



# Prevention Newslink

July 2024

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

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## MARIJUANA UPDATES & RESOURCES

In October 2022, President Joe Biden directed the Department of Health and Human Services to review marijuana's classification. In May 2024, the U.S. Drug Enforcement Administration (DEA) issued a proposed rule to move marijuana to a Schedule III drug.



In 1971, marijuana was classified as a Schedule I drug under the Controlled Substances Act, meaning there is no accepted medical use and has a high potential for abuse. The new proposed rule would reduce the classification to a Schedule III drug, labeled as having a moderate to low potential for physical and psychological dependence. This new classification would allow more access for researchers to study marijuana to identify any concrete medical benefits.

While this proposed change may have benefits, this discussion could provide challenges for our youth specifically in regards to a reduced perception of harm of marijuana products.

As parents, we want to continue having the conversation with our youth about the dangers of alcohol, tobacco, and other drug use. If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about drug use. When parents talk with their children early and often, they can protect their children from many of the high-risk behaviors associated with using these drugs. The Substance Abuse and Mental Health Administration has resources available to help have this conversation. Partnership to End Addiction is another great resource for parents.

For educators, engaging students in alcohol, tobacco, and other drug education can help shape their attitudes and behaviors towards these substances now and in the future, help them develop strategies for refusing, and empower them to make healthier choices. Contact your local Prevention Resource Center to learn about FREE drug prevention and education curriculum available.

Each PRC also maintains a prevention library with more in-depth information about drug prevention and education. There is also a digital SDPRC Library on the Libby App. Register HERE to gain access to this resource.

# UPCOMING TRAININGS & EVENTS

## SD AHEC: Mission Possible Conference

### “Advancing Action Against Substance Use Together”

July 17-18 | 11:30-5:30, 7:30-12:30 CT  
Sioux Falls - Hilton Garden Inn | [Register Here](#)

## SDSP: Suicide Prevention Conference

August 1-2 | Sioux Falls Convention Center |  
[Register Here](#)

## GPTLHB: 10th Annual Great Plains Good Health and Wellness Symposium

August 21-22 | 8-4:30 MT  
Box Elder Events Center | [Register Here](#)

## Project Success Training

August 27-29 | Virtual  
Click [HERE](#) for more information.

## Emily's Hope: International Overdose Awareness Day Candlelight Vigil

Saturday, August 31 | 8pm CT  
Greenway Amphitheater, Sioux Falls  
Click [Here](#) for more information

## Health Connect Festival

September 14 | 11:00-3:00 CT  
Sioux Falls Arena | Click [HERE](#) for more  
information

## Communities that Care (CTC) Facilitator Training

September 23-27 | Virtual  
Email [stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org) for  
more information

## Fall SD Peer Leader Training

Watertown: October 16, 9:00 am - 2:30 pm  
[stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)

## SPF Application for Prevention Success Training (SAPST)

Fall 2024  
Registration can use the QR Code below



# OPIOID SETTLEMENT RESPONSE

The United States is in an Opioid Epidemic that can be traced back to the 1990's when Opioid prescription pain medication was wildly distributed, being marketed to physicians and consumers as safe and that “few users would develop addiction.” According to the National Institute on Drug Abuse, the number of opioid-involved overdose deaths was 81,806 in 2022.

This brings us to today, where litigation against opioid manufacturers, pharmaceutical distributors, and pharmacies has brought settlement funds to a handful of states, cities, and counties.

To ensure that opioid settlement dollars are used most effectively, [Johns Hopkins Bloomberg School of Public Health](#) recommends the following Principles should be adopted.

1. Spend the Money to Save Lives - not to fill in holes in the general budget.
  - a. Establish a dedicated fund to put the dollars in.
  - b. Use the dollars to expand programming.
  - c. Don't spend all the money at once.
2. Use Evidence to Guide Spending.
  - a. Direct funds to programs supported by evidence.
  - b. Remove policies that may block adoption of programs that work.
  - c. Build data collection capacity.
3. Invest in Youth Prevention
  - a. Direct funds to evidence-based interventions.
4. Focus on Racial Equity
  - a. Invest in communities affected by discriminatory policies.
  - b. Support diversion from arrest and incarceration.
  - c. Fund anti-stigma campaigns.
  - d. Involve community members in solutions.
5. Develop a fair and transparent process for deciding where to spend the funding.
  - a. Determine areas of need.
  - b. Get input from groups that touch different parts of the epidemic to develop the plans.
  - c. Ensure that there is representation that reflects the diversity of affected communities when allocating funds.

Over the next 18 years, South Dakota will receive approximately \$54 million from the National Settlement Agreement involving Johnson & Johnson, AmerisourceBergen, Cardinal Health, and McKesson, and a Bankruptcy Resolution concerning Purdue Pharma, L.P.

During the 2022 Legislative Session, [HB 1038](#) appropriated these funds to the Department of Social Services for disbursement to address the opioid abuse and misuse within the State. Codified in [SDCL 34-20B-116](#), 70% (Statewide Share) will be appropriated to the State and 30% (Localized Share) will be disbursed directly to participating local governments.

More information can be found on how SD is utilizing these National Opioid Settlement funds on the DSS website [here](#).

International Overdose Awareness Day spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

The goals of International Overdose Awareness Day are to:

- Give community members information about the issue and risk of fatal and non-fatal overdose.
- Stimulate discussion about overdose prevention and drug policy.
- Provide basic information about support services that are available.

If you or your organization would like to participate, check out [International Overdose Awareness Day](#).

**#END OVERDOSE**



National Night Out is an annual community-building campaign that enhances the

relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

National Night Out culminates annually on the first Tuesday in August. This year, find a NNO near you on August 6, 2024.

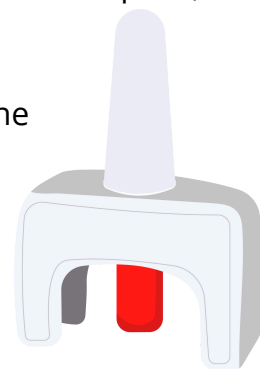
## MAKING PUBLIC ACCESS NALOXONE EASY

Opioid overdose is currently the leading cause of death among adults 50 years old and younger in the United States. Here in South Dakota, data shows that over 40% of overdose deaths had potential opportunity for intervention from a potential bystander being present. Without immediate intervention, opioid overdose can quickly lead to death. The SD Prevention Resource Centers have partnered with the SD DSS - Division of Behavioral Health Prevention Program to make opioid overdose response kits available statewide.

Similarly to the way a business would store a fire extinguisher or an AED, opioid overdose response kits provide access to Naloxone, the lifesaving opioid reversal medication. The kits also include a rescue breathing barrier device, complete with gloves and alcohol pads, and an instructional guide.

Opioid overdose response kits will increase public access to overdose response tools, provide naloxone storage, increase bystander intervention, reduce stigma for substance use disorders and lower opioid overdose rates.

If your organization is in need of an opioid overdose response kit, contact your local Prevention Resource Center.



## PROJECT SUCCESS

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is an evidence-based program that prevents and reduces substance use and abuse among high risk, problem adolescents placed in alternative schools and high-risk students in regular secondary schools. It works by placing highly trained professionals (Project SUCCESS counselors/coordinators) in the schools to provide a full range of substance abuse prevention and early intervention services.

Project SUCCESS utilizes the following prevention strategies:

- School-wide prevention awareness campaigns;
- Classroom prevention education
- Screening and referrals
- Prevention groups
- Substance use prevention policies



The SD Prevention Resource Centers are hosting a virtual Project SUCCESS training August 27-29. If you are interested in implementing Project SUCCESS, contact your local PRC to learn more. To register for Project SUCCESS training, visit [www.humanserviceagency.org/NEPrevention/nepcrtrainings](http://www.humanserviceagency.org/NEPrevention/nepcrtrainings).



## South Dakota Tobacco Control Program

### Regional Contacts

#### Southeast Region

**VACANT**

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[Quittobaccosd.com](http://Quittobaccosd.com)

## SOUTH DAKOTA TOBACCO CONTROL PROGRAM STATE PLAN UPDATES

The South Dakota Tobacco Control Dashboard has been updated with the most current data available. These updates show progress of the objectives in the 2020-2025 SD Tobacco Control State Plan. There are 21 objectives in the plan with each of them being part of four larger goals to reduce and prevent tobacco use in South Dakota. These goals focus on limiting tobacco exposure among priority populations, promoting tobacco cessation, and increasing health equity. The priority populations are American Indians, pregnant and postpartum women, youth and young adults, people with behavioral health conditions, and people of lower socioeconomic status. The Tobacco Control Program has implemented several strategies to improve the data and accomplish these goals and objectives. Further information is available at: <https://quittobaccosd.com/resources/key-data>.

## PROJECT SUN (STOP THE USE OF NICOTINE)

The South Dakota Tobacco Control Program offers an array of evidence-based curriculums and has recently been made aware of a new curriculum called Project SUN (Stop the Use of Nicotine). This curriculum is Native American focused and teaches the difference between traditional tobacco and commercial tobacco. To be eligible for the SUN program, a student must have used commercial tobacco in the last 30 days prior to the first session and must join the program on or before the fourth session of the curriculum. This curriculum uses traditions and teaching from Native American traditions, such as learning that tobacco used in a traditional way does not involve everyday use or inhaling. The South Dakota Tobacco Control Program hopes to bring this new curriculum to the schools of South Dakota. If you have interest in this curriculum for your students, please reach out to Tricia Yoshida at [Tricia.Yoshida@state.sd.us](mailto:Tricia.Yoshida@state.sd.us).

## Upcoming Events and Trainings

- September 24, 2024: Indigenous and Integrative Health Summit (Arrowwood Cedar Shore – Oacoma, SD)
- October 9, 2024: South Dakota Cancer Coalition Fall Meeting (Highland Conference Center - Mitchell, SD)
- October 15-16, 2024: Chronic Disease Partners Meeting (Monument Civic Center – Rapid City, SD)

# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

**STATEWIDE WEBSITE**  
[SDSUICIDEPREVENTION.ORG](https://SDSUICIDEPREVENTION.ORG)

**THE HELPLINE CENTER**  
[HELPLINECENTER.ORG](https://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](#)



# Military Suicide

The 4th of July often reminds us to celebrate our patriotism and freedoms we have that were secured by the armed forces. For some, this time of year is a painful reminder of significant loss of service member loved ones in many ways, including death by suicide. Military suicide is a significant and complex issue that affects service members, veterans, and their families. There are a combination of factors that contribute to suicide for active duty and veterans. Mental health disorders such as depression, post-traumatic stress disorder, and anxiety are prevalent among military personnel and can contribute to suicidal thoughts and behaviors. Exposure to combat, witnessing death, and other traumatic events can have a lasting impact on mental health. The demands of military life, including long deployments, physical and emotional stress, and high expectations can also contribute to mental health struggles. Veterans often face difficulties when transitioning to civilian life, including finding employment, reconnecting with family, and adjusting to a new identity outside of the military.

According to the 2023 National Veteran Suicide Prevention Annual Report, in 2021, 6,392 veterans died by suicide. This was an increase of 114 suicides from 2020. Specifically for veterans, research supports that during the pandemic there were increases in the rates of alcohol use, anxiety, depression, post-traumatic stress disorder, stress, loneliness and suicidal ideation. Studies related to these deaths identified the key risk factors to be pandemic-related stress, family relationship strain, lack of social support, financial concerns, and pre-existing mental health disorders. The most heavily impacted groups include women veterans, American Indian or Alaskan Native veterans, veterans who had medical complications, veterans who had unstable housing, as well as justice involved veterans.

Access to lethal means increases the risk of suicide. In 2021, 72.2% of veteran suicides utilized firearms compared to 52.2% for non-veteran suicide deaths that year. Secure storage of firearms and ammunition is an important factor in safety planning with a veteran who is expressing thoughts of suicide. To learn more about means safety or order a gun lock at no-cost, please visit the [South Dakota Suicide Prevention Website](#). Asking about firearm storage is a recommended step in this safety plan as 1 in 3 veterans who own firearms keep at least one gun unloaded and unlocked in their residence. This provides quick access to a lethal means of death, increasing the risk for suicide.

There are currently federal and state efforts to address the needs for this population, but as a community we can also support veterans who may be struggling. Encouraging them to connect with resources in the community that are specific for veterans may be helpful so they can have conversations with others who are familiar with the culture and experience of the military. We can also provide more education about warning signs and means safety for all communities but be sure to highlight higher risk populations such as veterans. Sharing the 988 number can save a life in crisis, and if veterans prefer, they can press 1 to get a veteran specific line. If they are to engage with the 988- press 1 option, their referrals can go directly to the local Veterans Administration where clinicians and support persons can reach out and get them connected with appropriate services.

# SOUTH DAKOTA 2020-2025 SUICIDE PREVENTION PLAN



## July - September 2024 Newsletter

### September is Suicide Prevention Month

September is widely recognized as Suicide Prevention Month, a time dedicated to raising awareness about mental health and suicide prevention. During this month, communities, organizations, and individuals come together to promote understanding, offer support, and share resources aimed at preventing suicide.

It serves as a poignant reminder of the importance of mental health awareness and the impact of supporting those who may be struggling with thoughts of suicide. Through education, advocacy, and outreach efforts, September encourages open conversations about mental health, reducing stigma, and fostering a supportive environment where individuals feel safe seeking help. It is a crucial opportunity to unite in solidarity, emphasizing that suicide is preventable and that everyone can play a role in saving lives by offering compassion, understanding, and support. Utilize the SD Behavioral Health Suicide Prevention Month [Toolkit](#) to help promote Suicide Prevention Month. There are many resources that can be utilized in this toolkit, such as social media posts, blog and social media images, HR emails and print materials.



#### EVENTS

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

#### July

18th – Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm,

#### August

1<sup>st</sup>-2<sup>nd</sup> – [South Dakota Suicide Prevention Conference](#), Sioux Falls Convention Center, Sioux Falls

14<sup>th</sup> – Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

15<sup>th</sup> - Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm

#### September

7<sup>th</sup> – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Aberdeen](#), 9:00am

8<sup>th</sup> – Foundation of Hope’s [Walk of Hope \(WoH\)](#), Pierre, 2:00pm

11<sup>th</sup> - Helpline Center’s [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

14<sup>th</sup> – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Belle Fourche](#), 8:00am

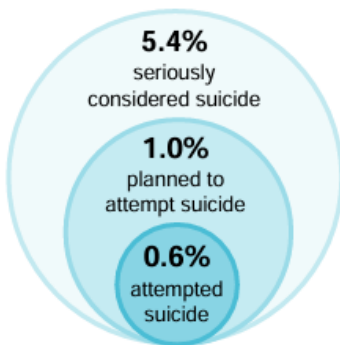
14<sup>th</sup> – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Huron](#), 12:00pm

19<sup>th</sup> - Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm -8:30pm

21<sup>st</sup> – American Foundation for Suicide Prevention’s Out of Darkness Community Walk – [Sioux Falls](#), 12:00pm

### 2024 Epidemiological Outcomes Executive Summary

#### South Dakota

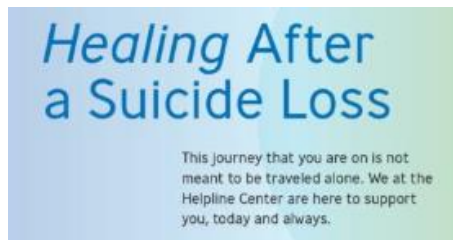


The Epidemiologist at the Department of Social Services, Division of Behavioral Health, has finalized the state [Epidemiological Outcomes Executive Summary](#). Through this report, there are comparisons of South Dakota, the Midwest, and the United States of Suicidal Ideation and Suicidal Behaviors. This report gives a clear picture on how suicide rates in the state of South Dakota compares to the rest of the United States. This document is a great resource of knowledge that can be utilized to gain a greater understanding of the needs that communities may have.

### Survivor Resources

#### Exploring the Truths about Suicide Grief

Closely following the death, many survivors are encouraged to “get back to normal.” We are taught to move on from death because many people are uncomfortable with grief and mourning. However, healing at your own pace, on no particular schedule is valid. Minimizing our grief leads to further, deeper isolation in the journey. Acknowledging and accepting the loss are the only things that will truly let you weave your suicide loss into the fabric of your life. In order to heal in grief, you must be open to feeling your grief. Honoring and acknowledging special days can bring you peace, whether you do it individually or in the company of supportive friends. The anticipation of upcoming important dates can come with anxiousness or fear, that is normal. It is common for there to be more stress over what you imagine yourself feeling, yet when the actual date comes it provides you a sense of relief. More grief resources can be found through the [Helpline Center](#).



#### RESOURCES

[988 Suicide & Crisis Lifeline](#)  
[BeThe1SD](#)  
[Suicide Survivor Resources](#)  
[SDSP Trainings](#)  
[Behavioral Health Materials](#)  
[Suicide Prevention Materials](#)

