



Prevention Newslink

APRIL 2023

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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2023 TOBACCO CONTROL CHAMPION AWARD

Kelli Rumpza was recognized as the recipient of the 2023 Tobacco Control Champion Award at the Tobacco Institute in Chamberlain on March 29.

Kelli is the facilitator of the Watertown Tobacco Free Coalition (WTFC) at the Human Service Agency in Watertown

and has been in partnership with the South Dakota Department of Health since 2002.

Throughout this time, Kelli and WTFC have worked closely with the Watertown School District to develop and strengthen policies, implement prevention and an alternative suspension curricula, and increase parent's knowledge around tobacco products and how they harm their children.

Recently, Kelli and WTFC have led an initiative for community wide policy geared towards protecting the community's youth. The organization has been a first responder in recognizing concerns when it comes to tobacco and vape companies targeting youth. They have been proactive and taken the initiative to collaborate with entities such as the SD Attorney General, the SD Retailers Association, the US Food and Drug Administration, and other organizations to provide accurate information to the Watertown area.



Kelli and WTFC were recently showcased on a webinar by the US Centers for Disease Control and Prevention for the tremendous work they are doing in Tobacco Control.

Kelli is pictured with Laura Streich, MPA, Deputy Administrator, Chronic Disease Director DOH Office of Disease Prevention and Health Promotion.



UPCOMING TRAININGS & EVENTS

Suicide Prevention Trainings for Faith Leaders

April 25th | [Sioux Falls](#)
April 27th | [Rapid City](#)

South Dakota Association of Addiction & Prevention Professionals (SDAAPP) Conference

May 10-12th | Ramkota Hotel, Pierre
[Register here!](#)

Substance Abuse Prevention Skills Training (SAPST)

May 22-25th | 8 - 4:30pm
Youth & Family Services
120 E Adams St
STE 300, Rapid City

FREE lunch/snacks provided
To register: email

cadkins@youthandfamilyservices.org
with the name and email address for
each participant as well as any special
accommodation requests

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 10-11th | Sioux Falls
Convention Center

Registration will open in May
Click [HERE](#) for more information

STUDENTS AGAINST DESTRUCTIVE DECISIONS CONFERENCES

The South Dakota Students Against Destructive Decisions (SADD) Conferences were held March 23 and 24 in Rapid City and Watertown respectively. The highlight of both conferences was a powerful presentation by [Cory Greenwood](#). Cory empowered the youth to:



- Find a mentor and engage in healthy conversations
- Ask for help and utilize the resources available to them
- Appreciate and respect the differences of those around them
- Create a positive school culture that others want to be a part of
- Focus on solutions instead of dwelling on problems
- Make healthy decisions



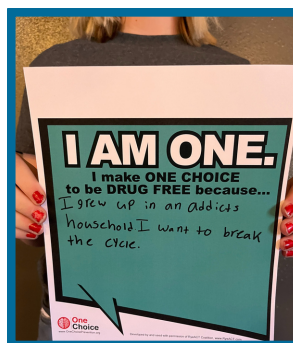
In Rapid City, they hosted 113 students at Cedar Canyon Camp and Resort. Participants also got to hear about developing trusted relationships and one choice prevention.



At Lake Area Technical College in Watertown, 145 students and staff from 8 communities came together under the theme "SADD: Create a Brighter Future." Throughout the day, participants learned about topics surrounding mental health and suicide, substance abuse (including opioids and nicotine), and healthy relationships. Students also participated in team challenges to encourage interaction with students from other schools. The eastern conference was led by a student advisory board which consisted of students from Aberdeen Central, Redfield, and Watertown High Schools.



A special thank you to SD Dept of Social Services, SD Dept of Health, South Dakota State University - HRSA grant, SD Army National Guard, Human Service Agency, Volunteers of America - Dakotas and Youth and Family Services for their support.





National Prevention Week showcases the work of communities and organizations across the country dedicated to raising awareness about the importance of substance misuse prevention and positive mental health. National Prevention Week is taking place from May 7–13, 2023. You can get involved leading up to National Prevention Week and beyond by sharing your #MyPreventionStory on social media and downloading SAMHSA's [planning toolkit](#).



National Children's Mental Health Awareness Day shines a national spotlight on the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development. Visit [SAMHSA](#) to plan your awareness activities.



May Is
MENTAL HEALTH MONTH

Since 1949, May has been observed as Mental Health Month. This month you can bring awareness by spreading the word that mental health is something everyone should care about. It's a time to share information, stories, and resources. Mental Health America has created a [Mental Health Month Outreach Toolkit](#) to help individuals and organizations work smart as they plan for raising mental health awareness during the month of May.



Motherhood is synonymous with love, nourishment and comfort for many people. But when it comes to the mental health of mothers, there's

much more to the picture. Shame, guilt, depression (including postpartum depression), and overall mental and physical exhaustion are also common aspects of motherhood that many moms struggle to recognize or discuss.

On this Mother's Day, let's celebrate and show our appreciation for the mothers in our lives by developing a better understanding of the very real and complex challenges of motherhood along with the signs and symptoms of potential mental health problems such as:

- Extreme feelings of anger, irritation or sadness that can come without warning
- A feeling of foggy or difficulty completing basic tasks
- Going through day-to-day activities and motions in a robotic way
- Acting or feeling overly anxious around children
- A deep sense of guilt or personal failure
- Showing little interest in things they used to enjoy
- Experiencing scary, upsetting thoughts that don't go away

If you or someone you know is experiencing these symptoms, visit www.helplinecenter.org/2-1-1/ or call 211 or 988 to learn about mental health resources in your area.

HAVE THE "DRUGS" TALK WITH YOUR KIDS BEFORE SUMMER VACATION

Parenting is one of the greatest, yet toughest jobs on earth. We want our children to grow up to be happy and healthy adults. With summer quickly approaching, we want to make sure we are setting our young people up for success without the use of drugs or alcohol. Research from the [National Survey on Drug Use and Health](#) suggests that summertime is a particularly dangerous time for first time drug and alcohol use.

Many factors contribute to this common time for young people to experiment with drugs and alcohol, but the top three factors are:

- Free time and less supervision
- Social pressure and spending time with new people
- Summer events and increased availability



Parents sharing their disapproval of drug and alcohol use is a protective factor for youth. Check out this [free guide from the US Department of Education](#) to help you raise children who understand the risk of substance use.

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



Suicide Prevention in Schools

Suicide has been the second leading cause of death amongst youth and young adults ages 10 to 19 years old for several years; however, in 2021 suicide became the leading cause of death for this age group. We are seeing more children impacted by suicidal thoughts and suicide. We need to provide our children with the proper tools and support so that they are able to get the help they need. One way we can do that is at school

Schools play a key role in suicide prevention. Teachers, counselors, and all school personnel can have a part in keeping students safe and showing them there is a community that cares about their mental health. Together we can create an environment that is prepared to support any student that is at risk for suicide.

Why it is important to address suicide prevention in school:

- Maintain a safe, supportive school environment
- Students' mental health can affect how well they perform in school
- Suicide can affect the entire school community

School personnel and students need to know the warning signs of suicide, be aware of how someone may be feeling, recognize changes in behaviors and appearance, and the resources available, so they are able to get that student connected to help.

How schools can take action:

- Promote emotional well-being and connectedness among students
- Identify students who may be at risk for suicide and assist them in getting help
- Provide comprehensive suicide prevention programming
- Be prepared to respond when a suicide death occurs

There are several resources available to integrate comprehensive suicide prevention education into schools. The American Foundation for Suicide Prevention has created a toolkit for schools, "Model School District Policy on Suicide Prevention," which outlines model policies and best practices for grades K-12. The Suicide Prevention Resource Center (SPRC) created a toolkit "After a Suicide: A Toolkit for Schools," which provides information and guidance on how to create policies and offer support when a student dies by suicide.

The Helpline Center also offers comprehensive suicide prevention training for students and staff that covers suicide in adolescents, warning signs that someone may be about to experience a mental health crisis, coping skills, and resources. The Helpline Center can also work with school personnel to develop policies surrounding suicide prevention and responding after a suicide occurs. To learn more about these resources, please email training@helplinecenter.org or call 988.

Regional Contacts

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E-cigarette Products Quadruple in One Year

In June of 2021 there were 453 new e-cigarette products, many of which that come in a plethora of flavors appealing to the youth. According to a Truth Initiative review of U.S retail sales data, this number has quadrupled from 453 to 2,023 in June of 2022. This increase goes to show how tobacco companies continue to flagrantly flout the regulation process and launch new products without FDA authorization, which is a requirement to legally enter the market.

The FDA is undergoing its review of PMTA (pre-market tobacco applications) from e-cigarette companies to decide whether their products can stay on the market. Even with this going on the tobacco industry continues to flood the market with new products. There are less than 30 e-cigarette products that have been granted marketing authorization by the FDA, which is astonishing compared to the number of new unique products on the market now. The FDA has stated that 99% of 6.7 million applications received, with more than 260 e-cigarette companies received marketing denial orders. The FDA is making progress. Now we just need more action on enforcing this progress. [E-cigarette products sold on the market quadruple in just one year \(truthinitiative.org\)](https://truthinitiative.org)

5 Tips for Nicotine Withdrawal

With over 3 million middle and high schoolers reporting current use (past 30 days) of any tobacco products and most of them using e-cigarettes, according to the National Youth Tobacco Survey 2022, research showed a high interest in trying to quit. Here are 5 Tips to handle nicotine withdrawal according to Truth Initiative:

1. **Exercise**- Physical activity is a great and reliable way to crush those cravings. Whether you go for a run or a casual walk outside, getting up and moving your body will help.
2. **Use a distraction**- Cravings only last up to 3 minutes. Keeping yourself preoccupied within those few minutes will help speed up the process. Use a fidget toy, cleaning or do something with your hands to take you mind off nicotine.
3. **Lean on your support system**- Seeking support in loved ones or trusted friends is vital. When feeling those cravings hit, reach out to a support member to keep you accountable.
4. **Find stress solutions**- Research shows vaping nicotine can increase anxiety symptoms and stress levels. When dealing with these withdrawals, try coping with stress by meditating, journaling, or talking about this stress with others.
5. **Celebrate your accomplishments**- Experts say that recognizing and celebrating accomplishments when quitting can boost resistance to stress and cravings. [5 tips for handling nicotine withdrawal \(truthinitiative.org\)](https://truthinitiative.org)

EVENTS/TRAININGS

- April 3-9: National Public Health Week
- April 7: World Health Day
- April 22: Earth Day
- May: Clean Air/Breathe Easy Month
- May 3: World Asthma Day
- May 31: World No Tobacco Day
- June 5: World Environment Day

April – June 2023 Newsletter

Suicide Survivor Resources

New Virtual Survivor Support Group in South Dakota

The Helpline Center located in Sioux Falls has recently started offering a monthly support group that provides survivors with a powerful community that comes together each month to share, reflect on, and experience the complex grief that accompanies losing a loved one to death by suicide. This support group is a safe and confidential space that works to provide hope to survivors no matter where they are in their grief journey. There is no fee to attend. This group is for ages 18 and older. In addition to this virtual group, there are in-person groups in different locations across South Dakota. Find more information on Suicide Support Groups in South Dakota by visiting [here](#). The [Healing After a Suicide Loss in Your Life](#) guide is a resource available to those who have lost a loved one to suicide. For more information on resources for Suicide Loss and/or Suicide Attempt Survivors, please visit the [South Dakota Suicide Prevention](#) website.

Suicide Prevention Event

Step Forward to Prevent Suicide

According to the Center for Disease Control and Prevention (CDC), suicide is a leading cause of death in the United States, leaving many affected by the loss, such as family members, friends, colleagues, and classmates or teammates. On Saturday, June 10th, at 9 AM at the Raven Amphitheater in Sioux Falls, the Helpline Center will host their twelfth annual Step Forward to Prevent Suicide event. The goal of this event is to promote hope and healing for all who participate. Events include honorary speaker James Gaspar, a remembrance ceremony, and a 1.5-mile walk. This event helps raise awareness and support for the Helpline Center's suicide prevention services and survivor support programs. Register today by following this [link](#).



Suicide and Crisis Lifeline (988)

Individuals in acute suicidal or emotional distress that reach out to the 988 Suicide and Crisis Lifeline, answered by Helpline Center in South Dakota, can opt for a 988-crisis counselor to follow up with them within 24 to 72 hours after the initial outreach. The 988 Lifeline provides free, confidential support 24/7 via call, text, or chat. Offering follow-up services provides a vital opportunity for 988 crisis counselors to check on the individual's progress, identify barriers and provide additional support as needed. During the initial call, the counselor will assist the individual in creating a safety plan and provide direct connections or referrals. During the follow-up call, the caller can provide more insight on their crisis, any barriers they are facing and if their situation has changed. Since 988's launch in July of 2022, through March 31st, 2023, the Helpline Center has had over 5,400 total contacts, including call transfers from 988 and 211. If you or someone you know needs help with depression, relationships, drugs, alcohol, or suicidal thoughts please contact 988 by phone, text or [chat](#).

EVENTS

For more information on events, or to add an event, visit the South Dakota Suicide Prevention [Calendar](#).

April

4/25 | Sioux Falls
4/27 | Rapid City
Suicide Prevention Trainings for Faith Leaders – More information [here](#)

May

5/07-5/13/2023 | [National Prevention Week](#)
5/31-6/1/2023 | AHEC: Mission Possible Conference at the Convention Center in Sioux Falls

June

6/10 | 12th Annual Sioux Falls [Step Forward to Prevent Suicide](#), Sioux Falls

July

7/17/2023 – [HLC Golf Open](#)

August

8/10-8/11/2023 | Suicide Prevention Conference, Sioux Falls – More information [here](#)

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



DRIVESAFESD.COM

South Dakota EMS for Children April 2023

Happy Spring!

We finally may be seeing the end of Winter. As our nice days started happening this week, I noticed the increased activity with more walkers, bicyclists, motorcycles and over all busyness of our communities with people out and about. With that activity, comes the increase of crashes.

As drivers, we must be alert to what is happening on our streets and sidewalks. Everyone has the right to be using them. We have many new teen drivers that are hyper focused on the road but may not be seeing that child walking. Teaching both the driver and the walker street safety, we all benefit. Use some of these safety tips on your next adventure.



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



Contact me today for I Choose classroom materials!

WALK SAFELY TO-AND-FROM SCHOOL

TIPS FOR KIDS

AND PARENTS

- **Use sidewalks or paths**
PRACTICE THE ROUTE ON SIDEWALKS
- **Be aware. No distractions**
EYES AND EARS SHOULD BE ALERT/UP/OPEN
- **Cross at crosswalks** 
IDENTIFY CROSSWALKS, CORNERS, LIGHTS, & SIGNS
- **Be visible**
USE BRIGHT COLORS OR REFLECTIVE CLOTHING
- **Look left, then right, then left**
PRACTICE "SEEING" INCOMING & OUTGOING CARS
- **Make eye contact with drivers**
HELP THEM WAIT UNTIL THEY'RE SEEN BEFORE GOING
- **Watch and wait for turning cars**
TALK BLINKERS, TURN LANES, EYE CONTACT, AND "WAIT"
- **Look for cars in driveways**
PRACTICE WHAT TO DO FOR INCOMING AND OUTGOING CARS

www.sdemsc.org



Jaime, SD EMS for Children