



Prevention Newslink

MAY 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

FENTANYL CONCERNS PERSIST THROUGHOUT SOUTH DAKOTA

Recently, Kayla Rounds, a therapist with Catholic Social Services reached out to the Prevention Resource Center to pass along information she heard during the course of her work relating to fentanyl. Kayla granted permission to share her concern with the readers of the South Dakota Prevention NewsLink to promote ongoing discussions among service providers.

Kayla wrote, "Recently, a client told me something I thought could be important. I am unsure of the validity, but it seems worth mentioning. The client told me that they knew people who would stamp fentanyl pills to look like Percocet pills, mix them in with Percocet pills, and sell them. The client said that you cannot tell the difference between the two. They said, 'You take one pill from the bag and get high. You take another, and you die.' Maybe the story was not true, or maybe people are already aware of these practices. Regardless, it is concerning, and it seemed fitting for this topic (Fentanyl Awareness Day, May 9)."

Illicit drug manufacturers do put fentanyl into homemade pills and into water soluble drug capsules and they can pass for a commercially manufactured product at first glance. However, sometimes "homemade" pills just don't look quite right. It can be difficult to make imprinted numbers and letter look clear and sharp. Sometimes the pills look "fuzzy" and a bit like they were carried in pocket for a week or had been run through the laundry.

Fentanyl is used to misrepresent other drugs, usually pain killers/opioids, or mixed into other illicit drugs to "improve the high" or increase monetary profit. In these cases, the makers and sellers are likely to take care not to kill everyone. Unfortunately, they do not always succeed and these instances are often the basis for conversations like this. Even if there is not likely a need for immediate panic, there is risk in ignoring such accounts.

Thank you to Kayla and everyone else who continues to share what is being learned about this deadly drug. Additional information and resources can be found on the [Avoid Opioid SD](#) website.

-Written by Bill Elger, WPRC



WE NEED TO TALK

2023 Suicide Prevention Conference



The Department of Social Services, Division of Behavioral Health, in partnership with other state agencies, is excited to host the Second Annual Suicide Prevention Conference on August 10th from 10:00am-5:00pm and August 11th 8:00am-12:00pm CST. Registration is open now through August 1st at 11:59 pm or until we reach capacity.

Join as we celebrate South Dakota's impactful suicide prevention work. Through this conference you will be able to learn more about at risk populations in South Dakota and be provided with additional tools and resources for suicide prevention and stigma reduction related to mental health.

This conference will feature speakers in the areas of veterans, youth, tribal communities, compassion fatigue, and the general population, as well as those with lived experience of suicide loss or survival. We started the conversation last year, let's keep it going as we work to end suicide in South Dakota.

Key Speakers Include:

Kevin Hines: Storyteller, best selling author, global public speaker, awarded winning documentary filmmaker, and suicide attempt survivor.

Dr. Craig Bryan: Veteran & Board-Certified Psychologist

Dr. Kari Oyen: Program Director and Associate Professor of School Psychology

CEUs will be offered for this conference.

SOUTH DAKOTA HEALTH IMPROVEMENT INNOVATION GRANT

The South Dakota Department of Health is pleased to announce a funding opportunity, the Health Improvement Innovation Request for Applications. This funding opportunity is intended to support strategies that have a deliberate focus on health improvement and include supportive activities to address barriers or unintended outcomes underserved populations may face. Successful applicants will be awarded up to \$25,000, with a minimum of \$5,000. Applications must be submitted by June 30, 2023. All funds must be expended by May 31, 2024. For more information, please visit doh.sd.gov/healthequity and for questions you can contact Kayla Townsend, ktownsend@bhssc.org.



NATURAL HELPERS OF SOUTH DAKOTA TRAINING OF TRAINERS

Middle and High School students are more likely to reach out to their peers when they need help, as opposed to an adult. Natural Helpers is an opportunity to teach that "helping network" the skills they may need to help their friends.

Attend this interactive training to learn more about Natural Helpers and its implementation. As a result, you will be able to use the curriculum to do the training with your students, or learn more about how to bring the trainers to your school.

Application has been made for 1 graduate/undergraduate credit through the University of Sioux Falls.

Check out page 3 for more information on training dates and locations or click [HERE](#).

SCHOLARSHIP OPPORTUNITIES FOR YOUTH

High School Prevention Magazine publishes its prevention magazine in Iowa, Illinois, Minnesota, North Dakota, South Dakota & Wisconsin. It is sent out FREE of charge to ALL local high schools. Each state they publish in has its own edition to service their local communities.

Each year this publication offers scholarships to the students who write the best essay on preventing abuse, how they have dealt with abuse, and how they have overcome obstacles surrounding addiction. This scholarship is available in each state they publish in and helps fund the purchase of schoolbooks when they begin college the following Fall. [Click HERE](#) for more information.

UPCOMING TRAININGS & EVENTS

Mission: Possible

May 31-June 1 | Hilton Garden Inn
Sioux Falls Downtown

Click [HERE](#) for more information and to register.

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



The Department of Social Services, Division of Behavioral Health (DSS-DBH) hosted a prevention update meeting during the 2023 SDAAPP Conference in Pierre. Division staff, the 3 PRC's, and 12 Community Coalitions were in attendance pictured above.

GREAT PLAINS QIN WEBINAR: BREAK THE CHAIN OF NICOTINE DEPENDENCE

MAY 23 | 3:00 – 4:00 PM CT

Chronic nicotine use can increase sensitivity to pain and decrease pain tolerance over time. Nicotine has been found to interfere with the normal functioning of pain receptors in the brain, leading to alterations in pain processing and increased sensitivity to pain. This could potentially lead to opioid use.

Regular nicotine use can lead to the development of mental health disorders, such as anxiety, depression and mood swings. Additionally, it has been linked to an increased risk of developing other psychiatric disorders. Nicotine use can affect social interactions, relationships and social functioning, as individuals may prioritize nicotine use over other activities and relationships. Nicotine dependence can have serious consequences on an individual's overall health and well-being.

Great Plains Quality Innovation Network will also be sharing our new change package, Break the Chain of Nicotine Dependence, during this Webinar.

[Register HERE](#)

As a result of attending this Webinar, I will be better able to:

1. Recognize the factors behind nicotine use and its connection with chronic pain
2. Correlate between behavioral health and nicotine use
3. Better understand how to implement a nicotine treatment program
4. Access the Break the Chain of Nicotine Dependence Change Package (developed by Great Plains QIN)

Webinar Presenters:

Ed Larson, MA, CTTS
Tobacco Treatment Coordinator, Southeast
Human Service Center in Fargo, North Dakota



Molly Leis, MS, LADC, LPCC, CTTS
Nicotine Dependence Counselor, CTTS, at
Mayo Clinic



SUICIDE PREVENTION TRAINING

The Department of Social Services, Division of Behavioral Health (DSS-DBH) is pleased to offer mental health awareness and suicide prevention training to organizations upon request. To learn more about available trainings visit:
www.sdsuicideprevention.org/get-help/request-training/.

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



Mental Health

The month of May is Mental Health Awareness Month. It is important to be educated on how vaping and nicotine have severe negative effects on our mental health. Our brains have billions of neurons that send and receive messages using neurotransmitters. These neurotransmitters bind to a specific receptor, affecting how we move, think, and feel. Nicotine mimics a specific neurotransmitter called acetylcholine, so when someone vapes nicotine, the brain gets a lot of “fake” acetylcholine that messes up the chemical processes in our brain. Besides acetylcholine, the nicotine from vapes also affects other neurotransmitters, like dopamine and serotonin. Serotonin is associated with feelings of happiness, focus and calm, while dopamine is associated with feelings of rewards, motivation, and productivity.

Each time someone takes a puff of a cigarette or e-cigarette, the brain’s reward center releases dopamine. This dopamine affects the brain’s prefrontal cortex (which controls decision-making) and rewires the brain. This person repeats this behavior not only to experience pleasure, but also to avoid feeling bad. Many people who vape think it will help their mental health, but it is only making it worse. This rewiring can cause **anxiety**, **depression**, and **mood changes**. Take time this month to educate yourself or any loved ones who might be affected by this, not only to help their mental health but their overall health as well.

Tobacco in Pop Culture

According to Truth Initiative’s fifth annual look at tobacco imagery in entertainment, tobacco has maintained its starring role in most popular on-screen entertainment. The report analyzed tobacco imagery across 15 streaming shows most popular among 15–24-year-olds, the most binge-watched shows, and the year’s most popular movies and music videos.

60% of the 15 most popular shows among 15- to 24-year-olds contained depictions of tobacco in 2021, showing no improvement from 2020 and exposing 25 million young people to tobacco imagery. While 47% of top movies released in 2021 depicted tobacco imagery. There were 17 PG-13-rated or under movies with tobacco imagery, exposing 25 million youth and young adults. For the top 2021 Billboard songs, 13% of songs had 290 tobacco depictions in their music videos and were viewed over 2 billion times. This number might seem high, but it has decreased from 23% in 2020. Though numbers have gone down, more needs to be done to ensure these numbers continue to drop to entirely end the impact and influence of tobacco in our culture.

[Tobacco’s starring role \(truthinitiative.org\)](https://truthinitiative.org)

EVENTS/TRAININGS

- May: Clean Air/Breathe Easy Month
- May: Mental Health Awareness Month
- May 3: World Asthma Day
- May 31: World No Tobacco Day
- June 5: World Environment Day
- September: National Alcohol and Drug Addiction Recovery Month

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



INCLUSIVITY IN SUICIDE PREVENTION

Suicide prevention is a crucial public health issue that requires a comprehensive approach to save lives. Inclusivity is essential to suicide prevention, as it enables individuals from diverse backgrounds to access the support they need. Suicide affects people of all ages, races, genders, and socio-economic backgrounds, and suicide prevention efforts must be tailored to meet the specific needs of each community.

Inclusivity means ensuring that all individuals, regardless of their identity or background, feel welcomed and supported in seeking help for suicidal thoughts or behavior. Unfortunately, many people who belong to marginalized groups, such as LGBTQ+ individuals, people of color, and those with disabilities, are at higher risk for suicide due to societal stigma and discrimination. Therefore, it is crucial to ensure that suicide prevention efforts are inclusive and accessible to everyone. This means creating safe and welcoming environments where individuals can share their experiences without fear of judgment or discrimination.

Creating inclusive environments in suicide prevention involves several key strategies that can help individuals feel safe, supported, and empowered to seek help. Some strategies include:

1. Provide Culturally Competent Care: Suicide prevention services should be staffed with individuals who are trained to provide culturally competent care. This means that providers should have an understanding of the unique experiences and challenges faced by different communities, and be equipped to provide care that is sensitive to their needs.
2. Foster a Sense of Belonging: Inclusive environments in suicide prevention should foster a sense of belonging, where individuals feel welcomed and supported. This can be achieved by creating safe spaces where people can share their experiences without fear of judgment or discrimination. Peer support groups can also be helpful in creating a sense of community and connectedness.
3. Address Stigma and Discrimination: Addressing stigma and discrimination is critical in suicide prevention. Suicide is often stigmatized, which can make it difficult for individuals to seek help. Suicide prevention efforts should work to reduce stigma and discrimination by promoting education and awareness, and challenging harmful attitudes and beliefs.
4. Promote Accessibility: Suicide prevention services should be accessible to everyone, regardless of their socio-economic status or physical ability. This may involve offering services in multiple languages, providing transportation, and ensuring that facilities are accessible to individuals with disabilities.
5. Tailor Services to Meet Specific Needs: Suicide prevention efforts should meet the specific needs of different communities. For example, LGBTQ+ individuals may require support addressing issues related to identity and acceptance, while individuals from low-income communities may require assistance accessing healthcare and other resources.
6. Incorporate Diversity in Representation: Suicide prevention efforts should also incorporate diversity in representation, including in leadership and staffing. This can help ensure that different perspectives and experiences are valued and incorporated into suicide prevention efforts.

By implementing these strategies, suicide prevention efforts can create inclusive environments that are welcoming and supportive of all individuals. Inclusivity is a critical aspect of suicide prevention that ensures all individuals have access to the support they need. Suicide affects people from all walks of life, and suicide prevention efforts must be tailored to meet the specific needs of each community. By creating safe and welcoming environments, we can save lives and prevent suicide.