



Prevention Newslink

November 2025

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

Healthy Holidays Start Now

November marks the start of the holidays - a time of celebration, family gatherings, and community events. While the season brings joy and connection, it can also bring added stress, pressure, and risky situations if we aren't intentional. That's why "Healthy Holidays Start Now" is a reminder that taking care of your health, making safe choices, and planning ahead can help ensure a happy and safe holiday season.

November is the perfect time to build healthy habits, plan safe celebrations, and prepare for potential challenges. This includes preventing substance misuse, managing stress, and supporting mental well-being. Early preparation can prevent accidents, emotional strain, and dangerous situations that often increase during the holidays.



Tips for a Healthy Holiday Season

1. Plan Safe Celebrations: Host/attend events with a focus on fun, connection, and safety. Offer sober ride options and include activities that don't center around alcohol or drugs.
2. Manage Stress: Holidays can be hectic. Practice self-care, set realistic expectations, and ask for help when needed.
3. Model Healthy Choices: Children, teens, and peers often emulate the adults around them. Demonstrate responsible behavior - such as safe driving and avoiding substance misuse, to set a positive example.
4. Stay Connected: Strong social support helps prevent risky behavior. Check in with family and friends, and encourage open conversations about safety and well-being.
5. Know Your Limits: Whether it's alcohol, screen time, or commitments, recognize your limits and make choices that protect your health and happiness.

Healthy habits don't have to be boring. Incorporate games, volunteer opportunities, outdoor activities, and creative ways to celebrate that prioritize wellness and safety. By starting now, you set yourself up for a joyful, meaningful and regret free holiday season.

This November, commit to making small, smart decisions that lead to safer, healthier holidays. Every mindful choice—whether it's choosing a designated driver, limiting alcohol, or checking in on a friend—makes a difference. Healthy holidays truly start now.

UPCOMING

TRAININGS & EVENTS

Motivational Interviewing Training

December 3 | 8:30A-4:00P (MST)

Virtual & Rapid City

Find more information [HERE](#)

NEPRC Open House

December 19 | 11:00A-1:00P (CST)

Watertown

Email [Stephanie Kinnander](#) for more information.

PREPaRE Workshop 1: Comprehensive School Safety Planning: Prevention Through Recovery

January 9 & 16 | 8:30A-12:00P (CST)

Find more information [HERE](#).

SPF Application for Prevention Success Training (SAPST)

For registration use the QR Code below



Date: Tuesday, November 18th

Time: 6:30-8:00 PM

Location: Watertown High School
in the DD Miller Auditorium

Following the film, there will be a guided discussion focused on mental wellness, suicide prevention, and how we can support one another in our community. This event is free and open to students, parents, staff, and community members like yourself. We encourage you to attend and take part in this important conversation. You can get your tickets at helplinecenter.org/emma.

December is Drunk, Drugged, Distracted Driving Awareness Month

Driving under the influence of alcohol or drugs, whether prescription or illegal substances, drastically increases the likelihood of a crash. Even small amounts of alcohol or certain medications can impair judgment, slow reaction times, and reduce coordination. Distracted driving, such as texting, scrolling, eating, or even adjusting the radio, can be just as deadly. According to the [National Highway Traffic Safety Administration \(NHTSA\)](#), distracted driving contributes to thousands of fatalities each year, while impaired driving accounts for nearly a third of all traffic deaths.

Communities, schools, and organizations across the country use December to raise awareness, host campaigns, and educate drivers. From social media messaging to local events, every effort helps save lives and prevent tragedies.

This December, let's commit to sober, alert, and responsible driving.

DSS DBH Refreshed Opioid Settlement Funding Framework

DSS Division of Behavioral Health is excited to share that, as of Tuesday, November 4, 2025, a refreshed Opioid Settlement Funding framework is live on the DSS webpage.

Applications are accepted on an ongoing basis with awards made on a semi-annual or on-going basis depending on the funding request level. South Dakota-based organizations working to prevent, treat, or reduce the impact of opioid use in the state are encouraged to apply for this funding opportunity.

You'll find everything you need on the [DBH Funding and Grant Information page](#) and the [DSS homepage](#), right next to the Opioid Settlement Dashboard. Be sure to check out the FAQ section—it's a great resource—and review the [Memorandum of Agreement](#) and [Exhibit A](#) for details on approved uses.

RFP for Central Region Coalitions

The SD DSS Division of Behavioral Health is soliciting proposals from qualified providers to provide prevention services in at least one of the following counties: Corson, Dewey, Ziebach, Sully, Haakon, Stanley, Hughes, Jones, Jackson, Lyman, Mellette, Bennett, Todd, Tripp, and Gregory. The qualified provider will seek to expand access to evidence-based substance use prevention and mental health promotion services.

Proposals are due December 2 and more information can be found [HERE](#).

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

Movember and Men's Mental Health

Let's talk about Movember: Every November you might notice more mustaches around—and it's not just a fashion trend. Movember is a global movement that began in 2003 to raise awareness for men's health focusing on mental health, suicide prevention, prostate cancer, and testicular cancer. And Movember is about more than facial hair—it's about sparking important conversations and taking action to support the men in our lives. Often men face unique challenges when it comes to mental health. Some may feel it is weak to talk about or seek help for mental health issues. It is not necessary to give up being "tough" to take care of one's mental health. In fact, doing so may be one of the toughest things you do.

How can you make a difference? Grow a 'Mo' and check up on your mates!

This month, let's celebrate the men who make our lives better; fathers, brothers, partners, friends, and colleagues. Everyone experiences mental health challenges, no one should go through it alone. Do not be afraid to call, text, or chat with 988 if you or someone you know is struggling with mental health, substance use, or grief support.

The Helpline Center also offers mental health trainings that can support well-being in predominately male industries. If you would like to support your team or staff reach out to training@helplinecenter.org to discuss which training best meets your needs.

Upcoming Events

Surviving After Suicide Monthly Support Groups

In-person

Dates: Third Thursday of each month from 7:00p.m. – 8:30p.m. CST
Location: 3817 S Elmwood Ave | Sioux Falls, SD 57105
There is no fee or registration required. Must be 18 years old to attend.

Virtual Group

Dates: Second Wednesday of each month from 6:30 p.m. – 8:00 p.m. CST
Location: Online - a Zoom link will be sent to your email once registered.
There is no fee but [registration](#) is required. Must be 18 years old to attend.

Looking for a mental health training for your team or business?

The Helpline Center offers multiples on-site trainings that can enhance your team's ability to respond to mental health needs and increase resilience.

Check out the options [here](#) or contact us at training@helplinecenter.org.

Request Helpline Center 988 or 211 marketing materials at NO COST!
See what is available [HERE](#).

SOUTH DAKOTA TOBACCO CONTROL PROGRAM

Hilary Larsen

**Tobacco Program
Coordinator**

Hilary.Larsen@state.sd.us

DOH Team:

[DOHTobaccoControl@state.
sd.us](mailto:DOHTobaccoControl@state.sd.us)



Quittobaccosd.com

Click [here](#) to order our
FREE materials and
resources.

November is National Cessation Month!

This month is all about raising awareness of the health impacts of tobacco use and encouraging those who use tobacco or nicotine to take the first step toward quitting. Nicotine is one of the most addictive substances, and quitting isn't always easy—but with support, determination, and free resources, it's possible!

Many people experience health benefits almost immediately after quitting. Remember, if it doesn't work the first time, don't give up—research shows it often takes multiple attempts to quit successfully.

While some try to quit “cold turkey,” you can boost your chances by connecting with the [South Dakota QuitLine](#) for free coaching and support.

Skip the cold turkey—turn up the heat on quitting with the SD QuitLine!

Looking for last minute activities for Great American Smokeout on November 20? Check out our resource guide under [Advocate's](#) on [Quittobaccosd!](#)

Suspension vs Alt to Suspension Curriculum Options in Schools for Substance Use Violations

A [study](#) by Prins et al. (2022), underscores how exclusionary disciplinary practices—such as out-of-school suspension—can undermine student engagement and perpetuate behavioral and academic problems, making the case for more proactive, educationally oriented interventions. This finding provides strong support for programs like [INDEPTH](#) and [Not On Tobacco \(NOT\)](#), which offer structured, curriculum-based alternatives to suspension by focusing on tobacco and nicotine use prevention and cessation rather than purely punitive removal. By shifting the response from exclusion to education, these programs align with the research recommendation to intervene with behavior through skill-building and restorative approaches rather than simply isolating the student.

In other words, the report's evidence that suspension alone fails to support positive behavior change bolsters the argument for integrating INDEPTH and NOT as meaningful, instructional alternatives that keep students engaged, support healthier decision-making, and reduce the harms associated with traditional disciplinary removals.

INDEPTH and NOT both offer in-class and online self-module options.

Contact DOHTobaccoControl@state.sd.us for more program information.



TRAINING FOR CHANGE: HOW AWARENESS SAVES LIVES

Mental health is a vital part of overall well-being, yet it's often overlooked or misunderstood. Raising awareness and providing training aren't just helpful – they're essential to building healthier, more resilient communities.

Lost&Found, a suicide prevention and mental health advocacy organization, has taken a proactive approach by listening directly to students, professionals, and community members. In response to what they heard, they developed presentations tailored to real needs. These presentations go beyond information. They include interactive activities and meaningful discussions around mental health, self-care, setting boundaries, and building resilience. They empower individuals to recognize challenges, support one another, and seek help when needed.

Two standout offerings reflect Lost&Found's commitment to culturally responsive and community-driven education:

- **Circle of Courage:** Developed in partnership with the Great Plains Tribal Leaders' Health Board, this training equips participants with tools to respond to a mental health crisis through cultural teachings and the 988 Lifeline. It honors Indigenous values while providing practical support strategies.
- **Everyday Strong:** Offered in collaboration with United Way of the Black Hills, this training helps participants become caring adults who support children's emotional well-being and growth. It's designed to empower everyday people to help kids thrive.

Awareness fosters understanding. Training builds action. Together, they create a culture where no one has to face mental health challenges alone – and where asking for help is a sign of strength.

To learn more about these and other trainings offered through Lost&Found, contact Lana Loken at lloken@resilienttoday.org.

[REQUEST A TRAINING OR PRESENTATION](#)