



Prevention Newslink

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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NEPRC

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ACCESS TO REQUIRED SAPST TRAINING BECOMING MORE TIMELY

SPF Application for Prevention Success Training (SAPST), (formerly Substance Abuse Prevention Skills Training) is required training for persons and organizations receiving state prevention funding. The SAPST course serves as a basic introduction course for professionals working in the prevention field. New professionals have one year from their date of hire to complete a 37 hour SAPST course (participants may apply for 3 college credits from USF with an additional 8-hour block of instruction for a total 45 hours).

Traditionally, a SAPST course was provided annually and hosted by the state's Prevention Resource Centers (PRCs). The PRC's and the SD Department of Social Services (DSS) have received feedback from service providers about the timeliness of course offering.

With a minimum of ten registered participants, SAPST will now be offered twice each year. One in-person training will be offered in late spring/early summer (April - June) at alternating locations throughout the state. A second course will be offered in a virtual format in late fall/early winter (October - December).

DSS has created a [Cognito form](#) for prevention network providers to utilize when new staff are hired. Course organizers will use the information to schedule courses. Current prevention staff and outside entities are welcomed and encouraged to register for SAPST through the Cognito form as well.



Once a completed Cognito form is received for a new staff, DSS will send an email containing additional SAPST course information as well as several helpful links, including Prevention Technology Transfer Center's (PTTC) Introduction to Prevention Core Competencies. This is a Health E-Knowledge course that was designed to be an introduction to prevention that one would take prior to SAPST (this does not replace SAPST). This PTTC course is not required, however, is a great launchpad for new prevention professionals awaiting a formal SAPST course.

DSS will also connect new prevention professionals to their local PRC. If you have any questions or would like additional information, please reach out to the PRC in your area.

UPCOMING TRAININGS & EVENTS

First Responder Summit:

Addiction & Mental Health in SD

August 25 | 10:00 am - 3:00 pm (CST)
Arrowwood Conference Center, Oacoma
Find more information [HERE](#)

Natural Helpers of SD Training of Trainers

Click [HERE](#) for more information

September 20-21, 8:00-3:30pm (CST)

Boys and Girls Club, Watertown
Stephaniek@humanserviceagency.org

September 26-27, 8:00-3:30pm (CST)

Volunteers of America-Dakotas, Sioux Falls
k.cox@voa-dakotas.org

September 27-28, 8:00-3:30pm (MT)

Youth & Family Services, Rapid City,
cadkins@youthandfamilyservices.org

Community Response to Child Abuse Conference: 2023

October 5 | 8:00 am - 5:00 pm
October 6 | 8:00 am - 12:30 pm
Sioux Falls Convention Center
Register [HERE](#)

Alternatives - Youth Diversion Education Training

November 8 | 9:30 am - 3:15 pm (CST)
Virtual
Find more information [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](#)



25 YEARS OF PREVENTION EXPERIENCE

LEADING THE NEPRC



Congratulations to Dodi Haug as she celebrates 25 years working with the NEPRC at the Human Service Agency in Watertown. Dodi is the Prevention Coordinator and is a Certified Prevention Specialist under the Board of Addiction and Prevention Professionals.

Kari Johnston, Executive Director of the Human Service Agency, believes Dodi is the heart and soul of the Northeast Prevention Network.

"She has a deep understanding of resources as well as interventions for those experiencing mental health and addiction disorders," Johnston said. "In addition to being well informed and experienced, Dodi's greatest asset is her heart. She has been in the business for 25 years and continues to impact countless people with her compassion and intuition into how she can help others. She is someone who truly makes a difference in people's lives, the profession of prevention and her community and the world is a better place because of her."

Dodi provides training and technical assistance in substance misuse prevention and mental health promotion. She is trained to deliver evidence-based prevention programs and practices such as ASIST (Applied Suicide Intervention Skills Training), MHFA (Mental Health First Aid) and YMHA (Youth Mental Health First Aid), Overdose Lifelines, Interactive Journaling, Natural Helpers, SADD (Students Against Destructive Decisions), QPR (Question, Persuade, Refer), and SPF Application for Success Training (SAPST).

Dodi graduated from NSU with a bachelor's degree in Sociology. She lives in Castlewood with her husband Dan. She has 3 children and 3 grandchildren that fill up her spare time with their various sporting events.

Thank you for your contributions and incredible talent you have dedicated to prevention these last 25 years. Your commitment and work ethic have been invaluable and inspiring. Your leadership has made a significant impact in the field of prevention. You definitely have made a difference in the communities you serve! Happy anniversary!

2023 FALL SADD TRAINING

SAVE THE DATE

10.11.2023
WATERTOWN, SD

10.25.2023
SIOUX FALLS, SD

NATIONAL SUICIDE PREVENTION AWARENESS MONTH

September is National Suicide Prevention Awareness Month and a time to raise awareness on this stigmatized, and often taboo, topic.



In addition to shifting public perception, this monthly campaign is used to spread hope and vital information to people affected by suicide. The goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

If you are interested in finding suicide prevention activities or want to host a free training for your organization, please visit www.sdsuicideprevention.org.

NATIONAL RECOVERY MONTH



National Recovery Month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

To learn more about National Recovery Month, visit www.samhsa.gov/recovery-month

SOUTH DAKOTA PREVENTION COALITION HELPS GROW SUICIDE PREVENTION CAMPAIGN

Last year at the annual Cheyenne Frontier Days rodeo, a suicide prevention campaign focusing on rodeo enthusiasts was launched. It was called the "Pick-up Man" campaign.

In modern lexicon, the terms "pick-up" and "pick-up man" have numerous derivations and several of them have specific meaning and applicability to the rodeo world. For example, to "pick-up" someone means to help or support them and in the world of rodeo, a "pick-up man" is known to be one of several people riding horses inside the rodeo area who are not contestants. Their role is to do what they can to keep the contestants safe. They assist contestants to dismount safely from the rough stock animals they are riding and they also create barriers between the contestants and excited and potentially dangerous animals. The "Pick-up Man" campaign marries these meanings to promote suicide prevention and encourage mental health support.

As part of the campaign, rodeo contestants, event organizers and fans were given yellow feathers to wear, typically in a hat band. It was announced to everyone during the rodeo the purpose of displaying the yellow feather is to indicate to others that the wearer is someone that a person in crisis could reach out to for mental health support.

Research indicates the stigma relating to seeking mental health support is disproportionately present among rural and agricultural communities. Further, this population is associated with increased rates of anxiety, depression, substance use and suicide. Of course, these communities comprise the majority of rodeo participants and enthusiasts.

Joyce Glynn, of the Michael Glynn Memorial Coalition based in White River, proposed to Kelly Green, a local White River and state rodeo board member, promoting the "Pick-up Man" campaign at rodeos occurring throughout South Dakota. The idea was met with great support and was integrated into events beginning this summer (2023). A flyer describing local and state mental health resources including the 988 Suicide Prevention support services was developed and disseminated at these events. As a result of Joyce and Kelly's vision, scores of South Dakota rodeo participants are displaying yellow feathers to impact the effects of stigma and demonstrate a community committed to supporting its own well-being.

The following is a short video by country music performer, Garth Brooks in which he is speaking about the "Pick-up Man" campaign: https://youtu.be/q0_uLJDOL3g



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](#)



Suicide Risk Among Youth with Intellectual Disabilities

Assessing suicidality is complex and requires specifically trained professionals. In every situation, nuanced differences in personality and culture can play a major role and it is up to the clinician to determine the individual risk level. This assessment can become more complex when the suicidal individual also has an intellectual disability. Suicide screening measures developed specifically for individuals with an intellectual disability are difficult to build. In the past, it was believed that individuals with lower levels of intellect were immune from suicidal behaviors and thoughts. Research shows that children and adolescents with an intellectual disability are vulnerable to developing comorbid mental health disorders at a rate of 30 – 64 percent. That is a rate that is 2.8 – 4.5 times higher than their peers in the general population. This includes depression, anxiety, and psychosis.

Individuals with intellectual disabilities are reported to have more experience with abuse, neglect, challenging family dynamics, peer exclusion, and stigma. Further, clinicians often under identify emotional problems putting this population at an increased risk for undetected suicidal ideation and behaviors.

People with intellectual disabilities are a heterogeneous mix including varying levels of intellect, functioning, and adaptivity. It is challenging to measure the level of understanding, intent, and ability when assessing this group due to the wide diversity of differences. However, learning to assess, respond to, and treat suicidal thoughts and behaviors is critical. Literature reviews revealed that people with intellectual disabilities experience suicidal ideation at a rate of 22 – 60 percent. They experience suicidal behaviors at a rate of 17 – 48 percent. The research supports that stressors and methods are similar when compared to the general population. This population also reports stressors more unique to their experience such as less social support, high occurrence of rejection, less reciprocity in relationships, and isolation.

Instruments used to screen suicidality in individuals with an intellectual disability should consider reading comprehension, language skills and vocabulary, the limitations with abstract thinking, and individual changes in behavior. This population may display unique warning signs and symptomology, so it is helpful to know as much about the person's regular patterns of behavior to determine the most accurate outcome. Caregivers may need to be consulted with separately to generate more understanding. Well trained professionals who have experience working with individuals with an intellectual disability as well as adapting their clinical approach is a critical piece to the proper evaluation and assessment of suicidality in this population.

Regional Contacts

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“Tobacco-Free Nicotine”

A new study that was released in *Tobacco Control* finds labeling e-cigarettes with “tobacco-free nicotine” increased teenage e-cigarette users intentions to purchase e-cigarettes. This is the first study to report on awareness of synthetic nicotine e-cigarettes among U.S youth – finding that most U.S. teens don’t know where the nicotine in e-cigarettes comes from. Researchers surveyed 1,603 teens ages 13-17 about their awareness of synthetic nicotine and knowledge on where it comes from. They found that 31% of teens knew that nicotine in e-cigarettes comes from tobacco plants, and the most common answer was “not sure.” The teens in this study also viewed e-cigarettes labeled “tobacco-free nicotine,” “tobacco free,” “synthetic nicotine,” or without any description and found that “tobacco-free nicotine” increased purchase intentions for young e-cigarette users rather than “synthetic nicotine.”

Many e-cigarette manufacturers switched to synthetic nicotine to avoid FDA regulations, until Congress gave authority in 2022 to regulate all nicotine products regardless of their nicotine source. The FDA has also not authorized the marketing of any synthetic nicotine e-cigarettes, making any products on the market today containing synthetic nicotine illegal.

To read more about this please visit: [“Tobacco-free nicotine” labels for e-cigarettes increase purchase intentions among teen e-cigarette users \(truthinitiative.org\)](https://truthinitiative.org/tobacco-free-nicotine-labels-for-e-cigarettes-increase-purchase-intentions-among-teen-e-cigarette-users)

What are oral nicotine pouches?

With 2.5 million middle and high school students reporting e-cigarette use in 2022, another flavored nicotine product is starting to become more popular – oral nicotine pouches. Oral nicotine pouches contain a nicotine powder instead of tobacco leaf like snus. You insert the pouch in the bottom of your lip, making it more discreet hence; it is becoming more popular among youth. The advertising for oral nicotine pouches highlights flavors and emphasize the “freedom” of using the pouches anywhere. These oral nicotine pouches come in many youth-friendly flavors like fruit, mint, and more.

The pouches also have high concentrations of nicotine powder that differ across brands. Zyn, which is the most popular oral nicotine pouch, sells them in 3 or 6 mg, Velvo is sold in 2, 4, or 7 mg and On! is sold in 1.5, 2, 3.5, 4, or 8 mg. There is also an On! Plus that offers strengths of 6, 9, or 12 mg.

While specific long-term health effects of nicotine pouches remain unknown, youth use of nicotine in any form is unsafe and can disrupt the formation of brain circuits that control learning, attention, and susceptibility to addiction.

To learn more about oral nicotine pouches and what they all entail please visit: [What is Zyn and what are oral nicotine pouches? \(truthinitiative.org\)](https://truthinitiative.org/what-is-zyn-and-what-are-oral-nicotine-pouches)

EVENTS/TRAININGS

- September: National Alcohol and Drug Addiction Recovery Month
- 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)



DRIVESAFESD.COM

South Dakota EMS for Children August 2023

Happy August!

Where did the summer go? We are all now hustling around getting everything ready for back to school. School lists, clothes, picture days, and getting back on schedule. It takes a lot of time to make sure you have everything your kids will need to get school started the right way.

The to-do list may seem long, but there is one important thing you should add to your new school year routine. South Dakota EMSC recommends talking with your students about how to safely get to and from school. If they ride the bus, make sure that they know how to get to and from the bus stop safely. If they are walking or biking, show them the right time and place to cross the street. If you have arrived at the parenting stage with a new teen driver, go over the rules of the road. This should include how to watch for bikers and walkers on their trip to and from school each day. We want every student to have a safe trip to school and back home.

Have a great and safe year!
Jaime, SD EMS for Children



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



Contact me today for I Choose classroom materials!

Back to School Safety!



SAFETY

- Use sidewalks when possible
- Cross streets at intersections and crosswalks
- Always look both ways before crossing the street
- Pay attention and listen to crossing guards
- Pay attention to driveways and other entrances/exits
- Adopt a safe route home. Walk with others.
- Avoid talking to strangers.

Walk Safely..

DRIVESAFESD.COM

Bike Safely..



SAFETY

- Use the safest route to school
- Minimize street crossings
- Avoid busy roads
- Wear a helmet
- Wear bright-colored clothing
- Pay attention
- Obey rules on the sidewalk/road.

www.sdemsc.org