



Prevention Newslink

March 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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NATURAL HELPERS *of South Dakota*

Natural Helpers of South Dakota is a training resource for students and staff who are already known as "natural helpers" in their schools. Using an anonymous school-wide survey, participants are identified as a person their peers naturally seek out when they need to talk to someone. This training will help those "natural helpers" to better assist youth during difficult situations.

The Natural Helpers of South Dakota training teaches listening, communication, and problem-solving skills. The lessons also train students how to effectively intervene in common peer situations, how to choose beneficial self-care practices for themselves, and how to make a referral to an adult when an issue is outside of their comfort level and when a peer's safety is a concern. This program helps a schools "natural helpers" to better their school and community through helping others feel connected and supported. This training requires an initial 1-2 day training and provides ample opportunity for adult advisors to continue to support the Natural Helpers by providing continued education and guidance on a regular basis.

Natural Helpers training and on-going assistance is available to schools/ organizations free-of-charge. Trainers that have been through a Training of Trainers (TOT) hosted in 2023 may now seek approval to be reimbursed through the SDSP Website. If you are interested in attending a Natural Helpers TOT, please contact your PRC.



UPCOMING TRAININGS & EVENTS

Check & Connect Mentor Training

March 27 & 28 | 9 - 3:30pm (CT)
Southeast Tech - Sioux Falls
Register [Here](#) or Email [Becky Cain](#)

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](#)

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

SPF Application for Prevention Success Training (SAPST)

June 24 - 27th | Pierre
Registration can use the QR Code below.



Participate in National Drug and Alcohol Facts Week® (NDAFW) March 18-24, 2024 and help share facts about drugs, alcohol, and addiction in your community. NDAFW is an annual week long observance that aims to get communities talking about the science of drug use and addiction among youth. It serves as an opportunity to bring together not only scientists, educators, and healthcare providers, but also student advocates and community partners to help address youth drug and alcohol use on a local and national level. NDAFW was launched in 2010 by scientists at the National Institute on Drug Abuse (NIDA) to spark educational events that communities can facilitate to help teens learn what science has taught us about drug use and addiction. To learn more, get ideas for activities, or register your event, Visit the NIDA website [here](#).

TAKE DOWN TOBACCO NATIONAL DAY OF ACTION



Tobacco companies think they can fool a new generation into addiction with sweet flavors, cheap products, and targeted ads. What a joke! Take Down Tobacco National Day of Action calls on student advocates and their communities to come together and stand up to Big Tobacco. This April Fools' Day, Take Down Tobacco is asking you to participate in activities that expose the tricks the tobacco industry uses to lure kids into addiction.

Tobacco companies aggressively market deadly and addictive products while raking in billions of dollars in profits. They fight policies that reduce tobacco use and are constantly developing new products to hook kids. These companies continue to lie, cheat and fool people into a lifetime of addiction, disease and death. The tobacco industry thinks they can gamble with people's lives, but you can call their bluff by going all-in to take down these jokers once and for all. Learn more and plan your day of action event by using the link [here](#).

988 "REASONS TO CONNECT" GRAPHICS

New 988 Social Media Graphics for "Reasons to Connect" are available for use and to share on the [SAMHSA site](#).

Life can get overwhelming. There are many reasons why someone may need to call, text, or [chat](#) 988. Whether it's thoughts of suicide, substance use, anxiety, worries over sexual orientation, feeling depressed, physical illness, loneliness, relationship worries, etc. Share posts and graphics on your social media channels to help communicate that any reason is a good reason to reach out to 988. Click [here](#) for "Reasons to Connect" 988 social media graphics, key messages, and partner toolkit.



CRIMES AGAINST CHILDREN IN THE 21ST CENTURY WORKSHOP

April 4, 2024 - 9am to 3pm CST
Old Lumber Company, Vermillion
Find more information and register [HERE](#).

The 3rd Annual Legal Workshop is sponsored by the SD Unified Judicial System Court Improvement Program, CPCM and the USD Knudson School of Law.

This FREE workshop is intended for law students, legal professionals, and others interested in better understanding about the legal issues and victim representation in tech-facilitated child abuse. Light breakfast and lunch are provided.

The workshop will begin with a welcome by Justice Scott P Myren. Then, a session led by children's rights professor, Warren Binford, will focus on the complex legal issues implicated in child sex abuse facilitated by technology. A talk on victim representation in tech-facilitated child sex abuse will be given by licensed professional counselor, A. R. Ascano. Lastly, a presentation on legislative work done to protect children from harm before a panel discussion and closing remarks by former Lt Governor, Matt Michels.

"LET'S TALK ABOUT GRIEF" IS NOW AVAILABLE THROUGH LOST & FOUND

This is an all-audiences resource to educate about grief, teach readers how to support their own grief, and how to better support grief in others. This project started as a result of feedback from the Survivors Joining for Hope program. One survivor said, "I lost my son just 6 months ago, my boss wants me to be over it, people don't know why I'm still crying, I just don't even want to go to work anymore."

This resource is to help serve people who feel stigmatized and misunderstood while grieving. It was developed to spur conversation and make grief more widely understood by the public so we can be more supportive of each other. This resource is "finished for now" but Lost & Found is actively seeking feedback. Once a considerable amount of diverse feedback is received, updates will be made before the final version is published. Fill out this [form](#) and the PDF will be emailed to you. There is a survey at the end of the PDF for those to give constructive feedback to make the guide as helpful as possible. For more information, visit [Mental Health Content | Lost&Found](#).

FENTALERT: EMPOWERING YOUTH FOR SAFER CHOICES - SAMHSA FENTANYL AWARENESS YOUTH CHALLENGE DEADLINE EXTENSION

SAMHSA is looking for youth, ages 14-18, to pitch a strategy that educates their peers in the community about fentanyl, fake pills, and overdose prevention and may include any innovative ways to reach youth on the topics. The deadline is **March 25, 2024, 5pm CST**. The top 6 ideas will be awarded a \$5,000 prize each, and up to 25 youth will receive a \$2,000 honorable mention prize. To participate, create a Challenge.gov account and learn how to enter at [FentAlert: Empowering Youth for Safer Choices - SAMHSA Fentanyl Awareness Youth Challenge](#). If you have questions, contact: challenge@samhsa.hhs.gov



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](#)



What is NSSI?

Non-suicidal self-injury (NSSI) is the term for a person deliberately harming themselves without the intent to die. It is often used as a way to cope with overwhelming emotions, relieve emotional pain, or regain a sense of control. NSSI can take various forms, including cutting, burning, scratching, hitting, or punching oneself. The specific methods used can vary depending on individual preferences and available resources. People may engage in NSSI as a way to regulate intense emotions such as sadness, anger, guilt, or anxiety. The physical pain caused by self-injury can serve as a distraction from emotional pain or provide a temporary sense of relief. For some individuals, NSSI may serve as a way to communicate distress or express emotions that are difficult to verbalize. It can be a way to signal to others that they are struggling and in need of help or support. These behaviors function as a maladaptive coping mechanism for dealing with stress, trauma, or unresolved psychological issues. It may provide a temporary sense of control or alleviate feelings of numbness or dissociation.

It is important to distinguish NSSI behaviors from suicide attempts. While both involve intentional self-harm, individuals engaging in NSSI do not have the intent to die. However, NSSI can still have serious physical and psychological consequences and should be taken seriously. Engaging in self-harm has the potential to escalate into an emergency even if the intention was to only relieve psychological distress. In many cases, people who engage in this type of self-injury are living with other mental health conditions such as depression, anxiety, post-traumatic stress disorder, borderline personality disorder, or substance abuse disorders. Research suggests that pain improves mood for people who engage in NSSI because pain is a powerful distractor (Selby, Connell, & Joiner, 2010). The distraction research demonstrates that people who engage in NSSI have higher levels of emotion reactivity and affective dysregulation than those who do not (Bresin, 2014). Mild and non-painful distractions like listening to music or going for a walk do not provide enough distraction to regulate negative moods for people who harm themselves without the intent to die.

Addressing these underlying issues is crucial in treating NSSI. Certain factors may increase the likelihood of engaging in NSSI, including a history of trauma or abuse, family or peer influences, social isolation, low self-esteem, perfectionism, and difficulties in emotion regulation. Treatment typically involves a combination of therapy, medication, and support. Cognitive-behavioral therapy, dialectical behavior therapy, and other evidence-based interventions can help individuals develop healthier coping skills, regulate emotions, improve self-esteem, and address underlying issues contributing to NSSI.

If you or someone you know is engaging in NSSI, it's essential to seek help from a mental health professional or counselor. They can provide support, guidance, and resources for addressing NSSI and promoting overall mental well-being. Additionally, you can call 988 to get support and connection to resources.

Bresin, K. (2014). Five indices of emotion regulation in participants with a history of nonsuicidal self-injury: A daily diary study. *Behavior Therapy, 45*(1), 56–66

Selby, E. A., Connell, L. D., & Joiner, T. E. (2010). The pernicious blend of rumination and fearlessness in non-suicidal self-injury. *Cognitive Therapy and Research, 34*(5), 421–428.

South Dakota Tobacco Control Program

Regional Contacts

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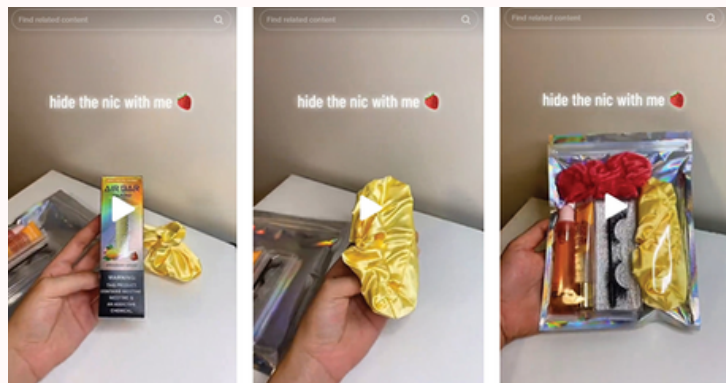
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Quittobaccosd.com

Easy Access to E-Cigarettes

According to a new Truth Initiative research, it has now come to light that TikTok accounts are promoting “discreet shipping” services for e-cigarettes. They attempt to conceal e-cigarettes in cosmetics, candy, and beauty products to bypass the age restrictions on e-cigarette sales, as well as parental oversight. The research also found that 76.3% of online vape shops allow customers to reach the checkout page without proper confirmation that they are 21 and older. For more information please visit: [Youth have easy access to e-cigarettes online through lax age verification and concealed deliveries \(truthinitiative.org\)](https://truthinitiative.org)



Nicotine Pouches

With traditional cigarette smoking on the decline, tobacco companies have put their focus on “smokeless” tobacco products, 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 product and the effects it has on our youth visit: [What is Zyn and what are oral nicotine pouches? \(truthinitiative.org\)](https://truthinitiative.org)

Upcoming Events and Trainings

- **March 20: Spring Tobacco Control Institute**
- March 17-23: National Poison Prevention Week
- April 1: Take Down Tobacco Nation Day of Action
- May: Clean Air/Breathe Easy Month
- May 31: World No Tobacco Day