



Prevention Newslink

August 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

WPRC

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SEPRC

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NEPRC

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TRAUMATIC BRAIN INJURIES



Traumatic brain injuries (TBI) generally result from a severe blow or jolt to the head, usually from a sport, fall, or crash. TBI can range from mild to severe, with a variety of different effects and symptoms.

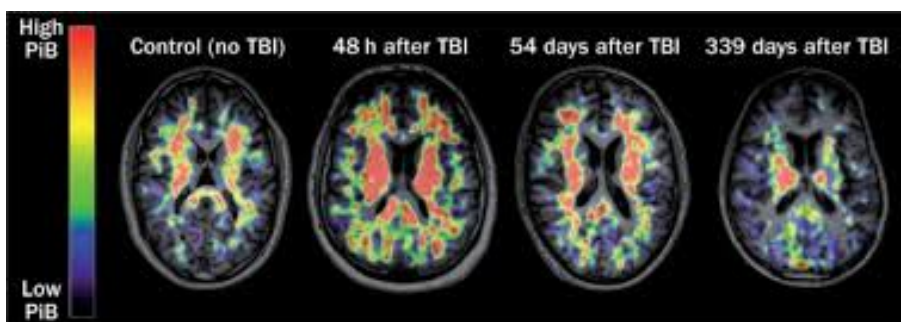
As school begins again with youth participating in sports like football, it is important to understand the signs of a TBI, the impact, and how to help if you suspect someone may be injured.

Physical symptoms of a mild TBI can include headaches, nausea or vomiting, fatigue and drowsiness, problems with speech, and loss of balance. The sensory symptoms often include brief loss of consciousness, a state of confusion or disorientation, memory issues, mood regulation problems, and disruption in sleeping patterns. Moderate and severe TBIs have symptoms including the above and longer periods of loss of consciousness, dilation of one or both pupils, clear fluids draining from nose or ears, weakness and numbness in limbs, agitation and aggression, and slurred speech.

Over the long term, a TBI can have an impact on the individual's behavioral health with increased risk for depression, anxiety, mood swings, and substance abuse.

If you suspect that you or someone you know may have sustained a head injury, immediately seek medical attention. TBIs can have significant, long-term effects on the brain and cognitive abilities. It is important to ensure that proper care and treatment is received.

For more resources and information regarding TBI visit the [Mayo Clinic website](#).



UPCOMING TRAININGS & EVENTS

GPTLHB: 10th Annual Great Plains Good Health and Wellness Symposium

August 21-22 | 8-4:30 MT
Box Elder Events Center | Register [HERE](#)

Emily's Hope: International Overdose Awareness Day Candlelight Vigil

Saturday, August 31 | 8pm CT
Greenway Amphitheater, Sioux Falls
Click [Here](#) for more information

5th Annual South Dakota Rural Health Equity Summit

Sept. 5 | 7:15-4:15pm (MT)
Western Dakota Tech, Rapid City
Register [HERE](#)

Mental Health First Aid

Sept. 11 | Watertown
Register [HERE](#) or contact
[Stephanie Kinnander](#) with any questions

Health Connect Festival

Sept. 14 | 11:00-3:00pm
Sioux Falls Arena
Click [HERE](#) for more information

Communities that Care (CTC) Facilitator Training

September 23-27 | Virtual
Email stephaniek@humanserviceagency.org for
more information

24th Annual Community Response to Child Abuse Conference

Oct. 3-5 | Sioux Falls
Registration [HERE](#). Register for a vendor table [HERE](#).

Fall SD Peer Leader Training

Watertown: October 16, 9:00 am - 2:30 pm
Email stephaniek@humanserviceagency.org for
[more information](#)

SPF Application for Prevention Success Training (SAPST)

Fall 2024 | Virtual
Find more information [HERE](#)



SEPTEMBER AWARENESS CAMPAIGN RESOURCES IN SD

The two major campaigns recognized in September are National Suicide Prevention Awareness Month and National Recovery Month. The SD DSS Division of Behavioral Health's "Notes to Self" campaign is a great resource for both, focusing on behavioral health and overall wellness.

Behavioral health includes your mental health resiliency and wellbeing; the treatment of mental health disorders; the prevention and treatment of substance use disorders; and supporting those who experience and/or are in recovery from these conditions, along with their families and communities.

How can you support someone's behavioral health? Small actions can have a big impact on someone's journey. Whether you're an educator, care provider, employer or just someone who's concerned about the people in your life, you can make a difference. You can raise awareness on these stigmatized, and often taboo, topics and spread hope and vital information to people affected by suicide and/or addiction.

If you are interested in learning more, visit www.sdbehavioralhealth.gov.

Businesses, communities, schools and other organizations can request suicide awareness and prevention training from their local PRC or from the South Dakota Suicide Prevention website.



These trainings include: Youth Mental Health First Aid, Mental Health First Aid, teen Mental Health First Aid, QPR, Applied Suicide Intervention Skills Training, and Natural Helpers.

Contact your local PRC to learn more.

Bring Change 2 Mind (BC2M) is a youth focused organization that works to provide both Middle and High School students with the tools and programming necessary to support mental health and emotional resilience. BC2M encourages schools to form youth groups and provides activity ideas, conversation starters, education, resources, and media campaign materials. These groups help youth take care of themselves and help support the peers around them. BC2M also offers \$500 grants to high schools to support the creation of a club. Find out more information [here](#).



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NATIONAL FOOD BANK DAY



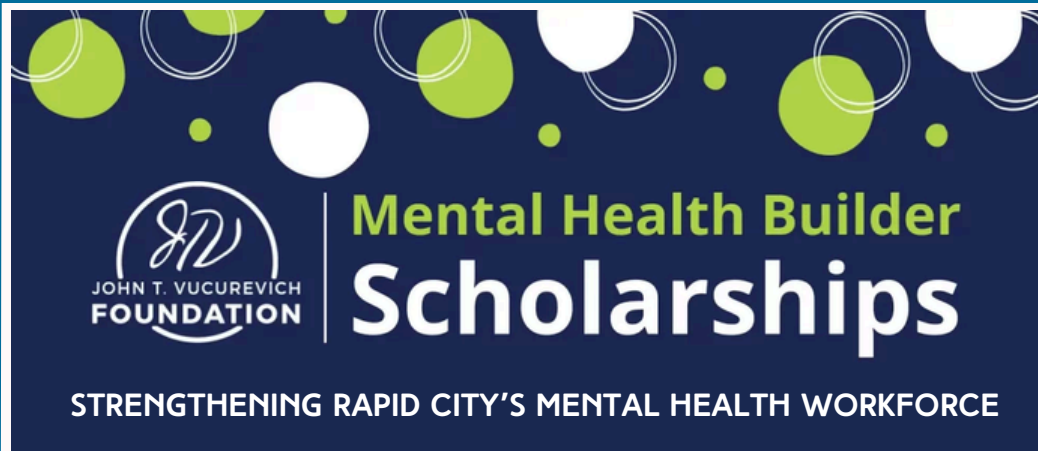
The first Friday in September is National Food Bank Day. Many Americans, including South Dakotans, experience food insecurity at some point in their life. Food banks are a valuable resource that can assist in alleviating this problem.

Feeding South Dakota has physical food bank locations as well as mobile food distribution. To find locations or sign up for mobile distribution you can call the Helpline Center at 211, call Feeding South Dakota at (605) 335-0364, or visit their website [here](#).

READ A BOOK DAY



September 6th is National Read A Book Day! 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.



The JTVF Mental Health Builder Scholarships is a program that supports staff at mental health nonprofits participating in the JTVF Systems of Care Collaborative, ensuring that those who provide essential mental health services have the support and education they need to thrive. This solution empowers nonprofit mental health organizations to invest in their own people, fostering stability and growth from within.

The program started in 2018 with just three recipient organizations. Fast forward to 2024, and they have expanded to seven recipient organizations, distributing over \$60,000 to 18 individual recipients. Over the six cycles of this program, JTVF has awarded a total of \$367,877 to 76 recipients. The next grant cycle will open in 2025.

The purpose of the scholarship is to empower mental health professionals by providing financial support for their advanced education. Here's a quick overview:

- **Support Nonprofit Mental Health Workers:** JTVF recognizes the financial challenges faced by professionals in the field, including low wages and high tuition costs. This scholarship helps alleviate those burdens primarily for those working on a Masters in Social Work or Masters in Clinical Mental Health Counseling.
- **Recruit, Retain, and Enhance Mental Health Staffing:** These scholarships help local organizations build their own mental health workforce to meet the growing needs of the Black Hills region. By easing the financial strain of pursuing a master's degree, JTVF hopes to retain dedicated individuals in the mental health sector.
- **Reduce Burnout:** Mental health work can be demanding. Additional education and support can provide the necessary tools to prevent burnout and ensure ongoing professional development.
- **Expand Reimbursable Services:** Advanced degrees enhance an organization's ability to secure insurance and Medicaid reimbursements, ultimately helping them stay afloat and provide higher quality services.
- **Meet Supervision Requirements:** Some organizations have mandates for supervision, which these scholarships help fulfill.

For more information, go to www.jtvf.org.

South Dakota Tobacco Control Program

Regional Contacts

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Western Region

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Quittobaccosd.com

SOUTH DAKOTA TOBACCO CONTROL PROGRAM TOBACCO CESSATION WEBINAR SERIES

The South Dakota Tobacco Control Program will host a series of webinars starting in September that will focus on tobacco cessation as it relates to three different priority populations including: people with a behavioral health condition, youth (under the age of 18), and pregnant and postpartum women. For more information on these webinars or to register, please visit the links included below.

- [Tobacco Cessation Intervention for Behavioral Health Providers](#)
 - Tuesday, September 10 at 11am-12pm CT
- [Youth Tobacco Cessation](#)
 - Tuesday, September 17 at 12-1pm CT
- [Tobacco Use and Cessation in Pregnancy and Postpartum](#)
 - Tuesday, October 1 at 12-1pm CT

SOUTH DAKOTA 2023 YOUTH TOBACCO SURVEY RESULTS

The 2023 South Dakota Youth Tobacco Survey results were recently published by the South Dakota State University's Population Health Evaluation Center. Key findings included:

- Nearly one in 10 middle school students (8.1%) reported ever using an e-cigarette/vape.
- Current (past 30-day) use of e-cigarettes/vapes was reported by 3.4% of middle school students.
- Ever use of cigarettes by middle school students declined to 4.3%, which is the lowest rate in the past twelve years.
- Current (past 30-day) use of cigarettes increased slightly from 1.2% in 2021 to 1.5% in 2023.
- Ever use of smokeless tobacco among middle school students declined from 3.5% in 2021 to 1.8% in 2023.

The full report can be found [HERE](#).

Upcoming Events and Trainings

- September 24, 2024: Indigenous and Integrative Health Summit (Arrowwood Cedar Shore – Oacoma, SD)
- October 9, 2024: South Dakota Cancer Coalition Fall Meeting (Highland Conference Center - Mitchell, SD)
- October 15-16, 2024: Chronic Disease Partners Meeting (Monument Civic Center – Rapid City, SD)

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](#)



The Impact of Peer Support

Peer support can play a crucial role in suicide prevention. Individuals who are struggling with suicidal thoughts often feel isolated and misunderstood. Peer support provides a sense of belonging and understanding, as peers have often experienced similar feelings and challenges. Peers can offer a safe space where individuals can express their thoughts and feelings without fear of judgment. This can be a significant relief for those who feel stigmatized or misunderstood. Sharing personal experiences can help individuals realize that they are not alone and that others have successfully navigated similar challenges. This can provide hope and a model for recovery. Peers can offer encouragement and motivation to seek professional help, adhere to treatment plans, and engage in healthy coping strategies. They can be trained to recognize warning signs of suicidal ideation and know how to respond appropriately, including connecting the individual with professional resources and emergency services if necessary. Through shared activities and discussions, peers can help each other develop and practice coping strategies that reduce the risk of suicide.

Research supports that adolescents prefer to speak to their peers rather than going to an adult when they are experiencing a mental health challenge or having thoughts of suicide. Programs like HOPE Squad for middle and high schools offer safer opportunities for students to get connected with the appropriate help. Students are selected by their peers and designated as safe individuals others would go to if they were struggling. Those students receive suicide prevention training and learn about warning signs and what to do if someone reaches out or if they notice concerning behaviors in others. They are supported by staff members who receive training from HOPE Squad on how to respond, how to support, and how to appropriately address students who are in distress or crisis.

Challenges and Considerations

- **Training and Supervision:** Peer supporters need proper training to handle sensitive situations and recognize when to refer individuals to professional help.
- **Boundaries:** It's important to establish clear boundaries to ensure that peer supporters do not take on more than they can handle, which can lead to burnout or vicarious trauma.
- **Stigma:** Efforts should be made to reduce the stigma associated with seeking help, ensuring that individuals feel comfortable turning to peer support.
- **Integration with Professional Services:** Peer support should complement, not replace, professional mental health services. A collaborative approach ensures comprehensive care.

Peer support is a powerful tool in suicide prevention, offering empathy, understanding, and hope to those in need. By integrating peer support with professional mental health services, we can create a more supportive and effective system for those at risk. It is important to remind people who engage in peer support that they may need support themselves after providing care to another person. Mental health professionals and 988 are appropriate supports to discuss their reactions or concerns after providing peer support.