



Prevention Newslink

January 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

WPRC

Youth and Family Services
Rapid City, SD

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SEPRC

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NEPRC

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A SMALL TOKEN OF APPRECIATION

With YOUR help,
Children at risk
become
Children of promise.

Thank you for all you do



Keeping youth in a community safe and healthy takes a lot of collaboration and support. Lifeways of Rapid City has taken on an initiative to share their gratitude with those who support their vision to empower youth to be substance free.

Lifeways is a school-based prevention program that implements evidence-based prevention and early intervention programming within the Rapid City and Custer School Districts. Lifeways also provides outpatient treatment and individual counseling at their main office for adolescents and their parents.

Because of Lifeways' role within the community, there are a lot of opportunity to partner with many entities within the area to promote health and safety of adolescents and their families. As a result of these partnerships, Lifeways wanted to give back to their partners and show their gratitude. A few years ago, they sent gratitude baskets to donors and members of the school staff. More recently, the school based staff wanted to do a little more for all of the people who support their work in prevention. That lead the Lifeways administration team to contact local businesses about providing materials for their gratitude bags. All materials in the bags are from local businesses who have donated, given discounts, or paid for the materials. This has provided an opportunity to educate others about the work that Lifeways and their partners do within the community. The week prior to Thanksgiving break, Lifeways staff put together the list of recipients, the gratitude bags and delivered roughly 300 bags to those partners within the schools and community.

This small token of appreciation shows the value Lifeways places on their partnerships as they work toward a safe and drug free environment for their youth and families.



UPCOMING TRAININGS & EVENTS

LifeSkills Curriculum Training

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

To register, email [Stephanie Kinnander](mailto:Stephanie.Kinnander).

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.sdcpcom.com/wic.

Spring Tobacco Institute

March 20 | 9:00 – 4:30pm (CT)
Arrowwood Resort - Oacoma, SD
For more information, contact Hilary Larsen at hilary.larsen@state.sd.us

SD Peer Leadership Conference (FKA SADD Conference)

March 21 - Rapid City
Email [Chloe White](mailto:Chloe.White) for more information.
March 22 - Watertown
Email [Stephanie Kinnander](mailto:Stephanie.Kinnander) for more information.

Prevention Summit

May 1 | Chamberlain
More information coming soon

Youth Suicide: Prevention, Intervention & Postvention in Schools

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

Register at sded.sd.gov. Contact Andrea.Effling@state.sd.us with questions

SPF Application for Prevention Success Training (SAPST)

In-Person | Spring 2024
Pre-registration can use the QR Code below.



NATIONAL RANDOM ACTS OF KINDNESS WEEK FEBRUARY 11-17, 2024



Imagine a world where you can succeed by being nice. Where we all pay it forward. Where people look out for each other. It all starts with an act. Random Acts of Kindness Week is dedicated to promoting kindness and goodwill. It encourages individuals to perform simple, unexpected acts of kindness to brighten someone's day and create a ripple effect of positivity. It's an opportunity to celebrate the power of kindness and compassion.

Here are some ideas to inspire acts of kindness during this special week:

- Give Compliments: Offer sincere compliments to friends, family, and even strangers to brighten their day.
- Pay It Forward: When you're at a coffee shop or drive-thru, pay for the order of the person behind you.
- Send Thoughtful Messages: Send uplifting messages or notes to friends, reminding them of your appreciation and support.
- Help a Neighbor: Assist a neighbor with tasks like shoveling snow, mowing their lawn, or grocery shopping.
- Donate to Charity: Contribute to a charitable organization or cause that you're passionate about.
- Visit the Elderly: Spend time with elderly individuals in nursing homes or assisted living facilities, offering companionship and a listening ear.
- Volunteer Your Time: Volunteer at local charities, shelters, or community events to make a positive impact.

Visit www.randomactsofkindness.org/ to find additional ways to celebrate. This site includes ideas such as lesson plans, kindness challenges, and a kindness calendar.

TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH

In February, we recognize Teen Dating Violence Awareness and Prevention Month. Nationwide, youth age 12 to 19 experience the highest rates of rape and sexual assault. An estimated 1 in 10 teens will experience dating violence so we all must take this opportunity to amplify our efforts and shine a spotlight on this important issue. To find out more information or to get ideas of what you can do to help, visit www.teendvmonth.org/.



SOUTH DAKOTA SUICIDE PREVENTION



RESOURCES

STATEWIDE WEBSITE
SDSUICIDEPREVENTION.ORG

THE HELPLINE CENTER
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](#)



Veterinarians and Suicide

Several occupations have been tied to higher suicide rates including the healthcare profession. However, the rate of suicide in the veterinary profession has been found to be close to twice that of the dental profession, more than twice that of the medical profession, and four times the rate in the general population (Halliwell and Hoskin, 2005). Some of the risk factors that have been linked to an increased risk of suicide in the veterinary field are identified below (Bartram and Baldwin, 2008).

- Personality factors and isolation: High achievers often have perfectionistic tendencies. Similarly, due to their comparatively greater social isolation, veterinarians who work with more animals than people may be more susceptible to depression.
- Undergraduate training: There are high academic requirements for enrollment in veterinary schools. The demanding curriculum and pressure may limit the development of coping skills and other protective factors against suicide (Halliwell and Hoskin, 2005).
- Work related stressors: High performance expectations, long working hours, on call duties, and emotional exhaustion can contribute to mental health challenges. Specifically in this profession, compassion fatigue, risk of litigation, lack of resources, and unexpected clinical outcomes can compound to increase risk.
- Attitudes toward death and euthanasia: Private practice veterinarians are frequently participate in active euthanasia and may have strong personal convictions on the use of humane euthanasia to relieve suffering. Engaging in the active termination of animal life has the potential to modify perspectives regarding mortality. It can also serve self-justification to act on suicidal ideation (Stoewen, 2015).
- Access and knowledge of means: Veterinarians have access and understanding of prescription medications including drugs used for euthanasia and anesthesia. Misuse of these substances may be used as maladaptive coping strategies or means for suicide in this profession (Hawton, 2007).
- Stigma: Professionals who are identified as “helpers” are at risk for feelings of guilt and shame when reaching out for help themselves. They may be concerned about the career implications or perceive their need for help as a weakness which inhibits help seeking behavior.

Bringing awareness to these risk factors for veterinarians can help people identify and seek help if they have concerns. Further, encouraging training in this field to help individuals identify warning signs and have the confidence to bring their concerns to another person. Training would also bring knowledge of resources and what to do if they or someone they work with are having thoughts of suicide.

Bartram, D. J., & Baldwin, D. S. (2008). Veterinary surgeons and suicide: influences, opportunities and research directions. *Veterinary Record*, 162(2), 36–40. <https://doi.org/10.1136/vr.162.2.36>

Halliwell, R. E. W., & Hoskin, B. D. (2005). Reducing the suicide rate among veterinary surgeons: how the profession can help. *Veterinary Record*, 157(14), 397-. <https://doi.org/10.1136/vr.157.14.397>

Hawton, K. (2007). Restricting Access to Methods of Suicide: Rationale and Evaluation of this Approach to Suicide Prevention. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 28(S1), 4–9. <https://doi.org/10.1027/0227-5910.28.S1.4>

Stoewen D. L. (2015). Suicide in veterinary medicine: let's talk about it. *The Canadian veterinary journal = La revue veterinaire canadienne*, 56(1), 89–92.

South Dakota Tobacco Control Program

Regional Contacts

Southeast Region

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Northeast Region

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Quittobaccosd.com

Spring Tobacco Control Institute

SPRING TOBACCO CONTROL INSTITUTE

WHAT'S ON THE SCHEDULE?

- Connections Between Youth Mental Health and Nicotine Use
- The State of Youth Tobacco Use
- Addressing Disparities Among Low Socioeconomic Status Populations
- Thinking Like an Evaluator
- And more!

WHO SHOULD ATTEND?

- Tobacco Control Program Grantees
- Coalition Members
- Prevention Specialists
- School Administrators
- Counselors
- Educators
- Post-Secondary Representatives
- Healthcare Professionals
- Human Resource Specialists
- Non-Profit Organizations
- Interested Adults

Scholarship assistance to cover the cost of attendance available on a first come, first serve basis.

LOCATION:

Arrowwood Resort & Conference Center
at Cedar Shore
1500 Shoreline Dr • Oacoma, SD

FOR MORE INFORMATION:

Please contact the Tobacco Program Coordinator, Hilary Larsen at (605) 367-7130 or Hilary.Larsen@state.sd.us

TOGETHER, **2024**
We Quit

— UNITING AGAINST TOBACCO —



SAVE THE DATE

SPRING TOBACCO CONTROL INSTITUTE

Wednesday, March 20, 2024
9 a.m. to 4:30 p.m. CDT
Registration Starts at 8:30 a.m. CDT

2023 Monitoring the Future Survey Results

The 2023 Monitoring the Future Survey (MTF) results are out and showed notable decreases in e-cigarette use among high school students. The data showed a decline from 27.3% to 23.2% among 12th graders and 20.5% to 17.6% among 10th graders in the past year. Although, they found that 8th grade use remained the same at 11.4%.

The survey also reported the significant increase in risk perception associated with nicotine for both 10th and 12th graders and an increase in disapproval of vaping among 10th graders. This data suggests that the public education efforts may be making a positive impact. However, when it comes to 8th graders, they show a downward trend in awareness of the risks nicotine has. Although there is a decline in high school usage, teen e-cigarette use remains a serious public health issue. To read more about the MTF Survey please visit: [2023 Monitoring the Future Survey Shows Encouraging Declines in Youth E-Cigarette Use and Increased Risk Perception Among High Schoolers \(truthinitiative.org\)](https://truthinitiative.org)

Upcoming Events and Trainings

- February 2024: Heart Health Month
- February 18-24: Through with Chew Week
- February 22: Great American Spit Out
- **March 20: Spring Tobacco Control Institute**
- March 17-23: National Poison Prevention Week
- April 1: Take Down Tobacco Nation Day of Action

SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025



January-March 2024 Newsletter

2024 SD Suicide Prevention Conference

Save the Date

SDSP is pleased to announce the Third Annual South Dakota Suicide Prevention Conference will be held on August 1st and 2nd, 2024 at the Sioux Falls Convention Center! Registration will open in May for this **FREE** event where participants will once again gather to learn about suicide prevention efforts and hear from top experts from around the country. For more information about this event, please visit the [South Dakota Suicide Prevention Website](#).



Suicide Prevention Toolkits

Comprehensive, online toolkits that are designed to support South Dakota communities are available at no-cost on the [SD Behavioral Health](#) website. These toolkits provide access to social media posts, print collateral, HR emails, digital displays, email templates, communication best practices and more! Whether you are an individual, mental health professional or an organization, these downloadable toolkits will help you spread information and a message of hope. Suicide prevention toolkits are available for [Suicide Prevention Month](#), [International Survivors of Suicide Loss Day](#), [Suicide Cluster](#) and [Suicide Prevention for Higher Education Institutions](#).



Population Specific Infographics Available

To increase awareness about suicide data and highlight available resources, the SD Suicide Prevention Workgroup developed four population-specific infographics focused on American Indians, farmers and ranchers, Veterans, and youth. These infographics highlight some key data points, warning signs of suicide, ways to reduce risk of suicide, and available resources that are specific to each population. Click on each picture to be directed to the SDSP website for download.



EVENTS

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

January

15th, 22nd & 29th – [Surviving After Suicide Support Class](#), 6-7:30pm, Helpline Center, Sioux Falls

17th – Helpline Center's [Online Survivor of Suicide Loss Support Group](#), Noon-1pm, [Zoom](#)

February

5th, 12th, 19th & 26th – [Surviving After Suicide Support Class](#), 6-7:30pm, Helpline Center, Sioux Falls

21st – Helpline Center's [Online Survivor of Suicide Loss Support Group](#), Noon-1pm, [Zoom](#)

March

6th – [Surviving After Suicide Support Class](#), 6-7:30pm, Helpline Center, Sioux Falls

Save The Dates

May

1st – Prevention Summit, Cedar Shore Resort, Chamberlain SD

August

1st-2nd – [SDSP Conference](#), Sioux Falls Convention Center, Sioux Falls

Resources

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

