

# Prevention Newslink

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

## Western PRC

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## Congratulations, Stacy!

Stacy Bruels recently accepted a promotion within the Department of Social Services to Assistant Director of Behavioral Health, overseeing the Division's Office of Prevention and Crisis Services. Stacy obtained her Bachelor of Science Degree in Social Studies Education at Minnesota State University, Mankato. She earned the State Government Leadership Certificate from the University of South Dakota and Master of Science



in Administration with a specialization in Organization Leadership. Prior to her time with the Division, Stacy was employed with the Pierre School District in various teaching capacities which included grant administration to ensure youth had access to mental health services at the Hughes County Juvenile Service Center.

For the past eight years, Stacy served as the Division's finance manager overseeing the Division's budget, grants, contracts, and other financial aspects. In this role, Stacy provided financial management and completed reporting requirements for the Substance Abuse Prevention and Treatment Block Grant, Community Mental Health Services Block Grant, Partnership for Success, and the State Opioid Response grant among others. She is excited to be working with prevention and the crisis services and looks forward to getting to know all of the providers.

Stacy is married and has two children, a five year old son, and a three year old daughter as well as a chocolate lab. She enjoys spending time with her family, baking, and reading.

## Spotlight: Lakota Youth Coalition Members Attend Day of Remembrance in Florence, Italy

Three Representatives from Lakota Youth Development (LYD) were sent to Florence, Italy to witness their first ever Day of Remembrance for Indigenous Peoples of North America (Turtle Island). This event was an acknowledgement of the genocide of indigenous peoples and the struggles that indigenous peoples still face today across Turtle Island by the government of Tuscany. The week's long events was sponsored by the City of Florence and Wambli Gleska - a non-profit organization that teaches Lakota culture to Italians. LYD and Wambli Gleska have been partners for several years as they work together to bring intercultural tourism and apprenticeships opportunities to Italians and Lakota people.

Photo & text courtesy of Lakota Youth Development.



## January is ... National Mentoring Month!

This January, focus on celebrating the gift of mentoring and the positive effect that having a dependable and supportive mentor has on young children in our communities! Click [here](#) for different ways to engage in the national conversation and view all the events for the month. A few examples are listed below.

- Post on social media with [#MentoringMonth](#) & [#MentoringAmplifies](#)
- Attend the Annual National Mentoring Summit (hybrid event in D.C. and online) January 26 - 28th, 2022
- Meet with your elected official
- Get educated: explore resources on mentoring like podcasts and books
- Attend a conference/webinar on mentoring



### Dates to Remember

- January 6th - I am a Mentor Day
- January 17th - International Day of Mentoring
- January 17th - Dr. Martin Luther King Day of Service
- January 27th - Thank your Mentor Day

## Upcoming Training and Events

### CPCM/DOE Trauma-Informed Schools Training

December 22nd, 2022, 9 - 2 pm CT | Click [here](#) for more info on this FREE training | email [tracy.thomes@usd.edu](mailto:tracy.thomes@usd.edu) with questions

### Brief Alcohol Screening & Intervention for College Students (BASICS) Training

January 5th-7th, 2022 | Click [here](#) to register

### PREPaRE School Safety and Crisis Preparedness Workshop:

### Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools

Jan 18-19 virtually 8 - 4:30 CT | Feb 8-9 in Sioux Falls 8 - 4:30 CT | April 26-27 in Rapid City 8 - 4:30 MT  
click [here](#) to register | email [amber.kilburn@usd.edu](mailto:amber.kilburn@usd.edu) with questions

### CADCA National Leadership Forum

January 31st - February 3rd in Maryland | click [here](#) for more info

### Students Against Destructive Decisions (SADD) Conference

Rapid City conference: March 24th, 2022 | Watertown conference: March 25th, 2022  
Contact Stephanie Kinnander with questions | [stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)



# No Name Calling Week

January 17th - 21st , 2022

Insults, name-calling and mean words cause lasting harm on children and adults. Over time, lasting emotional abuse such as name-calling results in poor grades, difficulty concentrating, mood disturbances like anxiety and depression, and suicide. The lessons observed in No Name Calling Week put kindness into action by providing educators, administrators, parents and students tools, resources and support.

## Ways to Observe No Name Calling Week

- Launch a program at your school with assemblies, activities, events and more. Click [here](#) for ways to implement and participate.
- Stream a documentary on bullying such as "Bully", directed by Lee Hirsch (available for checkout at your local PRC)
- Use [#NoNameCallingWeek](#) and [#KindnessInAction](#) to share stories and experiences on social media.
- Read "The Misfits" by James Howe (available for checkout at your local PRC) or explore other age appropriate books that bring awareness to name-calling and bullying.
- Promote an art exhibit or essay competition.
- Review your school's policies on bullying and make changes where necessary for best practices.

To check out "Bully", "The Misfits" and other bullying prevention resources, contact the SD Prevention Resource Centers.  
Southeastern: [b\\_glissendorf@voa-dakotas.org](mailto:b_glissendorf@voa-dakotas.org) | Western: [welger@youthandfamilyservices.org](mailto:welger@youthandfamilyservices.org)  
Northeastern: [stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)

# Avoid Opioid Standing Order for Narcan

Did you know there is a standing order in South Dakota where anyone who would like to have Naloxone on hand can do so?

As of 10/1/2020, SD pharmacists with an active license can dispense naloxone under the statewide standing order to any eligible person who is at risk of an opioid-related overdose or able to assist an at-risk person (a family member or friend). For those without insurance or the ability to pay for Naloxone, funding assistance is available.

## How to Become a Participating Pharmacy.

go to [avoidopioidsd.com](http://avoidopioidsd.com) and click on "[pharmacy](#)." to take the following steps:

1. Print statewide standing order
2. Become a participating pharmacy
3. Complete 1-hour online training
4. Print eligible assessment forms
5. Provide patient education (can order free materials from DSS)
6. Submit a quarterly report
7. Submit Naloxone Reimbursement



## Prevention Partner Spotlight: Lewis Drug Pharmacies!

For this last quarter of July-September, Lewis Pharmacies have dispensed 6 Naloxone kits in 5 of their locations. Lewis Pharmacies have done an excellent job with communicating their needs and making sure their locations are equipped with training, educational materials and naloxone kits.

click [here](#) for more information about Avoid Opioid and the standing order.



# Coalition Spotlight: Lemmon Safe Communities



Written by Gaven Schweitzer, Lemmon Safe Communities Prevention Coordinator



In August 2020, I started as the new Prevention Coordinator of Safe Communities in Lemmon, South Dakota. During my first few months, I conducted a stakeholder survey to understand what our community feels is the most important area of prevention to focus on. It became clear that anyone associated with Lemmon High School felt that mental health (along with vaping) was a significant threat to our community. I contacted our EMTs and asked them to speak at a Lunch-n-Learn where they confirmed that mental health was a surging crisis. They mentioned that nine people this year had died by suicide in the surrounding area, over twice as many as the previous year total.

At the beginning of the 2021-22 school year, a board member of Safe Communities (who is also a recent High School graduate and the reigning Homecoming Queen) approached me and offered to speak to Lemmon students about her battle with mental health and her subsequent treatment. Mrs. Straight, Lemmon High School's history teacher, had been in contact with me earlier asking to discuss mental health as she had noticed a significant difference in student's attitudes in class and in assignments. She offered her classroom as a setting so that my board member and I could visit with students and start that conversation. The impact was obvious. For the students, hearing someone they know and look up to talk about such a vulnerable, personal and relatable topic created the first rip of the proverbial band-aid.

In October another tragedy struck a neighboring town where a senior student died by suicide. It was more evident than ever that this issue wasn't going anywhere. In November, Jason Lillich, a Qualified Mental Health Professional and a counselor at Three Rivers Mental Health and Chemical Dependency Center, spoke with the Lemmon school again about mental health where he showed Kevin Hines' story. Kevin is a man who at the age of 19 jumped off the Golden Gate Bridge and survived. He has now become a suicide prevention activist and speaker. His message of self-perseverance and courage is one that I would recommend anyone get to know. The video left an impression on all those who viewed it, including the teaching staff. The baton was again passed to Mrs. Straight who got in contact with Kevin's team where they arranged for him to come talk to the Lemmon 6th-12th grade classes.

Kevin's presentation was blunt and powerful. He hid nothing and provided the students with an impression they won't soon forget. Kevin stayed an extra 30 minutes just answering questions from the students where they covered every base they could think of. In my subsequent LifeSkills lessons, I let them know I was proud of them for speaking up and asking those questions. In just the few weeks since Kevin's presentation, I've had a student come up to me after class to talk to me about a friend of hers who was in trouble, thus proving to me the efforts taken were taking hold and making a difference.

Talking helps. Dr. Mylien Duong, a clinical psychologist, says that when we verbalize our emotions, it activates a part of our brain that can then de-escalate our emotional response. Though we haven't finished and our work isn't done, getting the conversation started is often times the hardest part. I'm hoping we can continue to see more improvement with our mental health as a community and I'd love to hear more about what other communities are doing about their own mental health.

-Gaven Schweitzer, Lemmon Safe Communities Prevention Coordinator | [safecommunities@sdplains.com](mailto:safecommunities@sdplains.com)



# HAPPY HEALTHY HOLIDAYS

## For Students Over Holiday Break



The holiday break can bring stress and boredom, which can lead us to make unhealthy choices. Although it is great to give yourself some indulges during this time, it is important to make healthy choices each day. Instead of using commercial tobacco and e-cigarettes try out these healthy activities instead. Use the chart below to mark off accomplishing these healthy habits each day during holiday break.

- ❖ Exercise 60 minutes per day. This includes going for a walk or run, doing a workout video, playing a sport or any other physical activity you enjoy.
- ❖ Drink ½ your body weight in ounces of water each day. For example, if you weigh 175 pounds, aim to drink 87.5 ounces of water in a day.
- ❖ Eat 2 cups of vegetables and 1 cup of fruit per day. Try 1 cup of carrots with lunch, an apple for a snack, and a salad with dinner.
- ❖ Get 8 hours of sleep each night. Try turning off technology an hour prior to bed.
- ❖ Practice self-care each day. This can include meditating, positive affirmations, reading a book, deep breathing, cleaning your room, taking some alone time, watching your favorite movie, or spending time with family and friends. Self-care is about doing things you enjoy to keep you mentally and physically healthy.

Get a total of 60 minutes of physical activity during the day

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Drink ½ your body weight in ounces of water per day

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Eat 2 cups of veggies & 1 cup of fruit per day

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Get 8 hours of sleep

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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Practice Self Care

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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South Dakota Tobacco  
Control Program  
Regional Contacts



**Southeast Region**

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## New Anti-Vape Campaign

The South Dakota Tobacco Control Program launched the statewide media campaign in October. Two new TV spots and corresponding radio ads will run through November and during the first quarter of 2022. These spots focus on the dangers of nicotine and how addiction can quickly sneak up on you. Nicotine weakens the immune system, increases heart rate and blood pressure, causes mood swings, adds to stress and depression, and even causes permanent brain damage to kids under 25. You can view and share these hard-hitting messages from our [YouTube Channel](#) or the [SD QuitLine Facebook page](#).

## Tobacco Prevention Around the State

The South Dakota Tobacco Control Program's (SD-TCP) Tobacco Prevention Coordinators have been busy helping school districts across the state with their tobacco prevention efforts. So far this school year, 21 schools districts have participated in the Teens Against Tobacco Use (TATU) trainings. After participating in TATU training, school districts become eligible for a \$2,000 TATU Grant to bring tobacco prevention activities to their schools. The following school districts have completed TATU training this year: American Horse, Beresford, Bishop O'Gorman, Bison, Brandon Valley, Custer, Dell Rapids, Douglas, Edgemont, Garretson, Gettysburg, Harrisburg, Lead-Deadwood, Lennox, Meade, Mitchell, Rapid City, Tea Area, Tripp-Delmont, West Central and White River.

The Tobacco Prevention Coordinators have also done tobacco prevention and vaping education to students in four school districts across the state. Presentations were done in Hitchcock-Tulare, Pierre, White River, and Vermillion school districts.

If you are interested in expanding tobacco prevention efforts in your school, please reach out to your Regional Tobacco Prevention Coordinator. Contact information listed on the left.

## EVENTS

- January 23-January 29, 2022: Tobacco-Free Awareness Week
- February 2022: American Heart Month, National Cancer Prevention Month
- February 20-26, 2022: Through with Chew Week
- February 24, 2022: Great American Spit Out



[DRIVESAFESD.COM](http://DRIVESAFESD.COM)

## South Dakota EMS for Children December 2021

Happy Holidays from the SD EMS for Children! December marks the beginning of National Impaired Driving Awareness month. Drunk driving claims the lives of about 28 people daily in the US. That's about one person every 52 minutes, according to NHTSA. That number could drastically be reduced when people choose to not drink and drive. As this year draws to a close, we are excited about a new program launched by our office and SD Office of Highway Safety. The "I Choose" program is a teen focused program that teaches the definition of impaired driving and what choices teens have when they come face to face with impaired driving.

This full encompassing program begins with a definition of impaired driving, South Dakota DUI laws, choices teens have when it comes to situations, being a designated driver, what happens when people are charged with a DUI, and lastly teens sign a commitment card committing to not drive impaired. They are challenged with keeping this commitment card with their driver's license as a pledge and reminder of the class they went through. With this program comes interactive games, 3D style impairment glasses and an educator guide.

This program was designed with all South Dakota teenagers in mind. They don't have to be part of a specific group to gain access to the "I Choose" program. Same for educators. Any educator from Driver's Education Instructors, Boy Scouts, School Resource Officers to local Law Enforcement have access to this educational program. Even peer educators can present this to their peers. The "I Choose" program can be taught in an hour to over a few days. A universal foundation to start the conversation of what can happen should they choose to drive impaired. We look forward to helping educators across the state of South Dakota incorporate this educational tool.

If you are interested in learning more about this program, please email [Jaime.bartell@usd.edu](mailto:Jaime.bartell@usd.edu).

From our office to yours, we wish you a very merry and safe holiday season!

*Jaime*



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



# Three steps to rediscover HOPE during the holidays

## South Dakota Suicide Prevention



### Resources

**Statewide Website**  
[sdsuicideprevention.org](https://sdsuicideprevention.org)

**The Helpline Center**  
[HelplineCenter.org](https://HelplineCenter.org)

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### Statewide Crisis Line

**1-800-273-8255**

Answered by the  
Helpline Center



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

As the seasons change from fall to winter, the rollercoaster of emotions we've experienced in dealing with the COVID-19 pandemic for the past two years continues to affect us. Some people are planning holiday celebrations that will make up for the ones they missed last year, whereas others are still dealing with a range of emotions triggered by the pandemic and the state of our global community. But this time of the year also presents a great opportunity to fortify our mental health by rediscovering the hope this season brings.

Although suicide rates are lower during the holidays, people tend to experience more stress, anxiety and depression during this time. The following mental health plan, which consists of three steps, serves as a valuable resource for emotional protection as we face both the physical and emotional change of seasons, and it can help us turn these experiences into opportunities for growth and rediscovering hope.

**Step 1: Understand your emotions.** Our emotions, even the uncomfortable ones, are always telling us something. Understanding our emotions helps us realize that what we are currently experiencing is a natural and expected reaction to the present situation. We have lost many things during the pandemic: social skills, connection, income, relationships and loved ones. Our emotions are, therefore, natural responses that appear when we lose something of value to us. The pandemic has caused many people to reevaluate what is really important in their lives and to make changes. In psychology, this is called posttraumatic growth — a phenomenon in which positive change occurs as a result of struggling with challenging and stressful life events. It is important to learn to be aware of our emotions, listen to them, take care of them and accept them.

**Step 2: Focus on your resilience.** According to a recent [U.S. Census Bureau's Household Pulse Survey](#), about 41% of U.S. adults reported symptoms of anxiety or depressive disorder during the pandemic. Although these statistics can be discouraging, it is also important to remember that you can focus on your resiliency and ability to overcome difficult situations. In fact, [resilience](#) is a psychological trait that can help keep you safe. Resilience can boost your immune response by providing you with an optimistic and hopeful view of the future; you believe your future will be better than your present and that you have the capacity to make that happen.

**Step 3: Use a rationalization technique.** Studies have shown that people are prone to overestimate or underestimate situations based on their emotions. For instance, people who are anxious about flying tend to overestimate the risks of flying when compared to driving, even though statistically flying is safer. But just as fear can spread, hope can also be spread. Be a holder of hope. Make sure you remind yourself of your strengths, confidence and abilities. Remember that the beauty of the diamond comes from the extreme pressure and heat it experienced. The same is true for us. Just like diamonds, we may have gone through extreme conditions of pressure and heat last year. But we can emerge stronger from this crisis if we focus our energy on finding the positive lessons it gave us and hold on to one another this holiday season.

-[Information from Counseling Today](#)

**For Additional Information Contact:**

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