



Prevention Newslink

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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NATIVE AMERICAN HERITAGE MONTH AND PREVENTION EFFORTS

November is Native American Heritage Month where we celebrate the culture, traditions, and achievements of Native American communities and tribes.

Prevention efforts that address the number of challenges that Native Americans and their families face, such as historical trauma, poverty, and high rates of substance use and suicidal ideation can assist adults and youth throughout South Dakota. These efforts incorporate the bright traditions and the youth focused culture to promote the health and well-being of Native Americans.

Partners in suicide prevention have celebrated Bright Spots - successful and impactful work happening in our communities, such as the success seen by the Cheyenne River Sioux Tribe Communities That Care program. Previous recordings of these events can be found [HERE](#) where you can hear of the work being done in Eagle Butte.



The South Dakota Department of Social Services has also created other resources for Native American communities to assist in prevention efforts. Informational toolkits, social media kits, research and data packets, Crisis Services Indigenous People's Directory, and implementation of Zero Suicide as a best practice [available for free HERE](#) or through your local PRC.

UPCOMING TRAININGS & EVENTS

National Overdose Prevention Leadership Summit

November 16-17

Virtual

[Register Here](#)

PREPaRE Training

November 30 and December 1

Virtual

Contact [Amber Kilburn](#) or visit [HERE](#) to learn more

“I Love U Guys” Foundation Workshop

December 13

Rapid City, SD

Register by emailing [Brett Garland](#)

Prime for Life Instructor Training

For more information, contact

[Shaina Smykle](#)

SPF Application for Prevention Success Training (SAPST)

In-Person Spring 2024

Find more information [HERE](#)



VETERAN'S DAY- HONORING THOSE WHO HAVE SERVED IN THE ARMED FORCES



November 11th was Veteran's Day; a day to celebrate and honor all those who have served in the United States Armed Forces.

Veterans face unique obstacles and challenges when it comes to mental health or substance use disorders. The U.S. Department of Veterans Affairs reports that in 2020 there were 26 Veteran deaths by suicide out of 177 total suicides in South Dakota. This is around 15% of South Dakota suicides. In 2019 this rate was 14%.

As explained by the South Dakota Department of Social Services, "Despite an increased focus and effort in regard to suicide in the military, the number of suicide deaths has continued to rise at an alarming rate. Due to improvements in medical technology, service members are able to survive serious injuries sustained in battle, but the emotional issues that often remain are not as easy to see. Furthermore, the number of Veteran deaths by suicide in South Dakota has increased between 2019 and 2020 by 13%."

(Source: U.S. Department of Veteran's Affairs)

While this is a complex issue with no definitive answers, there are identified risk factors that may contribute to this concern. These risk factors may include:

- Sustained exposure to combat
- Traumatic brain injury
- Post-traumatic stress disorder
- Traumatic loss
- Sexual assault or abuse
- Chronic pain
- Depression
- Anxiety
- Financial issues
- Divorce or relationship issues

Veterans and active duty service members, or their loved ones, who may need assistance with mental health or substance use disorders can call/text **988**, chat online at www.VeteransCrisisLine.net or text **838255** to receive free, confidential support 24/7. These services are available regardless of enrollment status with the VA.

The Substance Abuse and Mental Health Services Administration has created a resource guide for veterans and former service members looking for mental health or substance use services. This list includes emergency help, VA programs, and Non-VA resources.

Visit www.samhsa.gov/find-support/health-care-or-support/professional-or-program/veterans to learn more about this resource.



NALOXONE TRAINING

The Great Plains Quality Innovation Network developed a Naloxone training video for anyone interested in learning more about how Naloxone can be used to save a life. This 20-minute training provides an overview of the signs and symptoms of an opioid overdose, three different Naloxone administration techniques and Good Samaritan Laws in North and South Dakota.

To learn more about this training opportunity, visit [Great Plains QIN Naloxone Training](#).

DECEMBER IS IMPAIRED DRIVING AWARENESS MONTH



The pre-holidays (Thanksgiving through the New Year) are known for being merry and bright, but they're also known for being the deadliest season when it comes to buzzed driving. Every holiday season, lives are lost due to impaired drivers.

U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) cautions drivers about the dangers of drunk, drugged, and distracted driving. Help NHTSA

share this message: Buzzed Driving Is Drunk Driving by utilizing their [Toolkit](#) for drunk and drugged driving.

Use these social norming marketing tools, which can be modified to fit your local needs and objectives. These materials will partner your office with other State and local community safety organizations on this impaired-driving prevention initiative.



NATIONAL STRESS AWARENESS DAY

The first Wednesday of November was recognized as National Stress Awareness Day, a day to identify and reduce stress factors in our every day lives because stress can contribute to mental health and substance use challenges.

Stress is normal and is something we should be aware of every day, especially as we roll into the holiday season. In November and December we can feel additional stressors. Things like planning travel to visit family for holiday activities, finding alternative childcare for days when school/daycare are closed, crunching finances to purchase gifts, deep cleaning the house, or creating holiday magic for your children to name a few, all add to our stress.

It is important that during times like these, we take care of ourselves. Self-care is an important part of making sure our gas tank stays full because it doesn't feel good to run on fumes. Self-care should not be something that adds to your stress, for example finding time to get a 90 minute massage can sometimes be more stressful than beneficial. If that is the case, look for those quick activities that can help you regain a little bit of control such as 10 deep breaths, listening to your favorite song, or going on a walk around the block (or down the hallway at work.)



The Substance Abuse and Mental Health Services Administration (SAMHSA) has developed the Eight Dimensions of Wellness. These are eight areas of our lives that we should promote self-care to keep our tanks on full

If you find yourself in need of extra support, The National Suicide and Crisis Lifeline, 988, is available 24/7 - even on holidays!

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](#)



Holidays and Grief

Grieving during the holiday season can be especially challenging as these times are often associated with joy, celebration, and togetherness. Holidays can be a painful reminder of the person who is gone. If you or someone you know is dealing with grief during the holidays, here are some suggestions that allow them to dose their grief:

1. Acknowledge Feelings:
 - It's important to acknowledge and accept the feelings of grief. Allow yourself or others the space to feel and express emotions. Avoiding the way you feel or the pain from their absence will not allow you to mourn in the way you need.
2. Communicate Openly:
 - Communicate with family and friends about your needs and expectations during the holidays. Open and honest communication can help manage expectations and avoid misunderstandings.
3. Create New Traditions:
 - Consider creating new traditions or modifying existing ones to make them more comfortable. This could involve changing the location of celebrations or incorporating new activities.
4. Memorialize and Remember:
 - Find meaningful ways to remember and honor the person who is no longer there. It is helpful to talk about them and how they added beauty and richness to your life. Consider lighting a candle, sharing stories, or creating a memorial in their honor.
5. Seek Support:
 - Reach out to connect with friends, family, or support groups. Grieving is a process that can be made easier when shared with others who understand and offer support. Make a plan for if you feel yourself isolating.
6. Self-Care:
 - Take care of yourself physically and emotionally. Grieving can be exhausting, so ensure you get enough rest, eat well, and engage in activities that bring comfort. Allow yourself to accept the care and gentleness you deserve.
7. Give Yourself Permission:
 - Handle yourself with patience and grace. Allow yourself permission to grieve. It's okay to feel a range of emotions, and there is no right or wrong way to grieve.
8. Plan Ahead:
 - Plan ahead for potentially difficult situations. Decide in advance how you will manage certain traditions or events and communicate these plans to people you trust.
9. Professional Support:
 - Consider seeking professional support from a counselor or therapist, especially if grief is impacting daily life and functioning.
10. Volunteer or Give Back:
 - Helping others during the holidays can provide a sense of purpose and connection. Consider volunteering or participating in charitable activities.

Remember that everyone grieves differently, and it's important to be compassionate and understanding toward yourself and others during this challenging time. If you are supporting someone who is grieving, know that you do not have to have any answers and it is helpful to just listen to them. If you need additional support, please contact 988.

Regional Contacts

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American Spirit Cigarettes

In 2006, the tobacco industry experienced a major legal defeat and were forced to tell the truth about the deceptive marketing tactics they use to sell some types of cigarettes. These tactics would include using the terms such as “low tar,” “ultra-light,” “mild,” and “light” to convince tobacco users that certain cigarettes were less harmful than others were. Even though the law prohibits using terms like this, American Spirits are still misleading their consumers.

American Spirits are using terms like “organic,” “natural,” and “additive free” making tobacco users think they are choosing a “healthier” brand of cigarettes to smoke. Research has shown that these terms are misleading users, for example, “nearly 64% of American Spirit smokers believe the cigarettes are less harmful than other brands” according to a Truth Initiative study. Not only is this brand misleading its consumers, American Spirit may be more addictive than other brands with its “high levels of nicotine” according to one study. To read more about how American Spirits is tricking it’s users please visit: [Why Natural American Spirit cigarettes could be especially dangerous \(truthinitiative.org\)](http://www.truthinitiative.org)

SD Quitline

In 2021, 23.7% of adults used a tobacco product in the past month. The South Dakota QuitLine offers several resources to help people quit for good and people who use a coach are more than 2X more likely to quit and stay quit.

South Dakota residents who use tobacco products (including vapes/e-cigarettes) and are 13 years of age or older can utilize the **FREE** resources through the South Dakota QuitLine.

KickStart Kits

- Quit Guide
- 2 weeks of free NRT medication: patches, gum or lozenges
- Option to upgrade to 2 more weeks of medication

Phone Coaching Program

- Quit Guide
- 12 weeks of phone coaching calls
- 12 weeks of free NRT or cessation medication

To enroll, call the QuitLine at 1-866-SD-QUITS or visit www.sdquitline.com. To schedule a training on tobacco cessation and the South Dakota QuitLine, reach out to Kaitlyn Ashley at kashley@bhssc.org or 605-413-4284

EVENTS/TRAININGS

- November: Lung Cancer Month, National Cessation Month & Mouth Cancer Month
- November 16: Great American Smout Out
- January 21-27: Tobacco-Free Awareness Week



South Dakota EMS for Children November 2023

Soon the holiday season will be upon us. December is Impaired Driving Awareness Month. Tragically, about one-third of all traffic crash fatalities in the United States involve drunk drivers (with blood alcohol concentrations at or above .08 grams per deciliter). In 2022, there were 25 people killed and 509 people injured in drunk driving crashes. Do not contribute to these senseless deaths by driving drunk or drugged.

In today's world, there are many options available to drivers to help them get home safely if they've been drinking. We expect drivers to refrain from driving after drinking.

Nationally, it is illegal to drive with a BAC of .08 or higher, except in Utah, where the limit is .05 g/dL. The costs can be financial: If you're caught drinking and driving, you could face jail time, lose your driver's license and your vehicle, and pay up to \$10,000 or more in attorney's fees, fines, car towing, higher insurance rates, and lost wages.

Always have a plan when drinking:

- Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver, call a taxi or a rideshare service to get home safely.
- If available, use your community's sober ride program.
- If you see a drunk driver on the road, call 911 and report it.
- See a friend who is about to drink and drive? Take the keys away and plan to get your friend home safely.

We want the holidays to be a time of celebration, not mourning. Be aware this December and take the role of being a designated driver and making sure everyone makes it home for the holidays.

Happy Holidays SDEMS for Children



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Facebook:
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