

Prevention Newslink

DECEMBER 2020

Free Virtual Trainings Available

SD Prevention Resource Centers

WPRC

Youth & Family Services
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Merry Christmas



The PRCs are able to offer virtual trainings in many programs, including This is NOT About Drugs (TINAD), The Opioid Public Health Crisis (OPHC), and Youth Mental Health First Aid (YMHFA) free of charge!

OPIOID FACTS
for SOUTH DAKOTA

Enough opioids were prescribed in 2017 to medicate **EVERY ADULT** in South Dakota round the clock for **15 DAYS STRAIGHT**

The number of opioid-related deaths in SD has **INCREASED** steadily since **2012**

15% of South Dakota adults have taken a prescription opioid in the past **12 MONTHS**

The leading cause of accidental death in the United States is **DRUG OVERDOSE**, and **OPIOIDS** are the most common drug

RESOURCES FOR SOUTH DAKOTA
South Dakota Opioid Resource Hotline:
1.800.920.4343
Text OPIOID to 898911 to connect with local resources that best fit your needs.
The Helpline Center: helplinecenter.org
Avoid Opioid 10: avoidopioidsd.com

TINAD: The first youth-focused educational program addressing the opioid health crisis. It is a universal program addressing youth substance misuse with an emphasis on prescription opioids. The brief intervention is a complement to evidence-based foundational programs such as Botvin Lifeskills and Too Good for Drugs. Appropriate for students grades 6-12.

OPHC: This 1-hour presentation addresses opioid misuse, risk factors, and suggested prevention methods. Learn how to recognize the signs of an opioid overdose and how the opioid reversal drug Naloxone works, and some of the solutions that states and communities are applying to reduce the effects of the health crisis. The program is ideal for parents, employees, employers, teachers, and services providers.

YMHFA: Designed to teach parents, family members, caregivers, teachers, school staff, peers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Contact your local PRC for more information or to request a virtual training



No Name Calling Week

Celebrate No Name-Calling Week January 18-22, 2021 (annually held on the 3rd week of January). To learn more and to download a planning guide go to:

<https://www.glsen.org/no-name-calling-week>





From December 1, 2019 to January 1, 2020, there were **35,108** car crashes in South Dakota. Don't let this holiday season end in tragedy.

-----Don't Drive-----

- * Drunk
- * Drugged
- * Distracted



Upcoming Training & Events

December 18– Paper Tigers Screening and Discussion 1-3PM CT. <https://tinyurl.com/CHS-December-2020>

January 1-31– National Mentoring Month www.mentoring.org

February 1-28– Teen Dating Violence Awareness Month <https://www.teendvmonth.org/>

February 1– SAMHSA's 17th Annual Prevention Day Virtual <https://www.cadca.org/forum2021/preventionday>

February 1-4– CADCA National Leadership Forum Virtual <https://www.cadca.org/forum2021/registration>

February 8– The Big Bowl Vote- <https://preventionactionalliance.org/about/programs/big-bowl-vote/>

February 11– 211 University www.helplinecenter.org/211university

March 24– Spring Tobacco Control Institute– Mitchell befreesd.com

Marijuana and Adolescence

Marijuana use in adolescence continues to be a growing concern in our state. Since the legalization of marijuana by South Dakota citizens, it is going to be even more vital to educate youth and adolescence on the dangers of marijuana and that it remains illegal for those under 21 to consume the drug in any manner. In 2017, approximately 1.6 million adolescents age 12-17 reported marijuana use in the past month.

Education points to consider:

- * Research suggests up to 30% of those who use marijuana may develop some degree of a marijuana disorder.
- * People who begin to use marijuana before the age of 18 are four to seven times *more likely* than adults to develop a marijuana use disorder.
- * Research suggests that marijuana use affects skills required for safe driving, including judgement, coordination, and reaction time.

Source: US DEA Preventing Marijuana Use Among Youth & Young Adults

"But It's Legal Now."

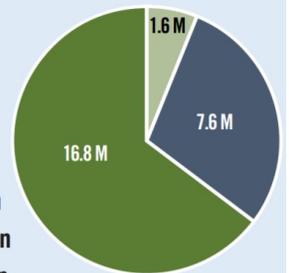
- Federal law states that marijuana in any form (e.g., smoked or edible) is not legal for medical or recreational use.
- Under the federal Controlled Substances Act, marijuana is classified as a Schedule I drug, meaning it has:
 - no currently accepted medical use in the U.S.,
 - a lack of accepted safety for use under medical supervision, and
 - a high potential for abuse.



Marijuana Use in the United States

In 2017, 26 million Americans aged 12 or older were current users of marijuana.¹

- Adolescents aged 12-17: **1.6 million**
- Young adults aged 18-25: **7.6 million**
- Adults aged 26 or older: **16.8 million**





SOUTH DAKOTA EMS FOR CHILDREN



The Holidayze of 2020

Greetings all! I would like to introduce myself. I am Jaime Bartell, the new addition to the South Dakota Office of EMS for Children. My husband and I have been married for 20 years and have 2 teenagers, yes pray for me! I have been in EMS for over 16 years and serve as a firefighter and EMT on the Tea Volunteer Ambulance. I have a huge passion to serve South Dakota and with my new position I am responsible for the Impaired Driving and Pediatric Restraint programs through the Office of Highway Safety. I am lucky enough to join the EMSC team after working with them for years receiving pediatric training and tools to better our SD ambulance services. I look forward to serving the state of South Dakota and our wonderful residents!



As the winds change and snow starts to fall we are reminded of winter in South Dakota. 2020 has been such a different year this year, but one thing remains the same, buckle up and drive sober. The holiday season is the most deadly time of year on our roadways in South Dakota. For some reason, we forget to buckle up and stay sober. Buckling up is nothing new to us, but we had 150 crashes where alcohol was involved and over 45.2% of South Dakotans in these crashes last December were not buckled up.

We can do better South Dakota! When we choose to buckle up and stay sober, we choose to have a spot at the holiday table. We choose to keep other South Dakotans driving on our prairie roads safe as well. Drive to arrive this holiday season!

*Statistics from SD Dept of Public Safety 2019



Highway Safety Program & SDEMSC

Mission Statement:

Our mission is to ensure that every child in South Dakota receives the best pediatric emergency care in the event of a severe injury or illness.

Jaime Bartell

SDEMSC Program Coordinator

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DRIVESAFESD.COM



South Dakota Tobacco
Control Program



Regional Contacts

Southeast Region

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There's Never Been a Better Time to Quit

Northeast Region

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Central Region

Tynell Millner

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Western Region

Joan Lindstrom

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Now is not the time to weaken your immune system with tobacco and vape products. The SD QuitLine offers free medication and a personal coach to help you quit. So let's do this! Call 1.866.SD-Quits or visit SDQuitLine.com/enroll



Suicide Prevention

South Dakota Suicide Prevention



Resources

Statewide Website

sdsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the



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

How to Talk to Children about Suicide

Suicide is an important problem affecting young people. Youth encompass many different subgroups in terms of age and developmental stage, sex, cultural background, and other characteristics. Suicide prevention efforts should seek to identify and address the risk and protective factors that are most relevant to each targeted group (e.g., adolescent Latinas). Family members, caregivers, teachers, and others can play an important role in helping young people develop protective factors, such as life skills and positive social connections.

Talking to kids about mental health and suicide can help them feel safe and supported. How should parents address these tough topics? Experts recommend considering their child's age. If a very young child asks about suicide, keep the answers simple. Let the child's questions guide the conversation and try not to give them more information than they need. "With any scary topic, we are going to give short, true answers and see if the child asks follow-up questions," said parenting expert Deborah Gilboa. For pre-teens, Gilboa suggests being more concrete and talking about the warning signs for suicide. Since high school students are more likely to know someone with mental health issues or struggle themselves, parents should talk about it openly and encourage help-seeking. Gilboa says parents of young adults should regularly check in with them about how they are doing, especially if they have lived experience of suicide. family members, peers, and volunteers, are essential for engaging and helping older adults prevent and manage the psychological health effects of COVID-19.

SPRC

For Additional Information Contact:

Sheri Nelson—605-274-1406

Sheri@helplinecenter.org

SUICIDE PREVENTION PLAN

SEASONAL AFFECTIVE DISORDER

Responding to Winter Blues in the Classroom

Seasonal affective disorder (SAD) is a subtype of clinical depression that typically occurs during the winter months and is associated with a reduction in sunlight exposure. Students and staff who are prone to depressive symptoms may be particularly vulnerable to increased feelings of sadness, loneliness, and hopelessness during the winter when sunlight hours are shortest.

School leaders may see an increase in student and staff depressive symptoms during the winter months. Preventive measures and intentional interventions can alleviate the negative stress responses that contribute to SAD. The New England Mental Health Technology Transfer Center (New England MHTTC) created the [Seasonal Affective Disorder: Responding to Winter Blues in the Classroom](#) toolkit to provide educators with practical advice for preventing, recognizing the symptoms of, and addressing SAD in the school building and community. Download the toolkit today!

TRAINING

Suicide Prevention and Mental Health Awareness Training

Suicide prevention and mental health awareness training continues to be available to South Dakota communities and schools. Training is available at no-cost and can be flexible to your needs, available in-person or virtually. Learn more about available training [here](#).

SDSP WEBSITE

Population Specific Pages Added to the SDSP Website

Population specific web pages were recently added to the [South Dakota Suicide Prevention](#) website. These web pages focus on high trauma professionals including Child Services, Emergency Medical Services, Fire Services and Law Enforcement. If you identify yourself as a professional in one of these areas, please check out the resources we have gathered for you [here](#).

EVENTS

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

December

1 – MHFA Virtual Training
 3 – Survivor Support Group
 4 – MHFA Virtual Training
 5 – YMHA Virtual Training
 7 – YMHA Virtual Training
 10 – YMHA Virtual Training
 15 – Aliive Roberts County Coalition Meeting
 16 – Glacial Lake SAFE Coalition Meeting
 26 – Black Hills Area Survivors of Suicide Support Group

January

7 – Survivor Support Group
 19 – Aliive Roberts County Coalition Meeting
 20 – Glacial Lake SAFE Coalition Meeting
 23 – Black Hills Area Survivors of Suicide Support Group

February

4 – Survivor Support Group
 16 – Aliive Roberts County Coalition Meeting
 17 – Glacial Lake SAFE Coalition Meeting
 27 – Black Hills Area Survivors of Suicide Support Group

To request a training for your community, [click here](#).