



Prevention Newslink

May 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

WPRC

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2024 PREVENTION MATTERS SUMMIT



The 2024 Prevention Matters Summit was held on May 1 at Arrowwood Resort in Oacoma, SD. The summit, hosted by the South Dakota DSS Division of Behavioral Health, was a success.

Participants had an opportunity to network with prevention providers and

other state agencies and learn about resources they have available.

The event was opened by Tiffany Wolfgang, SD-DSS Chief of Behavioral Health, who spoke on the importance of prevention work. Dr. Carolina Corrales, Mountain Plains PTTC, presented, "Why Prevention Matters: Applying Prevention Science to Practice." Erin Ficker, Strategic Prevention Technical Assistance Center (SPTAC), then spoke on youth marijuana use and effective prevention strategies. A panel of professionals from DSS, DOH, Helpline Center, NEPRC, and the DTR closed out the morning portion of the summit by discussing prevention resources across the state.

The afternoon was comprised of "Substance Misuse and Suicide Prevention," by Michelle Majeres, SPTAC. Dr. Rodney Wambean, University of Wyoming, presented "There Has Always Been Drinking in America: Alcohol, History, Culture, and What it All Means for Prevention." Lastly, Marjean Nielsen, Mountain Plains PTTC, spoke on "How to do Prevention: Evidence-Based Practices in Today's Prevention Landscape." Participants received closing remarks from DSS Cabinet Secretary, Matt Althoff.

On May 2nd, the Division of Behavioral Health held a Prevention Providers meeting to discuss state data, new efforts, and learning activities. DSS- DBH Staff Shaina Smykle and Vanessa Barnes were presented with awards for their efforts and work in the prevention field.



UPCOMING TRAININGS & EVENTS

Youth Suicide: Prevention, Intervention & Postvention in Schools

May 30 | 9 - Noon (CT)

Virtual via Zoom

Register [Here](#) or contact [Becky Cain](#) for more information

SPF Application for Prevention Success Training (SAPST)

June 24 - 27th | Pierre

Registration [HERE](#). For more information, contact [Dodi Haug](#).

Multi-Tiered System of Support (MTSS) Conference

June 25-26 | Oacoma

Registration coming soon. Contact [Becky Cain](#) or [Brandi Gerry](#) with any questions

SD AHEC Mission: Possible Conference

“Advancing Action Against Substance Use Together”

July 17 and 18 | Sioux Falls -Hilton Garden Inn

[Register Here](#)

Suicide Prevention Conference

August 1 and 2 | 9 - 4:30pm (CT)

Sioux Falls Convention Center

[Register Here](#)

WE NEED TO TALK
2024 Suicide Prevention Conference
SAVE THE DATE

Thursday, August 1st and Friday, August 2nd
Sioux Falls Convention Center

Scan or Click Here to Register

Health Connect Festival

September 14 | 11:00-3:00pm

Sioux Falls Arena

Click [HERE](#) for more information



PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The Prevention Technology Transfer Center (PTTC) Network works to improve implementation and delivery of effective substance use prevention interventions, and provide training and technical assistance services to the substance misuse prevention field.

It does this by developing and disseminating tools and strategies needed to improve the quality of substance misuse prevention efforts; providing intensive technical assistance and learning resources to prevention professionals in order to improve their understanding of prevention science, epidemiological data, and implementation of evidence-based and promising practices; and, developing tools and resources to engage the next generation of prevention professionals.

Enhance Your Prevention Knowledge by joining one of their upcoming programs.

- Prevention in a Time of Changing Cannabis Policies, Products, and Potency
 - June 4, 10:00 AM–11:30 AM CT
- Media Literacy 101 for Substance Misuse Prevention Practitioners
 - June 20, 1:00 PM–2:30 PM CT
- Be Your Own Spielberg: Using Storytelling Techniques to Create Highly Engaging and Impactful Presentations
 - June 27, 1:00 PM–2:30 PM CT

Visit the [PTTC HERE](#) to learn more about additional educational opportunities.

COMMUNITY SOBRIETY EVENT

Mocktails Mix-Off

June 27th

5-8 PM @ Giving Hope Bingo
1605 W Burnside St. | Sioux Falls, SD 57104

SUBMIT YOUR RECIPE FOR A CHANCE TO WIN!
CASH PRIZES!
\$500 \$300 \$150

Contestant Setup 4:30 PM
Sampling & Voting 5:00 PM
Winners Announced 7:15 PM

www.mocktailsmixoff.com
605-371-1000
director@healthconnectsd.org

Come and help pick the winners competing at the Annual Community Sobriety Event Summer Mocktails Mix-Off being held on June 29 from 5-7PM at Giving Hope Bingo (1605 W. Burnside St. in Sioux Falls).

To be a contestant (and win CASH prizes) enter your non-alcoholic drink recipe by JUNE 19th [HERE](#).

Any questions, contact [Health Connect](#).

NATIONAL GET CAUGHT READING MONTH



May is National Get Caught Reading Month! Check out new information and connect with diverse stories with the SD PRC libraries. Your local PRC has a physical library filled with prevention materials or take a look at our digital materials through Libby. Scan the QR Code below to get signed up.



MILITARY APPRECIATION MONTH

May is National Military Appreciation Month. If you or a military member you know is struggling with mental health or substance use check the links below to find resources, help, and more information.

[US Department of Veterans Affairs](#)

[Military One Source: Mental Health](#)

[US Department of Defense Resources](#)



MAY IS MATERNAL MENTAL HEALTH MONTH



Mother's Day is a great opportunity to recognize the hard work and celebrate the love of mothers that have shaped our lives. However, the entire month of May is also dedicated to maternal mental health, which provides us with an opportunity to support mothers who may be struggling. [The CDC reports](#) that about 1 in 8 women experience postpartum depression after birth. Depression, anxiety, fatigue, and physical stress can have a significant impact on a mother.

To assist mothers who may be struggling, The Health Resources and Services Administration (HRSA) has established a National Maternal Mental Health Hotline - [1-833-852-6262](#) or [1-833-TLC-MAMA](#). Help can also be found through dialing [988](#). For more information regarding the unique mental health challenges a mother may be facing, or to find resources and toolkits, please see the links below.

[American Hospital Association Information and Tools](#)

[HRSA Maternal And Child Health](#)

[Policy Center for Maternal Mental Health Prevention](#)

JUNE IS NATIONAL PTSD AWARENESS MONTH

June is dedicated to bringing awareness to those who may be living with PTSD. [The National Center for PTSD](#) reports that around 6 percent of Americans will experience Post Traumatic Stress Disorder during their lifetime, with around 8 percent of women developing PTSD and 4 percent of men developing PTSD. PTSD has a number of causes and we continuously discover more about the disorder. PTSD can be the result of childhood or adult trauma such as abuse, assault, combat, accidents, crime, and natural disasters. The National Center for PTSD states that many people may not seek help for symptoms of PTSD. [SD DSS](#) has a list of resources and providers that may be able to assist those living with PTSD or are experiencing symptoms.

SOUTH DAKOTA SUICIDE PREVENTION



RESOURCES

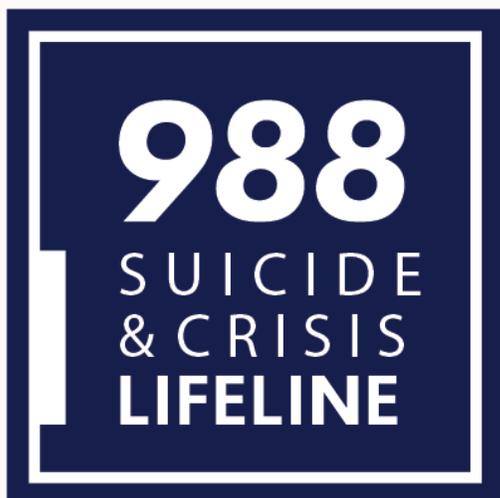
STATEWIDE WEBSITE
SDSUICIDEPREVENTION.ORG

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](#)



Mental Health Awareness

May is Mental Health Awareness Month! The intention is to raise awareness about mental health issues, reduce stigma, and promote understanding and support for those dealing with mental health challenges. Throughout the month, many organizations, advocates, and communities around the world come together to educate people, offer resources, and encourage conversations about mental health. It is an important opportunity to prioritize individual mental well-being and foster a culture of empathy and support for everyone's mental health journey.

Mental health and suicide are deeply interconnected issues. Mental health conditions, such as depression, anxiety, bipolar disorder, and others, can significantly increase the risk of suicidal thoughts and behaviors. It's crucial to recognize the signs of distress and seek help when needed.

Suicide prevention involves a multifaceted approach, including raising awareness, reducing stigma around mental illness, promoting access to mental health care, and fostering supportive communities. Education about mental health, early intervention, and destigmatizing conversations about suicidal ideation are all vital components of suicide prevention efforts.

Things you can do to support suicide prevention:

1. **Educate Yourself:** Attend trainings to learn about the warning signs of suicide and risk factors associated with it. Understanding these can help you recognize when someone may be in distress.
2. **Be a Good Listener:** Sometimes, people just need someone to listen without judgment. Offer your support and let them know you're there for them.
3. **Be the Light:** Remind those struggling that they are not alone and that help is available. Encourage them to seek professional help or support groups.
4. **Promote Mental Health Awareness:** Break the stigma surrounding mental health issues by openly discussing them and advocating for understanding and support.
5. **Share Resources:** Familiarize yourself with local and national suicide prevention hotlines and resources. Share these with anyone who may need them.
6. **Check-In Regularly:** Keep in touch with friends and loved ones, especially those who may be going through a tough time. A simple check-in can make a big difference.
7. **Take Care of Yourself:** Supporting others can be emotionally draining, so make sure to prioritize your own mental health and seek support if you need it.
8. **Advocate for Policy Changes:** Support policies and initiatives that prioritize mental health services and suicide prevention efforts in your community and beyond.
9. **Volunteer:** Consider volunteering for organizations that focus on suicide prevention and mental health support. Your time and effort can make a significant impact.
10. **Spread Hope and Positivity:** Share messages of hope and encouragement on social media and in your community. Let others know that recovery is possible and that there is always hope.

If you or someone you know is struggling with suicidal thoughts, it's essential to reach out for support immediately. Many resources are available, including 988, counseling services, and mental health professionals who can provide guidance and assistance. You are not alone, and there are people who care and want to help.

South Dakota Tobacco Control Program

Regional Contacts

Southeast Region

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Northeast Region

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Western Region

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Quittobaccosd.com

Catch My Breath

Catch My Breath is a youth e-cigarette and vape presentation program specific to grades 5-12. The evidence-based program was shown to substantially reduce students' likelihood of vaping in the year following program implementation and is free to US schools. It can be implemented in the classroom at any time. Catch My Breath also has many lessons surrounding substance misuse for K-8 students.

If you are interested in Catch My Breath, please contact [Kayla Bolstad](#).

Tobacco and It's Effect on Screen

Over half (53% or 8 out of 15) of the streaming programs most favored by 15- to 24-year-olds features tobacco scenes (a slight decrease from the previous two years' 60%) and the quantity of tobacco portrayals in these programs went up by 110%. Tobacco Portrayals more than doubling from 425 in 2021 to 890 in 2022, potentially exposing around 25 million young individuals to tobacco scenes. Tobacco portrayals in the top binge-watched shows nearly quadrupled.

Tobacco depictions also rose in music videos: this year, twice as many music videos for the most popular songs, according to Billboard charts, featured tobacco compared to last year (28% vs. 12.8%), reaching nearly 7 billion views on YouTube by October 2023. Tobacco companies continue to make themselves known on and off the screen.

To learn more please visit: [Lights, Camera, Tobacco?](#) (truthinitiative.org).

Upcoming Events and Trainings

- May: [Clean Air/Breathe Easy Month](#)
- May 29: Tobacco Cessation and Behavioral Health Webinar. Register [HERE](#) or contact [Kaitlyn Ashley](#).
- May 31: [World No Tobacco Day](#).