



Prevention Newslink

June 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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SUMMER IS HERE! SAFE & SOBER WAYS TO ENJOY THE SUNSHINE!

The summer months are full of daily and monthly observances that offer inspiration for sober ways to spend time in the sunshine.

Listed below are just a few examples:

- June is Great Outdoors Month! Find a local state park [here](#) and take a hike!
- Pack some sandwiches and head outside for International Picnic Day on June 18th.
- July is National Ice Cream Month. Head to your local parlor for a sundae, dipped cone, or whatever makes your root beer float!
- Lions & Tigers & Bears, oh my! Take the family out on July 1st to celebrate American Zoo Day.
- We wouldn't forget the 4th of July! Find the perfect spot to park and watch a fireworks display or safely set off permissible fireworks with your loved ones to celebrate. [Here](#) is a link to SD fireworks regulations.
- Did you know July 11th is National Blueberry Muffin Day? Find a quick and easy recipe [here](#) or use your own and get to baking!
- If you need a break from the heat, take your bestie to the movies on August 4th for National Friendship Day.
- Send summer away with National Beach Day on August 30 - soak in the sun, enjoy the cool breeze, and squish the sand between your toes.

If you are hosting a party this summer, it is important to be responsible. Have a phone number for a cab company handy, never serve alcohol to minors, do not force drinks on guests or rush to refill their glasses when empty, always serve food, and offer non-alcoholic beverages.

Follow [The Mocktails Mix Off](#) on June 27 to find great recipes like the one below:

BlackBerry Mock Mojito

- Fresh blackberries, A lime, Fresh mint, Fine sugar, Minute Maid Limeade, Club Soda, Ice

Start by muddling two mint leaves with two table spoons of fine sugar. Zest 1 teaspoon of lime peel into the sugar/mint mixture. Squeeze the juice from half the lime and add a few blackberries to the mix and muddle them just enough to break them up. Don't over mash them. Fill a shaker 1/3 full of ice. Fill to 3/4 full with lime aid. Add a spoon full of the muddled mix and shake well. Use the other half of the lime to wet the edge of a tall glass and rim the glass with the lemon rimming sugar. Fill the glass half full of ice. Fill glass to 2/3 full with the lime aid mixture. Top glass off with club soda. Give it a light swirl with a straw. Garnish with 3 mint leaves, a couple black berries and a lime wedge.

UPCOMING TRAININGS & EVENTS

DOE: Multi-Tiered System of Support (MTSS) Conference
June 25-26 | 8:30-4:30 CT
Arrowwood Resort - Oacoma | [Register Here](#)

PTTC: Integrating Social Determinants of Health into Prevention Practice: Strategies for Effective Collaboration
June 26 | 12:30-4:30 PT
PTTC Online Webinar | [Register Here](#)

PTTC: Be Your Own Spielberg: Using Storytelling Techniques to Create Highly Engaging and Impactful Presentations
June 27 | 1-2:30 CT
PTTC Online Webinar | [Register Here](#)

The Network: Sexual Violence Institute
July 10-11 | 8-5 MT
Best Western - Rapid City | [Register Here](#)

CPCM: Poverty Simulation Experience
July 11 | 9-10:30 CT
USD - Sioux Falls | [Register Here](#)

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](#)



National Marijuana Facts Week (NMFW) is an annual, week-long, national health observance created by Johnny's Ambassadors Youth Marijuana Prevention to raise public awareness about the dangers of today's high-THC marijuana on adolescent brain development, mental illness, and suicidality. NMFW brings together parents, students, educators, doctors, scientists, and community partners with the aim to decrease the perception of harmlessness and reduce the use of marijuana by young people. Find out more about NMFW [here](#).

Johnny's Ambassadors also released a Teen THC literacy quiz that helps youth know the scientific facts about THC. Click [here](#) to take the quiz and test your knowledge now!



Following NMFW, Johnny's Ambassadors is putting on their 3rd annual hybrid prevention conference. This conference is suitable for anyone working in youth prevention. For more information on this event click [here](#).

Fatherhood TRAINING SERIES

The Center for the Prevention of Child Maltreatment, with support from the SD Department of Health, is holding an exclusively virtual training series about fatherhood. These online, one-hour training sessions on the roles of fathers will be held weekly; starting on June 12 and going through July 17.

The training series includes:

- [June 12](#): Introduction to Fatherhood & Family Dynamics presented by J. Michael Hall, Strong Fathers Strong Families
- [June 19](#): Co-Parenting presented by Dr. Brad Sachs, The Father Center
- [June 26](#): Parental Inclusion: Benefits to Maternal & Infant Health presented by Joel Austin, Daddy University
- [July 3](#): Fatherhood and Family Resilience presented by D. L. Pos Ryant, Apprentice of Peace Youth Organization
- [July 10](#): Cultural Competency and Diversity in Fatherhood presented by Jillian Baker, The Center for Parent and Teen Communication
- [July 17](#): Policy and Structural Factors for Support Fathers presented by Dan Wuori, Early Childhood Policy Solutions

For additional information & learning opportunities through Center for the Prevention of Child Maltreatment, visit SDCPCM.com.



UPCOMING TRAININGS & EVENTS

GP TLHB: 10th Annual Great Plains Good Health and Wellness Symposium

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

Emily's Hope: International Overdose Awareness Day Candlelight Vigil

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

Health Connect Festival

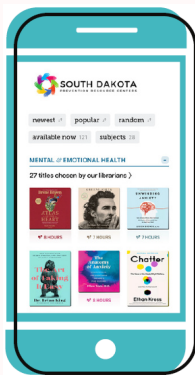
September 14 | 11:00-3:00 CT
Sioux Falls Arena | [Click HERE](#) for more information



Did you know each PRC has a physical library full of not only books, but also curricula, displays, games and other prevention materials available for check out!?

Not near a PRC? No Worries! We can mail materials your way.

We also have an online digital library through the Libby app with audiobooks & ebooks relating to mental health, addiction, and other prevention topics.



Use the QR code below to get signed up today!



SD STATE EPIDEMIOLOGICAL OUTCOMES 2024 EXECUTIVE SUMMARY AVAILABLE.



PHOTO BY TRAVEL SOUTH DAKOTA

The South Dakota SEOW Executive Summary of data surrounding mental health and substance use in South Dakota and the United States was published April 2024 and is available for your review!

The report includes data from YRBSS and NSDUH as well as other public sources to compile a summary of behavioral health indicators in the state of South Dakota. Some quick facts that are included in the report:

- Nearly 1 in 4 adults in SD qualify as having any mental illness
- SD's rate of overdose death was ~2.6x lower than the rest of the US
- About 11% of individuals in SD that seriously considered suicide went on to attempt suicide.

Click for a link to the full report [here](#).

3RD ANNUAL SOUTH DAKOTA SUICIDE PREVENTION CONFERENCE

The Division of Behavioral Health, in partnership with other state agencies, is holding it's third annual Suicide Prevention Conference. "We Need to Talk" will be a two-day conference featuring three keynote speakers, engaging breakout sessions, and a vendor fair all with the aim to share tools and resources for suicide prevention and reducing stigma in South Dakota.

Join us August 1& 2 to continue the conversation of prevention as we work to end suicide in South Dakota. CEUs are available. [Download the full agenda](#) or [register here](#). There is no cost to register for the conference. A block of rooms has been reserved under the "SD Department of Behavioral Health - Suicide Prevention" at the Sheraton Sioux Falls & Convention Center at a rate of \$159 per night.

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](#)



Suicide in the Farming Community

Suicide among farmers is a significant and growing concern worldwide. Several factors contribute to the high rates of suicide in this demographic. Understanding and addressing the multifaceted causes of suicide among farmers requires a holistic approach that includes economic, social, and mental health interventions. By implementing comprehensive strategies, it is possible to reduce the risk and improve the overall well-being of farmers.

1. **Financial Instability:** Farmers often face significant financial challenges, including fluctuating crop prices, high input costs, debt, and unpredictable weather conditions. Economic instability can lead to severe stress and anxiety, increasing the risk of depression and suicide. Farmers are heavily impacted by environmental conditions such as droughts, floods, and other natural disasters. These uncontrollable factors can lead to crop failure and financial loss, further contributing to stress.
2. **Market Volatility:** Global market forces and trade policies can negatively impact farmers' income, leading to further financial insecurity and stress.
3. **Rural Isolation:** Many farmers live and work in rural areas where access to social support and mental health services is limited. This isolation can exacerbate feelings of loneliness and hopelessness. Rural areas often lack sufficient mental health services, making it difficult for farmers to get professional help. Even when services are available, the cost of mental health care can be prohibitive for farmers, especially those already struggling financially.
4. **Community Expectations:** In some farming communities, there may be cultural expectations and pressures to maintain the family farm, adding to the stress and potential feelings of failure if the farm is struggling financially. Farming is a physically demanding job with long hours and few breaks. Chronic physical strain and fatigue can contribute to mental health issues.

Studies have consistently shown that farmers have higher rates of suicide compared to the general population. For instance, in the United States, male farmers have been found to have a significantly higher risk of suicide than men in other professions. This issue is not limited to the United States. Countries like India, Australia, and the United Kingdom have also reported high suicide rates among farmers, often linked to economic pressures and environmental factors.

There is often a stigma associated with seeking mental health support, especially in rural and agricultural communities. This can prevent farmers from accessing the help they need. Traditional farming communities might have cultural norms that discourage discussing mental health issues, viewing them as a sign of weakness. To shift this stigma, prevention focuses include:

1. **Mental Health Awareness:** Increasing awareness about mental health issues and reducing stigma in farming communities can encourage more farmers to seek help.
2. **Support Networks:** Developing strong support peer groups for farmers specifically can provide much-needed connections and support.
3. **Access to Services:** Improving access to mental health services in rural areas through telehealth, mobile clinics, and community-based programs can help farmers get the care they need.
4. **Economic Support:** Policies that provide financial assistance, debt relief, and support for sustainable farming practices can alleviate some of the economic pressures.

South Dakota Tobacco Control Program

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Quittobaccosd.com

BASEBALL, SMOKELESS TOBACCO...AND ZYN?

As baseball season begins, over half of Major League Baseball stadiums have tobacco-free policies in place, yet oral nicotine pouches like Zyn are growing increasingly popular among athletes, supplanting traditional smokeless tobacco products. Brands such as Zyn, Rouge, On!, and Velo have seen a six-fold increase in unit sales from 2019 to 2022, with Philip Morris International reporting an 80% rise in Zyn shipments in 2024.

Despite claims by some players that they use these pouches to quit traditional tobacco, the Food and Drug Administration has not approved any oral nicotine pouch for cessation aid. Athletes' endorsement of these products on the field or in interviews may inadvertently promote tobacco use among young fans. Read Truth Initiative's full article [here](#), to learn more about this emerging issue and how to spread awareness and protect young people from nicotine addiction.

SD TOBACCO CONTROL ORIENTATION TOOLKIT

The South Dakota Department of Health – Tobacco Control Program (SD TCP) recently updated the [Tobacco Control Orientation Toolkit](#). Originally, this toolkit was created as a required training tool for any organization who receives funding from the SD TCP. But, it is also available to members of the public as a FREE training tool for anyone who is interested in receiving comprehensive training on tobacco control, including topics such as the evolution of tobacco control, the impact of tobacco use, high impact tobacco control strategies, priority populations, community mobilization, and additional resources.

Upcoming Events and Trainings

- June 5, 2024: World Environment Day
- June 19, 2024: State Offices Closed (Juneteenth Holiday)
- 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)