



Prevention Newslink

March 2025

SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

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

GROWING UP DRUG FREE: A PARENT'S GUIDE TO SUBSTANCE USE PREVENTION

The DEA's *Growing Up Drug Free* provides guidance to parents looking for help raising children that understand the risks of substance use. The guide includes an overview of substance use among children, youth, and young adults. It shares what substances young people may use, risk factors, protective factors, and suggestions for how to talk to young people about alcohol, tobacco, and other drugs, tailored to their age group. There are also tips on what to do if you suspect your child is using alcohol, tobacco, or other drugs.



Growing Up Drug Free is available in both [English](#) and [Spanish](#).

SOUTH DAKOTA DATA REPORTS

Injuries in South Dakota - 2024 Report

The updated [Injuries in South Dakota](#) Report is now available online. This comprehensive report examines trends in injury-related deaths, hospitalizations, and emergency department visits across the state. Notably, fatal injuries in South Dakota have risen by 19%, increasing from 641 deaths in 2014 to 762 deaths in 2023. The top three causes of injury-related deaths are falls, motor vehicle traffic accidents, and firearms.

The [South Dakota Violent Death Reporting System \(SD-VDRS\)](#) is a CDC-funded, anonymous surveillance system that collects and analyzes data on suicides, homicides, deaths of undetermined intent, unintentional firearm deaths, and deaths due to legal intervention. Data is compiled from multiple sources, including death certificates, coroner reports, toxicology reports, and law enforcement records.



UPCOMING TRAININGS & EVENTS

School Crisis Prevention & Response Hub of South Dakota 2024-25 Virtual Speaker Series

For more information and to register, click [HERE](#). For questions, contact [Amber Kilburn](#).

Substance Use Treatment ECHO March 24 | Virtual See more information and register [HERE](#)

Becoming Comfortable with Buprenorphine and MOUD March 25 | Virtual See more information and register [HERE](#)

Multi-Disciplinary Response To Victim Services Conference March 27 | Box Elder See more information and register [HERE](#)

Teaching Cannabis Awareness and Prevention Conference April 9 - 10 | Virtual See more information and register [HERE](#)

Enough Abuse: Strategies for Your Family and Community April 15 | Virtual Sign up on the CPCM website [HERE](#)

Applied Suicide Intervention Skills Training (ASIST) April 21 - 22 | Rapid City To register, contact Bill or Chloe at wprc@youthandfamilyservices.org

SD Association of Addiction & Prevention Professionals (SDAAPP) May 14 - 16 | Rapid City/Virtual For more information, click [HERE](#)

Understanding ACEs May 20 | Virtual Sign up on the CPCM website [HERE](#)

Becoming Comfortable with Buprenorphine and MOUD



ABOUT THE VIRTUAL SERIES

Since the MATE-ACT took effect in June 2023, health care clinicians have been encouraged to incorporate Buprenorphine into clinical practice for persons with Opioid Use Disorders and/or Chronic Pain. In these 3 sessions, we will explain why and how buprenorphine use as a continuous medication is on the climb in many clinical and hospital settings and explore future uses currently being evaluated in clinical research. **Participation is free. Pre-registration is required.**

3-Part Series

SESSION DATES

- **MARCH 25 | NOON -1PM CST**
The Role of Buprenorphine in the Clinical Setting: MOUD and Chronic Pain – Part 1
[Register](#)
- **APRIL 29 | NOON-1PM CST**
The Role of Buprenorphine in the Clinical Setting: MOUD and Chronic Pain – Part 2
[Register](#)
- **MAY 27 | NOON-1PM CST**
The Role of Buprenorphine in the Clinical Setting: Latest research on buprenorphine use in other medical conditions
[Register](#)



CRAIG UTHE, MD
Sanford Health


Craig Uthe, MD is a board-certified family physician with the American Board of Family Medicine and a member of the American Society of Addiction Medicine. He is the Medical Director of Professional Well-Being at Sanford Health and the Chief Well-Being Officer for the University of South Dakota Sanford School of Medicine.

For over twenty-five years, Dr. Uthe has been a medical advisor to the SD Health Professionals Assistance Program, an organization that provides management services to health care professionals with potentially impairing illnesses & addictions.

Click the "register" buttons above or scan the QR code.



sdaho.org education@sdaho.org



Opioid Response Network

These 3 sessions have been submitted for approval for 1.0 CME each via AAAP/ORN through ACCME and will meet the requirements for DEA licensure.

PARTNER WITH SADD IN SD

SADD (Students Against Destructive Decisions) has programs ready to be implemented in your school!

- Resources for middle school and elementary school.
- Get trained in Shifting Gears, a marijuana impaired driving prevention program YOU can teach to your peers
- Fundraisers + ways to earn \$\$
- SD Student Leadership Council

Hang Up & Drive Tour

SD SADD and [HANG UP AND DRIVE](#) is excited to announce their Spring 2025 Tour, bringing impactful presentations to schools across South Dakota. This program is being offered to six South Dakota schools.

Available Dates: April 3, 10 & 11, 2025.

Program Length: 1 hour

Cost: FREE to your school. Spots are limited.

Reach out to JoAnne Ovall (Jovall@sadd.org) to schedule the Hang Up & Drive Tour program at your school or to discuss partnering with SADD!

MONTHLY AWARENESS CAMPAIGNS

The Third Week of March is National Poison Prevention Week.

The Sanford Poison Center provides all of the education and prevention efforts for South Dakota and are designated by the SD Department of Health to provide emergency poison management and poison prevention information to the citizens of South Dakota.

Call 1-800-222-1222 for all poison emergencies and questions. Visit sdpoison.org for training, materials, and other resources.



April 1st is Take Down Tobacco Day.

No Joke! Visit the Quit SD website [HERE](#) for ideas and resources on planning tobacco prevention activities.



April is Alcohol Awareness Month.

The National Institute on Alcohol Abuse and Alcoholism has links to free prevention resources that can be used to educate youth during this month [HERE](#). SAMHSA also has social media toolkits to share during the month [HERE](#).

FindTreatment.gov

SAMHSA's National Helpline
1-800-662-HELP (4357)

FindSupport.gov

988 Suicide & Crisis Lifeline
988 or 988Lifeline.org

APRIL

ALCOHOL AWARENESS MONTH

HELP IS AVAILABLE

samhsa.gov/find-help

Your Journey Matters

2025 South Dakota Behavioral Health Conference

Save the Date

Monday and Tuesday, August 4-5, 2025

Sioux Falls Convention Center

Visit Conference Website

AMERICAN ACADEMY OF PEDIATRICS

SUBSTANCE USE TREATMENT ECHO

Want to learn more about substance use treatment and how to support adolescents and their families?

This learning collaborative aims to equip pediatricians and other healthcare professionals with the knowledge and skills around screening, referral pathways, and treatment options to address substance use concerns in adolescents.

1:00 PM - 2:00 PM CT

MARCH 24, 2025

APRIL 7, 2025

APRIL 21, 2025

MAY 5, 2025

MAY 19, 2025

JUNE 2, 2025

JUNE 16, 2025

Topics Covered:

- Screening
- Harm Reduction
- Trauma Informed Care
- Treatment options for
 - Vaping & Nicotine
 - Alcohol & Cannabis
 - Opioids & Stimulants
 - Polysubstance Use



CLICK OR SCAN QR CODE TO REGISTER

Questions?
Contact [Oyin Oloniniyi](mailto:Oyin.Oloniniyi@aap.org)
ooloniniyi@aap.org

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling a cumulative amount of \$1,900,000 to date with 100% funded by HRSA/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government

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

Stress & Suicide

Stress and suicide are particularly concerning issues among adolescents. Teens are still building their resilience and coping skills so if stress becomes too overwhelming they may be at increased risk of experiencing suicidal thoughts and behaviors. Several factors contribute to the heightened vulnerability of adolescents to stress and suicide:

- **Pressure:** Adolescents often face significant pressure to perform well academically, in sports, and with their peers. High expectations coupled with fear of failure can cause immense stress.
- **Social Challenges:** Adolescents may struggle with social dynamics, peer pressure, bullying, or feelings of isolation. Issues related to romantic relationships, friendships, or fitting in can exacerbate stress levels.
- **Mental Health Issues:** Adolescents may experience mental health disorders such as depression, anxiety, or substance abuse which can increase the risk of suicidal thoughts and behaviors. These disorders often emerge during adolescence and can be aggravated by stress.
- **Family Conflict:** Abuse, neglect, or dysfunctional family dynamics can significantly impact an adolescent's mental well-being and increase their risk of suicidal behavior.
- **Trauma:** Exposure to trauma, such as violence, abuse, or loss, can have profound effects on adolescents' mental health and coping abilities. Unresolved trauma can contribute to feelings of hopelessness and despair.
- **Access to Means:** Adolescents with access to means of suicide, such as firearms or medications, are at an increased risk of impulsive suicide attempts.

Preventing adolescent suicide requires a comprehensive approach that addresses underlying stressors, builds coping skills, promotes mental health awareness, and fosters supportive environments. This may involve providing access to mental health resources, including therapy, counseling, and support groups. Educating adolescents, parents, teachers, and communities about the warning signs of suicide and how to respond effectively can protect at risk youth. It would be helpful to encourage open communication about emotions and mental health within families and schools. Districts can implement policies and programs aimed at reducing bullying, promoting resilience, and address the stigma related to mental health. This would create safe spaces for adolescents to express themselves and seek help without fear of judgment or stigma. Encourage adolescents to connect with trusted adults, mental health professionals, or contact 988 for support if they are experiencing thoughts of suicide.

SOUTH DAKOTA TOBACCO CONTROL PROGRAM

Southeast Tobacco Prevention Coordinator

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Quittobaccosd.com

Click [here](#) to determine your region's Tobacco Prevention Coordinator

NEW: Update Your School's Smokefree Policy!

Updating K-12 tobacco-free policies is essential to protecting students, staff, and visitors from the harms of tobacco, nicotine, and secondhand exposure. Strong policies that address emerging products like e-cigarettes and nicotine pouches help create a healthier school environment and reinforce the message that tobacco use has no place in educational settings. Schools can access resources and guidance to strengthen their tobacco-free policies by visiting [Quit Tobacco SD's K-12 Policy Support Materials](#). Ensuring clear and comprehensive policies is a key step in promoting lifelong tobacco-free lifestyles for South Dakota's youth. For more support, please contact Carter Linke (Clinke@BHSSC.org).

NEW: College Tobacco Prevention Materials Available

South Dakota Tobacco Control is excited to announce NEW posters and brochures designed to prevent tobacco use amongst college-aged students. To place an order, please visit [here](#) or contact your regional Tobacco Prevention Coordinator.



Take Down Tobacco Day: April 1st, 2025

Mark your calendars for **Take Down Tobacco National Day of Action on April 1, 2025!** This day empowers youth and communities to stand up against the tobacco industry's harmful influence. To support local advocacy efforts, we've created a National Take Down Tobacco Community Resource Guide, packed with ideas for hosting events, engaging students, and spreading awareness about the dangers of tobacco and nicotine products. Schools and organizations can use this guide to plan activities like rallies, educational workshops, and social media campaigns to inspire change. Find the [Community Resource Guide here](#).

UPCOMING EVENTS AND TRAININGS

- April 1 - 3:30-4:30 CT / 2:30-3:30 MT: InDepth Training (Virtual) [Register Here](#)
- April 10 - LifeSkills Order Form due

For more information on trainings, ordering of materials, or upcoming events, please visit [here](#) or contact Ashley Heyne.