



Prevention Newslink

JUNE 2023

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

WPRC

*Youth and Family Services
Rapid City, SD*

Bill Elger
welger@youthandfamilyservices.org

Chloe White
cadkins@youthandfamilyservices.org

(605) 342-1593

SEPRC

*Volunteers of America-Dakotas
Sioux Falls, SD*

Kerri Cox
k.cox@voa-dakotas.org

(605) 444-6333

NEPRC

*Human Service Agency
Watertown, SD*

Dodi Haug
dodih@humanserviceagency.org

Stephanie Kinnander
stephaniek@humanserviceagency.org

(605) 884-3516

CANNABINOID HYPEREMESIS SYNDROME IS ON THE RISE

Cannabinoid hyperemesis syndrome (CHS) is a condition that leads to repeated and severe bouts of vomiting. This is a rare condition that is attributed to frequent long term use of cannabis. News outlets are reporting an uptick in cases in recent years.



According to Cedars-Sinai, experts are still trying to learn exactly how marijuana causes CHS in some people. Marijuana has several active substances, including THC. These substances bind to molecules found in the brain which causes the drug "high" and other effects that users feel. In the brain, marijuana helps prevent nausea and vomiting, for example in people having chemotherapy.

Your digestive tract also has a number of molecules that bind to THC and related substances. This means marijuana also affects the digestive tract. For example, the drug can change the time it takes the stomach to empty. It also affects the esophageal sphincter. One theory is that THC can accumulate in the body over time and may cause a toxicity in the gastrointestinal track and the brain.

The syndrome has 3 phases. In the prodromal phase the patient may experience morning nausea, typically without vomiting. This is followed by the hyperemesis phase, which is characterized by prolonged vomiting and abdominal pain. This phase can lead to decreased food and water intake, weight loss, and dehydration. Individuals will frequently utilize hot showers to attempt to reduce symptoms and eventually visit their primary care physician or emergency room for care during this phase. Diagnosis of CHS can be difficult as symptoms of nausea and vomiting are very broad. There is no single test to confirm this diagnosis.

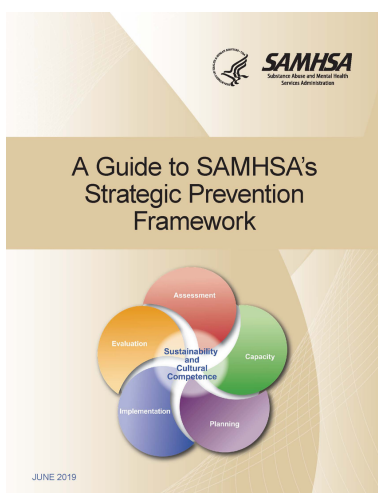
The third phase is the recovery phase. The individual will typically begin to feel better during this phase. During the recovery phase, if the individual continues to use marijuana, they often repeat the hyperemesis phase. You can prevent CHS by not using marijuana in any form. Even if you've been diagnosed with CHS, by quitting use, you will not experience symptoms any more.

STATEWIDE SAPST CLASS HELD FOR PREVENTION PROFESSIONALS

The Substance Abuse Prevention Skills Training (SAPST) was held at Youth and Family Services in Rapid City on May 22-25. Bill Elger and Kara Graveman facilitated the training for 16 participants from 10 agencies.

SAPST prepares prevention providers to address substance abuse prevention in the context of behavioral health. It helps them improve their practice by developing a comprehensive approach to prevention guided by SAMHSA's Strategic Prevention Framework.

SAPST helps providers reduce behavioral health disparities by identifying the needs of vulnerable populations, improving cultural competency, sustaining prevention by collaborating effectively across sectors to address shared risk factors, and improving the health and well-being of communities in a cohesive way.



HHS LAUNCHES NEW WEBSITE TO HELP PEOPLE FIND SUPPORT FOR ISSUES WITH MENTAL HEALTH, DRUGS, OR ALCOHOL

The U.S. Department of Health and Human Services (HHS) launched [FindSupport.gov](https://www.findsupport.gov), a new user-friendly website, designed for the general public, to help people identify available resources, explore unbiased information about various treatment options, and learn how to reach out to get the support they need for issues related to mental health, drugs, or alcohol.

[FindSupport.gov](https://www.findsupport.gov) helps people navigate through common questions when they are at the start of their journey to better behavioral health, such as how to ask for help, how to help others and how to search for a health care professional or support program that meets their needs. The website provides information on how to find treatment and support based on insurance status.

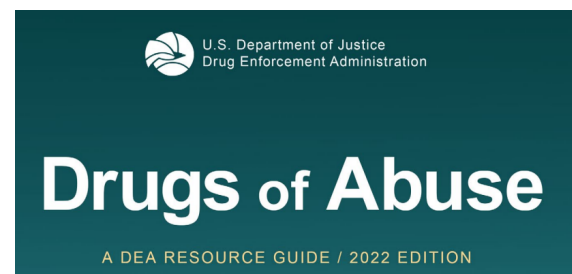
SUICIDE PREVENTION/POSTVENTION RFP

The South Dakota Department of Health (SDDOH), Office of Disease Prevention and Health Promotion is soliciting proposals for the provision of suicide prevention and postvention activities focused on the youth and young adult populations. Services provided are to be consistent with the following components: 1) Mental health and suicide prevention peer support training; 2) Community mental health and suicide prevention data services; and 3) Suicide loss response planning and support services. Vendors are able to select one (1) or multiple of the three (3) components to complete.



You can find more information on the RFP [HERE](#).

The US Department of Justice, Drug Enforcement Administration (DEA) recently released their [Drugs of Abuse Resource Guide](#).



Drugs of Abuse, A DEA Resource Guide, is designed to be a reliable resource on the most commonly abused and misused drugs in the United States. This comprehensive guide provides important information about the harms and consequences of drug use by describing a drug's effects on the body and mind, overdose potential, origin, legal status, and other key facts.

UPCOMING TRAININGS & EVENTS

Building Community Resilience

Session 2 - Terry Liggins with The Hurdle Life Foundation

June 20 - 1:00 pm CT/12:00 P MT
Register [HERE](#)

Session 3: Importance of Peer-to-Peer Mentoring for Youth with special guests WAVI with the Youth Action Council

June 27 - 1:00 pm CT/12:00 MT
Register [HERE](#)

Prevention Technology Transfer Center, Media in Prevention: A Three-Part Webinar Series

Part 1 - Social Media Best Practices

June 20 - 5:00 PM CST
Register [HERE](#)

Part 2 - Media Literacy as a Practical and Transferrable Skill

July 11 - 5:00 PM CST
Register [HERE](#)

Part 3 - Using Media in Substance Misuse Prevention

August 1 - 5:00 PM CST
Register [HERE](#)

We Need to Talk 2023 Suicide Prevention Conference

August 10-11 | Sioux Falls Convention Center

Register [HERE](#)

Natural Helpers of SD Training of Trainers

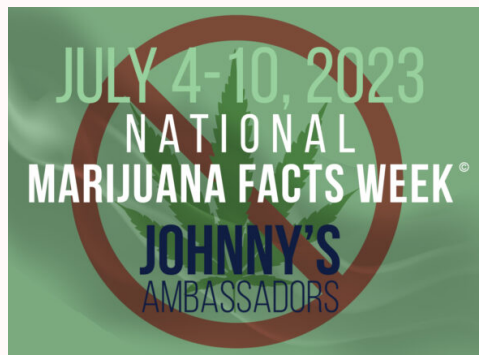
Click [HERE](#) for more information

Capitol Visitor Center, Pierre
July 26-27, 8:00-3:30pm (CST)

Stephaniek@humanserviceagency.org

Boys and Girls Club, Watertown
September 20-21, 8:00-3:30pm (CST)
Stephaniek@humanserviceagency.org

Youth & Family Services, Rapid City,
September 27-28, 8:00-3:30pm (MT)
cadkins@youthandfamilyservices.org



National Marijuana Facts Week (NMFW) is an annual, week-long, national health observance created by Johnny's Ambassadors Youth Marijuana Prevention to raise public awareness about the dangers of today's high-THC marijuana on adolescent brain development, mental illness, and suicidality.

The week-long observance kicks off with a "bang" on Tuesday, July 4 and symbolically culminates on 710 Anti-Dab Day, Monday, July 10 (see what is [Anti-710 Dab Day?](#)). NMFW was created by Johnny's Ambassadors to encourage educational events in communities so teens can learn what science has taught us about marijuana use and addiction.

NMFW brings together parents, students, educators, doctors, scientists, and community partners to save our youth from the harms of today's high-potency marijuana. We aim to decrease the perception of harmlessness and reduce the use of marijuana by young people.

Visit www.johnnysambassadors.org/nmfw/ to download the National Marijuana Facts Week Toolkit.

LOOKING FOR A GOOD SUMMER READ?

Borrow ebooks & audiobooks from the SD Prevention Resource Centers' digital library!

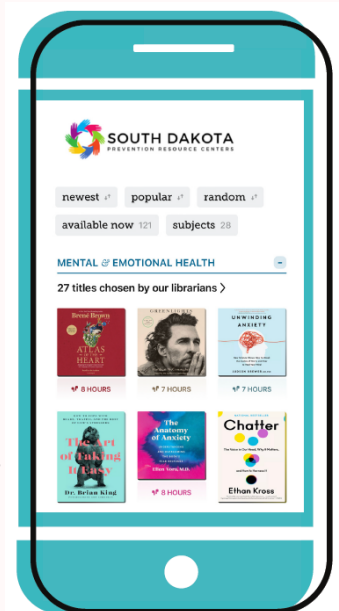
Get started by filling out this [sign up sheet](#). A username, password and user instructions will then be emailed to you.

Topics include alcohol, drugs, substance abuse, opioids, mental health, suicide and more.

Titles can be borrowed for up to 21 days with the possibility to renew, given no other holds are placed by other lenders.

Questions? email neprc@humanserviceagency.org

New titles have also been added to the PRC's Prevention Libraries in Watertown, Sioux Falls, and Rapid City. To check out what is new, contact your local PRC.



Regional Contacts

Southeast Region

Miranda Stabe

605-443-9965

mstabe@bhssc.org

Northeast Region

Ashley Heyne

605-221-8783

ahayne@bhssc.org

Western Region

Joan Lindstrom

605-394-5120

jlindstrom@bhssc.org



Nicotine Pouches

With 2.5 million middle and high school students reporting e-cigarette use in 2022, e-cigarette use among youth remains a very important public health concern. With traditional cigarette smoking on the decline, tobacco companies have put their focus on “smokeless” tobacco products such as oral nicotine pouches. These pouches contain nicotine powder instead of tobacco leaf like Snus uses. The most popular brands for oral nicotine pouches include Zyn, On!, and Velo. Overall sales of nicotine pouches have increased from 126 million units from August to December 2019 to 808 million units from January to March 2022.

In the beginning, these pouches contained 4-6 mg of nicotine powder, but since the product has become more popular, they now contain 8 mg of nicotine powder. To learn more about this products and it effects it has on our youth visit: [What is Zyn and what are oral nicotine pouches? \(truthinitiative.org\)](https://truthinitiative.org)

Increase Concentrations of Nicotine

A 2023 study of trends in nicotine strength among e-cigarette products showed that the average concentration of nicotine has increased from 2.5% to 4.4% between 2017 and 2022. The study also showed that the nicotine strength increased in many flavors such as candy, fruit, and beverage, but not in mint flavors. The greatest increase among them being menthol- flavored products increasing to 4.5% and beverage-flavored products increasing to 5.3%. With many e-cigarette products being on the market such as, pre-filled, rechargeable devices, disposable and e-liquid the study found that the nicotine strength increased the most in disposable e-cigarettes. Disposable e-cigarettes are the most popular form of e-cigarette use among youth. Disposables are designed for one-time use, contain lithium batteries, heavy metals, but are also creating large forms of hazardous waste. Visit [More e-cigarettes are entering the market, with increasingly high concentrations of nicotine \(truthinitiative.org\)](https://truthinitiative.org) to learn more.

EVENTS/TRAININGS

- June 5: World Environment Day
- September: National Alcohol and Drug Addiction Recovery Month
- Healthy Lung Month
- Children’s Health Month
- October 8-14: Fire Prevention Week
- October 9: Fire Prevention Day (Annually)
- October 23-31: Red Ribbon Week (Last week of October)

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



SUPPORTING SCHOOLS IN THE WAKE OF A STAFF OR FACULTY MEMBER'S SUICIDE

The loss of a staff or faculty member by suicide can have a profound impact on a school community. Not only does it leave colleagues and students grappling with grief and shock, but it also raises questions about mental health support within the educational environment. Schools must respond to such tragic incidents with empathy, compassion, and a comprehensive approach to ensure the well-being of their community members. In this article, we will explore strategies and guidelines for schools to effectively respond when a staff or faculty member dies by suicide.

- **Prioritize Grief Support:** Following a suicide, it is crucial for schools to prioritize grief support for students, staff, and faculty members. Establish a crisis response team that includes mental health professionals who can offer immediate counseling and support to those affected. Create a safe space for open dialogue, allowing individuals to express their emotions, ask questions, and seek solace in a supportive community.
- **Communicate Openly and Transparently:** Transparent communication is key during this difficult time. School administrators should inform the community about the loss and the cause of death in a sensitive manner, acknowledging the grief while respecting the privacy of the deceased and their family. This open communication can help dispel rumors and reduce stigma surrounding suicide.
- **Provide Mental Health Resources:** Schools should proactively provide mental health resources and support services to the entire school community. This can include grief counseling, therapy sessions, or support groups facilitated by mental health professionals. Encourage students, staff, and faculty members to seek assistance and remind them of the confidentiality policies in place to ensure privacy.
- **Foster an Environment of Compassion and Understanding:** In the aftermath of a staff or faculty member's suicide, it is crucial for schools to foster an environment of compassion and understanding. Encourage students and staff to support one another, promoting empathy and open discussions about mental health. Provide training and educational programs on mental health awareness, resilience, and suicide prevention to equip the community with the necessary tools to identify warning signs and seek help.
- **Review Policies and Procedures:** Schools should take this unfortunate incident as an opportunity to review their existing policies and procedures regarding mental health and wellness support. Evaluate the availability and accessibility of resources, consider revising policies related to stress management, workload, and work-life balance. Ensure that there are clear channels of communication for reporting concerns and providing feedback regarding mental health and well-being.
- **Long-Term Support and Prevention:** Grief and recovery take time, and it is essential for schools to offer long-term support to those affected. Implement a plan for ongoing mental health support, including periodic check-ins, counseling services, and mental health awareness campaigns. Collaborate with local mental health organizations to establish partnerships and access additional resources.

Responding to the suicide of a staff or faculty member is a challenging task for any school community. By prioritizing grief support, open communication, mental health resources, fostering compassion, and reviewing policies, schools can provide the necessary support for healing and prevention. It is crucial to create a culture that promotes mental health, destigmatizes seeking help, and ensures the well-being of all members of the school community. Through these efforts, schools can navigate this difficult time with compassion and strength.

If you ever have any questions or need any guidance or support, the Helpline Center is available 24/7. You can reach us by dialing 988.