



Prevention Newslink

November 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

WPRC

Youth and Family Services
Rapid City, SD

Bill Elger
welger@youthandfamilyservices.org

Chloe White
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(605) 342-1593

SEPRC

Volunteers of America-Dakotas
Sioux Falls, SD

Kerri Cox
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Audrey Simmons
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NEPRC

Human Service Agency
Watertown, SD

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

RAPID CITY RUSH RECOVERY AND PREVENTION NIGHT



On November 8, the Rapid City Rush Hockey Team hosted a "Recovery and Prevention Night." This event was a huge success and saw a high level of support from the community. There were several unique opportunities for local coalitions to share information and connect with the community. The Rush offered discounted tickets and designated sections of the arena to be "family-friendly" alcohol free zones.



The WPRC, Fall River CTC, Lifeways, ABC, ASAP, WIT, and the Oyate Coalition set up tables to hand out information and promotional materials, including foam hockey pucks from the SD DSS Division of Behavioral Health. Additionally, Bill Elger of the WPRC participated in a pre game Q and A session with a Rush player, the Rush mental health coach, and a youth from Lifeways. The panel discussed substance use, the impact of sports on positive choices, the importance of family friendly spaces, and how the community is changing perceptions of alcohol use.



Chloe White also represented the WPRC at the ceremonial puck drop. Youth from Lifeways and ABC created videos of youth talking about prevention and recovery; these messages were shown on the big screens throughout the game. It was a fantastic night for prevention and families, and our coalitions had a great time engaging with our community!

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](#).

Weaving Wisdom with Innovation: Timeless Indigenous Strategies for Contemporary Substance Use Disorder Prevention

November 19 | 4pm (MST) | Virtual
Find more information and register [HERE](#)

The Latest on Cannabis- Johnny's Ambassadors, Laura Stack

November 22, 2024 | In-Person/Virtual
See more information and register [HERE](#)

Effective Models to Address Mental Health and Substance Use Disorders

December 5, 2024 | Virtual
See more information and register [HERE](#)

Teaching Cannabis Awareness and Prevention Conference

April 9-10, 2025 | Virtual
See more information and register [HERE](#)

SPF Application for Prevention Success Training (SAPST)

May 5-8 | In-Person
Registration can use the QR Code below



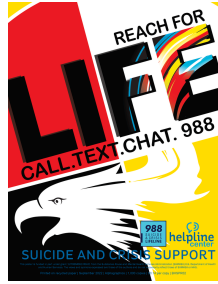
Save-the-Date

Join us next year for the
SD Behavioral Health Conference
to include suicide & substance use
prevention, mental health,
treatment and more!

August 4-5, 2025
Sioux Falls Convention Center
1201 North West Ave, Sioux Falls, SD 57104

SDSP SOUTH DAKOTA
SUICIDE PREVENTION

NATIVE AMERICAN HERITAGE MONTH



November is National Native American Heritage Month. This observance honors the history and culture of Native Americans and Alaskan Natives. November is a great time to reflect on the achievements of Native American people, celebrate our communities and neighbors, and learn more about the challenges currently faced by Native American populations. SD Suicide Prevention has a variety of resources specific for [Native American](#) communities. Check out their [Reach For Life](#) campaign to find education resources, order free materials, and access media tools.

DECEMBER IS 4D MONTH



In December, we recognize 4D Month where we bring awareness to Drunk, Drugged, and Distracted Driving. The pre-holidays (Thanksgiving through the New Year) are known for being a time of food, family, and fun, but they're also known for being the deadliest season when it comes to drunk and drugged 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: Drive Sober or Get Pulled Over 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.



RFP FOR CENTRAL PRC

The SD DSS Division of Behavioral Health is soliciting [proposals](#) to establish a Central Prevention Resource Center (CPRC), due December 4. The CPRC must be in one of the following counties: Corson, Dewey, Ziebach, Sully, Haakon, Stanley, Hughes, Jones, Jackson, Lyman, Mellette, Bennett, Todd, Tripp, and Gregory. The CPRC will provide regional support to students, parents, educators, community groups, community agencies, law enforcement and any other interested entities looking for prevention resource materials or support. The CPRC will maintain a resource library of materials (videos, books, curricula, et al) available to the public for use. CPRC staff will be trained in evidence-based programming to provide universal prevention interventions as well as training and technical assistance throughout their catchment area as delineated above.

The Federal Agency for Healthcare Research and Quality  will award up to 15 grants focused on behavioral health, improving healthcare policy, and assisting rural communities. Check out the NOFO and learn more [here](#). Applications are due by December 12th.

**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**

International Survivors of Suicide Loss Day

November 23rd is International Survivors of Suicide Loss Day. During a time of loss there may be many complicated emotions that arise, especially for someone who has lost a loved one to suicide. It can be difficult to understand how to support someone who has lost a loved one to suicide. The key to remember is that it is more important to listen than try to say the “right” thing. Make sure you provide space for them to talk, be silent, mourn, and/or grieve with a non-judgmental listening ear. Whether the suicide loss happened recently or years ago, the person may still experience very raw emotions related to their grief.

Statements to avoid when talking to a survivor of suicide:

- “At least you got to spending time with them before they died.”
- “That was really selfish of them.”
- “Why did they kill themselves?”
- “Do you wish you did anything differently?”
- “They successfully committed suicide.”
- “They were crazy.”

Being able to provide a safe space for someone to talk requires active listening and empathy. Remind them you are there to for them and support them. During the grieving process they may not know what they need therefore offering specific tasks like cooking a meal or running an errand can be helpful. You can show them you are thinking of them and there for them through your actions, so you don't have to pressure yourself to find the right words.

Using their loved one's name when you talk about stories of them can be very comforting. Simple things like sending a card or asking them to join you in the community or go for a walk can be helpful for individuals to know that people are not afraid to spend time with them just because they experienced a loss to suicide or are grieving. Connection is a protective factor against suicide, therefore if you do know someone who has lost a loved one to suicide, keep showing up, reaching out, and being active in their lives to reassure them that you care.

Grief is never linear and often comes in waves. If you know someone that is struggling with their loss encourage them to call, text, or chat with 988. Individual or group therapies are available as well as support groups. The Helpline Center offers grief support services including care cards, supportive phone calls, and in person or virtual support groups. For more information about Helpline Center's survivor support services, please email griefsupport@helplinecenter.org or call 988 to get connected to the Suicide Loss and Support Coordinator.

South Dakota Tobacco Control Program

Regional Contacts

Southeast Region

Carter Linke
605-770-6994
clinke@bhssc.org

Northeast Region

Ashley Heyne
605-221-8783
ahayne@bhssc.org

Western Region

Kayla Bolstad
605-721-4584
kbolstad@bhssc.org



Quittobaccosd.com

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

November is National Smoking Cessation Month

November is National Smoking Cessation Month! This month, we're focusing on the benefits of quitting tobacco, offering resources, and encouraging individuals to take steps toward a smoke-free life. National advocacy campaigns tailored to smoking cessation, including the [Great American Smokeout](#), highlight this month's emphasis on smoking prevention and cessation. Whether you're ready to quit, considering it, or supporting someone who is, contact your local tobacco prevention coordinator for more resources, and join us in promoting a healthier, smoke-free lifestyle this November!

New Tobacco Control Program Print Materials

New tobacco control print materials, like the ones shown below, are available to [order for free](#) through the SD TCP.



South Dakota Cessation Resources

Are you or a loved one considering quitting tobacco? South Dakota offers great, free, and easy-to-use resources to help! Whether you need guidance, support, or tools to start your quit journey, these resources can make a difference. From one-on-one counseling to mobile apps and community programs, there are options designed to fit your needs and schedule. To access these resources, please visit [here](#). Quitting tobacco is challenging, but with the right support, it can be much more manageable—and the rewards for your health and well-being are worth it!

Upcoming Events and Trainings

- December 10, 2024 3-5pm CT/2-4pm MT: CATCH My Breath Training (Virtual) [Register Here](#)
- March 18, 2025: [Spring Tobacco Control Institute](#) (Ramkota – Pierre, SD)