



Prevention Newslink

January 2026

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February is Teen Dating Violence Awareness Month

A time to promote awareness, education, and prevention of unhealthy relationship behaviors among youth. In the United States nearly 10% of teenagers report being physically hurt by someone they were dating in the past year. That is about 4,000 teens every day experiencing some form of dating abuse.

For students in South Dakota, the numbers are just as real and concerning. According to the SD Youth Risk Behavior Survey, about 7.5 % of public high school students reported experiencing physical dating violence in the past year.

A healthy relationship is one in which individuals feel safe, respected, and supported in being themselves. When concerns arise or situations feel uncomfortable, it is important to recognize those feelings and seek guidance. Support and resources are available, and no individual has to face dating violence alone.

Local South Dakota organizations that can help with safety planning, counseling and other support. Visit www.domesticshelters.org/help.sd to find support near you. You can also check out www.helplinecenter.org/2-1-1/. You can enter your zip code and then find resources under the "Crisis" tab.

National Hotlines and Help:

- National Teen Dating Abuse Helpline: 866-331-9474
- National Domestic Violence Hotline: 800-799-7233
- StrongHearts Native Helpline: 844-762-8483
- Domestic Violence Hotline for South Dakota: 800-430-7233

2026 SDPRC Prevention Newslink Subscriber Survey

The SD Prevention Resource Centers would like your feedback on the SDPRC Prevention Newslink.

Please fill out [THIS SURVEY](#) by January 30, 2026.

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

UPCOMING TRAININGS & EVENTS

Session 2: Enough Abuse

January 20th | 12:00 PM - 1:00PM (MT)

Virtual

Find more information [HERE](#).

Wyman's Teen Outreach Program (TOP) Facilitator Training

February 3-4 | 9 AM - 5 PM (CST)

Watertown

Find more information [HERE](#).

Positive Youth Development Webinar Series

Healthy Relationships: Talking to Teens About Boundaries

February 12 | 11:00 AM (CST)

Virtual - Register [HERE](#)

Adult Mental Health First Aid

February 16-17 | 5:30 PM - 8:30 PM (CST)

Virtual

Find more information [HERE](#).

SPF Application for Prevention Success Training (SAPST)

May 18-22

Find more information [HERE](#).



SUBSTANCE ABUSE PREVENTION AND RECOVERY NIGHT

JOIN US FOR SUBSTANCE ABUSE PREVENTION AND RECOVERY NIGHT
JANUARY 23rd / 7:05PM

TICKETS IN SECTION 5 OR 16 - ALCOHOL FREE ZONES
PHOTOS ON ICE FOLLOWING GAME

605-716-7825



International Boost Self- Esteem Month

Self-esteem is more than confidence; it is a protective factor. When people believe in their own worth, they're more likely to seek help, make healthy choices, and cope without turning to substances and unhealthy habits. **On International Self-Esteem Day**, we recognize the role self-esteem plays in suicide prevention, substance use prevention, and overall mental health wellness.

Building self-esteem is a powerful form of prevention and it can be strengthened through encouragement, connection and knowing it is okay to ask for help.

If you or someone you are supporting is in crisis, please contact the **988 Suicide & Crisis Lifeline** by calling or texting **988**, or via chat at [988lifeline.org](#). They are available **24/7**.

Random Acts of Kindness Day

February 17

Kindness starts where we live. Small gestures at home build strong connections and they travel far beyond our front door.

Ways to spread kindness at home:



- Leave a surprise note for a family member
- Do a chore without being asked
- Check in on a neighbor or loved one

A little kindness goes a long way at work. Positive workplaces grow when people feel seen and appreciated.

Ways to spread kindness at work:



- Thank a coworker for something they do well
- Bring coffee, snacks, or a smile to share
- Offer encouragement or lend a helping hand

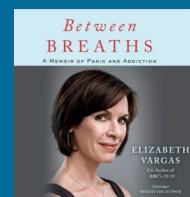
Kindness creates a culture where everyone belongs. Acts of kindness at school can change the entire tone of a day and sometimes even a life.

Ways to spread kindness at school:



- Sit with someone new
- Give a genuine compliment
- Stand up for others and include everyone

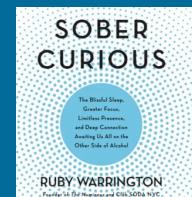
SDPRC Book Recommendations:



Libby- Between Breaths



Libby- Greenlights



Libby- Sober Curious



Libby- Dopesick

SOUTH DAKOTA SUICIDE PREVENTION



RESOURCES

STATEWIDE WEBSITE
SDSUICIDEPREVENTION.ORG

THE HELPLINE CENTER
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

Parents Mental Health Awareness

Parenting is filled with joy, love, and unforgettable moments, but it can also bring stress, exhaustion, and emotional strain. Many parents focus so much on caring for their families that their own mental health is pushed aside.

National Parents Mental Health Day on January 30 reminds us that parents deserve support, understanding, and space to care for themselves.

This day encourages everyone to recognize the mental load parents carry. It highlights the need for accessible resources, open conversations, and compassionate communities. When parents feel supported, children and families thrive. Take a moment on January 30 to check in with yourself or a parent you know. Small acts like sharing responsibilities, offering a listening ear, or making time for rest can make a meaningful difference.

Caring for parents' mental health strengthens the entire family, and this day is a reminder that prioritizing well-being is not only important but necessary. If you or someone you know is struggling, support is available. You can call, text, or chat 988 to reach the Suicide and Crisis Lifeline, which offers free and confidential assistance. The Helpline Center provides guidance, connection to local resources, and a compassionate ear for anyone needing help. No one needs to navigate mental health challenges alone.

Upcoming Events

Survivor of Suicide Loss Support Groups

Virtual Option: 2nd Wednesday of each month
February and March at 6:30pm – 8:00pm CST
February and March at 1:00pm-2:30pm CST
Register for access to the virtual meeting [HERE](#).

Question Persuade Refer Training

Sioux Falls
January 30, 2026 @ 10am-11:30am CST

Registrations can be found at:
<https://www.helplinecenter.org/9-8-8/trainings/>

Request Helpline Center 988 or 211 marketing materials at NO COST!
See what is available [HERE](#).

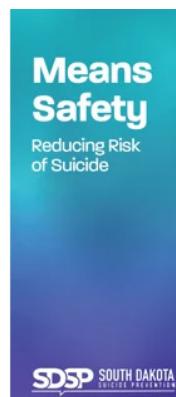
South Dakota Suicide Prevention Newsletter

Means Safety Updates

There have been updates made to the SDSP's Secure Storage webpage. These updates include adding two new infographics, one on Ligature Safety and another on Safe Medication Storage & Disposal.

A Means Safety brochure has also been created and is available on the webpage. To access these new infographics and the brochure, visit the [SDSP Secure Storage page](#).

In March 2024, South Dakota launched gun lock dissemination efforts after recognizing that most suicide deaths in the state involve firearms. Since then, 10,480 gun locks have been distributed statewide to reduce immediate access to lethal means during moments of crisis. Click [here](#) to order gun locks.



An announcement from SDSP!

The current SDSP Listserv is used only a few times each year. Beginning in 2026, expect more regular updates coming from the SDSP Listserv. Providers may use the Listserv to promote events and trainings, as well as share important updates from their organizations.

If you have information you would like included in an upcoming Listserv, click [here](#). If you are not currently subscribed to the SDSP Listserv, you can [subscribe here](#).

Suicide in Blue Collar Industries

Suicide is a serious concern in South Dakota, with higher risk seen in blue-collar fields such as construction, manufacturing, and agriculture. Construction and manufacturing account for the highest percentage of suicide deaths by occupation in South Dakota. Factors like physical strain, seasonal work, isolation, and economic stress can take a toll on workers' mental health. Raising awareness and supporting access to mental health resources are critical for protecting the well-being of these workers and their families. These industries can reduce stigma and promote suicide prevention by offering trainings, education and resources. For more information, to request materials or a training, please visit the [SDSP website](#).

Events
 For more information or to add an event, visit the [SDSP Events Page](#)

For information on Survivor Support Groups across South Dakota, [click here](#).



The construction and manufacturing workforce in South Dakota is experiencing a higher prevalence of suicide than any other industry. From 2019-2023, these two industries accounted for approximately 23% of suicide deaths in South Dakota. These factors, including long hours and demanding jobs, along with work-related stress due to seasonal work, demanding schedules, and workplace injuries can impact the mental health of this workforce.

WARNING SIGNS

- Making plans for suicide
- Talking or posting about wanting to die
- Talking about being a burden
- Being isolating
- Increased anxiety
- Increased substance use
- Looking for a way to access lethal means
- Extreme mood swings
- Expressing hopelessness
- Spending more time alone
- Decreased work performance and/or attendance
- Any sudden, dramatic changes in behavior



48%
 of construction & manufacturing suicide deaths are among 20-39-year-olds (2019-2023)

54%
 of suicide deaths were firearm-related and
35%
 were suffocation/hanging-related (2019-2023)

BUILDING A SAFER FUTURE

- Create a workplace culture of health and safety
- Encourage communication to foster a supportive environment
- Share resources that address workplace stress and mental health
- Implement workplace policies for well-being
- Establish crisis response protocols
- Encourage employees to connect and support one another

RESOURCES

- If you or someone you know is experiencing mental health-related distress, suicide crisis, or substance use, [call, text, or chat 988](#)
- The South Dakota Suicide Prevention (SDSP) website serves as a resource hub for those seeking help, resources, data, and suicide prevention training and education. The website is in the process of retooling to better meet the needs of all South Dakotans to reduce the stigma of behavioral health needs and the prevalence of death by suicide. To visit the South Dakota Suicide Prevention website, go to <http://www.sdsuicideprevention.org/> or scan the QR code on the right.



SDSuicidePrevention.org

988 Call. Text. Chat.

Click the infographic above for more information on Suicide in the Construction and Manufacturing industries.

Save the Date

2026 South Dakota
 Behavioral Health
 Conference

August 11 - 12
 Sioux Falls Convention Center

This comprehensive behavioral health conference will offer information related to suicide and substance misuse prevention, treatment, recovery supports, and reducing stigma.

CEUs are available. Registration will open in May.

For more information, scan the QR code to visit SDBehavioralHealth.gov/conference.



SOUTH DAKOTA TOBACCO CONTROL PROGRAM

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Quittobaccosd.com

Click [here](#) to order our
FREE materials and
resources.

Addressing the Use of E-Cigarettes and Other Vaping Products

With the ever-changing world of vaping devices, the South Dakota Tobacco Control Program has updated the [Addressing the Use of E-Cigarettes and Other Vaping Products](#) resource to help streamline where to find information!

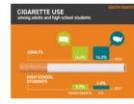
This comprehensive resource is designed to help **schools, parents, health professionals, and youth** in South Dakota address the growing use of e-cigarettes and vaping products.

It explains that although traditional smoking has declined, teen vaping has increased, with e-cigarettes often delivering nicotine, flavorings, and other harmful chemicals. Nicotine is highlighted as highly addictive and especially harmful to youth brain development, pregnant women, and developing babies.

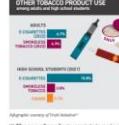
This digital document can be sent out in emails, newsletters, posted on websites, etc. Help others know where they can find information by accessing this resource at Quittobaccosd.com.

ADDRESSING THE USE OF E-CIGARETTES AND OTHER VAPING PRODUCTS

The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in South Dakota. In 2011, 15.5% of high school students smoked e-cigarettes, while 5.5% of high school students smoked traditional cigarettes.¹⁰ This toolkit provides resources for parents, healthcare providers, schools, and healthcare professionals who are working to address the use of e-cigarettes and other vaping products.



E-CIGARETTES AND OTHER VAPING PRODUCTS



E-cigarettes are battery-operated devices that heat a liquid and convert it into an aerosol, which is then inhaled and delivers nicotine, flavors, and other chemicals. E-cigarettes are often sold under many different names—“e-cigs,” “hookahs,” “mists,” “vape pens,” “vapes,” and “electronic nicotine delivery systems (ENDS)—just to name a few. The term “e-cigarette” is often used to describe any device that contains nicotine, which is the highly addictive drug found in traditional tobacco products like cigarettes and cigars, as well as smokeless tobacco.

Some e-cigarettes are being marketed as containing no nicotine have still been found to contain nicotine.

10 The use of products containing nicotine presents a significant health risk to pregnant women, and unborn babies. Not only is nicotine addictive, but it is also harmful to adolescent brain development, and unborn babies.

Through With Chew Week & Great American Spit Out in February



Through With Chew Week is a national, tobacco-free health campaign focused on helping people quit smokeless tobacco, including chew, dip, snuff, snus, dissolvable tobacco, and oral nicotine pouches. The campaign raises awareness about the dangers of all forms of smokeless tobacco and newer nicotine products. Through With Chew Week will take place February 15–21, 2026.

As part of the week, the Great American Spit Out serves as a call to action by encouraging people who use smokeless tobacco to quit for the day and take the first step toward quitting for good. The Great American Spit Out will be held on Thursday, February 19, 2026.

The South Dakota Tobacco Control Program has created a [youth guide](#) for schools and community organizations interested in participating in Through With Chew Week and/or the Great American Spit Out. Find it at Quittobaccosd.com.

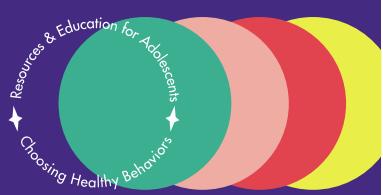
UPCOMING EVENTS AND TRAININGS

February 3-4, 2026: **Teen Outreach Program** training in Watertown

Further details can be found on the flyer below.



REACH



TEEN OUTREACH PROGRAM

RESOURCES FOR YOUTH 12-19 years old, middle school and high school

KEY FEATURES

Wyman's evidence-based Teen Outreach Program® (TOP®) is a positive youth development program designed to build teens' educational success, life and leadership skills, and healthy behaviors and relationships. As a result, teens are better able to navigate challenges during their teenage years- a time when decisions matter.

WHAT TO EXPECT

Caring, responsive, and knowledgeable TOP facilitators will build strong, supportive relationships with teens and create engaging and empowering classroom experiences, providing at least 12 lessons from the TOP curriculum with content tailored to teens' needs and interests, taught in 45-minute modules. TOP teens complete at least 10 hours of meaningful community service learning, which includes planning, action, and reflection.

IMPACT

- Teens build and hone social and emotional skills, like managing emotions, problem-solving, decision-making, and empathy that are proven to help them be successful during the teenage years, and also later in life.
- Teens improve academic performance, and lower risky behaviors like truancy and suspension that leads to dropout.

TRAINING DETAILS

Tuesday February 3rd, 9am-5pm CST

Wednesday February 4th, 9am-5pm CST

Location: The Watertown Event Center
1901 9th Ave SW, Watertown.

Registration link: <https://forms.gle/tE3nZyvVKaBSa5Ru6>

TRAINERS

TOP
W Y M A N Teen Outreach Program

