

Prevention Newslink

South Dakota Prevention Resource Centers

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2022 SADD Conference

"Pieces of the Bigger Picture"

The SD Prevention Resource Centers hosted their 2022 Students Against Destructive Decisions (SADD) Conferences on March 24 and 25 in Rapid City and Watertown, respectively. This year's theme was "Pieces of the Bigger Picture," because we are all a piece of making changes in our communities.

There were over 100 participants at Camp Rapid in Rapid City and 150 participants at Lake Area Technical College in Watertown. Throughout the conferences, participants had the opportunity to hear from a handful of speakers in addition to planning activities to take back to their own communities. Participants also got an opportunity to have a little fun with team challenges.

The conferences started out with [Jacy Good and Steve Johnson](#) as they shared Jacy's story after she was left partially paralyzed from a distracted driver. We hear so much about the dangers of texting and driving, but Jacy and Steve were able to remind everyone that distractions come in many forms such as changing a song on our phones or even talking on the phone and can be very dangerous for everyone on the road.



Participants also got to hear from Terry Liggins, the [Hurdle Life Coach](#), on the importance of doing what is best for yourself and your family, not necessarily what everyone is telling you to do. Terry emphasized that true friends do not ask us to do anything that is illegal, immoral, unhealthy, or just plain bad for us.

Finally, [Chris & Kathy Sullivan](#) spoke about how we all have choices to make and it is up to us to make the best of our choices. Chris is a former NFL player for the New England Patriots where he was apart of the 2001 Super Bowl team. Chris' choice to abuse prescription drugs led him down a hard path, which included him walking away from the NFL to follow his substance use.

Kathy shared the story of her daughter, Taylor, who made a choice to drink underage after her high school homecoming game. Taylor's choice lead her to have an argument with a friend and walk away in a secluded area. After multiple days of searching, her body was found in 2 feet of water.



Participants are encouraged to take the information they've learned and apply the messages in their own communities. These presenters were sponsored by the South Dakota Dept of Social Services, Division of Behavioral Health and the Office of Highway Safety.

If you are interested in learning more about how you can include SADD in your community, please contact your local PRC.

*links to presenter pages are linked as underlined

MAY IS MENTAL HEALTH MONTH

TIME TO GET **BACK TO BASICS**

LEARN MORE
mhanational.org/may

MHA
Mental Health America



MAY 8-14 2022



National Prevention Week (NPW) serves as a week-long observance created by SAMHSA to celebrate prevention efforts in organizations and communities across the nation, and across all ages. Communities make prevention happen every day – not just during NPW – and NPW is the perfect time to promote and celebrate a year's worth of prevention efforts, as well as get news, ideas, and resources to strengthen daily, weekly, and monthly prevention activities.

The three primary goals of National Prevention Week are to:

- Involve communities in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality substance use prevention and mental health promotion resources and publications.

Each year, NPW includes daily themes to focus on major substance use and mental health topics. The 2022 daily themes are:

- Monday, May 9-Strengthening Community Resilience: Substance Misuse and Overdose Prevention
- Tuesday, May 10-Preventing Substance Use and Promoting Mental Health in Youth
- Wednesday, May 11-Preventing Suicide: Everyone Plays a Role
- Thursday, May 12-The Talent Pipeline: Enhancing the Prevention Workforce
- Friday, May 13-Prevention is Everywhere: Highlighting Efforts Across Settings and Communities
- Saturday, May 14-Celebrating Prevention Heroes



Mental Health Awareness Month has been observed in May in the United States since 1949. This year's theme, "Back to Basics," is in recognition of Mental Health becoming a more common place in our conversations these days.

From social determinants of health to genetics, many factors are in play when it comes to mental health conditions, but there are protective measures that can prevent mental health conditions from developing or keep symptoms from becoming severe. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

Life can be challenging, but every day shouldn't feel hard or out of your control. If it does, one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition is to take a mental health screening at mhascreening.org. Your screening results can be used to start a conversation with your primary care provider or a trusted friend or family member, and you can begin to plan a course of action for addressing your mental health.

When facing a mental health concern or living with a mental health condition, it's common to feel like no one understands what you're going through. You aren't alone – help is available, and recovery is possible. Call 1-800-273-TALK (8255) to be connected to the National Suicide Prevention Lifeline, 24/7. Starting July 16, 2022, calling 988 will be another option for matters of mental health crisis.



Early childhood and related professionals are invited to join us for Project SCOPE:

Join us for sessions weekly on Wednesdays 12:00-1:00pm CT May 4 to June 29

5/4	Prenatal Substance Exposure
5/11	Trauma, Substance Exposure, & Speech/Language, Motor, and Sensory Concerns in Children with NAS
5/18	Addiction and Treatment
5/25	Supporting Mothers/Families Impacted by Substance Use Disorders
6/1	Trauma, ACEs, and Trauma-Informed Care
6/8	Monitoring Child Development and Linking to Services
6/15	Fetal Alcohol Spectrum Disorders
6/22	Dealing with Difficult Behaviors
6/29	Networking

Supporting Children of the Opioid Epidemic. This is a national training initiative intended to build provider capacity and confidence in applying evidence based practices in screening, monitoring, and interdisciplinary support for children and families diagnosed with Neonatal Abstinence Syndrome (NAS), Neonatal Opioid Withdrawal Syndrome (NOWS), or who are suspected of being impacted by substance use, trauma, or related exposure.

Register [HERE!](#)

Upcoming Training and Events

Helpline Center: Strategies to Reduce the Impact of Substance Use

April 20 8:15 - 4:15 CT (Hilton Garden Inn, Sioux Falls AND virtual option) | register for this FREE event [here](#)

2022 SD Association of Addiction and Prevention Professionals Conference

May 18, 19, 20 in Rapid City or virtual | click [here](#) to register

Mission Possible: Reducing The Impact of Substance Abuse and Mental Illness in our Communities

June 1 - 2 in Sioux Falls or virtual | click [here](#) to learn more & register

LifeSkills Curriculum Training

June 7 (9-4:30 CT) | email m.majeres@voa-dakotas.org to register

Substance Abuse Prevention Skills Training (SAPST)

June 14-16 and June 21-23 (9-2 CT); June 27-29 (9-11:30 CT) | click [here](#) to register

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Upcoming LifeSkills Training

LifeSkills Training is a proven, highly effective, substance abuse prevention program designed to: provide students with the necessary skills to resist social pressures to smoke, drink and use drugs; to help them develop greater self-esteem, self-mastery and self-confidence; to enable children to effectively cope with social anxiety; to increase their knowledge of the immediate consequences of substance use.

The Elementary level is for implementation in grades 3-4-5 or 4-5-6 and it consists of 8 lessons for each of the three years. The Middle School level is for implementation in grades 6-7-8 or 7-8-9 and it consists of 15 lessons the first year, 10 lessons the second year and 5 lessons the third year. The High School level is for implementation in grades 9-10 or 11-12. It consists of 10 lessons for 9/10 and 6 lessons for 11/12.

Target Audience: Teachers & School Counselors, Prevention Advocates, School Nurses and anyone working with youth who might benefit from this training: Scout leaders, 4-H leaders, etc.

Workshop Goals: The goal of the teacher-training workshop is to provide participants with: an understanding of how and why the LifeSkills Training (LST) program works; an overview of the theory and research supporting the program; an exploration of the curriculum; modeling of key teaching skills; and increased confidence in teaching the LST prevention education curriculum.

Credit Application will be made for continuing education units from the SD Board of Addiction and Prevention Professionals (BAPP), SD Board of Social Workers, and SD Board of Counselors Examiners at no extra charge.

Curriculum for the training will be provided for you. Following the program the SD Tobacco Program will provide additional LifeSkills material, including teacher manuals and student guides to schools who commit to implementing the curriculum for at least one full school year at no charge. More information about this opportunity will be available at the training.

June 7, 2022

Zoom Training

9:00am-4:30pm

Cost: FREE

Contact Michelle Majeres for registration details: m.majeres@voa-dakotas.org

EVENTS

- April 2022: National Minority Health Month, Oral Cancer Awareness Month
- April 1, 2022: Take Down Tobacco National Day of Action
- April 4-10, 2022: National Public Health Week
- April 7, 2022: World Health Day
- April 22, 2022: Earth Day
- May 2022: Breathe Easy Month, Mental Health Awareness Month, National Asthma and Allergy Awareness Month
- May 3, 2022: World Asthma Day
- May 8-14, 2022: National Women's Health Week
- May 31, 2022: World No Tobacco Day
- June 7, 2022: LifeSkills Training – virtual

Supporting Individuals with Lived Experience

South Dakota Suicide Prevention



Resources

Statewide Website
sdsuicideprevention.org

The Helpline Center
HelplineCenter.org

Statewide Crisis Line
1-800-273-8255

Answered by the
Helpline Center



Help a loved one, friend or yourself.
Confidential • 24/7
1-800-273-8255

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

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

Suicide attempts in the United States have increased over the past decade. A recent study, published in JAMA Psychiatry followed the increased rate of suicide attempts. The study defined attempts as “self-reported attempts to kill one’s self in the last 12 months,” from 2008 to 2019. In the 11 years, attempts increased from 481 for every 100,000 adults to 564. Researchers also gathered data from the 484,732 responses of the federal government’s annual National Survey on Drug Use and Health. During the last decade, 40% of those who attempted suicide in the previous 12 months reported they were not receiving mental health care.

Suicide attempt survivors are most vulnerable in the days and weeks after an attempt. Access to mental health resources is vital to individual’s safety post discharge. After care is important and can help bridge the gap. After care can be as simple as creating a safety plan prior to discharging from the hospital. A safety plan is a tool used to help identify warning signs, coping skills, personal and professional supports, and reasons for living.

Another great way to help support someone is scheduling follow up appointments with a therapist, psychiatrist, or their primary doctor’s for medication management before leaving the hospital.

Receiving calls from the Helpline Center or other groups can also be beneficial to someone with lived experience. Whether that’s daily check in or calls once a week. The Helpline Center partners with the Department of Social Services to administer a follow-up support program for patients recently discharged from the hospital.

If weekly calls are not feasible then simply sending a caring card or note can be valuable by reminding them they are not alone. Encouraging them to reach out to support through their own personal supports or through crisis lines.

[Information from SPRC Weekly Spark News](#)

For Additional Information Contact:
Chelsea Schmidt ~ 605-274-1431
chelsea.schmidt@helplinecenter.org



DRIVESAFESD.COM

South Dakota EMS for Children April 2022

Spring is here! With spring comes the buzzing of our office; being on the move with our many safety and injury prevention programs and Poison Education projects. We have already kicked off our Driver's Education season with presentations around the state on the importance of buckling up and driving sober.

We usually present to the students, once the I Choose program has been taught in the classroom, of the importance of being sober behind the wheel, having a plan, having a designated driver, and South Dakota Laws as they apply to a DWI. Most times our presentation is the first time the students hear about the South Dakota DWI Laws and what happens when you are convicted. Many times, it's the first time they have thought about what they could lose should they choose to make a bad choice.

Emily Pogue is the new addition to our office. She is able to speak with the students about the importance of buckling up and being the captain of your car. When we teach students the importance of why we should buckle and not just tell them, they are more open to the idea. We teach about the speed of the air bag deploying when in a crash, the tensile strength of the seat belt, and who seat belts are designed for. We also share impactful stories from both of our lives with the kids to show these crashes happen and can happen to them.

As the South Dakota days get longer and warmer, make sure to reach out to our office should you need any resources for Impaired Driving, Seat Belt Safety, Bike Safety (helmets & bike rodeo information), Pedestrian Safety, or Pediatric Safe Transport (For SD ambulance services).



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[@SDEMSforChildren](https://www.facebook.com/SDEMSforChildren)



Contact me today for

I Choose classroom materials!

Jaime



April – June 2022 Newsletter

COMMUNITY ENGAGEMENT



Pictured to the left are officers from Hamlin County Sheriff's Office with promotional items from the BeThe1SD campaign in the lobby of the Hamlin County Courthouse. The BeThe1SD Campaign focuses on youth ages 10-24. Order free materials for your agency [here](#).



Pictured to the right are staff from Agar-Blunt-Onida school during their Youth Mental Health First Aid (YMHFA) training. You can request a free mental health awareness and suicide prevention training for your staff [here](#).

EDUCATION AND TRAINING

What is Zero Suicide?

Zero Suicide is a transformational framework for health and behavioral health care systems. The foundational belief of zero suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable and the only acceptable number of losses due to errors in quality of care is zero. Zero Suicide applies that life-saving mindset to preventing suicide. There are 21 agencies in South Dakota that have implemented the Zero Suicide approach. Learn more about Zero Suicide [here](#).

Means Safety

Did you know that 50% of all suicides were by firearms? Having a firearm that is present and accessible in the home increases the risk of suicide. Temporarily removing lethal means from someone in suicide crisis greatly reduces the likelihood of that person dying by suicide, because it gives at-risk individuals something they crucially need: time. Counseling on Access to Lethal Means (CALM) is a [free online course](#) that focuses on how to reduce access to the means people use to kill themselves.

National Suicide Prevention Lifeline/988

How will the transition to 988 help our communities?

988 is more than just an easy-to-remember number – it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. 988 will be available nationwide for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health-related or suicidal crisis, or those looking to help a loved one through a crisis, should continue to call the Lifeline at its current number, [1-800-273-8255](tel:1-800-273-8255).

EVENTS

For more information on events, visit the South Dakota Suicide Prevention [Calendar](#).

April

21 – “Bright Spot” Suicide Prevention Learning Collaborative

May

8th-14th – [National Prevention Week](#)

June

1 & 2 – Mission: Possible Reducing the Impact of Substance Abuse & Mental Illness, Sioux Falls
11 – 11th Annual Sioux Falls Step Forward to Prevent Suicide, Sioux Falls

August

11 & 12 – *Save the Date!* South Dakota Suicide Prevention Conference – “Start the Conversation”, Sioux Falls

Remember, free training is available! To find the [list of trainings](#) and to request a training for your community, [click here](#).