



# Prevention Newslink

December 2023

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

### WPRC

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### SEPRC

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## “TALK. THEY HEAR YOU.”<sup>®</sup> CAMPAIGN OFFERS TOOLS TO PROMOTE IMPAIRED-DRIVING PREVENTION MONTH

High rates of youth alcohol use, shifting state laws regarding marijuana, and the nation’s opioid crisis are prevalent health concerns that affect America’s parents and caregivers. Preventing underage alcohol and substance use is critical for the following reasons:

- Approximately 88,000 Americans die from alcohol-attributed causes each year, making alcohol the third leading preventable cause of death in the United States.
- An estimated 2.1 million people ages 12 or older had an opioid use disorder, and nearly 30 percent of those who use marijuana may have some degree of marijuana use disorder.

Through the Sober Truth on Underage Drinking Act, the Substance Abuse and Mental Health Services Administration (SAMHSA) created the “Talk. They Hear You.”<sup>®</sup> campaign to address the problem of underage drinking and substance misuse.

The campaign’s goal is to provide parents and caregivers with the resources they need to address the issue of alcohol and other drugs with children under the age of 21.

“Talk. They Hear You.” offers products for coalitions, school staff members, public health departments, and other community groups to aid local, regional, and national alcohol and substance use prevention efforts.

Excerpt: <https://www.samhsa.gov/talk-they-hear-you/about>

## GETTING STARTED: FREE TOOLS AND RESOURCES

- [Community Engagement Resources: Implementation Guide](#)
- [Community Partner Resources](#)
- [Public Services Announcements](#)



### BEFORE SHE’S TOO COOL FOR MOM TO DROP HER OFF AT SCHOOL...

Take advantage of this time to talk about prescription medicine safety.

Start talking to your children early to ensure they understand what opioids are and the risks of misusing prescription medicine. Though it may not seem like it, children really hear your concerns. For tips on how—and when—to begin the conversation, visit:

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)



SMA-18-5092

# UPCOMING TRAININGS & EVENTS



# Cultural Awareness Online Training

## 22-24 School Crisis Speaker Series

**Advocating for Strong Mental Health & Healthy Relationships- Ashley Bendiksen**  
[Video](#) | [Notes & Discussion](#) | [CEU Request](#)

**Hope and Healing for the Next Generation- Dr. Julia Garcia**  
[Video](#) | [Notes & Discussion](#) | [CEU Request](#)

**Helping Kids Understand & Talk About Their Big Feelings- Taes Leavitt**  
[Video](#) | [Notes & Discussion](#) | [CEU Request](#)

**An Honest & Helpful Approach to Mental Health- Ross Szabo**  
[Video](#) | [Notes & Discussion](#) | [CEU Request](#)

**Empowering Student Mental Health & Wellbeing- Joshua Wayne**  
[Video](#) | [Notes & Discussion](#) | [CEU Request](#)

## LifeSkills Curriculum Training

February 5 | 9:00am - 4:00pm  
Virtual Training

To register, email [Stephanie Kinnander](#).

## SD Peer Leadership Conference

March 21 - Rapid City

Email [Chloe White](#) for more information.

March 22 - Watertown

Email [Stephanie Kinnander](#) for more information.

## Poverty Simulation

March 7 | 9:00 – 10:30am (CT)  
Zoom | Free

Register [HERE](#). This training is offered through the WIC Community Innovation Awareness Outreach Project, learn more at [www.sdcpcm.com/wic](http://www.sdcpcm.com/wic).

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

May 30 | 9:00am – 12:00pm (CT)  
Sioux Falls

Register at [sded.sd.gov](http://sded.sd.gov). Contact [Andrea.Effling@state.sd.us](mailto:Andrea.Effling@state.sd.us) with questions



Service providers working with families with young children in the Sioux Falls-area are invited by CPCM and LSS to a **free** online training series. Full session details and registration is available at:

### **[SDCPCM.com/WIC](http://SDCPCM.com/WIC)**

#### **Tuesdays - 12:00pm to 1:00pm | Zoom Session**

12/19: [Refugee Settlement 101](#)

1/16: [Diversity Panel](#)

2/6: [Cross-Cultural Communication](#)

2/20: [Working with Interpreters](#)

3/5: [Culturally Competent Outreach and Engagement](#)

#### **Thursdays - 6:00pm to 8:00pm | Zoom Session**

1/4: [Refugee Resettlement 101 and Diversity Panel](#)

1/18: [Cross-Cultural Communication and Working with Interpreters](#)

2/1: [Culturally Competent Outreach and Engagement](#)

## NO NAME CALLING WEEK JANUARY 15-19, 2024

The first observation of No Name-Calling Week (NNCW) was in 2004. It is a week created by K-12 teachers and students and was originally sponsored by the Gay, Lesbian, and Straight Education Network (GLSEN). Its focus is to end name-calling and other forms of bullying in school.

The creation of the week was inspired by the story in a 2001 novel entitled "The Misfits," written by James Howe. The book tells the story of four young adults who, at school, were mocked about their height, weight, what they said, and how they looked. In the book, they were able to convince their principal to have a No Name-Calling Day to stop mockery.

You can observe No Name Calling Week by:

- Stop calling others demeaning names yourself.
- Make a social media post about the dangers of name-calling.
- Create a school event to address name calling and other bullying.

The National Association of Elementary School Principals and GLSEN partnered to create lesson plans for elementary schools who are interested in participating in NNCW. Find the lesson plans [HERE](#).

# CLEARINGHOUSES & DIRECTORIES OF EVIDENCE-BASED PROGRAMS

[SAMHSA](#)

[Suicide Prevention Resource Center](#)

[Blueprints for Healthy Youth Development](#)

[Youth.gov](#)

[CASEL](#)

[Office of Juvenile Justice](#)

[Department of Education The What Works Clearinghouse](#)

- [Every Student Succeeds Act](#)
- [EBP's for Renewal and Recovery](#)
- [Raise the Bar: Lead the World](#)

[National Institute of Health](#)

[US Department of Health & Human Services](#)

[CDC](#)

[Prevention Technology Transfer Center Network](#)

# CHOOSING EVIDENCE-BASED PROGRAMS: WHY IT MATTERS

Education and social service fields are known for many acronyms and “buzzwords” highlighting the latest trends. One of these acronyms is EBP or “Evidence-Based Programs/Practices.” “EBP” is one of the most common among a myriad of terms that are similar in meaning, such as “model program,” “best practice,” or “empirically supported.” In simplest terms, an EBP refers to a specific activity, treatment, or program that has been demonstrated to have efficacy. To earn the designation of an EBP, program evaluation involves rigorous methodological research with the “gold standard” involving experimental design and randomly assigned comparison groups. Previously, many educators and prevention specialists relied on limited knowledge, intuition, and tradition in choosing programs.

While the benefit of using evidence-based programs is to improve student/client outcomes, it also helps professionals get the most value for the dollar by limiting program choices to only those with proven effectiveness.

SAMHSA’s Evidence-Based Practices Resource Center was launched in January to provide professionals with the necessary information and tools to incorporate evidence-based practices into their clinical settings, classrooms, and communities. The Resource Center comprises a collection of scientifically-based resources that cater to a broad range of audiences, including Treatment Improvement Protocols, clinical practice guidelines, resource guides, toolkits, and other science-based resources. This site revision is intended to improve access to information on tested interventions, thereby reducing the time between program creation and its practical application in the field.

In South Dakota, the Department of Social Services, Division of Behavioral health supports the following evidence-based prevention programs. This is not an exhaustive list as there is an approval process that contracted providers can utilize to implement additional EBPs to meet their community’s unique needs on a case-by-case basis.

- LifeSkills Training
- Project SUCCESS
- Too Good For Drugs (TGFD)
- Positive Action
- Project Venture
- Canoe Journey Life’s Journey: Life Skills for Native Adolescents (Medicine Wheel Journey)
- Intensive Prevention through S.A.F.E.
- Communities Mobilizing for Change on Alcohol (CMCA)
- Challenging College Alcohol Abuse (CCAA)
- Strengthening Families Program: For Parents and Youth 10-14
- PRIME for Life
- Interactive Journaling (Alternatives)
- Brief Alcohol Screening and Intervention for College Students (BASICS)
- CHOICES
- eCHECKUP TO GO



If you are interested in learning more about any of the Evidence Based Programs listed above, please contact your local PRC.

# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

STATEWIDE WEBSITE  
[SDSUICIDEPREVENTION.ORG](https://SDSUICIDEPREVENTION.ORG)

THE HELPLINE CENTER  
[HELPLINECENTER.ORG](https://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](#)



# Holidays and Grief

The holidays may be a trying time for the friends and loved ones of people who have died by suicide. They might experience their loved one's absence more significantly at this time and they might not find it realistic to be joyful or express gratitude. Although it might be challenging to get through the holidays, there are healthy ways to support a suicide survivor.

- Allow them to discuss their loss. Although the holidays are promoted as a time of happiness, grief does not end during this time. Be open and receptive to their conversations about their loved one. They will feel less alone and more understood if they are encouraged to talk about the person they lost.
- Recognize that they might have to postpone or cancel an event. Loss-related feelings can wear you out, and emotional tension is draining. Allow them to feel comfortable leaving the event early or not attending at all during the holidays when they are reminded of the loved one they lost so they can take care of themselves.
- Avoid trying to force something on them. Especially during the holidays, well-meaning friends and family members want to do anything they can to make someone who is mourning feel better. Instead, give them the freedom to choose what will ease their emotional strain.
- Recognize that some holiday traditions might not look the same. Give your friend or relative the freedom to choose which family customs they would like to continue and which ones they would like to change. This will assist in lessening their anxiety, panic, and discomfort that may be associated with the stress of the holidays following the death of a loved one.
- Encourage them in their spiritual journey. Some people may experience a resurgence of their spirituality or faith over the holidays, or they may come to hold new beliefs. Offer them support as they move through their unique journey.

The ultimate effect of loving and being loved is grief. The loss of a loved one must be grieved. Be patient and supportive to your friend or family member who is grieving the death of a loved one by suicide through this holiday season.

Wolfelt, A. D. (2009). *The Handbook for Companioning the Mourner: Eleven Essential Principles*. Companion Press.

## Helpline Center Training

For more information, please contact Tehra Nelson at (605) 274-8790 or by [email](#)

### ASIST: In person at the Helpline Center

February 7 – 8 2024  
May 1 – 2 2024  
August 7 – 8 2024  
November 13 – 14 2024

### Adult Mental Health First Aid: In person at the Helpline Center

January 11 2024  
April 11 2024  
July 11 2024  
October 10 2024

### QPR: 10:00am – 11:00am Virtual (In person trainings can be scheduled by request)

February 12 2024  
May 13 2024  
August 12 2024  
November 11 2024

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**Tobacco Industry Markets Vaping as Stress Relief**

The most common misconception about vaping is that it relieves stress, anxiety and depression. This may be because of the withdrawal symptoms, which can cause irritability, anxiety, and feelings of depression.

Blu, which was one of the first vaping brands on the market, posted on Instagram an image of their vape product sticking out of the sand on a sunny day. They labeled the caption, "Take some time to yourself, you deserve it." This post implies that vaping is a way to relax and to "treat" yourself.

A recent Truth Initiative survey found that between the ages 15-24, 81% of people who had used a vape said they started vaping to decrease stress, anxiety, or depression. Those who vaped 20 days or more said they used vaping to cope with stress or anxiety.

Quitting smoking is linked with lowering levels of anxiety, depression, and stress. There is emerging evidence between quitting vaping and improvements in mental health symptoms as well. According to a Truth Initiative survey, 47% of young people who quit vaping felt more in control than when they were vaping, and 90% felt less stressed, anxious, or depressed. To read more visit: [How the tobacco industry markets vaping nicotine as stress relief \(truthinitiative.org\)](https://truthinitiative.org)

**New Year, New You**

Are you struggling with quitting smoking or vaping? The new year is approaching and maybe quitting can be your New Year's resolution! Here are some tips and tricks to help you quit this holiday season.

1. Identify why you vape and why you want to quit.
2. Set a quit date.
3. Find allies.
4. Toss out your vapes, cigarettes or nicotine products.
5. Use counseling.
6. Identify habits and rituals that are associated with your habit and break those cycles.
7. Distract yourself with exercise and relaxation techniques.
8. Try nicotine replacement therapy.

The South Dakota Quitline is a great resource to help you get started on your quitting journey. Please visit [www.SDQuitLine.com](http://www.SDQuitLine.com) for more information and to help you take another step to a new you, this new year.

**EVENTS/TRAININGS**

- January 21-27: Tobacco-Free Awareness Week
- February 2024: Heart Health Month
- February 5-11: National Burn Awareness Week
- February 19-25: Through with Chew Week
- February 24: Great American Spit Out
- March 19-25: National Poison Prevention Week
- March 31: Take Down Tobacco Nation Day of Action



**DRIVESAFESD.COM**

## South Dakota EMS for Children December 2023

As we roll into the holidays, it's so important to remember to **Buckle Up** and put your **Phone Down** when behind the wheel! The numbers reflect, for our wonderful state of South Dakota, that we have some improvement to do as 82% of South Dakota drivers buckle up every trip, every time. According to the CDC, among drivers and front-seat passengers, seat belts reduce the risk of death by 45%, and cut the risk of serious injury by 50%.

NHTSA reported in 2021 that 26,325 passenger vehicle occupants were killed. About 50% of those killed were not buckled (based on known seat belt use.) Seat belts saved an estimated 14,955 lives and could have saved an additional 2,549 people if they had been wearing seat belts, in 2017 alone.

With the holiday season we see an increase in traffic. This holiday season we ask you to take the pledge to **Buckle Up, Phone Down**. Check out [www.sfbupd.org/](http://www.sfbupd.org/) to learn more about this campaign. We hope you will challenge a coworker, a loved one or a friend to take the pledge with you. Wishing you a safe and happy holidays!



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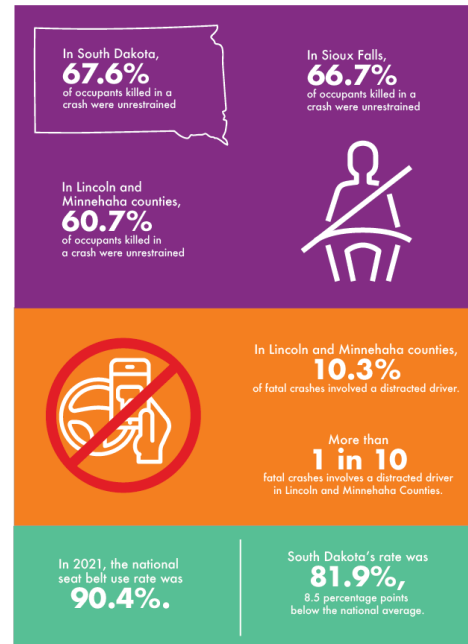
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Jaime Bartell  
SD EMS for Children



Remember to **BUCKLE UP** and put your **PHONE DOWN** when behind the wheel.