



# Prevention Newslink

December 2024

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

### WPRC

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### SEPRC

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### NEPRC

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## HOPE FOR THE HOLIDAYS

Spreading hope this holiday season is made easier with the SAMHSA holiday toolkit. Found on their Newsroom tab [HERE](#), these materials are available for everyone to download & share.

SAMHSA's holiday toolkit is full of graphics and related captions on how to show support and provide resources to folks during these hard winter months. Below are tips and a suggested caption on how to cope with holiday stress taken from their site.

### Coping Tips

*Take care of yourself*

#### Take care of your body

- Get enough sleep
- Spend time outside
- Play sports
- Get exercise

#### Connect with people for support

- When you feel ready, think about asking for help
- Join a support group or online community
- Talk to people who care about you and won't judge you—and be open to their advice
- If you're in a safe relationship, be open with your partner about what you're going through
- Get involved with a sports team, school activity, or a religious or spiritual organization
- Volunteer for a cause you care about

#### Take care of your mind

- Write or draw your feelings
- Take a few deep breaths
- Take a break from news or social media
- Explore your interests and hobbies
- If you can, follow a regular schedule each day and build in time to take breaks
- Celebrate large and small successes

Focus on self-care for your overall health and wellness.

Here are some ways to take care of yourself one small way each day:



**SAMHSA**

Show yourself some love 🧡 and take care of yourself this season. That includes taking care of your overall mental and behavioral health. Learn some ways to take care of yourself to help de-stress: [samhsa.gov/find-support/how-to-cope](https://samhsa.gov/find-support/how-to-cope)

# UPCOMING TRAININGS & EVENTS

## School Crisis Prevention & Response Hub of South Dakota 2024-2025 Virtual Speaker Series

For more information and to register, click [HERE](#). Contact [Amber Kilburn](#) with any questions.

## Alternatives Youth Diversion Education Interactive Journaling Training

January 9 | Virtual

Find more information and register [HERE](#) by December 20

## Applied Suicide Intervention Skills Training (ASIST)

February 11-12 | Aberdeen

March 6-7 | Brookings

Find more information and register [HERE](#)

## 2025 SD Peer Leadership Conference

March 27 | Rapid City

Email [Chloe White](#) for more information

March 28 | Brookings

Email [Stephanie Kinnander](#) for more information

## Teaching Cannabis Awareness and Prevention Conference

April 9-10, 2025 | Virtual

See more information & register [HERE](#)

## SPF Application for Prevention Success Training (SAPST)

May 5-8 | In-Person

Registration can use the QR Code below



# MARTIN LUTHER KING JR NATIONAL DAY OF SERVICE



MLK Jr National Day of Service is a valuable reminder that we can give the gift of giving even after the holiday season is over.

Celebrated on the third Monday of January, the holiday encourages us to honor the legacy of Martin Luther King Jr. by committing to a day of volunteering in your community.

Whether you are called to serve your community during the holidays, on MLK Day, or everyday, the Helpline center can get you connected to local agencies that need your help. Visit their website [HERE](#) to see how you can start volunteering today.

Volunteer work can be a protective factor for substance use and mental health. Community service / volunteer work can be a good alternative activity for youth/adults to participate in to build up that protective factor.

## INTERACTIVE JOURNALING TRAINING

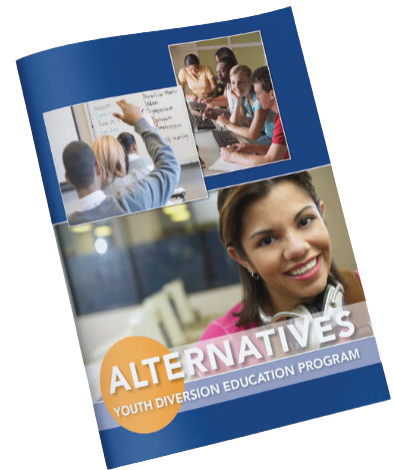
This virtual training will be held January 9 from 9:30am-3:00pm CST and will be facilitated by NEPRC staff, Dodi Haug & Stephanie Kinnander. There is no cost to attend this training.

The goal of *Alternatives* is to reduce the number of alcohol and other drug-related crimes committed by individuals under the age of 21.

After attending this online course you will be able to do the following:

- Define the theories supporting the foundation of the evidence-based program, *Interactive Journaling*
- Describe the *Interactive Journaling* Curriculum
- Demonstrate effective implementation strategies for *Interactive Journaling*
- Practice effective facilitation strategies

Space is limited to 30 participants so sign up now! Registration is due by December 20th. Find more information and register [HERE](#), or email Stephanie Kinnander at [stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)



## Save-the-Date

Join us next year for the SD Behavioral Health Conference to include suicide & substance use prevention, mental health, treatment and more!

August 4-5, 2025  
Sioux Falls Convention Center  
1201 North West Ave, Sioux Falls, SD 57104



# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

STATEWIDE WEBSITE  
[SDSUICIDEPREVENTION.ORG](https://SDSUICIDEPREVENTION.ORG)

THE HELPLINE CENTER  
[HELPLINECENTER.ORG](https://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

# Holiday Challenges on Mental Health

Holidays can be a challenging time for individuals who are struggling with their mental health. There are unique stressors during the holidays that can exacerbate emotional distress and feelings of isolation for some individuals, which may increase suicide risk in vulnerable populations. While holidays can be joyous for many, recognizing and addressing the emotional challenges they bring for others is key to supporting mental well-being during this season.

The following are some common issues people may face during the holiday season:

1. Loneliness and Isolation
  - Those who do not have close family or social connections may feel heightened loneliness during a season that emphasizes togetherness.
  - Seniors, individuals living far from loved ones, or those experiencing significant life transitions may feel more isolated.
2. Grief and Loss
  - Holidays can intensify feelings of grief for individuals mourning the loss of loved ones.
  - Memories associated with past celebrations can make the absence of a loved one more pronounced.
3. Financial Stress
  - Pressure to spend money on gifts, travel, or hosting can lead to financial strain, adding to stress and feelings of inadequacy.
  - For some, economic difficulties may evoke hopelessness or despair.
4. Family Conflict
  - Reunions or gatherings can bring up unresolved conflicts or strained relationships, leading to emotional turmoil.
  - Estranged or distant family dynamics can exacerbate feelings of rejection or shame.
5. Unrealistic Expectations
  - The cultural emphasis on happiness during the holidays can make those struggling feel out of place or "broken."
  - Social media portrayals of holiday perfection can contribute to feelings of inadequacy or comparison.
6. Substance Use
  - Increased access to and use of alcohol or other substances during holiday events can impair judgment and exacerbate depressive symptoms.

The following protective factors and coping strategies can help during the holiday season:

1. Building Connections
  - Reach out to friends, neighbors, or community groups to combat isolation.
  - Volunteer for charitable organizations, which can foster a sense of purpose and connection.
2. Managing Expectations
  - Focus on what truly matters to you during the holidays, such as simple traditions or quiet time.
  - Let go of the need for "perfect" celebrations and accept that it's okay to set boundaries.
3. Seeking Support
  - Talk to trusted friends, family members, or therapists about how you're feeling.
  - Engage in support groups, particularly if dealing with grief or loss.
4. Practicing Self-Care
  - Prioritize rest, healthy eating, and regular physical activity.
  - Practice mindfulness or meditation to manage stress and stay present.

If someone is experiencing suicidal thoughts or more significant stress during this time of year it's crucial to seek help immediately. Please contact 988 for support.

## South Dakota Tobacco Control Program

### Regional Contacts

#### Southeast Region

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#### Northeast Region

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#### Western Region

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[Quittobaccosd.com](http://Quittobaccosd.com)

Click [HERE](#) to determine your region's Tobacco Prevention Coordinator

## Breathe Easy This Holiday Season

The holiday season is a time for joy, family, and celebration—but tobacco use can put a damper on those special moments. Quitting smoking or vaping is one of the best gifts you can give yourself and your loved ones. Make a plan to start the new year with clearer lungs, fresher air, and the confidence of knowing you're on a path to better health. Need help? Visit [QuitTobaccoSD.com](http://QuitTobaccoSD.com) to learn more about resources to help you quit! This season, let “breathe easy” be more than just a phrase—make it a reality by taking the first steps toward a tobacco-free life.

## Youth Tobacco Prevention Toolkit Training Highlights

This October and November, your regional Tobacco Prevention Coordinators were grateful to share the NEW Youth Tobacco Prevention Toolkit with young leaders across the state. Students who attended the training learned how to address tobacco use in their schools and communities alike. Here are some of our highlights!



## Spotlight on Smokeless Tobacco: Understanding the Risks

Smokeless tobacco products, including chewing tobacco, snuff, and nicotine pouches like Zyn, are often marketed as safer alternatives to smoking, but they are far from risk-free. These products deliver addictive nicotine and pose serious health risks, such as gum disease, tooth loss, and an increased likelihood of oral and pancreatic cancers. Nicotine pouches have seen an 80% increase in sales in 2024, and operations are expected to grow in the new year. Take time with your loved ones this holiday season to remind them of the dangers of smokeless tobacco. Whether smoked or smokeless, all tobacco products carry health dangers.

## Upcoming Events and Trainings

- January 15, 2025 3-5pm CT/2-4pm MT: CATCH My Breath Training (Virtual) [Register Here](#)
- March 18, 2025: [Spring Tobacco Control Institute](#) (Ramkota – Pierre, SD)

For additional trainings or events, please contact Ashley Heyne ([aheyne@bhssc.org](mailto:aheyne@bhssc.org))