

Prevention Newslink

JULY 2020

SD Prevention Resource Centers WPRC

Youth & Family Services

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Prescription Medication Safety in Buying & Selling a Home

Buying a new home is an exciting time for families. There is so much to look forward to, but it can be stressful and sometimes exhausting getting to that point. People may need to sell their previous home, pack up all their belongings, and declutter stuff they no longer use. One thing that can often get overlooked in the process is the safe storage and disposal of prescription medications. Unfortunately, this can be an easy way for an individual to find prescription medications and misuse them.

Prevention professionals across the state are in the process of working with realtors to ensure medications are being properly stored and disposed. The goal is to get lock boxes and other resources into the hands of realtors to distribute to their clients.

Here are a few things realtors can suggest for their clients when getting a home ready to sell:

- Take record of the prescription medications they have along with the quantity, and then secure them in a safe location. (This includes pet medications)
- Encourage clients to utilize a lockbox to secure their medications in a well-hidden location, or suggest the client take their lockbox when they leave their home prior to a showing or open house.
- Properly dispose of any unused or expired medications. You can find take-back locations at <https://www.avoidopioids.com/take-action/take-back-sites/>. If you do not have a take-back location in your area, you can also use the link to request free Dispose Rx packets that will allow you to dissolve and deactivate your medications, making them safe to throw in the garbage.

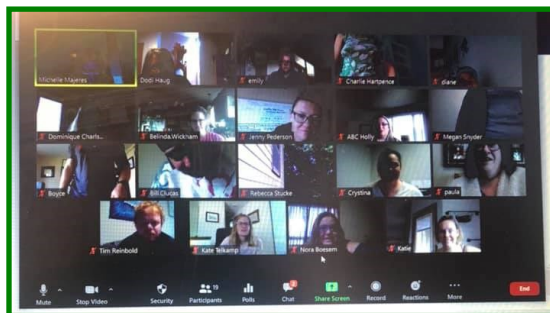
Realtors can also help protect their clients by:

- Ensuring medical devices and prescriptions are not visible in listing photos of the home.
- Do not allow anyone access without proper identification (appraisers, inspectors, or realtors).
- Keep a sign in sheet and ask for identification at open houses.
- Request the client keep you notified about anyone who wants access to their home.
- If the client believes something has been stolen, have them call you and the police immediately.

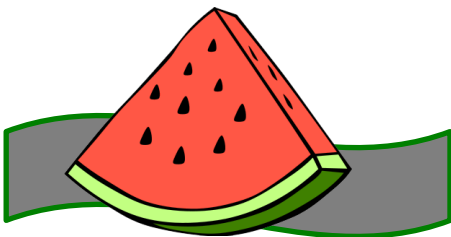
Research for this article and other tips for realtors can be found at

<https://www.pickawareness.com/realtors.html>.

Virtual SAPST



June 15-19, 2020, Michelle Majeres and Dodi Haug hosted a virtual Substance Abuse Prevention Skills Training. There were 17 participants from across South Dakota who participated. Even a Global Pandemic can't hold these prevention professionals back from making a difference in their communities!



The OYATE Prevention Coalition presents a webinar series on MARIJUANA with former Law Enforcement/Undercover Agent, ED MOSES.

12:00pm–1:30pm Mountain Time

Session 1: July 9—Marijuana 101 and Effects/Short and Long Term: *Understanding the 5 to 6,000-year history of the marijuana plant as it relates to current trends and change in botanicals. Comparing early observation science to current advanced technology confirmations as it relates to short and long-term effects*

Session 2: Aug. 27—Marijuana: Facts and Myths—The Brain and Marijuana: *Historically marijuana (hashish) has been acclaimed as a gift from the gods or a vile evil curse on those that use it. Claimed facts and myths through the years will compare to generally accepted current science. The chemical structure of THC was identified in 1964. Then by 1992 the cannabinoid receptors and the neurotransmitter were identified, enabling a significant advancement of understanding where and how THC changes the brain.*

Session 3: Sept. 10—What We Need to Know About Cannabis/Marijuana, Legalization and effects on environment, communities, schools, real estate, etc: *Information will be given on Marijuana’s impact on the brain according to science-based research, and the resulting consequences to the individual and society. States such as Colorado, Washington, and California have had a relative short time to evaluate the impact on individuals, public safety, impact cost, etc., but enough for a beginning to understand the changing trends related to the changing norms.*

CEU’s will be available for those who attend.

Pre-registration is required by calling or e-mailing: 605-342-1593 or 605-580-1226 vackerman@youthandfamilyservices.org.



Addiction counseling, mental health, and social work professionals; would you like to learn more about maximizing telehealth in South Dakota?

Please join us for Project ECHO: University of South Dakota - Maximizing Rural Telehealth in South Dakota ECHO interactive sessions featuring case studies and the opportunity to discuss your questions on these topics.

Project ECHO: University of South Dakota - Maximizing Rural Telehealth in South Dakota ECHO			
Session	Date	Topic	Presenter(s)
1	Thursday June 18 12-1pm CT	Overview of basic telehealth 101, technologies in telehealth, and professional televisits.	Ranelle Nissen Chantel Ostrem Kaylee Koob
2	Thursday June 25 12-1pm CT	Fundamental knowledge of the helping skills process when working with clients via technology, professional relationship, therapeutic risk, and risk management.	Denise Bush
3	Thursday July 2 12-1pm CT	Benefits of e-therapy, group e-therapy, and cultural and linguistic competence.	Abbey Hunhoff
4	Thursday July 9 12-1pm CT	Regulations, licensing issues, and securing risks.	Amy Hartman
5	Thursday July 16 12-1pm CT	Considerations for training, and starting a virtual clinic.	Amy Hartman
6	Thursday July 23 12-1pm CT	Administration in South Dakota Telehealth services.	Stacy Krall
7	Thursday July 30 12-1pm CT	Standards and ethical practice.	Dana Larson Alexa Gauer
8	Thursday August 6 12-1pm CT	Basic elements of the helping process through different forms of technology, ethical issues, informed consent, duty to warn, and initial assessment.	Avera

Register via the link:

<https://usd.zoom.us/j/6053421593>

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.

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



Upcoming Training & Events

July

July 22: Elementary LifeSkills Curriculum Training—Virtual—for more information, contact Steph at stephaniek@humanserviceagency.org

August

August 5: Middle School LifeSkills Curriculum Training—Virtual—for more information, contact Steph at stephaniek@humanserviceagency.org

August 6: High School LifeSkills Curriculum Training—Virtual—for more information, contact Steph at stephaniek@humanserviceagency.org

***August 17-20:** Science Based Drug Education—Rapid City—for more information, contact Vonnie at vackerman@youthandfamilyservices.org

August 19-20: Mission: Possible-Reducing the Impact of Substance Abuse and Mental Illness in Our Communities—Virtual—for more information, contact Frank at Francis.Zavadil@usd.edu

September

SADD Fall Training—Stay tuned for more information—contact Steph at stephaniek@humanserviceagency.org

Suicide Prevention

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

COVID-19 Suicide Prevention Messaging

The National Action Alliance for Suicide Prevention ([Action Alliance](#)) [Media Messaging Workgroup](#) has developed [guidance](#) for messaging to the public about suicide prevention during the COVID-19 pandemic. The guidance includes key messages to help ensure suicide prevention communications are accurate, effective, and consistent. Action Alliance and its partners have also released a [joint statement](#) to reporters about the role of news media in promoting resilience and connectedness during the pandemic.

Key Message #1: Acting now can help to prevent negative mental health impacts of the pandemic. We must respond to both our nation's physical and mental health needs during and in the aftermath of the pandemic.

Key Message #2: Social connectedness is key, and *all* Americans can play a role in supporting others. Research indicates that a sense of belonging and social connectedness improves physical, mental, and emotional well-being. In fact, connectedness is a proven protective factor against suicide. It is possible to remain socially connected to others while practicing physical distancing. There are resources available to help us stay connected, even during the time of physical distancing.

Key Message #3: While there is *no* conclusive data to indicate that suicide rates have risen as a result of COVID-19, we *do* know many Americans are experiencing impacts on their mental and emotional well-being, and issues such as job loss, financial strain, and social isolation are all risks factors for suicide. Speculating about the potential impact COVID-19 may have on suicide rates can lead to normalizing suicide as a response to the current pandemic and could result in increased suicide contagion.

Key Message #4: Help *is* available for those who may be experiencing a mental health or suicidal crisis. For emotional support related to COVID-19 call **211**. For those experiencing a suicidal crisis, call **1-800-273-8255**.

Key Message #5: Virtual health care support services, like telehealth, are available for those looking to access behavioral health care.

Key Message #6: Even in normal circumstances, those working in health care delivery experience stress, anxiety, and burnout; but the COVID-19 pandemic is *exacerbating* these issues with many also experiencing compassion fatigue, fear for their own physical health, and trauma.

SPRC

For Additional Information Contact:

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KICK IT: Kick Tobacco Out of Your Life

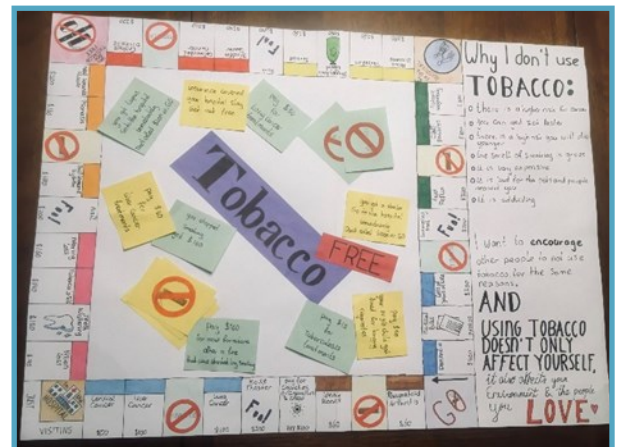
The Spink County Coalition launched the KICK IT campaign on March 30th. The goal was to help reduce youth tobacco use rates in Spink County through education, activities, and simulated resources. Seventh through twelfth-grade students from the three schools located in Spink County were able to participate in the contest by entering a photo or video with the top 3 entries receiving a prize.

The coalition utilized their social media platforms as well as their Teens Against Tobacco Use (TATU) and Students Against Destructive Decisions (SADD) members and their social media to promote the campaign.

The KICK IT campaign received many creative entries in all categories. The winner created a Monopoly-style anti-tobacco game that incorporated statistics and other facts about youth tobacco use.

Students were able to be creative and still participate in tobacco prevention activities while not being able to meet in person due to COVID-19.

The Spink County Coalition's KICK IT campaign was so successful that they plan on doing it again next spring!



The KICK IT winning entry by a 12th grade Spink County resident.

SUICIDE PREVENTION PLAN

COVID-19

605 Strong

The Department of Social Services (DSS) launched 605 Strong, a new crisis counseling program, dedicated to helping people struggling with the effects of the COVID-19 pandemic. The program was created to promote COVID-19 related resources and support, including crisis intervention and access to the COVID-19 Call Center. Additionally, the grant dollars will support outreach to individuals impacted by COVID-19. The outreach includes a follow-up program for individuals in acute distress and those in need of supportive contacts, stress management skills, or connection to additional services. To learn more, access support or resources, visit 605strong.com or call 211.

EDUCATION & TRAINING

Save the Date! Webinar for South Dakota Educators

The American Foundation for Suicide Prevention (AFSP) will provide an overview of the [Model School District Policy on Suicide Prevention](#), which provides a thorough plan for school districts to implement suicide prevention policies in their local community. The webinar will be tailored to address the specific needs of South Dakota educators, based on a quick pre-webinar survey that will be sent out ahead of time. Developed in collaboration with the American School Counselor Association, the National Association of School Psychologists, and The Trevor Project, the program outlined in the model policy is research based and easily adaptable for middle and high schools.

Whether you are a school administrator, educator, board member, counselor, psychologist, or other school personnel, this webinar will provide you with the information and tools you need to effectively put policy into practice with a comprehensive suicide prevention plan.

The webinar will take place Tuesday, September 29th from 10:00 – 11:00 AM (CST) and 2:00 – 3:00 PM (CST). More details to follow including registration information and pre-webinar survey.

COMMUNICATIONS

211

As of July 1st, the [211 Helpline](#) phone number is now available state-wide in South Dakota. The 211 Helpline can be called 24/7 by anyone needing information or support – whether financial, family, mental health, or disaster-related. Call 211 or text your zip code to 898211 to connect.

EVENTS

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

July

- 2 - Survivor Support Group
- 15 – Glacial Lakes SAFE Coalition Meeting
- 20 – Helpline Open Golf Tournament
- 21 – Aliive Roberts County Coalition Meeting

August

- 1 – Yankton Step Forward to Prevent Suicide
- 6 – Survivor Support Group
- 18 – Aliive Roberts County Coalition Meeting
- 19 – Glacial Lake SAFE Coalition Meeting

September

- 3 – Survivor Support Group
- 15 – Aliive Roberts County Coalition Meeting
- 16 – Glacial Lake SAFE Coalition Meeting

To request a training for your community, [click here](#).

