

Prevention Newslink

OCTOBER 2020

SD Prevention Resource Centers

WPRC

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Red Ribbon Week Inspires Kids to be Drug Free

Red Ribbon Week (RRW) is a campaign that was started in 1985 to bring awareness to the impact drugs have on individuals, families, and communities. This year, RRW will be recognized October 23-31 with the theme “Be Happy, Be Brave, Be Drug Free.” The goal of RRW is to encourage children, families and communities to live healthy, happy and drug-free lives. It also serves as a reminder that we are all empowered with shaping the communities around us through positivity, bravery and strength.

There are many different ways that you can participate in RRW whether you are associated with a school, own a business, part of a faith based community, are a healthcare professional or member of the media, EVERYONE can help spread the message.

- Wear a red ribbon and take the pledge to be drug free
- Incorporate a drug prevention curriculum in a school—be a sponsor of curriculum at your local school
- Plan an essay or poster contest about drug prevention—be a sponsor of the contest
- Share facts about drugs and helping resources on social media
- Pray for individuals affected by drug use—including people in recovery and their families
- Talk with the youth in your life about maintaining a drug-free lifestyle

More specific information for schools and other community organizations on how you can be involved in RRW can be found by visiting www.redribbon.org.



**DEA NATIONAL^{Rx}
TAKEBACK**

Saturday, October 24 | 10 a.m. – 2 p.m.
DEATakeBack.com



Addiction Counseling, Mental Health, and Social Work Professionals

Please join us for an integrated look at meth and stimulant use disorder in South Dakota

Project ECHO: University of South Dakota – Stimulant Use in South Dakota ECHO		
Session	Date	Topic
1	Wednesday October 28 12-1pm CT	An Overview on Meth
2	Wednesday November 4 12-1pm CT	Meth Use in South Dakota
3	Wednesday November 11 12-1pm CT	A Discussion on Clinical Challenges
4	Wednesday November 18 12-1pm CT	Best Practices in Meth and Stimulant Use Disorder
5	Wednesday November 25 12-1pm CT	Matrix Model®, The Brain and Addiction
6	Wednesday December 2 12-1pm CT	Special Populations
7	Wednesday December 9 12-1pm CT	South Dakota Resources and Prevention

Register via the link

<https://usd.zoom.us/joining/register/tJEqcOqqajMoGd2giCNomE2xDtxsZDp5se9z>

After registering, you will receive a confirmation email containing information about joining the sessions. Register once and you can attend any of the sessions.

Join each session via Zoom from an internet-enabled device.

Continuing education credits are available through the South Dakota Board of Addiction and Prevention Professionals and the South Dakota Board of Social Work Examiners.

For more information visit <https://www.usd.edu/echo> or email ProjectECHO@usd.edu

Marijuana Series with Dr. Annette Bosworth

The Western Prevention Resource Center and the Oyate Prevention Coalition is providing a series of 3 educational sessions on MARIJUANA with Dr. Annette Bosworth an Internal Medicine physician with over 22 years of experience helping patients overcome long-term, chronic conditions. For more information, email Vonnie Ackerman at vackerman@youthandfamilyservices.org.

Session 1: October 15th, 2020, 12:00-1:30pm (MT) – An Introduction to Marijuana and the Brain

Learn how marijuana gets into the brain; What parts of the brain does THC have the highest affinity for; What THC does when it's in the brain and how long it stays there.

[https://zoom.us/j/5872450827?](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

[pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

Meeting ID: 587 245 0827 Passcode: 5872450827

Session 2: October 21st, 2020, 12:00-1:30pm (MT) – Long term studies and Marijuana

Learn what happens when healing from THC use.

[https://zoom.us/j/5872450827?](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

[pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

Meeting ID: 587 245 0827 Passcode: 5872450827

Session 3: October 29th, 2020, 12:00-1:30pm (MT) – CBD & THC

Learn about CBD and FDA approved CBD and where it is prescribed. THC dispensaries and what they have done to communities in other states.

[https://zoom.us/j/5872450827?](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

[pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09](https://zoom.us/j/5872450827?pwd=MWEvRUZSTkhsenRVZ2I1VkiWRmRjdz09)

Meeting ID: 587 245 0827 Passcode: 5872450827

Upcoming Training & Events

October 15th—10:00 am (CST)—SADD Webinar— Road to Recovery—Lucas Nogelmeier—Contact stephaniek@humanserviceagency.org

October 15th—1:00pm (CST) —Understanding ACE's: Building Self-Healing Communities—Children's Home Society—Register here: <https://tinyurl.com/CHS-Oct-2020>

October 20th — 10:00-12:00 pm (CST)—Meth Prevention Lesson Training — *Virtual*— Contact m.majeres@voa-dakotas.org

October 22nd — 1:00pm (CST) - Enough Abuse: Strategies for Parents and Communities—Children's Home Society Register here: <https://tinyurl.com/CHS-Oct-2020>

October 22nd — 2:00 pm (CST)—SADD Webinar—Relationships: The Good, The Bad, The Ugly— Angie Meseberg, Beacon Center—Contact stephaniek@humanserviceagency.org

October 26th— 1:00pm (CST) - Principals of Trauma-Informed Care—Children's Home Society—Register here: <https://tinyurl.com/CHS-Oct-2020>

October 29th— 9:00 am (CST)—SADD Webinar— *School Planning*—PRC's—Contact stephaniek@humanserviceagency.org



MARIJUANA MYTHS AND FACTS

1 MYTH *Marijuana is harmless*



FACT

Marijuana is harmful in many ways and children are most the susceptible to its harmful effects. Harmful effects include cognitive impairment, causing problems with concentration and thinking, leading to impaired judgment. Increased risk of developing anxiety, depression and risk of psychosis.^{1,8,10}

Heavy users of marijuana can have short-term problems with attention, memory, and learning, which can affect relationships and moods. mental health problems, by leading to changes in the brain like those caused by cocaine, heroin and alcohol.^{2,4,8}

Regular marijuana use harms more than just those who use the drug. It also hurts the babies born to users, it hurts families and communities when users commit crimes or cause crashes on the highway, causing loss of productivity, limiting educational attainment and by contributing to illness and injuries that put a strain on the health care system.⁹

2 MYTH *Marijuana is not addictive*



FACT

Although it was once believed that marijuana was not addictive, recent studies show that it can lead to dependence and some heavy users develop withdrawal symptoms such as irritability, anxiety, and difficulty sleeping while trying to quit use.^{5,7} Marijuana use, is in fact, often associated with behavior that meets the criteria for substance dependence established by the American Psychiatric Association in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV)³ and about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.⁴

3 MYTH *Marijuana is not as harmful as cigarettes and other tobacco products*



FACT

Marijuana and tobacco cigarettes share many of the same toxic chemicals,^{10,12} the amount of tar inhaled, and the level of carbon monoxide absorbed by those who smoke marijuana, regardless of THC content, are three to five times greater than among tobacco smokers and there is 50-70% more cancer-causing material in marijuana smoke than in cigarette smoke.⁹

Smoking marijuana on a regular basis often leads to the same breathing problems as tobacco use, such as chronic coughing and wheezing, more frequent acute chest illnesses, and a tendency toward obstructed airways.^{5,8}

Research has determined marijuana smoking can cause potentially serious damage to the respiratory system and lungs.^{4,11} Also, daily use of relatively small amounts of marijuana (3 to 4 joints) has at least a comparable, if not greater effect" on the respiratory system than the smoking of more than 20 tobacco cigarettes.⁹

4 MYTH *Marijuana is used to treat cancer and other diseases*



FACT

A small number of studies have found that smoking marijuana and man-made forms of the chemicals found in the marijuana plant may ease some of the side effects of chemotherapy such as treating nausea and vomiting.⁴

Few studies have found that marijuana can be helpful in treating neuropathic pain also a result of chemotherapy, however relying solely on marijuana as treatment or for managing side effects while avoiding or delaying conventional medical care for cancer may have serious health consequences. Currently, there is not enough evidence to recommend that patients inhale or ingest marijuana as a treatment for cancer-related symptoms or side effects of cancer therapy.^{4,9}

5 MYTH *All Marijuana is Natural*



FACT

There are various forms of marijuana including several synthetic forms of marijuana with unpredictable content so Although it's constantly promoted as "all natural," marijuana smoke contains more than 400 chemicals.⁵

6 MYTH *Legalizing Marijuana will help solve the Opioid Epidemic*



FACT

Researchers have found little evidence to support the claim that expanding access to medical cannabis by legalizing marijuana will reduce opioid overdose deaths in the United States.^{6,13}

There is currently a large and growing body of evidence showing that cannabis use increases, rather than decreases non-medical prescription opioid use and opioid use disorder, concurrent use of marijuana and opioids by patients with chronic pain may indicate a higher risk of opioid misuse.¹³



PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MARIJUANA MYTHS AND FACTS

7 MYTH *Marijuana does not affect driving*



After alcohol marijuana is the drug most often linked with drug driving.

Marijuana negatively affects several skills required for safe driving. Large doses of marijuana can impair coordination, affect perception and cause difficulty in problem solving thus slowing reaction time and ability to make decisions while driving.^{14,15} The risk of impaired driving associated when marijuana is used in combination with alcohol increases potential risks.¹⁴

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PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

PTTCnetwork.org

Suicide Prevention

South Dakota Suicide Prevention



Resources

Statewide Website

sdsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the



Help a loved one, friend or yourself.

Confidential • 24/7

1-800-273-8255

If you or someone you know needs help with...

- Depression • Grief
- Relationship conflicts
- Drugs • Alcohol
- Suicidal thoughts

New Survey Finds Most Americans Want Suicide Prevention to be a National Priority

A [new national survey](#) of over 2,000 U.S. adults found the majority of those surveyed (81%) believe, as a result of COVID-19, it is now more important than ever to make suicide prevention a national priority. The survey was conducted by The Harris Poll on behalf of the National Action Alliance for Suicide Prevention ([Action Alliance](#)), the American Foundation for Suicide Prevention ([AFSP](#)), the Suicide Prevention Resource Center ([SPRC](#)), and Education Development Center ([EDC](#)). The survey data also show 52% of respondents' report being more open to talking about mental health as a result of COVID-19. These important data reinforce that Americans know they play a key role in strengthening suicide prevention and mental health, especially as the pandemic continues to take a toll on many people's health and well-being.

As the data show, most Americans believe suicide can be prevented (93%) and would do something if someone close to them was thinking about suicide (95%). However, many people (69%) identified key barriers to talking about suicide, such as not knowing what to say (31%), feeling they don't have enough knowledge (28%), or not feeling comfortable with the topic (19%). You can play a role today in helping to reduce those barriers by sharing [tips and resources](#) that empower all Americans to take action to support themselves and others. We *all* play a role!

- Check in with a friend by phone or text message to see how they are doing.
- Invite a friend to meet for a physically-distanced coffee or meal together.
- Send a handwritten card to let someone know you are thinking of them.
- Learn the [risk factors](#) and [warning signs](#).
- Help connect someone who is struggling to professional care. Share the suicide crisis line 1-800-273-8255.

SPRC

For Additional Information Contact:

Sheri Nelson—605-274-1406

Sheri@helplinecenter.org

South Dakota Tobacco
Control Program



Regional Contacts

Southeast Region

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Northeast Region

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Western Region

Joan Lindstrom

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South Dakota QuitLine Text Option

The South Dakota QuitLine has recently added a bi-directional text messaging feature as another form of communication between QuitLine coaches and enrollees. Enrollees will still receive up to 12 scheduled phone calls, but now can also opt-in to receive encouraging text messages from their coach. They will also be able to reply to these text messages. Standard data rates apply.

The QuitLine is open Monday-Friday 7am-11pm CST and Saturday 8am-5pm CST. Voicemail is available 24/7 and calls are returned the next business day.

You can contact the South Dakota QuitLine at:

1-866-SDQuits or click [here](#) to request a call from a coach.

If you are ready to quit but not quite ready to enroll in the phone coaching program, you can request a Kickstart Kit [here](#)!

Watertown Tobacco Free Coalition: "2 Truths & A Lie" event

The Watertown Tobacco Free Coalition (WTFC) is a current and past Community/School Partnership Grantee. In December 2019, WTFC held a "2 Truths & A Lie" event at Watertown High School. Two local healthcare providers provided presentations on vaping and opioid use and a Community Panel Q&A was held. WTFC was able to reach the community and increase requests for resources and presentations after hosting their awesome event!



Vape display at WTFC's "2 Truths & A Lie" event.

SUICIDE PREVENTION PLAN

BULLYING PREVENTION MONTH

October is Bullying Prevention Month

While bullying doesn't cause suicide, a stressful environment and persistent, emotional victimization can increase a person's risk of suicide. If you or someone you know is in emotional distress or a suicidal crisis, please call National Suicide Prevention Lifeline at 1-800-273-8255 (TALK) or connect with the Crisis Text Line by texting "Hello" to 741741. Learn more about bullying and it's connection with suicide [here](#).

NATIONAL TAKE-BACK DAY

DEA Prescription Drug Take Back Day is October 24th

An important piece of any suicide prevention program is reducing access to lethal means. This refers to trying to limit or eliminate the ability for a person at risk of suicide to access the means for their suicide plan. Unused prescription drugs can be dangerous. Misused medications can lead to accidental or intentional overdose. [Click here](#) to learn how you can safely dispose of your unused or expired prescription drugs.

EDUCATION AND TRAINING

Mental Wellness during COVID - Support for Kids

Please join our 605 Strong team on October 20th from 4 PM – 5 PM (CST) for a virtual supportive discussion on mental wellness for kids during COVID. We welcome parents, professionals, and the children in your life to connect with each other and our team of crisis counselors. During this online session, you will learn about emotional reactions to a disaster, share your story (if desired), and build on your strengths. We hope that you can attend this free event. To register, [click here](#).

The [605 Strong](#) Program is a free resource offering listening and support to South Dakotans to help relieve the stress and anxiety caused by the COVID-19 pandemic. 605 Strong Specialists are trained to handle mental health crises, provide emotional support, and promote resilience. To reach us, dial 211 or text your zip code to 898211.

COMMUNICATIONS

Suicide Prevention Apps

Traditional suicide prevention resources such as education, counseling and crisis lines are being amplified with mobile apps that expand the reach and try to save lives that might otherwise be lost. Suicide prevention apps aim to help those with suicidal thoughts, as well as friends, family, and loved ones looking to educate themselves and reach out to someone in need. [Learn more](#) about available mobile apps and consider downloading them today!

EVENTS

For more information on events, visit the South Dakota Suicide Prevention [Calendar](#).

October

20 – Aliive Roberts County Coalition Meeting
21 – Glacial Lakes SAFE Coalition Meeting
24-Black Hills Area Survivors of Suicide Support Group

November

5 – Survivor Support Group
17 – Aliive Roberts County Coalition Meeting
18 – Glacial Lake SAFE Coalition Meeting
28-Black Hills Area Survivors of Suicide Support Group

December

3 – Survivor Support Group
15 – Aliive Roberts County Coalition Meeting
16 – Glacial Lake SAFE Coalition Meeting
26-Black Hills Area Survivors of Suicide Support Group

To request a training for your community, [click here](#).