



# Prevention Newslink

October 2023

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

### WPRC

Youth and Family Services  
Rapid City, SD

Bill Elger  
[welger@youthandfamilyservices.org](mailto:welger@youthandfamilyservices.org)

Chloe White  
[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)

(605) 342-1593

### SEPRC

Volunteers of America-Dakotas  
Sioux Falls, SD

Kerri Cox  
[k.cox@voa-dakotas.org](mailto:k.cox@voa-dakotas.org)

(605) 444-6342

### NEPRC

Human Service Agency  
Watertown, SD

Dodi Haug  
[dodih@humanserviceagency.org](mailto:dodih@humanserviceagency.org)

Stephanie Kinnander  
[stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)

(605) 884-3516

## NATIONAL PRESCRIPTION DRUG TAKE BACK DAY - OCTOBER 28, 2023

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Unused or expired prescription drugs can be dangerous, especially for children, teens, and even pets. Misused medication can lead to accidental overdose or addiction. Prescription drugs are only safe when used as prescribed by the person they were prescribed to. Taking medication that is not prescribed to them is very dangerous. For example, kids may think it's okay to take medication from a friend who has been diagnosed with ADHD because they feel they have similar symptoms. But it's important to note that medication needs to be prescribed to individuals by a licensed physician to be safe.



Here are some ways to safely dispose of medication:

- Drop Off at a Take-Back Location - locations like pharmacies and police stations accept unused or expired medications year-round. Find a take back location near you [HERE](#).
- DisposeRx Packets - contain an FDA-approved ingredient that chemically and physically neutralizes the drugs when mixed with water and then can be safely thrown in the trash. Order a [FREE DisposeRx packet](#) to be mailed directly to you.
- Ask Your Pharmacy About Their Safe Disposal Program - Many pharmacies have medication disposal kiosks on-site or a program for the safe disposal of unused or expired prescription medication.

It's important to teach children that drugs are dangerous. It's also important to make your household expectations, rules, and consequences clear. You can find guidance for having the conversation at [www.avoidopioidsd.com/take-action](http://www.avoidopioidsd.com/take-action).



For more information on safe storage and disposal of medication, visit [www.avoidopioidsd.com](http://www.avoidopioidsd.com).

# UPCOMING TRAININGS & EVENTS

## NE SD Family Violence Prevention Conference

October 18 - 19

Dakota Event Center, Aberdeen

Register [HERE](#)

## Too Good for Drugs Training

October 18 | Rapid City

Register by email

[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)

October 20 | Brookings

Register [HERE](#)

## Fall SADD Trainings

Rapid City: October 24

[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)

## An evening with Emma

October 24 | 7:00pm

Lincoln High School Auditorium

Register [HERE](#)

## PREPaRE Training

November 14, 30, or December 1

Contact [Amber Kilburn](#) to learn more

## Alternatives - Youth Diversion Education Training (Virtual)

November 8 | 9:30 am - 3:15 pm (CST)

Register [HERE](#)

## SPF Application for Prevention Success Training (SAPST)

Nov 28-29 | 10:00 am - 3:30 pm (CST)

Dec 4-5, 8 | 10:00 am - 3:30 pm (CST)

Virtual

Find more information [HERE](#)



# GREAT PLAINS QIN CLAS PLAYBOOK: UNDERSTAND. IDENTIFY. CREATE.

The [Great Plains QIN](#) Playbook for providing Culturally and Linguistically Appropriate Services (CLAS) is intended for organizations who are just getting started and those who are well on their way.

CLAS is a service that is respectful of and responsive to each person's culture and communication needs. CLAS helps you take into account of cultural health beliefs, preferred languages, health literacy levels, and communication needs.

The Great Plains QIN team is here to help you and your organization as you work to meet the needs of the individuals you serve. The playbook houses information to better understand CLAS and the National CLAS Standards; resources to help your organization identify and track current efforts and opportunities; as well as resources to create an action plan to implement new interventions or to initiate improvement efforts.

If CLAS is new to you, complete this [form](#) and GPQIN will reach out to walk you through the tools and resources to get started. Are you already familiar with [CLAS](#) and the National CLAS Standards? Take the first step to see how your organization is doing in providing CLAS and complete our [CLAS Checklist](#).



## LEVEL 1.0 ADOLESCENT GROUP

Carroll Institute is excited to be offering a new group focused on assisting those 14-18 years old that are struggling with a substance use disorder.

Using the curriculum "Group-Based Outpatient Treatment for Adolescent Substance Abuse," the group will cover a variety of topics including the physical, psychological, and behavioral effects of drug use. Participants will also learn healthy communication skills, managing thoughts about use, relapse, coping with hurdles within recovery, identifying alternative activities and identifying high risk situations.

Adolescents that have been screened and recommended to Level 1.0 diagnoses (outside of tobacco) are eligible for the group. Screenings can be done at Carroll Institute.

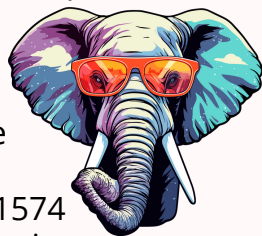
Group participants will also be required to meet with a primary counselor for individual sessions to review group expectations and to create a treatment plan prior to joining the group.

The group will meet every Monday from 5:00-6:00pm at Carroll Institute. If you are interested, please contact Dominique Gunn at (605) 275-1574 or [dgunn@carrollinstitute.org](mailto:dgunn@carrollinstitute.org).

# ELEPHANT IN THE ROOM

Carroll Institute will be hosting the Elephant in the Room group to build resiliency within children and adolescents who have close family members struggling with addiction. This group will provide participants with a safe environment to process feelings, develop new skills, and an opportunity to connect with others going through similar experiences. Topics covered may include addiction, feelings, problem-solving, support, coping skills, strengths, treatment and recovery.

There will be two age groups, 8-13 and 14-17. Dates are to be determined after registration is complete. The cost for the program is \$100, but a multifamily member registration is eligible for a reduced cost. Limited scholarships are available.



For more information, please contact Dominique Gunn at (605) 275-1574 or [dgunn@carrollinstitute.org](mailto:dgunn@carrollinstitute.org).

## OPIOID SETTLEMENT FUND COMMUNITY GRANT PROGRAM

A new funding opportunity is available for South Dakota-based organizations working to abate and alleviate the impacts of the opioid crisis and co-occurring substance use challenges in South Dakota communities. As you may be aware, over the next 18 years South Dakota will be receiving funding from the National Settlement Agreement involving a number of pharmaceutical companies. This funding is split between what is called the statewide share and the localized share. Department of Social Services in partnership with the Opioid Abuse Advisory Committee is utilizing 25% of the statewide share of the National Opioid Settlements to fund this grant program.

Allowable activities must align with the [Approved Uses](#) for the Settlement Funds.

*Please share this opportunity with your community-based partners. Applications are currently being accepted online, which can be accessed on the web page linked below. A FAQ document, budget template, and notes on preparing to apply are also available.*



Grant Program Applications received before November 1st will be reviewed for funding beginning December 2023.

For More Information scan the QR code or visit: <https://dss.sd.gov/behavioralhealth/grantinfo.aspx>  
Settlements > Opioid Settlement Fund Community



## PRIME FOR LIFE CERTIFIED INSTRUCTOR TRAINING OPPORTUNITY

Prime for Life is a judgement-free way of understanding how alcohol and drug-related problems develop, what we can do to prevent them, and why sometimes we need help. It is for anyone ages 13 and older who is curious, concerned, or making high-risk drug or alcohol choices.

Prime for Life offers multiple time variations for different audiences and can be a benefit for anyone. Becoming a certified instructor allows the individual to deliver all versions of the program.

The DSS Office of Behavioral Health has spots available for individuals to be trained as Prime for Life Instructors. To learn more about the Prime for Life experience, visit [www.primeforlife.org/programs/primeforlife](http://www.primeforlife.org/programs/primeforlife).

For more information or to get registered, please contact Shaina Smykle at [shaina.smykle@state.sd.us](mailto:shaina.smykle@state.sd.us).





# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

**STATEWIDE WEBSITE**  
[SDSUICIDEPREVENTION.ORG](http://SDSUICIDEPREVENTION.ORG)

**THE HELPLINE CENTER**  
[HELPLINECENTER.ORG](http://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](#)



# Teens and Risk of Suicide

Schools have been in session for at least a month, if not longer. Students are adjusting to a regular schedule that oftentimes entails more than a school day. When the scheduled lessons are complete, many students actively participate in after-school extracurricular activities such as jazz band, football, quiz bowl (just to name a few). While extracurricular activities are valuable to student development, they can add additional stress for students who may already feel overwhelmed by things like social interactions, homework, and family life. Sometimes these overwhelming feelings (no matter the source) may lead some students to have thoughts of suicide.

So, what can parents do? Here are five things parents can do to help children experiencing suicidal thoughts.

1. Listen – As adults, talking through problems may be the first solution to any perceived problem. When listening to people share, it is vital to consider verbal and non-verbal communication. Watch for youth who may begin isolating themselves, avoiding certain friends, or neglecting personal hygiene.
2. Practice Means Safety – Over half of deaths by suicide attempts use firearms. Remove firearms to a safe location outside the home, perhaps with a family friend. Securely storing firearms is the next best solution by keeping ammunition stored separately from locked firearms. While firearms are a concern, identifying other means within the home and restricting access to those is also vital. Ensure medications are secure, properly stored, and in limited supply.
3. Seek professional help as soon as possible – If there is concern about mental health or suicidal thoughts, take steps to seek help sooner rather than later. A mental health professional may also provide guidance on means of restriction and securing the home.
4. Remind each other there is hope and healing will take time – It is important to remember that health journeys are not linear and everyone has a unique journey. Encouraging self-care and energizing activities will help people feel hope.

Raising a person from infancy to adulthood is no small task. Remember to rely on those around you for support and comfort, and know 988 is available 24/7.

To hear a personal story of recovery from an attempt survivor, consider attending the Evening with Emma event on October 24 hosted by the Helpline Center. You can reserve your seat at [www.helplinecenter.org/emma](http://www.helplinecenter.org/emma).

Information for this article was adapted from a [healthychildren.org](http://healthychildren.org) [article](#).



**DRIVESAFESD.COM**



Jaime Bartell  
900 E 54th St N  
Sioux Falls, SD



(605)328-6667



[Jaime.Bartell@usd.edu](mailto:Jaime.Bartell@usd.edu)



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



Contact me today for I  
Choose classroom materials!

## South Dakota EMS for Children October 2023

Hello Fall! Our warm summer has ended and the fall temperatures are here for us all to enjoy. As our days grow shorter and it becomes darker earlier, here are some tips to keep you safe while out enjoying those walks at dusk.

- **Be seen by oncoming traffic:**

Walk against traffic so you can see what is coming in advance and you will have time to react to the situation. You will also in the driver's headlights, so they can see you better.

- **Always be highly visible:**

If you start your walk in the late afternoon, you might not think about visibility, but dusk or darkness can set in before you reach your destination.

- Headlamps: A headlamp frees your hands and provides a steady beam of light in your direction of travel.

- Reflective clothing: Do not wear dark clothing. Hi-visibility clothing with reflective material is essential. No reflective gear? Wear bright clothing such as whites or neon.

- Arm/ankle bands: Bands are lightweight and easy to wear.

- Flashlight: A flashlight helps you see your surroundings when walking and allows others to see you. Move the flashlight side to side to alert drivers that someone is walking.

- **Have a walking partner:**

Whether it is a friend, family member or dog, a walking partner increases safety, adds more visibility and provides help in case of medical emergency or injury. Animals sense dangerous situations or other pedestrians before you can. Keep your pet visible, by using reflective collars, lights, or bands.

- **Remain alert:**

Keep your head up, look for hazards 10+ feet in front of you. Avoid distractions that cause you to lose focus. Looking at your phone or listening to music should be avoided at night, you need to stay aware of your surroundings and be ready to react if needed.

- **Have a plan:**

If something goes wrong, do you to have a plan? Let a friend or family member know where you are walking and what time you plan to return.

- **Carry your phone:**

Make sure your phone is charged and be prepared for the worst-case scenario such as an encounter with an animal or person, an injury or medical emergency.

Jaime Bartell  
SD EMS for Children

Regional Contacts

**Southeast Region**

**Miranda Stabe**

605-443-9965

[mstabe@bhssc.org](mailto:mstabe@bhssc.org)

**Northeast Region**

**Ashley Heyne**

605-221-8783

[ahayne@bhssc.org](mailto:ahayne@bhssc.org)

**Western Region**

**Kayla Townsend**

605-721-4584

[ktownsend@bhssc.org](mailto:ktownsend@bhssc.org)



Oral Nicotine Pouches

More and more new nicotine products are being put on the market, resulting in more people becoming highly addicted. Oral nicotine pouches have gained popularity, with their high nicotine content and youth appealing flavors. These pouches are not FDA approved and a [study](#) from 2022 found that these oral nicotine pouches are containing up to 8mg of nicotine concentration. Products also come in concentrations of 6, 4, or 3 mg. Some youth think that oral nicotine pouches are an alternative way to help them quit vaping when it is doing the opposite. Since the content of nicotine is so high it raises concerns about the addictiveness of these products.

There is a new free digital quit program developed by Truth Initiative in collaboration with the Mayo Clinic Nicotine Dependence Center, called EX. EX has helped over 190,000 tobacco users on their journey to quit smoking, vaping, or using any type of tobacco/nicotine product. To learn more please visit: [The New Epidemic: Oral Nicotine Pouches & A New FREE Digital Quit Program - Great Plains QIN](#)

INDEPTH

The American Lung Association's INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco, and Health) program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or e-cigarette use policies. This program is administered by a trained adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. The program consists of four sessions of approximately 50 minutes geared toward youth and focused on tobacco use, including e-cigarettes, nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products. Because the program is offered as an alternative to suspension or citation, attendance is mandatory to fulfill the obligation for the infraction. INDEPTH is not intended to be used as a prevention program (i.e., for students who are not current tobacco users). To learn more please visit: [INDEPTH® – Alternative to Suspension – Facilitator Training \(lung.training\)](#) or contact Southeast Tobacco Prevention Coordinator Miranda Stabe: [Mstabe@bhssc.org](mailto:Mstabe@bhssc.org)

EVENTS/TRAININGS

- October: 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)
- November: Lung Cancer Month, National Cessation Month & Mouth Cancer Month
- November 16: Great American Smoke Out

# SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025



## October–December 2023 Newsletter

### Notes To Self

#### DSS Division of Behavioral Health Launches New Campaign

During this past August SDSP Conference, DSS Cabinet Secretary Matt Althoff revealed the new campaign entitled “Notes to Self”. The campaign was developed to generate awareness and eliminate stigmas surrounding behavioral health and emphasize the roles we can all take in prevention and early intervention. “It’s a way of saying ‘let’s talk about our mental health in a way that’s supportive,’” said Tiffany Wolfgang, Chief of Behavioral Health at DSS. The campaign includes tv, radio, print and internet ads. These “Notes to Self” reminders focus on the existence of needs in our communities and the resources available to all. Using no cost [resources](#) from the Division of Behavioral Health, together we can encourage empathy and start the conversation around mental health in our communities throughout South Dakota.



### International Survivors of Suicide Loss Day

November 18<sup>th</sup>, 2023

[International Survivors of Suicide Loss Day](#) is an event each year that shows support to those who have lost loved ones to suicide. As the grief and trauma can be difficult to handle, the Helpline Center and 988 are available 24/7 for support. Additionally, there are resources available through the SDSP website that can be shipped directly to you at no cost along with listings of [support groups near you](#).

### Suicide Data Dashboard

#### 2022 Suicide Data Finalized

South Dakota saw 192 suicides in 2022, a 5% decrease from 202 suicides in 2021. The goal of suicide prevention is simple: reduce risk factors and promote resiliency. To measure the impact of the implementation of the 2020-2025 SD Suicide Prevention Plan, 5 performance measures were identified and added to the data dashboards on the [suicide data dashboard](#). Suicide is preventable when we all work together!

### Suicide Prevention Month Spotlight

#### Harrisburg High School

September was Suicide Prevention Month, and SDSP was busy disseminating materials around the state. Harrisburg High School posted a table outside of their counseling office during National Suicide Prevention week and had to restock their table twice a day. Staff stated that the materials allowed them to connect with students on reporting, signs that someone may be struggling, etc. Suicide prevention [materials](#) can be ordered through the SDSP website and shipped at no additional cost.



### EVENTS

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

#### October

12<sup>th</sup> -13<sup>th</sup> – NAMI SD Annual Conference, Rapid City

18<sup>th</sup> – Helpline Center sponsors “[My Ascension](#)” viewing, 7:00 pm Chamberlain

24<sup>th</sup>- Helpline Center sponsors “[An Evening with Emma Benoit](#)”, 7pm, Sioux Falls

27<sup>th</sup> –QPR (Question, Persuade, Refer) Training, 8:30-10:00 am, Sioux Falls

#### November

18<sup>th</sup>- Find local AFSP International Survivors of Suicide Loss Day [Events](#)

21<sup>st</sup> –QPR (Question, Persuade, Refer) Training, 3:00- 4:00 pm, Virtual

### SAVE THE DATE

[SDSP Conference](#)  
August 1<sup>st</sup>-2<sup>nd</sup>, 2024  
Sioux Falls Convention Center

### RESOURCES

- 988 Suicide & Crisis Lifeline
- BeThe1SD
- Helpline Center
- SDSP Trainings
- Request A Training
- Behavioral Health Materials
- Suicide Prevention Materials

