



Prevention Newslink

January 2025

SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

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Click [HERE](#) to determine your region's Prevention Resource Center

DELTA 8 INFORMATION & RESOURCES

Facts About DELTA-8

- Delta-8 comes from a psychoactive compound found in hemp.
- National poison control centers handled 2,362 delta-8 cases in a 14-month period.
- The kind you can buy is made in a lab.
- Users call it "diet weed" since it doesn't get you as high as the THC in marijuana.
- It might make you feel:
 - Euphoric
 - Relaxed
 - Hungry
 - Pain-free
- These products aren't controlled by the FDA.
- You could get a stronger dose than you think or be exposed to harmful chemicals.

Reviewed by Poonam Sachdev, MD, on Aug. 25, 2023
SOURCES: University of South Carolina: "Cannabis-derived products like Delta-8 THC and Delta-10 THC have flooded the U.S. market." FDA: "5 Things to Know about Delta-8 Tetrahydrocannabinol - Delta-8 THC." Journal of Cannabis Research: "Delta-8-THC: Delta-9-THC's nicer, younger sibling?"

Delta-8 has been making its way around our communities, but what do we really know about it? Delta-8 THC is a naturally occurring chemical compound, called a cannabinoid, that's found in hemp and cannabis (marijuana) plants. Users say that Delta-8 produces a fuzzy, euphoric high that is said to be similar to marijuana, just a little milder. It is referred to as "marijuana-light" or "diet weed." Some users also say that it helps with their stress, depression, or chronic pain, but there has been no research to confirm these benefits.

In nature, the levels of Delta-8 THC in hemp is very low so you will see lab made products on store shelves. These synthetic products are converted from hemp and CBD into Delta-8 with the help of additional chemicals. The Food and Drug Administration reports that some manufacturers may be using potentially unsafe household chemicals to make Delta-8 in uncontrolled or unsanitary facilities.

Taking a glance at these products, there appears to be various dosage recommendations. It varies by form, whether it is vaped, a gummy, or tincture. When you look at the package, it tells you how much to take, but was not consistent across brands. A common dosage for beginner, intermediate, or experience users was not found through an online search.

Kids learn from the environments that they grow, live, learn and play; and with access to technology, they are learning more than ever, at an earlier age. With an increase in social and retail access and availability in regards to Delta-8 and other marijuana derived products, we are seeing use at younger ages which can impact brain development, decision making, and dependency.

Whether you are a parent/guardian, teacher, trusted adult, neighbor, coach, we can work together for the health and safety of our kids. Partnership to End Addiction shares ideas on how we can do this such as teaching and modeling healthy coping, decision making resistance skills, and good habits when faced with adversity or challenges. Look for ways to engage and encourage youth to feel connected to their school, faith community, and neighborhood.

UPCOMING TRAININGS & EVENTS

Sioux Falls WOW

February 1 | Sioux Falls

See more information & register [HERE](#)

Applied Suicide Intervention Skills Training (ASIST)

February 11-12 | Aberdeen

March 6-7 | Brookings

Find more information and register [HERE](#)

Spring Tobacco Control Institute

March 18 | Pierre

For more information click [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



TEEN DATING VIOLENCE

Did you know that 1 out of every 3 teenagers will be involved in an abusive relationship? Abuse can be physical, emotional, or even sexual. Teen dating violence can have immediate and long-term consequences. Teens are vulnerable to depression and are likely to turn to drugs or alcohol for relief. Many victims of teen dating violence develop low self-esteem and have trouble adjusting to life as an adult.

In February, we recognize Teen Dating Violence Awareness and Prevention Month. Visit www.teendvmonth.org to learn more on the signs of teen dating violence and resources on how to prevent and stop teen dating violence.

RANDOM ACTS OF KINDNESS

Someone told me the other day that being kind doesn't cost anything, but I have to disagree. Kindness has been shown to increase oxytocin which lowers our blood pressure and improves our heart-health. It stimulates the production of serotonin and endorphins which reduces effects of depression, can act as a natural pain reliever, and reduces stress and anxiety. According to the Random Acts of Kindness Foundation, people who sprinkle kindness are more likely to live longer even though it is tremendously contagious! How much is putting a smile on someone else's face worth to you?

Let's Make Kindness the Norm and celebrate Random Acts of Kindness Week February 9-15, 2025. Check out Random Acts of Kindness Foundation to Inspire, Empower, Act, and Share the message of kindness.

make kindness the norm.
randomactsofkindness.org

LET'S TALK 2025
Removing Tobacco from the Equation

SAVE THE DATE
TUESDAY, MARCH 18, 2025
8:30 A.M. TO 4:30 P.M. CDT
Registration Starts at 8:00 a.m. CDT
LOCATION: RAMKOTA
920 W Sioux Ave • Pierre, SD, 57501
HOTEL RESERVATIONS:
Contact Kayla Bolstad
by Feb. 14, 2025:
kbolstad@bhsc.org

WHAT'S ON THE SCHEDULE?

- Youth Engagement
- Traditional Tobacco & Native American Culture
- Healthcare Provider Relationships
- Talking About Youth Tobacco Use

WHO SHOULD ATTEND?

- Tobacco Control Program Grantees
- Coalition Members
- Prevention Specialists
- School Administrators
- Counselors
- Educators
- Post-Secondary Representatives
- Healthcare Professionals
- Human Resource Specialists
- Non-Profit Organizations
- Interested Adults
- Community Members

Scholarship assistance to cover the cost of attendance available on a first come, first serve basis.

FOR MORE INFORMATION:
Contact Tobacco Program Control Coordinator Hilary Larsen at hilary.larsen@state.sd.us for more information or if you are interested in sponsoring snacks or beverages.

SPRING TOBACCO CONTROL INSTITUTE

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness



Check out new information and connect with diverse stories with the SD PRC libraries.

Your local PRC features several thousand items. Discover information about alcohol, tobacco and other drugs, as well as violence prevention and mental health promotions.

You can also take a look at the SD PRC digital materials through Libby. Scan the QR Code below to get signed up.



A BOOK REVIEW OF “THE ANXIOUS GENERATION”

Have you heard of the up and coming book titled “The Anxious Generation,” by Jonathan Haidt? This book emphasizes, “the great rewiring of childhood” with the target group being Generation Z (people born after 1995). However, the information applies to all of us living in the digital age.

It is no secret that we are in a mental health crisis. This has been the discussion for years and we often hear that the COVID-19 pandemic is the “culprit” of this crisis. This book shares with us that this ‘crisis’ has been a developing issue long before 2020 that the pandemic “outed” and forced us to see mental health through a different lens. The author points out that when we really started to see a decline in the mental health of young people was around 2010.

Can you guess what invention came about in 2010? That is right, the smartphone. Many young people get their first smart phone before entering middle school and have the internet readily available at all times. This includes access to social media and other apps.

The book points out that phone addiction is real, a drug that many of us need to have in our sights at all times. If you think about it, we’ve probably all heard the excuse, “Well, that is how I communicate with my friends and family” or “This is how I get my news on what is going on in the world” or even “I need social media for work.” In reality, how much of our time is spent doing those things? For many of us, we scroll through reels, getting that quick hit of dopamine on a 30 second video because the algorithm knows exactly how to suck us in.

So, what is the actual harm in “doom scrolling” through social media and spending countless hours on a device? Well, like the title of this book, it has increased anxiousness and depression in adolescents that can carry into adulthood. It keeps us from staying present, moving forward, and diminishes our social interactions.

It is easy to point out all the harmful effects and say why it is not good, but it is not as easy to come up with solutions that combat a society that has become completely reliant upon technology and social media. One of the key ideas that this book brings up as a solution is bringing in “loose” objects to playgrounds where adolescents can be creative and build something out of different kinds of materials. If you look at a playground now, they are structured and offer little to no opportunities for creative play. Think of children who would rather play with a big cardboard box instead of the toy that came in it. The cardboard box offers them the opportunity of an “alternate reality,” whereas toys typically have one specific goal of use.

This really only scratches the surface of this book. Take a look at this book so you can be proactive and work towards solutions that have played a role in the decline to our mental health. You can check out a copy from the SD Prevention Resource Center Libby App.

South Dakota Tobacco Control Program

Regional Contacts

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Quittobaccosd.com

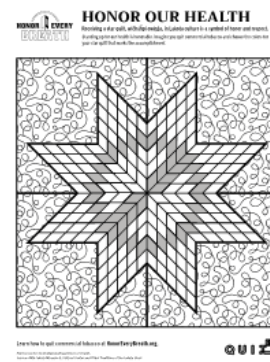
Click [HERE](#) to determine your region's Tobacco Prevention Coordinator

New Year, New Habits

As the new year begins, it's the perfect time to reflect on our health and set goals for a brighter future. If you've been considering quitting tobacco, there's no better time than now to take that life-changing step. Quitting tobacco is one of the most impactful decisions you can make for your health, reducing your risk of heart disease, cancer, and other serious illnesses. Whether it's reaching out to a support group, using cessation tools like nicotine replacement therapies, or simply starting with small daily changes, every step counts. For tips and support, check out our [New Year, New Habits resource](#). Together, let's make 2025 the year of positive change and create a South Dakota that is tobacco-free!

NEW: Honor Every Breath Coloring Sheets Available

The Tobacco Control Program is excited to share NEW Honor Every Breath Coloring Sheets available [here](#). Please share with your students, partners, and community!



Smoke-free campus policy grant now available!

Starting January 9th, 2025, the Truth Initiative will open applications for a grant of up to \$20,000 to help colleges and universities nationwide adopt or enhance 100% tobacco-free policies. Focused on student activism and fostering a quit culture, this grant is a great opportunity for campuses to make a meaningful impact. Applications are due April 24th, 2024, with guidelines and webinar dates coming soon. For technical assistance or policy support, please contact Carter Linke (CLinke@BHSSC.org).

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)

SD SUICIDE PREVENTION NEWSLETTER



New Year, New Plan

2025 -2030 South Dakota Suicide Prevention State Plan

In January the new 2025-2030 South Dakota Suicide Prevention State Plan will be rolled out. The four objectives of the state plan are data, education and training, communications, and community engagement. Four populations of focus have been identified including, workers in trade industries, American Indians, youth and young adults and service members, veterans, and their families (SMVF).

Some of the 5 year outcomes to highlight are:

- Since 2021, 18 communities have been identified as high-risk through the Data to Action workgroup, and due to local response 14 have been able to move away from the high-risk designation.
- Since 2020, 19,551 individuals have been trained in community helper trainings that teach suicide risk and referrals.
- 6,217 gun locks and means safety information have been disseminated since March 2024.
- The number of calls to the 988 Suicide and Crisis Lifeline increased from 3,811 (2020) to 12,072 (2024) in South Dakota.
- Notes to Self" campaign launched in 2023 to encourage mental health self-care and support for others.
- South Dakota joined the Governor's Challenge in 2023 to support Service Members, Veterans, and their Families (SMVF) through improved resource access and means safety.

To see more data and outcomes, click [here](#).

EVENTS

For more information or to add an event, Visit the SDSP [Calendar](#)

January

8th – Helpline Center's [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

14th – Helpline Center's [Adult Mental Health First Aid Training](#), 8:30am – 5:00pm, Sioux Falls

16th – Helpline Center's – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm, Sioux Falls

23rd – Helpline Center's [Question, Persuade, Refer Training](#), 9:00am – 11:00am, Sioux Falls

February

12th – Helpline Center's [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

20th - Helpline Center's – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm, Sioux Falls

Helpline Center - 3817 S Elmwood Ave, Sioux Falls, SD 57105

Self-Injury Awareness Day March 1st, 2025

Non-Suicidal Self Injury Awareness and Safety Planning

March 1st is Self Injury Awareness Day and is a vital opportunity to raise awareness, reduce stigma, and provide support for those who struggle with self-harm. It's a day to recognize that healing is possible and that people are not alone in their journey. By promoting open conversations and understanding, we can create safe, compassionate spaces.

Safety planning is crucial in times of crisis, offering coping strategies and support systems that help individuals manage urges and stay safe. It is recommended that a safety plan is filled out with a licensed credentialed professional. A free [Safety Plan template](#) is available for download.

Together, we can build a community of hope, healing, and empowerment for those affected.

PsychArmor

Education for the SMVF Population



PsychArmor's courses are for those who interact with Service Members, Veterans, and their Families. These courses provide valuable education on military culture including suicide prevention, military values, transitions and more. The platform is self-paced and offers the knowledge and skills to engage meaningfully with the SMVF community personally and professionally. The platform has over 200 trainings and resources to understand the SMVF community and provide culturally competent care offered at no-cost in South Dakota. If you are interested in being added to the platform, scan the QR above.

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

