



Prevention Newslink

July 2026

WPRC

Youth and Family Services

Rapid City, SD

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SEPRC

Volunteers of America-Dakotas

Sioux Falls, SD

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NEPRC

Human Service Agency

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CPRC

Capital Area Counseling Service

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

New Faces at the PRC

The South Dakota Prevention Resource Centers are excited to welcome two new Prevention Specialists to the South Dakota Prevention Network!



Danielle Bourgerie joins the Southeast PRC at Volunteers of America-Dakotas in Sioux Falls. She holds a Bachelor of Science in International Peace Studies and History from the University of Wisconsin and earned her Addiction Counselor certification through the University of South Dakota.

Danielle brings 11 years of behavioral health experience, specializing in addiction services. Her background includes working with refugees, immigrants, pregnant and parenting women, and individuals involved in the criminal justice system. She is excited to shift her focus from treatment to prevention and build new connections across the behavioral health field. Outside of work, Danielle enjoys gardening, reading, spending time with her chickens and cat, attending rodeos, and cheering on her favorite hockey team.

Amy Hansen joins the Central PRC at Capital Area Counseling Service in Pierre. Amy holds an Associate of Arts degree from Mid-Plains Community College and has more than 10 years of experience supporting individuals with lived experience of addiction and mental health challenges.



Before moving to Pierre, Amy worked in probation in Nebraska. She also helped establish the first Women's Transitional Facility for women leaving the South Dakota Women's Prison and continues to volunteer there each week. Amy has also spent many years working with children in classroom settings and enjoys teaching. She is married and has two children.

Please join us in welcoming Danielle and Amy to the South Dakota Prevention Network. We are excited to have them on our team and look forward to the impact they will make in prevention efforts across South Dakota.

UPCOMING TRAININGS & EVENTS

SD Behavioral Health Conference

August 11-12 | Sioux Falls
Learn more and register [HERE](#)

Emily's Hope: Substance Use Prevention Education: The "Why" and the Research

August 13 | 11am CT | Virtual
Learn more and register [HERE](#)

Emily's Hope: International Overdose Awareness Day Candlelight Vigil

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

Glacial Lakes SAFE Suicide Awareness Walk & Remembrance Ceremony

September 9 | Watertown
Learn more and register [HERE](#)

Out of the Darkness Community Walk

September 12 | Aberdeen
Learn more and register [HERE](#)

September 19 | Sioux Falls
Learn more and register [HERE](#)

September 19 | Belle Fourche
Learn more and register [HERE](#)

Additional events available [HERE](#)

SPF Application for Prevention Success Training (SAPST)

Learn more and register with the
QR code.



National Night Out August 4, 2026

National Night Out is an annual community-building event that strengthens relationships between neighbors and local law enforcement while fostering a stronger sense of community.

Founded in 1984 through a network of local law enforcement agencies and Neighborhood Watch groups, National Night Out has grown into a nationwide celebration of community partnerships and public safety. Each year, the event is held on the first Tuesday in August, bringing together millions of participants in thousands of communities across all 50 states.

This year, National Night Out will take place on Tuesday, August 4, 2026. Contact your local law enforcement agency to find a National Night Out event in your community and join your neighbors in celebrating safer, stronger neighborhoods.



**International Overdose
Awareness Day**

A PENINGTON INSTITUTE INITIATIVE

August 31 is International Overdose Awareness Day, a global day to remember those lost to overdose, support individuals and families affected by substance use, and reduce the stigma surrounding addiction.

The overdose crisis affects entire communities—families, friends, coworkers, schools, and neighborhoods. Every life lost reminds us of the importance of prevention, education, and support. In South Dakota, we look out for one another. This International Overdose Awareness Day, let's honor those we've lost, support those who are grieving, and strengthen our commitment to preventing overdose and fostering hope, compassion, and recovery.

On Monday, August 31, Emily's Hope, will host a candlelight vigil at the Greenway Amphitheater in downtown Sioux Falls to commemorate International Overdose Awareness Day. Learn more about International Overdose Awareness Day at OverdoseDay.com.

Youth Tobacco Inspector

The SD DSS, Division of Behavioral Health, and the SD Attorney General's Office, in partnership with Mountain Plains Evaluation, LLC, are seeking 16- and 18-19-year-olds to serve as Youth Tobacco Inspectors this summer. Under adult supervision, participants will attempt to purchase tobacco and vape products at retail stores across South Dakota as part of federally required compliance checks to assess and help prevent underage tobacco sales.

Contact [Roland Loudenburg](#) for more information.

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

National Self-Care Day

July 24 marks National Self-Care Day, a time to recognize the importance of caring for your mental, emotional, and physical wellbeing. Self-care is not only about rest or relaxation; it also includes building practical tools that support safety during times of stress, crisis, or emotional overwhelm.

One of the most effective self-care tools is creating a safety plan. A safety plan is a personalized, step-by-step guide that helps a person recognize warning signs, identify coping strategies, and connect with supportive people or resources when things feel difficult. Safety planning can include grounding techniques, trusted contacts, safe environments, and professional supports. It is a proactive way to reduce risk and increase connection during moments of distress. If you are unsure how to create a safety plan, support is available. You can connect with the Helpline Center 988 team at any time for help talking through the steps or building one together. You can also review a free safety plan template here: [Safety Planning Guide \(SPRC\)](#).

Support is available at any time through the Helpline Center 988 Suicide and Crisis Lifeline. The 988 team is available 24 hours a day, 7 days a week to provide free, confidential support. Trained counselors listen without judgment, help individuals work through immediate concerns, and can also support the development of safety plans. Whether someone is experiencing a mental health crisis, emotional distress, or simply needs someone to talk to, 988 is there to help.

The Helpline Center's 988 team also supports friends, family members, and community members who are concerned about someone else. Counselors can provide guidance on how to talk with someone in distress and how to connect them to ongoing care and resources.

Upcoming Events

Surviving After Suicide Class

July 28-October 6 | 6:30 pm-8:00pm (CST)

Class meets every Tuesday virtually

Register [HERE](#)

The Surviving After Suicide Class is a 10-week education and support-based class for adults that is designed to support survivors as they express and seek to understand the power of grief. Each class focuses on a unique aspect of survivor grief and is followed by a support session allowing members to share their stories. The supportive mourning process is guided by a book and a journal written by Dr. Alan Wolfelt that includes practical strategies for coping and healing.

SOUTH DAKOTA TOBACCO CONTROL PROGRAM

Hilary Larsen

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FREE materials and
resources.

2025 National Youth Tobacco Survey Published

In June 2026, the FDA released its detailed [2025 National Youth Tobacco Survey](#) results, identifying key trends in youth tobacco usage. Approximately 2.01 million middle and high school students (7.2%) reported current use of any tobacco product—9.5% of high schoolers and 4.1% of middle schoolers—while 2.6% smoked combusted tobacco, and 2.7% used two or more products. E-cigarettes led consumption at 5.2% (1.44 million youths), with notable frequency: 27.5% used daily and 41.2% on 20 or more days in the past month; 89.4% preferred flavored varieties, especially fruit, candy, mint, menthol, and icy flavors, and disposables comprised 66.3% of devices. Geek Bar (64.1%) and Elf Bar (21.5%) were the most common brands. Nicotine pouches were used by 1.7% (460,000 youths), with 17.6% using them daily and over 90% choosing flavored (primarily mint) options. ZYN was the leading brand at 69.2%. Cigarettes (1.4%), cigars (1.1%), smokeless tobacco (0.9%), heated tobacco (0.7%), hookahs (0.7%), other oral nicotine (0.6%), and pipe tobacco (0.4%) were less commonly used. Overall, the survey highlights the continuing decline in youth use of tobacco and nicotine products, particularly e-cigarettes and cigarettes, while flavored products remain prevalent. It's never too late. Contact the SD Quitline to start your journey.

Illegal E-Cigarettes and Your Community

Illegal e-cigarettes are flooding convenience stores despite only 45 products being FDA-authorized, creating a widespread underground market that puts youth and communities at risk. These devices often contain extremely high nicotine levels, up nearly 250% from 2020 to 2024. They are designed to appeal to young people with bright packaging, flavors, and high-tech features. This surge in nicotine exposure harms youth brain development, increases addiction risk, and is linked to other risky behaviors. Easy access is also a concern, with most schools located within a short walk of tobacco retailers. Beyond health risks, disposable e-cigarettes contribute significant environmental waste, including plastics and lithium-ion batteries that do not biodegrade. Strengthening enforcement and retailer compliance is key: removing illegal products disrupts supply chains, protects young people, and supports overall community safety. Continue to educate your community on the dangers of these illegal e-cigarette products and what community members can do to stay up to date on this topic. Read more at [Truth Initiative](#).