

## WHERE TO START

Mental Health in a Changing World

May is Mental Health Month! This year's theme for Mental Health Month is "Where to Start: Mental Health in a Changing World." In a world that is constantly evolving, it can be overwhelming to navigate the various challenges and changes happening around us. The pressures of work, relationships, and societal factors, like politics, climate change, and the economy, can significantly impact our mental well-being, sometimes even more than we realize. While society is getting more comfortable discussing mental health, it can still be hard to know "Where to Start" when these pressures are impacting your daily life — what do you do when you think you might be experiencing signs and symptoms of a mental health condition? Check out Mental Health America to download their [Mental Health Month Toolkit](#).

## USING PLAIN LANGUAGE – THE CLAS-Y COMPLIANT STYLE OF HEALTHCARE CONVERSATIONS AND COMMUNICATION.

What is 'plain language'? A clear and straightforward explanation of a concept or term that avoids using technical jargon or complex language. It's designed to be easily understood by a wide audience, including those who may not have expertise in the subject matter. The goal of plain language is to communicate information effectively and efficiently, making it accessible to as many people as possible.

Plain language in healthcare is essential for promoting patient-centered care, improving health outcomes, and fostering a more equitable healthcare system. Want to learn more? Attend the Great Plains Quality Innovation Network Webinar:

### Using Plain Language – The CLAS-y Compliant Style of Healthcare Conversations and Communication. Tuesday, April 23, 2024 | 3:00 - 4:00 pm (CT)

During this Webinar, Dr. Kay Miller Temple will provide information on how thinking about melding Culturally and Linguistically Appropriate Services (CLAS) goals with the concepts of health literacy and leveraging providers' current use of plain language might make those challenges a bit less so.

Register [HERE!](#)





# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

**STATEWIDE WEBSITE**  
[SDSUICIDEPREVENTION.ORG](http://SDSUICIDEPREVENTION.ORG)

**THE HELPLINE CENTER**  
[HELPLINECENTER.ORG](http://HELPLINECENTER.ORG)

If you or someone you know needs help with:

- Depression
- Grief
- Relationship Conflicts
- Drugs
- Alcohol
- Suicidal Thoughts

Call/text 988 or [chat online](#)



# Stress and Adolescence

Stress and suicide are particularly concerning issues among adolescents. Teens are still building their resilience and coping skills so if stress becomes too overwhelming they may be at increased risk of experiencing suicidal thoughts and behaviors. Several factors contribute to the heightened vulnerability of adolescents to stress and suicide:

1. **Pressure:** Adolescents often face significant pressure to perform well academically, in sports, and with their peers. High expectations coupled with fear of failure can cause immense stress.
2. **Social Challenges:** Adolescents may struggle with social dynamics, peer pressure, bullying, or feelings of isolation. Issues related to romantic relationships, friendships, or fitting in can exacerbate stress levels.
3. **Mental Health Issues:** Adolescents may experience mental health disorders such as depression, anxiety, or substance abuse which can increase the risk of suicidal thoughts and behaviors. These disorders often emerge during adolescence and can be aggravated by stress.
4. **Family Conflict:** Abuse, neglect, or dysfunctional family dynamics can significantly impact an adolescent's mental well-being and increase their risk of suicidal behavior.
5. **Trauma:** Exposure to trauma, such as violence, abuse, or loss, can have profound effects on adolescents' mental health and coping abilities. Unresolved trauma can contribute to feelings of hopelessness and despair.
6. **Access to Means:** Adolescents with access to means of suicide, such as firearms or medications, are at an increased risk of impulsive suicide attempts.

Preventing adolescent suicide requires a comprehensive approach that addresses underlying stressors, builds coping skills, promotes mental health awareness, and fosters supportive environments. This may involve providing access to mental health resources, including therapy, counseling, and support groups. Educating adolescents, parents, teachers, and communities about the warning signs of suicide and how to respond effectively can protect at risk youth. It would be helpful to encourage open communication about emotions and mental health within families and schools. Districts can implement policies and programs aimed at reducing bullying, promoting resilience, and address the stigma related to mental health. This would create safe spaces for adolescents to express themselves and seek help without fear of judgment or stigma. Encourage adolescents to connect with trusted adults, mental health professionals, or contact 988 for support if they are experiencing thoughts of suicide.

Grover KE, Green KL, Pettit JW, Monteith LL, Garza MJ, Venta A. Problem solving moderates the effects of life event stress and chronic stress on suicidal behaviors in adolescence. *Journal of Clinical Psychology*. 2009;65(12):1281-1290.

Polanco-Roman, L., Gomez, J., Miranda, R., & Jeglic, E. (2016). Stress-Related Symptoms and Suicidal Ideation: The Roles of Rumination and Depressive Symptoms Vary by Gender. *Cognitive therapy and research*, 40(5), 606-616. <https://doi.org/10.1007/s10608-016-9782-0>

## South Dakota Tobacco Control Program

### Regional Contacts

#### Southeast Region

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#### Northeast Region

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#### Western Region

**Kayla Bolstad**  
605-721-4584  
[kbolstad@bhssc.org](mailto:kbolstad@bhssc.org)



[Quittobaccosd.com](http://Quittobaccosd.com)

## South Dakota QuitLine Texting Program - 2QuitSD

The South Dakota QuitLine launched the 2QuitSD program in January of 2024. This program includes 8 weeks of cessation coaching support through text message and limited phone calls, and up to 8 weeks of nicotine replacement therapy (NRT). Clients can pick between the patch, lozenges, or gum.

Clients can enroll by calling the QuitLine at 1-866-SD-QUITS or by enrolling online at [www.sdquitline.com](http://www.sdquitline.com).

## INDEPTH

INDEPTH program is an alternative to suspension or citation for tobacco use, including e-cigarettes. INDEPTH addresses the teen vaping epidemic in a more supportive way. It is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products, including e-cigarettes.

The SD Tobacco Control Program will now be offering INDEPTH classes virtually or in-person. The classes are designed to be held once per week for 4 weeks with each session lasting 50-60 minutes.

If this program could benefit your students, please reach out to [Miranda Stabe](mailto:mstabe@bhssc.org), Southeast Tobacco Prevention Coordinator, and she can help you get started with implementing INDEPTH near you.

## Upcoming Events and Trainings

- April 25th @ 8am-10am MT/9am-10am CST: Catch My Breath Training. Please Contact [Kayla Bolstad](mailto:kbolstad@bhssc.org) to sign up.
- May: [Clean Air/Breathe Easy Month](#)
- May 29: Tobacco Cessation and Behavioral Health Webinar. Register [HERE](#) or contact [Kaitlyn Ashley](mailto:kaitlyn.ashley@bhssc.org).
- May 31: [World No Tobacco Day](#).

# SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025



## April-June 2024 Newsletter

### Suicide Prevention Conference – August 1<sup>st</sup> and 2<sup>nd</sup>, 2024

The 3<sup>rd</sup> Annual South Dakota Suicide Prevention Conference will be held on August 1<sup>st</sup> and 2<sup>nd</sup>, 2024 at the Sioux Falls Convention Center! We are happy to announce Tom and Heather Cruz, Kevin Briggs, and Dr. C. Rosie Bauder as the 2024 SD Suicide Prevention Conference keynote speakers. These keynote speakers range from suicide attempt survivor to professionals in suicide research.

Registration will open in May for this **FREE** event. For more information about the conference and to read more about the keynote speakers, please visit the [South Dakota Suicide Prevention Website](#).



### EVENTS

For more information or to add an event, visit the SD Suicide Prevention [Calendar](#)

#### April

10<sup>th</sup> – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:30PM – 8:00PM, [Zoom](#)

11<sup>th</sup> – Helpline Center’s – [Free Adult Mental Health First Aid](#) 8:30AM – 5:00 PM

#### May

1<sup>st</sup> – SD DSS, Division of Behavioral Health – [Prevention Matters Summit](#) – Oacoma, SD 9am – 4:30pm

8<sup>th</sup> – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#) 6:30PM – 8:00PM, [Zoom](#)

#### June

12<sup>th</sup> – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:30PM – 8:00PM, [Zoom](#)

### Safe Storage Materials Available

**Gun locks now available!** In a suicide crisis, the length of time someone seriously

contemplates suicide tends to be short-lived. Reducing access by safe storage or [means safety](#) refers to making an effort to limit or eliminate the ability for a person at risk of suicide to access the means for their suicide plan. If suicidal behaviors are detected early and access to firearms, medications or other substance and objects can be restricted during the time of crisis, a life can be saved. **What can reduce risk?** Learn to safeguard your home by restricting access to pesticides, alcohol, and other substances, safely storing over the counter and prescription medicines, and properly disposing of unused medications and using a gun safety lock on all firearms. Safeguard your home by ordering free [Gun Locks](#) or [Medication Lock Boxes](#).

49%

of suicide deaths were **firearm-related** (2013-2022)

76%

of **Veteran Suicides** are a result of **self-inflicted gunshot wounds** (2019-2022)

11%

of suicide deaths were **poisoning-related** (2013-2022)

### South Dakota Suicide Prevention State Plan Survey

The state of South Dakota is looking for your input on the 2025-2030 South Dakota Suicide Prevention State Plan. This plan will identify and prioritize strategies across prevention (before crisis), intervention (during crisis) and postvention (after crisis). Please complete [this survey](#) by April 26<sup>th</sup> to share your thoughts on this important issue.

### Resources

[988 Suicide & Crisis Lifeline](#)  
[BeThe1SD](#)  
[Helpline Center](#)  
[SDSP Trainings](#)  
[Behavioral Health Materials](#)  
[Suicide Prevention Materials](#)

