



# Prevention Newslink

MARCH 2023

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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## CANNABIDIOL (CBD) - POTENTIAL HARMS, SIDE EFFECTS, AND UNKNOWNNS

### Key messages from the new SAMSHA advisory:

- Cannabidiol (CBD) and delta-9-tetrahydrocannabinol (delta-9 THC) are two of many chemical compounds called cannabinoids that are found in the cannabis plant. CBD, which in its pure form does not produce any psychoactive effects, is typically derived from the hemp plant. Nevertheless, CBD products, except for the prescription medication Epidiolex, are not FDA-approved. Despite being marketed extensively, there are no federal standards for their content, purity, or potency.
- The concentration of CBD may be more or less than advertised. Lack of quality control, the manufacturing process may introduce harmful biological and chemical contaminants, including the psychoactive THC. The lack of safety standards, accuracy in labeling, and quality control may lead to additional concerns for unintended intoxication, particularly among children.
- Since federal restrictions on growing cannabis plants that contain low amounts of delta-9 THC were removed in 2018, CBD has become widely available in a range of products and formulations, including topicals, fabric, food, and beverages.
- In 2020, as many as one-third of American adults reported using CBD products.
- CBD has been marketed as a treatment for a range of health conditions in recent years; however, there is a lack of evidence to support many of these claims.
- Potential risks and harms associated with CBD use include adverse drug interactions, liver toxicity, and reproductive and developmental effects.
- Delta-9 THC or delta-9 THC-contaminated products may be sold as CBD. Labeling of these products may be unclear or misleading, posing a potential threat to a user's current or prospective employment, produce inaccurate medical test results, or cause unintended drug interactions.
- More clinical research is needed to determine if CBD products are safe and effective treatments for the conditions for which they are marketed.

**Find the full text advisory from SAMSHA [here](#)**

# UPCOMING TRAININGS & EVENTS

## Legal Workshop: Trauma Informed Approaches to Working with Clients

March 28th | 9 - 3pm CT  
Muenster University Center,  
Vermillion

FREE! [Register here](#)

More details can be found on page 3

## South Dakota Foundation for Medical Care Webinar: Moving Forward with Reversing Drug Overdose

March 28th | 12:00 CT  
[Register for FREE here](#)

## PTTC Webinar: Engaging Young Adults in Prevention Planning and Implementation

April 12th | 10 - 11:30 CT  
[Register for FREE here](#)

## Suicide Prevention Trainings for Faith Leaders

[April 25th | Sioux Falls](#)

[April 27th | Rapid City](#)

Click on the dates to register for FREE!

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

May 10-12th | Ramkota Hotel, Pierre  
[Register here!](#)

More details found on page 3

## Substance Abuse Prevention Skills Training (SAPST)

May 22-25th | 8 - 4:30pm  
Youth & Family Services  
120 E Adams St  
STE 300, Rapid City

FREE & lunch/snacks provided  
To register: email

[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)  
with the name and email address for each participant as well as any special accommodation requests

# BRAIN INJURY AWARENESS MONTH

March is Brain Injury Awareness Month. A brain injury can happen to anyone at anytime, and can impact all areas of a person's life, not just their thinking. Someone in the U.S. sustains a brain injury every 9 seconds, and the leading cause of Traumatic Brain Injuries (TBI) is from falls.

The Brain Injury Alliance of South Dakota (BIASD) is a statewide organization that educates the public, advocates improvements in the quality of life for persons with brain injury and their

families and supports programs to prevent brain injury. To learn more about brain injury and the resources and supports available, check out their website, [braininjurysd.org](http://braininjurysd.org). Questions? Email [braininjurysd@gmail.com](mailto:braininjurysd@gmail.com).



# ALCOHOL AWARENESS MONTH

Alcohol is recognized as a leading cause of preventable death and harm in the United States, and the Centers for Disease Control and Prevention (CDC) estimates that more than 140,000 people die each year in the United States – 384 per day – because of excessive alcohol use.

April is National Alcohol Awareness Month. To raise awareness about alcohol-related harms and the importance of alcohol policy safeguards, the Northwest PTTC has launched the Alcohol Awareness Toolkit: #ProofsInTheNumbers. The toolkit includes policy analysis worksheets, engagement materials, and social media materials like the one you see to the right.

[Check out the FREE toolkit here!](#)

## 2023 Weekly Themes

**Week 1:** Harms to Others/Impaired Driving/Violence (April 2-8)

**Week 2:** Alcohol and The Economy (April 9-15)

**Week 3:** Alcohol's Role in The Opioid Epidemic (April 16-22)

**Week 4:** Alcohol and Cancer & Excessive Alcohol Use (April 23-29)

## SELF-PACED COURSE ON CANNABIS

As the landscape of medicinal and adult personal use of cannabis changes across the country, prevention practitioners are left with mixed messages about how to address youth cannabis use.

Research is catching up to this changing landscape, and new information about how perception of harm and related factors impact youth cannabis use are emerging.

A new self-paced course created by the PTTC Cannabis Prevention Working Group is available now for free on [HealthKnowledge.org](https://www.healthknowledge.org). This two module webinar course will focus on the research of risk and protective factors for cannabis use, as well as evidence-informed strategies for addressing them.

[Click here to access the FREE course.](#)



## LEGAL WORKSHOP TO FOCUS ON TRAUMA- INFORMED APPROACHES

Presented by the South Dakota Unified Judicial System, the University of South Dakota Knudson School of Law, and the Center for the Prevention of Child

Maltreatment, this free legal workshop will give law students, legal professionals, and others interested in better understanding trauma-informed approaches in legal proceedings an opportunity to learn from local and national experts on the subject. The workshop will begin with remarks from South Dakota Chief Justice Steven R. Jensen. The morning session is titled "Understanding Adverse Childhood Experiences: An Introduction to Trauma-Informed Courts" and will be presented by Cassie Nagel with Children's Home Society of South Dakota.

The keynote for the workshop is Olga Trujilla. Olga is an author and internationally renowned speaker who has devoted her career to helping others better understand the impact of trauma on survivors of sexual assault, domestic violence, child abuse, and human trafficking. Her workshop keynote is titled "Responsive and Trauma-Informed Legal Services."

This FREE workshop will take place on March 28th at the Muenster University Center in Vermillion, SD. The workshop will begin at 9:00am, includes a light breakfast and lunch, and will conclude by 3:00pm. [Click here to register and see the full agenda and speaker highlights.](#)

## SOUTH DAKOTA ASSOCIATION OF ADDICTION AND PREVENTION PROFESSIONALS (SDAAPP) 2023 ANNUAL CONFERENCE

May 10 - 12th | Best Western Ramkota in Pierre, SD & Virtual Option

### Keynote Speakers and Presentations include:

Samson Teklemariam - Progressing Forward in Relapse Prevention

Dr. Suzanna Keizer - Gambling and the Family

Tifanie Petro - Adverse Childhood Experiences

Tracy Palecek - Chart the Life Course & Person-Centered Thinking Tools, Poverty 101

Dr. Kari Oyen - Adolescent Development

J Carlos Rivera - Generation Red Road

Conference rates depend on how many days attended. During registration you will have the option of attending one, two or all three days of the conference. Email [sdaapp@venturecomm.net](mailto:sdaapp@venturecomm.net) for questions

[Click here for the conference agenda](#)

[Click here to register](#)

This conference is brought to you by the South Dakota Association of Addiction and Prevention Professionals, the South Dakota Department of Social Services Division of Behavioral Health, and the South Dakota Prevention Resource Centers.

# South Dakota Suicide Prevention



## Resources

**Statewide Website**  
[sdsp.sdsuicideprevention.org](https://sdsp.sdsuicideprevention.org)

**The Helpline Center**  
[HelplineCenter.org](https://www.helplinecenter.org)

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**If you or someone you  
know needs help with...**

- Depression • Grief
- Relationship conflicts
- Drugs • Alcohol
- Suicidal thoughts



## Words Matter

The language we use is important as we work towards dismantling the stigma surrounding mental health, mental illness, and death by suicide. One of the crucial steps to reducing stigma around mental health and suicide is to have an open dialogue that is centered around compassion and care. When we use stigmatizing language, it reinforces stereotypes and discrimination and prevents people from getting help. In recent years there has been a movement toward destigmatizing language around mental health and suicide. This shift is creating a neutral and compassionate dialogue surrounding mental health and suicide, which can have a positive and empowering effect on all of us.

People are more than their mental health challenges, they are people outside of their diagnosis and we need to be putting the person first. One way to do that is to utilize person-first language. When we define a person by their mental health challenges, we are diminishing and dehumanizing that individual. Instead of saying things like “drug addict,” “bulimic,” or “schizophrenic” to describe individuals with those mental health diagnoses, we need to be putting the person first. Instead, use phrases such as “...has a substance use disorder/is living with a substance use disorder,” “...has an eating disorder,” or “...is living with schizophrenia.” When we utilize person-first language, we are creating an environment of respect and making space for individuals to define themselves.

As we work towards accurately describing a death by suicide, we have strayed away from using the judgmental phrase “committed suicide.” The reason for this is that the word “committed” is oftentimes associated with the negativity of committing a crime or committing a sin. Instead, we are replacing that with “died by suicide.” Using a neutral phrase, such as “died by suicide,” removes the shame and blame element from the person that lost their life. Another phrase that is often used when discussing suicide is “successful suicide” or “unsuccessful attempt.” This notion of “successful suicide” or “unsuccessful attempt” is inappropriate and harmful, because it is associated with an achievement or something positive. Suicide is a tragic event that impacts many people. Instead, using “died by suicide,” “attempted to end their life,” or “attempted suicide” reduces the stigma and promotes respectful language. A final phrase that is commonly used when discussing suicide is “completed suicide” or “failed suicide.” These terms infer that suicide is a task to be completed, and if someone doesn’t complete that task, they have failed. It lessens the severity, impact, and experiences of people that have died by suicide, have suicidal thoughts or behaviors or have a loved one that struggles with suicidal ideation. Instead, using “took their own life” or “non-fatal suicide attempt,” are more respectful terms.

Utilizing destigmatizing language can help change the narrative surrounding mental health and suicide. It promotes openness, compassion, and respect for people that are impacted by suicide and mental health. We are better able to help and connect people to care when we use inclusive and neutral language. With suicide and mental health, we want to inspire hope and healing and create spaces of community and resilience where people are able to thrive. Words matter, so let’s start shifting our language to be more caring, compassionate, and neutral, so people feel hope, validated, and empowered.



[DRIVESAFESD.COM](http://DRIVESAFESD.COM)



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[www.SDEMSC.org](http://www.SDEMSC.org)  
Facebook:  
[@SDEMSforChildren](https://www.facebook.com/SDEMSforChildren)



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## South Dakota EMS for Children March 2023

It's time again for St. Patrick's Day and with St. Patrick's Day falling on a Friday this year, we know driving impaired will happen.

In 2021, according to the South Dakota Office of Accident Records, 58 people were killed in alcohol and/or drug related crashes in South Dakota.

St. Patrick's Day is one of the deadliest times on our nation's roads. During the 2016-2020 St. Patrick's Day holiday period (6 p.m. March 16 to 5:59 a.m. March 18), 287 lives were lost in drunk-driving crashes on our nation's roads. In 2020 alone, 37 people were killed in drunk-driving crashes over the St. Patrick's Day holiday period (6 p.m. March 16 to 5:59 a.m. March 18).

When we present our impaired driving program to new teen drivers across South Dakota, we talk about the deadliest holidays on the road. We want to bring awareness to not only be on the look out for impaired drivers, but also what to do if they come across one on our highways. We also talk about increased patrolling during these times. Teens are shocked to find out not only the amount of people killed but that New Year's isn't the deadliest holiday.

We ask that drivers plan ahead this St. Patrick's Day with a sober ride to and from their party.



Jaime, SD EMS for Children

Regional Contacts

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**This is Quitting Reaches a New Milestone**

Truth Initiative announced that their free text-based cessation program, *This is Quitting*, has reached a milestone of helping more than half a million youth and young adults quit vaping nicotine. *This is Quitting* is the largest quitting resource in the country and the only one that has been validated by peer-reviewed research.

This is such a significant milestone as youth e-cigarette and vaping use continues to be an epidemic. The 2022 National Youth Tobacco Survey showed that more than 3 million youth and young adults are using nicotine, majority being e-cigarettes/vapes. With over 2.5 million high school and middle school students using e-cigarettes, 46% of those in high school use frequently. In another recent study, Truth Initiative research found that between July 2021 and June 2022, nearly 2.5 million youth and young adults used e-cigarettes for the first time. If you know of a teen wanting to quit, they can text “**DITCHVAPE**” to **88709** to enroll for free in [This is Quitting](#).

To learn more visit [Truth Initiative](#).

**Healthier Generations Policy Training**

Alliance for a Healthier Generation has launched a new OnDemand training to help you create effective tobacco and vaping policies for your school district. Create a free account to access the [Building Effective Tobacco and Vaping Policies on-demand training](#). It will be a valuable guide as you seek to create a healthier school environment that reduces tobacco and vaping use.

This training will:

- Describe the importance of having a tobacco and vaping district policy.
- Define how to build support for the policy and implement inclusive practices during development.
- Analyze best practices and provide model language to utilize in your tobacco and vaping policies.
- Discuss how to access and utilize the Tobacco-Free District Policy Builder.

If you are looking for additional assistance, please contact [Ryan Monroe](#), Healthier Generation Program Manager, for support, technical assistance, and best practice strategies to build a healthy tobacco-vaping-free school environment.

**EVENTS/TRAININGS**

- March 19-25: National Poison Prevention Week
- **March 29: Spring Tobacco Control Institute 9:00am – 4:30pm CT**
- March 31: Take Down Tobacco National Day of Action
- April 3-9: National Public Health Week
- April 7: World Health Day
- April 22: Earth Day
- May: Clean Air/Breathe Easy Month
- May 3: World Asthma Day

# WE NEED TO TALK

## 2023 Suicide Prevention Conference



### THURSDAY, AUGUST 10TH AND FRIDAY, AUGUST 11TH SIOUX FALLS CONVENTION CENTER

Join us for the Second Annual Suicide Prevention Conference where you will learn more about South Dakota's impactful suicide prevention work. This year's conference will provide additional tools and resources for suicide prevention and stigma reduction related to mental health.

Target audience: Behavioral Health Professionals, Law Enforcement, Educators, Healthcare, Survivors of Suicide Attempt/Loss, and the general public.

For more information, visit the link below or scan the QR code at the bottom of the page.

<https://sdsuicideprevention.org/events/suicide-prevention-conference/>

Registration will open in May.

### FEATURING KEY SPEAKERS



**Kevin Hines**  
Suicide Attempt Survivor,  
Author & Speaker

**Dr. Craig Bryan**  
Veteran & Board-Certified  
Clinical Psychologist



# SAVE THE DATE



SCAN FOR MORE  
INFORMATION



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



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