

Feb
2021

Prevention Newslink

South Dakota Prevention Resource Centers

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Celebrate American Heart Month

Each February, NHLBI and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease. Focusing on your heart health has never been more important. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. President Biden's proclamation on Heart Month 2021 addresses heart disease as a leading cause of death in the U.S. and the ongoing fight to protect #OurHearts.

Research shows that we're more successful at meeting personal health goals when we join forces with others. When we take care of #OurHearts as part of our self-care, we set an example for those around us to do the same. Inspire and motivate yourself and those you love to **make heart health a regular part of your self-care routine.**

... from NIH.com

7 Days of Self-Care

#SelfcareSunday



Create your **self-care checklist** for the week

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who **inspires you** to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts

February– Its All About the Heart Month



Every February Valentine's Day forces me to consider the evolving matters of the heart.

As a child, Valentine's Day meant an entire day of self-imposed stress and worry the cutest girl in my elementary school class would entirely rebuff a request to "Be My Valentine" or she would insist our lawyers negotiate the binding terms associated with any expressed or implied acceptance.

As a young adult, I moved on to participating in what I viewed as the expected social convention of taking my girlfriend out for a traditional Valentine's Day dinner. From that, I learned when it comes to nice restaurants, they are not actually considered dark. They have "ambiance" and that costs extra. The only thing more forced and uncomfortable than the necktie I was compelled to wear was my ability to pronounce many of the items on the menu. During my prime developmental years, there had not been much cause to learn French or Italian on most Wyoming ranches. This event would conclude when the staff would set dessert on fire. This was done ostensibly to make any gifts of jewelry glisten and seem more impressive. The flames also aided greatly in locating the bill dropped somewhere on the table and hidden by the ambiance. Such was the dance of romance.

Now when I consider matters of the heart, I find it hard to get past the unique challenges I currently face as a husband, father, South Dakotan and American. Chief among the challenges is discord, distrust, disinformation, distraction, disruption, disrespect and of course, 'dis virus'. It's easy to have a heavy heart. That said, my considerations brought me to see bright rays of light piercing the ambience.

We have learned to work more independently. We have learned to collaborate effectively from remote locations. We learned some students have actually flourished in a virtual classroom and some mental health patients cancel far fewer virtual appointments. When listening to coalition members from across South Dakota, they describe new and creative ways they overcome their challenges and continue to deliver services. There are state and national survey data that illustrates progress and the positive impact of past education and prevention efforts. With an open heart and eyes, it's possible to see some silver lining in the cloud of the recent past.

I recently attended the annual SAMSHA Prevention Day and CADCA National Leadership Conference. I took away many good things from it. Most significantly, I saw many, many, many people in the prevention field who truly contribute to improving the quality of lives across America. I was reminded of the quantity and quality of others in the battle, particularly here in our state. I know there is not an end game to what we do. However, if you can see the capacity I see in our prevention community, I think you too can take heart.

- Bill Elger— WPRC Coordinator



February– Teen Dating Violence Awareness Month

During February, Teen Dating Violence Awareness Month provides an opportunity for prevention and healing for teen victims of violent relationships.

According to the Domestic Violence Awareness Project, approximately 1.5 million high school students in the United States experience physical abuse from a dating partner. One-quarter of parents don't talk to their teens about domestic violence.

Teen Dating Violence Awareness Month encourages parents and adolescents to take an inventory of their relationships. Abuse includes physical, psychological or sexual abuse. Visit youth.gov, loveisrespect.org, or breakthecycle.org for more conversation starters and resources.



Events and Dates to Remember

Cannabis: People before Profits– The Evolution of Cannabis Policies and Where Prevention Fits In—Pacific Southwest PTTC

- February 16th, 4:00-5:30 pm (MT)—Register [Here](#)

VIRTUAL SADD Activities— contact Stephanie at stephaniek@humanserviceagency.org to register

- Registration Deadline February 19th. Will include activities for team building as well as campaigns like Take Down Tobacco Day, Drug Take Back Day, and Safe Driving.

Marijuana– Preparing South Dakota for Lawful Use and Possession— contact Bill at welger@youthandfamilyservices.org to register

- March 9th—9am to 10:30am (MT)

Help the Helper— contact Wendy at wendycummings@youthandfamilyservices.org to register

- March 16th—9am-3pm—Youth and Family Services Community Room, Rapid City

Project Success—contact Jana Boocock at jana.boocock@state.sd.us to register

- March 16th, 17th and 18th—Zoom

Spring Tobacco Control Institute—Learn more and register at <https://befreesd.com/event/2021-spring-tobacco-control-institute/?fbclid=IwAR0EM65T2BswRANdmV05mfvlkHGb-g82xSMsSfjSL-coXCeYlxJldB6Y5o>

- March 23rd and 24th

Life Skills Training

- SEPRC—April 12th, 8:30am to 4:30pm—Virtual—contact Michelle at m.majeres@voa.dakotas.org to register
- WPRC—May 6th and 7th, 8am to 4:30pm—Days Inn, Rapid City—contact Bill at welger@youthandfamilyservice.org to register

Social Hosting—Consequences of Hosting an Alcohol Gathering— contact kebert@youthandfamilyservices.org to register

- April 21st—12pm— 1pm (MT)

Too Good for Drugs—contact Jana Boocock at jana.boocock@state.sd.us to learn more

- West River—May 5th—Time and Location (Rapid City) TBD
- East River—May 6th—Time and Location (Sioux Falls or Brookings) TBD

February Factoids for Jeopardy Applicants

- In 2020, Americans spent \$1.7 billion on Valentine's day gifts ... for their pets
- "Romance Fraud" aka, "Catfishing" cost Americans \$201 million in 2020
- Teachers traditionally receive the most Valentine's Day cards, followed by children, mothers and wives
- Persons born on February 29th during a leap year are called, "leaplings"



Addiction counseling, mental health, and social work professionals

Please join us for an integrated look at recovery support in South Dakota

Project ECHO: University of South Dakota – Recovery Support ECHO Spring 2021		
Session	Date	Topic
1	Wednesday March 17 12-1pm CT	Recovery Support Resources in South Dakota
2	Wednesday March 24 12-1pm CT	Culturally Responsive Recovery Support, Rosebud Sioux Tribe Alcohol and Drug Treatment Program, Methamphetamine Rehabilitation Program
3	Wednesday March 31 12-1pm CT	Recovery Support: Face it Together Peer Coaching
4	Wednesday April 7 12-1pm CT	Oxford House: Self-Help is the Bedrock of Recovery
5	Wednesday April 14 12-1pm CT	Every Member Counts -SD National Guard Substance Abuse Program
6	Wednesday April 21 12-1pm CT	Peer Recovery Support Specialists: Role Model, Mentor, Advocate, and Motivator
7	Wednesday April 28 12-1pm CT	Successes and Challenges of Recovery Services, ATTC -Global Approaches

Register via the link:

<https://usd.zoom.us/meeting/register/tUtduihgzwuGNzF2LQQd5SqtNk2AzDB3Y4l>

After registering, you will receive a confirmation email containing information about joining the sessions. Register once and you can attend any of the sessions.

Join each session via Zoom from an internet-enabled device.

Continuing education credits are available through the South Dakota Board of Addiction and Prevention Professionals and the South Dakota Board of Social Work Examiners.

For more information visit <https://www.usd.edu/echo> or email ProjectECHO@usd.edu

Adult Use and Physician Recommended Marijuana Policy... So Much to Consider

Much remains unsettled with respect to the outcome of successful ballot initiatives permitting conditions for lawful use of marijuana in South Dakota.

After passing in November, the process which led to voter-approved constitutional amendments has been challenged. On February 8th, the challenge was upheld in Circuit Court. A spokesperson for a group supporting the amendments subsequently indicated the group intends to appeal the Circuit Court's decision to the South Dakota Supreme Court.

Should the courts ultimately determine conditional use will be permitted, state policymakers will be required to design and implement rules and regulations specifying the conditions for lawful sale, use, distribution and possession of marijuana. There will be much to consider during this design process. Will persons using marijuana based upon a physician's recommendation be permitted to bring marijuana into the workplace, schools or public areas? Can financial institutions operating under Federal banking regulations accept deposits resulting from the sale of a federally recognized Schedule I drug? What ability will employers have to enforce company drug policies? When can an employer require a drug screen and how will the interests of employers be weighed against employees whose use did not violate a state law? Will there be a scientific standard set forth which indicates a level of presumed impairment? What amount of marijuana can be possessed by one person? Will there be purity and potency limitations? Will there be consequences for omitted or erroneous labeling of marijuana consumables? Who will enforce associated public policies? These are but a few of the issues policy is likely to address.

Over the next several weeks, there will be opportunities to identify regulatory policy issues and consider the best means to address them.

On February 16th, the PTTC is hosting a free seminar, **Cannabis: People before Profits. The Evolution of Cannabis Policies and Where Prevention Fits In**. This webinar will provide an overview of the stages of state marijuana legalization laws and the multiple layers of marijuana policy. There will be discussion relating to the importance of prevention practitioners taking a leading role in identifying public health issues emerging from commercialization and legalization policies. Register at https://zoom.us/webinar/register/WN_wcecc-2W0RRmoltVjSIEIDA.

On March 9th, the South Dakota Prevention Resource Centers are hosting a virtual presentation, **Marijuana—Preparing for Conditions of Lawful Use and Possession**. Faye Caldwell, a trial attorney and national presenter with extensive experience in the subject matter, will describe what has worked and not worked for other states as they crafted marijuana policy, and the specific challenges ahead for the state. The fact-based data and insight Faye provides should hold tremendous value for policy makers and stakeholders. Additional information and registration information for this conference will become available in the coming weeks.

February Health Campaigns



American National Heart Month- <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

Nation Black HIV/AIDS Awareness Month- <https://www.cdc.gov/hiv/library/awareness/nbhaad.html>

Teen Dating Violence Awareness Month- <https://www.loveisrespect.org/get-involved/tdvam/>

National Children's Dental Health Month- <https://www.ada.org/en/public-programs/national-childrens-dental-health-month>

Great American Spit Out- <https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/ReproMaterial-Spit-Out>

National Cancer Prevention Month- <https://www.preventcancer.org/event/national-cancer-prevention-month-2021>

February is National Cancer Prevention Month

Seven Steps to Prevent Cancer

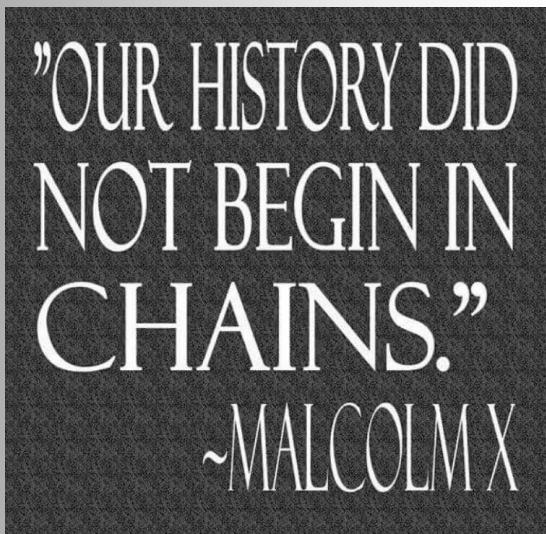
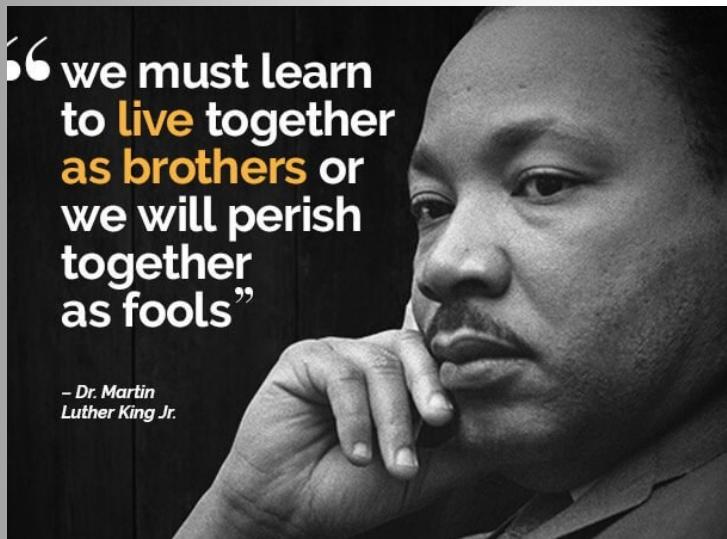
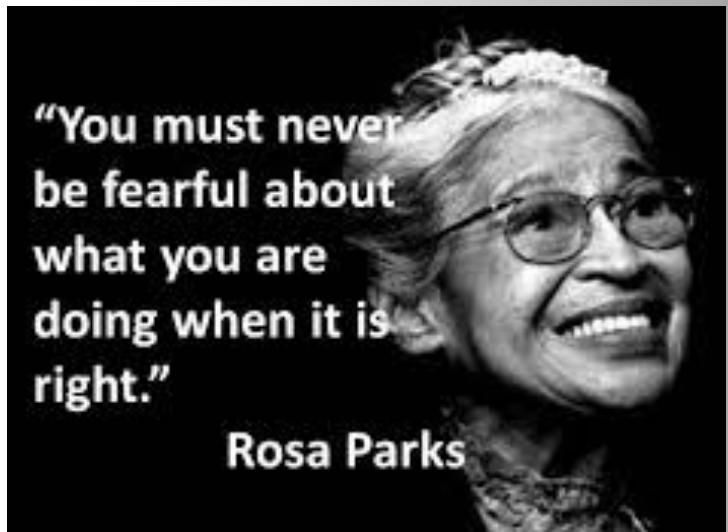
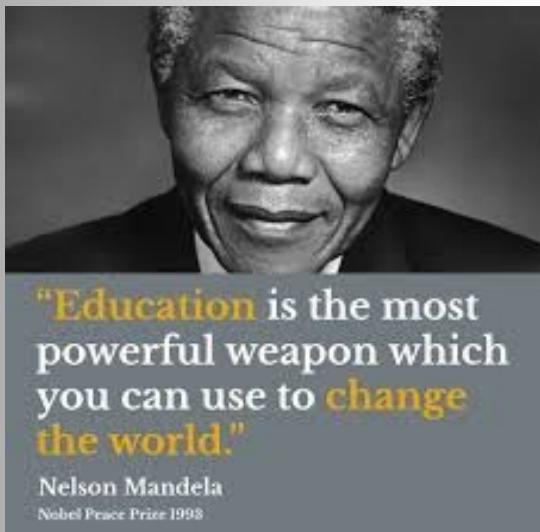
- 1 Don't use tobacco.
- 2 Protect your skin from the sun.
- 3 Eat a healthy diet.
- 4 Maintain a healthy weight and be physically active.
- 5 Practice safer sex and avoid risky behaviors.
- 6 Get immunized (HPV & hepatitis vaccines).
- 7 Know your family medical history and get regular cancer screenings.



To learn more, please visit www.preventcancer.org

*****Celebrate*****

Black History Month



On Ice...



February 2021

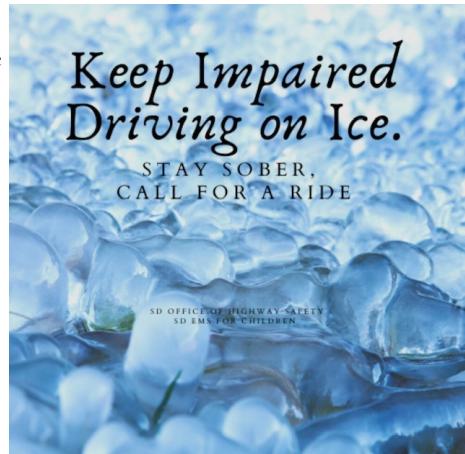
Keeping Impaired driving on ice..

February is here and in South Dakota we have seen more icy roads than normal. Let's just be real, 2021 has been just as odd as 2020 was. We have a mission to see impaired driving fatalities reduced this year. One simple way to do that is to not drive under the influence of alcohol or drugs. We really want to encourage people to stay sober or call for a ride. By having a plan, people are less likely to get behind the wheel and drive impaired. Education is key.

A newly formed partnership that I am excited to share with you is with the South Dakota FCCLA. FCCLA stands for Family, Career, Community Leaders of America. With

their help, we have placed our Responsible Driving digital lessons in many schools throughout the state.

The SD FCCLA chapter stepped up to this partnership with education in the forefront. Having such an amazing group of students help spread Impaired Education throughout South Dakota is a big win! The group spent the week of February 8th spreading the message of Responsible Driving to their peers. In our Responsible driving lesson we go over Bike and Pedestrian, Distracted Driving, Impaired Driving and Consequences. It's a great



message and FCCLA just took it statewide.

Here is to warmer days ahead!

South Dakota Office Of Highway Safety & SDEMSc

South Dakota EMS for Children's 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
Jaime.Bartell@usd.edu
605-328-6667



DRIVESAFESD.COM

To our healthcare providers..

From everyone here at the SD EMS for Children office, we would like to send a shout out of thanks for all you have done and continue to do for our communities across the great state of South Dakota.

You are keeping our communities up and running. Our healthcare providers aren't just our medical staff at the hospitals. It's our fire departments and ambulances across the state that are caring

for our communities, so thank you! We see you all and recognize all of your hard work and how tired you are becoming from serving your communities, yet you're still answering the call. The fatigue

all healthcare providers are feeling is real and if we can help in any way, please let our office know.

Jaime Bartell
Corolla Lauck
Diane Hall

South Dakota Tobacco Control Program

Regional Contacts

Southeast Region

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Spring 2021 Tobacco Control Institute

We're Going Virtual!

We're going virtual! The 2021 Spring Tobacco Control Institute has moved to being held virtually via Zoom. Please mark your calendars for Tuesday, March 23 from 12:45pm—5:00pm CST and Wednesday, March 24 from 8:45am—12:15 pm CST! View the updated save the date for more information and please share this announcement with anyone who might be interested in attending.

A graphic for the virtual event. On the right, the Statue of Liberty is depicted in a blue and orange color scheme, holding a trumpet that is blowing a bright orange stream of light upwards. The text "WE'RE GOING VIRTUAL!" is written in large, bold, yellow letters at the top left. Below it, the text "The 2021 Spring Tobacco Control Institute will be held virtually via Zoom — March 23 & 24, 2021" is written in a smaller, black font. There are several sections of text providing details about the event, including "Important Details," "Who should be there?," "Key topics will include:," and "For more information." At the bottom, a dark blue bar contains the text "Watch the BeFreeSD.com website for details."

WE'RE GOING VIRTUAL!

The 2021 Spring Tobacco Control Institute will be held virtually via Zoom — March 23 & 24, 2021

Important Details:
March 23 12:45pm - 5:00pm CST
March 24 8:45am - 12:15pm CST
Registration: Opens February 10, 2021
Check out the working agenda: befreesd.com/event/2021-spring-tobacco-control-institute

Who should be there?
Tobacco Control Program Grantees, Coalition Members, Prevention Specialists, School Administrators, Counselors, Educators, Post-Secondary Representatives, Healthcare Professionals, Human Resource Specialists, Non-Profit Organizations, and Interested Adults.

Key topics will include:

- Priority Populations
- Advocacy & Policy Work
- Successful Partnerships
- Health Equity
- Communications

For more information, please contact the SE Region Tobacco Prevention Coordinator, Hilary Larsen, at (605) 444-6341 or h.larsen@voa-dakotas.org

Watch the [BeFreeSD.com](#) website for details.

To register for the Spring 2021 Tobacco Control Institute

[CLICK HERE](#)



How to Help Someone at Risk of Suicide

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
I-800-273-8255

If you or someone you know needs help with...

- Depression • Grief
- Relationship conflicts
- Drugs • Alcohol
- Suicidal thoughts

Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

We Can All Prevent Suicide

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Ask and listen: Be an active part of your loved ones' support systems and check in with them often. If they show any warning signs for suicide, be direct. Tell them it's OK to talk about suicidal feelings. Practice active listening techniques and let them talk without judgment.

Be understanding: Do not make them feel guilty. Don't make it about you. Listen and be as understanding as possible.

Give a hug: Let them know that they are still loved and that you still want them in your life. Sometimes, a hug can say more than a thousand words.

Get them help and take care of yourself: Don't be afraid to get your loved one the help they might need. By offering immediate counseling to everyone that may need it, Helpline Center can provide invaluable support at critical times and connect individuals to services. The Helpline Center is always here to talk or chat, both for crisis intervention and to listen and support. Helping a loved one through a crisis is never easy. You might want to talk about your feelings with another friend or a counselor.

Suicide Prevention Lifeline

For Additional Information Contact:

Sheri Nelson—605-274-1406

Sheri@helplinecenter.org