



Prevention Newslink

August 2025

WPRC

Youth and Family Services

Rapid City, SD

Bill Elger

welger@youthandfamilyservices.org

Laisha Ramirez

iramirez@youthandfamilyservices.org

(605) 342-1593

SEPRC

Volunteers of America-Dakotas

Sioux Falls, SD

Kerri Cox

k.cox@voa-dakotas.org

Audrey Simmons

a.simmons@voa-dakotas.org

(605) 444-6333

NEPRC

Human Service Agency

Watertown, SD

Dodi Haug

dodih@humanserviceagency.org

Stephanie Kinnander

stephaniek@humanserviceagency.org

(605) 884-3516

CPRC

Capital Area Counseling Service

Pierre, SD

Jana Boocock

jana.boocock@cacsnet.org

Paula Tronvold

paula.tronvold@cacsnet.org

(605) 224-5811

Click [HERE](#) to determine your region's Prevention Resource Center

SUSTAINING OURSELVES IN THE WORK

Behavioral health professionals face intense emotional demands in prevention, intervention, and treatment roles. Left unaddressed, these demands can lead to:

- Compassion Fatigue: Emotional exhaustion from caring for others' trauma
- Burnout: Chronic stress resulting in cynicism, detachment, and reduced efficacy

Both impact well-being, quality of care, and workforce retention.

Effective self-care is proactive, intentional, and integrated into daily life. It serves to:

- Sustain emotional resilience
- Improve decision-making and professional judgment
- Enhance presence and empathy in client work
- Foster personal well-being and job satisfaction

Self-care must be normalized and supported within organizational culture—not treated as a personal failing when unmet.

WHAT CAN YOU DO?

Know the Warning Signs

Be alert to early symptoms—small signs of distress often signal deeper overwhelm.

- Dreading work
- Feeling numb or overwhelmed
- Withdrawing from colleagues
- Over-identifying with clients

Strengthen Support

You don't have to carry this work alone—connection protects against burnout.

- Lean on peers and supervisors
- Build in reflective conversations
- Seek therapy if needed
- Reconnect to your "why"

Make It a Culture

Sustainable care starts at the system level—organizations must create space for wellness.

- Normalize self-care
- Keep workloads reasonable
- Offer mental health time
- Provide space to reflect and reset



UPCOMING TRAININGS & EVENTS

Emily's Hope: International Overdose Awareness Day Candlelight Vigil

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

Walk of Hope

September 6 | 9:30 a.m. CT
Hyde Stadium, Pierre | Click [HERE](#) for more
information

Out of the Darkness Walk

September 6 | 10 a.m. CT
Odde Arena, Aberdeen | Click [HERE](#) for more
information

Out of the Darkness Walk

September 13 | 1:30 p.m. CT
Fawick Park, Sioux Falls | Click [HERE](#) for more
information

MOUD Training Day

September 15 | 9 a.m. - 5 p.m. CT
Pierre | Click [HERE](#) for more information

Chalk the Walk

September 18 | All Day
Statewide | Click [HERE](#) for more information

Out of the Darkness Walk

September 20 | 8:45 a.m. MT
Herrmann Park, Belle Fourche | Click [HERE](#) for
more information

Health Connect Festival

September 27 | 11:00-3:00 CT
Sioux Falls Arena, Sioux Falls | Click [HERE](#) for
more information

SPF Application for Prevention Success Training (SAPST)

October 2025 - In Person
For registration use the QR Code below



State Tribal Opioid and Methamphetamine Prevention Summit (STOMP)

November 6-7 | Pierre
Click [HERE](#) for more information

NATIONAL SUICIDE PREVENTION MONTH

September is National Suicide Prevention Month—a time to remember those we've lost to suicide, acknowledge the millions who have experienced suicidal thoughts or attempts, and support the individuals, families, and communities impacted by suicide. It's also a time to raise awareness, reduce stigma, and share messages of connection, healing, and hope.

Within this month, we observe Suicide Prevention Week (September 8–14, 2025) and World Suicide Prevention Day on September 10—key moments to spotlight prevention efforts, amplify lived experience, and remind each other that help is available, and healing is possible.

Throughout September—and all year—we are called to Care. Connect. Collaborate.

- **Care** by fostering empathy, compassion, and open conversations.
- **Connect** to community, culture, data, and resources that support wellbeing.
- **Collaborate** with partners to build systems of support that save lives.

Together, we can advance suicide prevention and create a world where everyone feels they belong and their life matters.

Get Involved: Resources for Action

Here are trusted resources to support suicide prevention efforts at all levels:

- 988 Suicide & Crisis Lifeline – Call/text 988 or chat at 988lifeline.org
- Action Alliance for Suicide Prevention – Tools for communities and systems | theactionalliance.org
- American Foundation for Suicide Prevention's #RealConvo Toolkit – Social sharing toolkit for hope and connection | afsp.org/realconvo
- SAMHSA - 2025 Suicide Prevention Awareness Month Toolkit | samhsa.gov
- Suicide Prevention Resource Center - Suicide Prevention Month Ideas for Action 2025 | sprc.org
- SD Behavioral Health | sdbehavioralhealth.gov
- SDSP - SD Suicide Prevention | sdsuicideprevention.org

988

DAY

988 Day is a national day of action held annually on September 8 to build awareness and generate positive energy around the 988 Suicide & Crisis Lifeline. The goal: make sure everyone knows they can call, text, or chat 988 for free, confidential support 24/7 for mental health, suicide, or substance use crises.

This day is about your creativity, your voice, and your community. Whether through events, social media, art, outreach, or personal storytelling—every action helps spread the message of hope and help. ✨ **Learn more and get involved:** 988lifeline.org/988-day

NATIONAL RECOVERY MONTH

RECOVERY. HOPE. HEALING.

National Recovery Month (Recovery Month) is observed every September to celebrate the gains made by those in recovery and to promote the evidence-based treatment and recovery practices that make healing possible.

Established in 1989, Recovery Month honors the strength of the recovery community and the dedication of the service providers and peer supporters who walk alongside them.

Recovery is possible—for everyone. With the right treatment, resources, and support, individuals and families can and do heal from mental health and substance use disorders.

This month is an opportunity to:

- Celebrate individuals in all stages of recovery
- Recognize the work of recovery support professionals
- Promote recovery resources and reduce stigma
- Encourage hope and connection in our communities

Get Involved: Resources for Action

- [SAMHSA Recovery Month Toolkit](#)
- [Faces & Voices of Recovery](#)
- [Recovery Research Institute](#)
- [SD Behavioral Health](#)

Together, we can support recovery, break stigma, and help more people access the care they deserve.



A big thank you to everyone who visited our booth at the South Dakota Behavioral Health Conference!

We loved connecting with you, sharing ideas, and watching you take on the trivia challenge and spin the prize wheel. Your energy, curiosity, and commitment to behavioral health made it a truly meaningful experience.

Let's keep the momentum going—here's to continued collaboration, connection, and compassion in the work we all do.

Follow us on [Facebook](#) and [Instagram](#) to stay up to date with all things prevention in South Dakota.

See you next time!

WELCOME PAULA TO THE CPRC!



Paula Tronvold is the newest addition to the South Dakota Prevention Resource Center Network, joining the Central Prevention Resource Center (CPRC) at Capital Area Counseling Service in Pierre.

Paula holds a Bachelor of Arts from the University of South Dakota and brings a unique and valuable background in risk management, EMS education, and parole work with the State of South Dakota. Her professional experience spans multiple systems.

Paula is looking forward to making new connections, getting the prevention message out "big and loud," and—most importantly—making a difference on the front end of someone's life before they become justice-involved.

In her free time, Paula enjoys spending time with her family, riding her motorcycle, and serving her community as a volunteer firefighter.

We're thrilled to have Paula on board—please join us in giving her a warm welcome!

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](#)



988

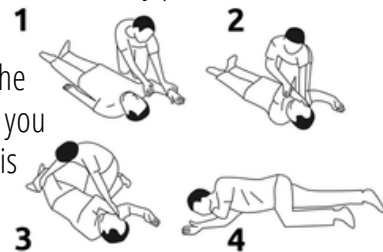
SUICIDE & CRISIS LIFELINE

International Overdose Awareness Day

August 31st marks International Overdose Awareness Day—a time to raise awareness, reduce stigma around substance-related deaths, and honor those affected by overdose. An overdose happens when someone takes more of a substance than the body can safely handle, leading to serious or life-threatening effects. Signs may include slowed or stopped breathing, unconsciousness, or unresponsiveness. Many overdoses are accidental and preventable. Knowing the warning signs and how to respond can save lives.

In emergency overdose cases, call 911 immediately and administer naloxone if available. Naloxone is a medication that reverses the effects of an opioid overdose almost instantly. It is an opioid antagonist, meaning it works by binding opioid receptors and reverses the effects of an opioid such as heroin, fentanyl, oxycodone, and morphine. Naloxone only assists during an opioid overdose crisis. For other overdoses such as alcohol, it is best to put the individual in the recovery position.

The Helpline Center has trained professionals available to provide compassionate, nonjudgmental support through the 988 crisis line via calls, texts, and chats. If you or someone you know is struggling with substance use, know that recovery is possible. The Helpline Center offers Substance Use Care Coordination that can be accessed by calling 988. Care Coordinators help individuals find the resources they need and create a personalized path to recovery.



For those interested in where they can receive naloxone to have on hand and training on how to use it, visit the Let's Be Clear [website](#). Let's Be Clear also offers a free "How to Use Naloxone" print material that can be ordered [HERE](#).

To learn more, visit: <https://www.helplinecenter.org/2-1-1/helpsheets/>.

Upcoming Events

Surviving After Suicide Class

September 9, 2025 from 6:30pm-8:00pm
3817 S Elmwood Ave | Sioux Falls, SD

In this class you will find a safe and confidential setting that will allow you to be open and honest about your own thoughts and feelings in your grief journey.

Please register [HERE](#).

Surviving After Suicide Support Groups

Third Thursday of each month from 7:00p.m. – 8:30p.m. CST
3817 S Elmwood Ave | Sioux Falls, SD

There is no fee or registration required. Must be 18 years old to attend.

Virtual

Second Wednesday of each month from 6:30 p.m. – 8:00 p.m. CST
A virtual link will be sent to you after you register [HERE](#).

Request Helpline Center 988 or 211 marketing materials at NO COST!
See what is available [HERE](#).

SOUTH DAKOTA TOBACCO CONTROL PROGRAM

Hilary Larsen

Tobacco Program
Coordinator

Hilary.Larsen@state.sd.us

DOH Team:

DOHTobaccoControl@state.sd.us



Quittobaccosd.com

Click [here](#) to order our
FREE materials and
resources.

CATCH My Breath

Catch My Breath is a youth e-cigarette and vape prevention 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. It is free to U.S. schools and can be implemented into the classroom at any time. CATCH My Breath also has mini-lessons surrounding substance misuse for K-8. <https://catch.org/program/vaping-prevention>

Upcoming virtual trainings are scheduled for:

- **Tuesday, September 16 from 3:00pm – 5:00pm CT**
- **Monday, October 6 from 3:00pm – 5:00pm CT**

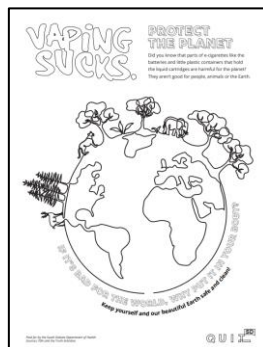
The South Dakota Tobacco Control Program is a pre-approved sponsor for continuing education units through the South Dakota Board of Addiction and Prevention Professionals (SD BAPP), Mental Health Counseling Board, and South Dakota Board of Social Work Examiners. Continuing education credits may be approved at time of application for SD Department of Education.

To **register**, contact Hilary Larsen at Hilary.Larsen@state.sd.us.

If multiple staff from your school or organization are interested in the program and would prefer a private training session, reach out to Hilary Larsen to make arrangements.

Educational Activity & Coloring Pages!

The South Dakota Department of Health Tobacco Control Program recently unveiled new tobacco prevention coloring pages. The themes of the coloring pages are centered around South Dakota's "Vaping Sucks" and "Vaping...YUCK" media campaigns. Along with a variety of other activity sheets and activity book, the coloring pages are available for print and download here. Find them at QuitSD!



UPCOMING EVENTS AND TRAININGS

Additional events and trainings are currently being drafted. If interested in requesting a training, contact DOHTobaccoControl@state.sd.us.