

Prevention Newslink

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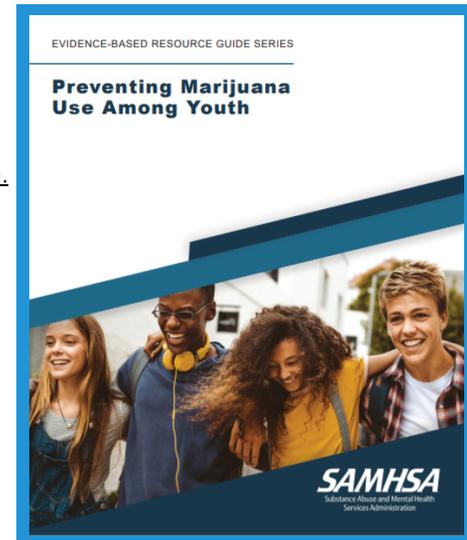
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Preventing Marijuana Use Among Youth

In October 2021, the Substance Abuse and Mental Health Services Administration (SAMHSA) released an Evidence-Based Resource Guide on [Preventing Marijuana Use Among Youth](#). This guide is filled with resources to improve health outcomes for people at risk for, experiencing, or recovering from mental and/or substance use disorders. It is designed for practitioners, administrators, teachers, community leaders, and others considering an intervention or education for their communities.



Marijuana use among youth and young adults is a major public health concern. Early youth marijuana use is associated with:

- Neuropsychological and neurodevelopmental decline
- Poor school performance
- Increased school drop-out rates
- Increased risk for psychotic disorders in adulthood
- Increased risk for later depression
- Suicidal ideation or behavior

As policy and legalization efforts evolve and the availability of legal marijuana increases, communities and families need guidance to support the prevention of marijuana use among youth.

This guide covers programs and policies to prevent marijuana use among youth ages 12 to 17, including:

- Environmental strategies, such as regulating the price of marijuana products, where these products are sold, the products themselves, and their promotion and advertising
- School- and community-based substance use prevention programs to implement along with environmental interventions as part of a comprehensive prevention strategy

The guide provides considerations and strategies for key stakeholders (including policy makers, community coalitions, businesses, school administrators, educators, and other community members), states, and the prevention workforce to prevent and reduce marijuana use among youth.

Random Acts of Kindness Day
February 17, 2022
Random Acts of Kindness Week
February 13-19, 2022



The work to create a kinder world never ends. There is no limit on the amount of goodness we can put into the world. Join the annual Random Acts of Kindness Day (RAK DAY) celebration on Thursday, February 17, 2022 and help #MakeKindnesstheNorm.

Kindness in the Classroom is an evidence-based social emotional learning curriculum designed to help schools create a culture of kindness. Each unit teaches six core kindness concepts: Respect, Caring, Inclusiveness, Integrity, Responsibility, and Courage for students K-HS. Click on the photo to enter the RAK DAY Coloring Contest.

Brief Alcohol Screening & Intervention for College Students (BASICS) Training
January 5-7



On January 5-7, the SD Prevention Resource Centers sponsored BASICS training for organizations across South Dakota who work with college students who drink alcohol heavily and have experienced, or are at risk for, alcohol-related problems.

BASICS uses alcohol screening and feedback to reduce problem, excessive and binge drinking by enhancing motivation to change, promoting healthier choices, reviewing myths and facts about alcohol, and teaching coping skills to moderate drinking. It is designed to help students make better alcohol-use decisions based on a clear understanding of the genuine risks associated with problem drinking. The program is conducted over the course of two brief sessions that prompt students to change their drinking patterns.

Trainer, Jason Kilmer from the University of Washington trained 22 individuals from 14 organizations on how to implement BASICS into their harm reduction approach for prevention and intervention.

Funding for this training was provided by the SD Department of Social Services, Division of Behavioral Health.

TEENDATING VIOLENCE

February is Teen Dating Violence Awareness month and it brings awareness to the issue of dating violence affecting approximately 10% of all U.S. teens. Visit www.teendvmonth.org to find resources for youth, adults and communities interested in learning more about teen dating violence.

Upcoming Training and Events



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

January 18-19 Virtually 8 - 4:30 CT | February 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 with questions

Applied Suicide Intervention Skills Training (ASIST)

February 23-24 in Brookings 8-5:00 CT
Click [here](#) to register | Email stephaniek@humanserviceagency.org with questions

2022 Spring Tobacco Control Institute

March 22-23 Virtually | For more information, click [here](#)

Students Against Destructive Decisions (SADD) Conference

March 24 in Rapid City | March 25 in Watertown
Contact Stephanie Kinnander with questions | stephaniek@humanserviceagency.org

Substance Abuse Prevention Skills Training (SAPST)

April/May 2022 Virtual | Click [here](#) to register and learn more

Mission Possible: Reducing the Impact of Substance Abuse and Mental Illness in Our Communities

June 1-2 in Sioux Falls or Virtual | Click [here](#) for more information



Protecting Youth Mental Health: The U.S. Surgeon General's Advisory

South Dakota Suicide Prevention



Resources

Statewide Website
sdsuicideprevention.org

The Helpline Center
HelplineCenter.org

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

“Mental health challenges in children, adolescents, and young adults are real and widespread. Even before the pandemic, an alarming number of young people struggled with feelings of helplessness, depression, and thoughts of suicide — and rates have increased over the past decade,” said **Surgeon General Vivek Murthy**.

Before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with [up to 1 in 5 children](#) ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder. The pandemic added to the pre-existing challenges that America’s youth faced. It disrupted the lives of children and adolescents, such as in-person schooling, in-person social opportunities with peers and mentors, access to health care and social services, food, housing, and the health of their caregivers. The pandemic’s negative impacts most heavily affected those who were vulnerable to begin with, such as youth with disabilities, racial and ethnic minorities, LGBTQ+ youth, low-income youth, youth in rural areas, youth in immigrant households, youth involved with the child welfare or juvenile justice systems, and homeless youth. This fall, a coalition of the nation’s leading experts in pediatric health [declared a national emergency](#) in child and adolescent mental health.

The [Surgeon General’s Advisory on Protecting Youth Mental Health](#) outlines a series of recommendations to improve youth mental health across eleven sectors, including young people and their families, educators and schools, and media and technology companies. Topline recommendations include:

- Recognize that mental health is an essential part of overall health.
- Empower youth and their families to recognize, manage, and learn from difficult emotions.
- Ensure that every child has access to high-quality, affordable, and culturally competent mental health care.
- Support the mental health of children and youth in educational, community, and childcare settings. And expand and support the early childhood and education workforce.
- Address the economic and social barriers that contribute to poor mental health for young people, families, and caregivers.
- Increase timely data collection and research to identify and respond to youth mental health needs more rapidly. This includes more research on the relationship between technology and youth mental health, and technology companies should be more transparent with data and algorithmic processes to enable this research.

Surgeon General's Advisories are public statements that call the American people's attention to a public health issue and provide recommendations for how it should be addressed. Advisories are reserved for significant public health challenges that need the American people's immediate attention.

[-Information from Office of the Surgeon General](#)

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New Year, New Opportunity

With the new year, comes another opportunity to quit using tobacco and nicotine products, including e-cigarettes. The South Dakota Quitline is available for SD residents 13 years old and older, who are current tobacco users and are ready to quit or who have quit in the last 30 days. People who have used the SD Quitline in the past are eligible to re-enroll. People who use a QuitLine coach are two times more likely to quite and stay quit. Take our Quit Quiz to see if you are ready to quit today!

**ARE YOU READY TO QUIT?
CLICK HERE**

Tobacco Prevention Around the State

The Faulkton Area Medical Center, a Community/School Partnership grantee, has been in the Faulkton school providing tobacco prevention education to the students. The students then created an advertisement and winners were chosen to be printed in the local newspaper. The kids learned about the dangers of smoking and tobacco use and the health affects they have on the lungs and rest of the body.



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

South Dakota EMS for Children January 2022

This time of year, the road report is always on our mind. We can tune into the weather and call 511 to figure out what is going on across the great state of South Dakota almost minute by minute. What would it be like to tune in to see where impaired drivers were at any given time? Would it make us more cautious? Would we warn our kids not to go out on the roads? What if we did a better job of reporting suspicious driving? Do you know how to spot a drunk driver?

This list is brought to you by the National Highway Traffic Safety Administration. Have the conversations with those around you. See if they know how to spot when something is wrong. Some of the items on this list may depict that of a medical emergency too, either way you may be saving a life by calling 911.



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



Contact [me](#) today for “I Choose” classroom materials!

How to Spot a Drunk Driver

1. Quick acceleration or deceleration
2. Tailgating Weaving or zigzagging across the road
3. Driving anywhere other than on a road designated for vehicles
4. Almost striking an object, curb, or vehicle
5. Stopping without cause or erratic braking
6. Drifting in and out of traffic lanes
7. Signaling that is inconsistent with driving actions
8. Slow response to traffic signals (e.g. sudden stop or delayed start)
9. Straddling the center lane marker
10. Driving with headlights off at night
11. Swerving
12. Driving slower than 10 mph below the speed limit
13. Turning abruptly or illegally
14. Driving into opposing traffic on the wrong side of the road



See more at: <http://www.madd.org/drunken-driving/law-enforcement/#sthash.qrLcZSwi.dpuf>

From our office to yours, we wish you a Happy New Year!!

Jaime

January – March 2022 Newsletter

COMMUNITY ENGAGEMENT

Suicide Prevention Apps

In addition to traditional suicide prevention resources such as education, counseling and help lifelines, mobile applications are expanding the reach to try and save lives that might otherwise be lost. Suicide prevention apps aim to help those with suicidal thoughts, as well as friends, family, and loved ones looking to educate themselves and reach out to someone in need. A few examples of apps that are available include:

- Jason Foundation: A Friend Asks
- MY3
- Stay Alive

More about these apps can be found here: <https://sdsuicideprevention.org/get-help/crisis-resources/>.

COMMUNICATION

South Dakota Mental Health & Suicide Prevention Resources: With the help from partners, the South Dakota Department of Health has developed the SD Mental Health & Suicide Prevention Resource Rack Card that list available resources in the state of South Dakota. Please help us share this available resource to youth, young adults, parents, and clients you service in your communities.

To order this free resource, click on the mental health tab at this link: <https://apps.sd.gov/ph18publications/secure/PubOrder.aspx>.

Suicide Prevention Video Series for Parents: In partnership with the University of South Dakota, Center of Disabilities and the South Dakota Department of Health, a four-part Suicide Prevention Video Series was developed: Part 1 – Suicide Prevention, Part 2- ACEs Awareness, Part 3: Protective Factors, and Part 4 – Resources. To view each video please visit: <https://doh.sd.gov/family/Youth/Suicide.aspx>.

Press Releases: DSS continues to raise awareness around suicide prevention by supporting multiple press releases in December and January providing messaging and resources. To view the press releases please visit: <https://dss.sd.gov/keyresources/news.aspx>

National Suicide Prevention Lifeline/988

What is 988?

988 is a new three-digit number for mental health crisis launching nationally on July 16, 2022. In South Dakota, the Helpline Center is the national accredited lifeline member and answers the calls that are currently received through 1-800-273-8255. On average 80% of calls received by trained crisis counseling can be de-escalated on the phone, reducing the need to dispatch law enforcement in situation that do not have safety concerns. In the event the situation necessitates a response, a resource can be quickly dispatched by the Helpline Center.

EVENTS

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

January

27 – “Bright Spot” Suicide Prevention Learning Collaborative

February

24 – “Bright Spot” Suicide Prevention Learning Collaborative

March

Self-Harm Awareness Month
24 – “Bright Spot” Suicide Prevention Learning Collaborative

Remember, free training is available! To find the [list of trainings](#) and to request a training for your community, [click here](#).