



Prevention Newslink

October 2024

SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

WPRC

Youth and Family Services
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SEPRC

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NEPRC

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NATIONAL PRESCRIPTION DRUG TAKE BACK DAY



In October, we recognize National Prescription Drug Take Back Day, hosted by the Drug Enforcement Agency. This year, it will be held on October 26, 2024. This is a safe, convenient, and responsible way to dispose of unused or expired prescription drugs.

Getting rid of unused medications helps with preventing prescription drug abuse. Research shows that teens see misusing medicine as "safer" and "socially acceptable" amongst their peers. Family and friends' medicine cabinets are

the number one place where teens obtain things like prescription pain medication and other commonly abused prescriptions. Disposing of unused prescriptions also reduces the risk of accidental poisoning. Having medicine that is no longer needed left in the home can put our children, seniors, and pets in danger of accidental poisoning. Safe disposal can also reduce the amount of pharmaceuticals in the environment. It is no longer suggested to flush unused prescriptions down the toilet or throw them in the garbage as these methods are unsafe to the environment.

To find a take back location near you, click [HERE](#). These sites also have times outside of the National Prescription Drug Take Back Day that you can dispose of unused medications. If there is not a Take Back site near you, or you are unable to get to a site, you can also order Dispose Rx packets from that link as well.

Any medications that you still need should be stored safely out of reach of children. Preferably they should be locked in a drawer, cabinet, or lock box. This will help limit the chances of accidental poisoning or someone taking them without permission. If you would like a lock box, click [HERE](#).

UPCOMING TRAININGS & EVENTS

STOMP Conference LE Training Center

October 21-22 | LE Training Center
Pierre, SD | Register [Here](#).
See more information on page 4

Enhancing School Safety Using a Three Assessment Model: An Operational Guide for Preventing Targeted School Violence

October 25 | 10am-12pm
Virtual

Contact [Brett Garland](#) for more
information.

South Dakota Indian Education Summit

November 14 | Pierre
Click [HERE](#) for more information.

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](#).

SPF Application for Prevention Success Training (SAPST)

November 2024 | Virtual
Registration can use the QR Code below



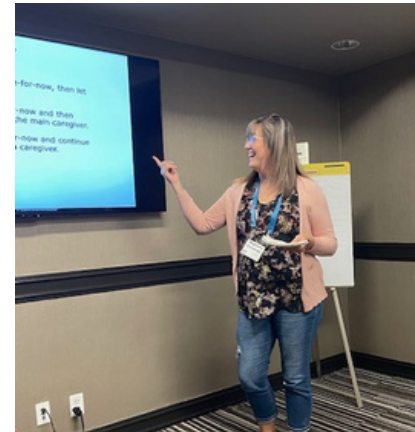
INCREASED SUICIDE PREVENTION ACROSS SOUTH DAKOTA

Staff from the SD Prevention Resource Centers attended Applied Suicide Intervention Skills Training (ASIST) in Denver, CO this past month. Bill Elger and Chloe White from the WPRC, Kerri Cox from the SEPRC, and Stephanie Kinnander from the NEPRC joined other trained professionals and are excited to continue providing this important training to communities across South Dakota.



ASIST is a two-day in-person workshop where participants will learn how to recognize when someone may be thinking about suicide, how to provide a skilled intervention, and develop a safety plan with the person to connect them to further support. Participants will also discuss how personal and community attitudes about suicide affect someone's openness to seek help and your ability to provide it. This workshop will increase participants willingness, confidence, and capacity to provide suicide first aid.

If you are interested in suicide prevention trainings such as ASIST, contact your local PRC or visit the [SD Suicide Prevention](#) webpage.



GREAT AMERICAN SMOKEOUT

Quitting smoking isn't easy. It takes time and a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the [American Cancer Society](#) can help you access the resources and support you need to quit.



South Dakota Tobacco Control Program

Regional Contacts

Southeast Tobacco Prevention Coordinator

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Northeast Tobacco Prevention Coordinator

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Western Tobacco Prevention Coordinator

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Quittobaccosd.com

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

NEW SOUTHEAST TOBACCO PREVENTION COORDINATOR

Carter Linke started on September 23 as the new Southeast Tobacco Prevention Coordinator. Carter graduated from the University of South Dakota in May 2024 with a Bachelor of Arts in Political Science and Strategic Communication. In his role with the South Dakota Tobacco Control Program (SD TCP), Carter will be responsible for doing K-12 outreach, giving presentations, and offering youth tobacco prevention toolkit trainings. His work will have a special focus on tobacco-related policy, second- and third-hand smoke, state and national advocacy campaigns, and data. Additionally, future SD TCP pages of the Prevention Newslink will be created by Carter.

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.



YOUTH TOBACCO PREVENTION TOOLKIT TRAININGS

In October and November, Tobacco Prevention Coordinators will provide trainings throughout South Dakota for adults who work with youth and youth in grades 7-12. The trainings will focus on the newly released Youth Tobacco Prevention Toolkit, which is an easy-to-use guide to help educate youth and their peers about tobacco and how it impacts their life along with those around them. For more information or to get registered, please click [here](#).

Upcoming Events and Trainings

- November 13, 2024 3-5pm CT/2-4pm MT: CATCH My Breath Training (Virtual) [Register Here](#)
- 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)

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

Domestic Violence and Suicide

October is National Domestic Violence Awareness Month. As important as it is to address the complex problem of suicide, we also need to address the closely related, but less recognized, problem of domestic abuse. By recognizing the connection between these two urgent issues, we may develop more all-encompassing strategies to address them both.

Domestic abuse victims are more likely to experience mental health problems such as anxiety, sadness, and post-traumatic stress disorder (PTSD), according to the Interconnectedness Studies. There may be an increased risk of suicidal thoughts and attempts as a result of these psychological stresses. According to research, up to one in three victims of domestic abuse had thought about suicide at some point which highlights the severity of the issue.

Why Suicide Is a Result of Domestic Violence

- **Psychological Impact:** Suicidal thoughts and behaviors are frequently preceded by emotions of helplessness, worthlessness, and imprisonment that arise from being a victim of domestic abuse. An individual's mental health can suffer greatly from prolonged exposure to an abusive environment, which can lead to a vicious cycle that is difficult to escape.
- **Social Isolation:** Abusers frequently keep their victims away from friends and family, which makes it harder for them to get assistance or flee. Feelings of hopelessness and an elevated risk of suicide can be intensified by loneliness and isolation.
- **Control:** A person who is a victim of domestic violence might believe that acting on thoughts of suicide is the only thing they can control if their life is primarily controlled by their abuser.

Breaking the Cycle

- **Spotting the Signs – Changes in behavior:** Watch for sudden changes in mood, withdrawal from social activities, and a decrease in performance at work or school. Physical symptoms including frequent unexplained injuries or signs of physical abuse can be red flags. Listen if someone starts talking about feeling trapped, unbearable pain, or thoughts of death.
- **Creating a Safe Space –** One of the most important ways to help someone in a violent relationship is to offer a safe, non-judgmental space where they can talk openly. If you suspect that someone is a victim of domestic violence and is experiencing suicidal thoughts, encourage them to seek professional help from therapists or counselors specialized in domestic violence and suicide prevention. Encourage them to confide in trusted friends and family. Assist them in developing a safety plan, including emergency contacts and an escape route.
- **Professional Help –** Medical professionals, therapists, and counselors are trained to assess risk and provide immediate help for individuals experiencing suicidal thoughts due to domestic violence. Direct them towards hotlines and local resources designed to offer emergency aid and long-term support.

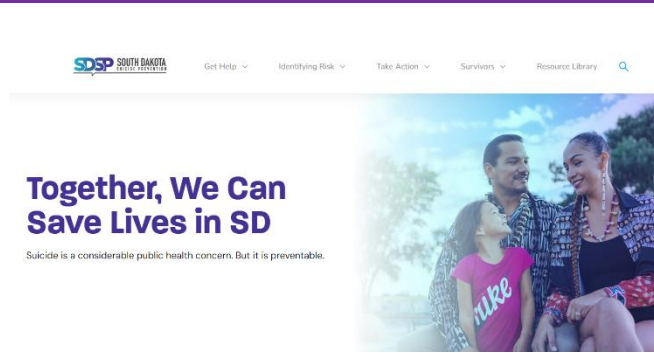
If you or a loved one has been affected by domestic violence or has thoughts of suicide, please reach out to 988. You can also visit the [National Domestic Violence Hotline](#). There is access to call, chat or text via the website or you can call the hotline is 1.800.799.SAFE(7233).

October - December 2024 Newsletter

SDSP Website Gets A Makeover

SDSP Website Update

South Dakota Suicide Prevention is excited to announce the launch of the updated SDSP Website! The site can still be found at sdsuicideprevention.org and has many new features including a search bar and an orange help tab that will connect individuals in crisis to 988. The addition of a resource library features resources for high-risk populations, survivors, statewide data, and much more! Material orders, training requests and resources are all still available on the newly designed site!



Suicide Prevention Month Recap

Statewide Events Held In September

Suicide Prevention Month was celebrated with many events across the state during the month of September, which is recognized nationally each year. Walks and awareness events were held across the state from Aberdeen, Belle Fourche, Brookings, Huron, Pierre, Sioux Falls, and Watertown. The Division of Behavioral Health Suicide Prevention team spent a morning at the Human Services Center in Yankton for their Annual Suicide Prevention Gala. Many schools from across the state ordered suicide prevention materials to share in their districts. Just because September is over doesn't mean we have to stop promoting suicide prevention. You can order materials through the SDSP website [here](#) and through the DBH website [here](#).

AgriSafe FarmResponse Training

Continuing Education Opportunity

FarmResponse is a 3.5-hour online continuing education module created by national experts from the AgriStress Response Network. It equips healthcare professionals with essential skills to support the mental well-being of agricultural producers and their families, addressing the total health of farmers. Topics covered in FarmResponse include: The Total Farmer Health Model, AgriBusiness Factors Impacting Mental Well-Being, Agriculture Work Factors, Family Dynamics, Agrarian Culture and Values, Special Populations, U.S. Agricultural Producer Demographics, Agricultural Community Healthcare Challenges, Opioids and Alcohol Issues in Agriculture, Suicide and Agriculture and Resources and Referrals. Healthcare providers in the state of South Dakota are able to complete this education for free. For more information on FarmResponse or to register, please visit [FarmResponse® - AgriSafe Network](#).



EVENTS

For more information or to add an event, Visit the [SDSP Calendar](#)

November

8th – Helpline Center’s - [Free Adult Mental Health First Aid](#), 8:30am – 5:00pm, Sioux Falls

11th – Helpline Center’s - [Free Online Question, Persuade, Refer Training](#), 10:00am -11:00am, Online

13th – Helpline Center’s - [Free Applied Suicide Intervention Skills Training \(ASIST\)](#), 8:30am – 5:00pm, Sioux Falls

13th - Helpline Center’s - [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm

14th – Helpline Center’s - [Free Applied Suicide Intervention Skills Training \(ASIST\)](#), 8:30am – 5:00pm, Sioux Falls

21st– Helpline Center’s – [Surviving After Suicide In-Person Support Group](#), 7:00pm - 8:30pm

December

11th - Helpline Center’s - [Online Survivor of Suicide Loss Virtual Support Group](#), 6:00pm – 7:30pm, [Zoom](#)

19th - Helpline Center’s - [Surviving After Suicide In-Person Support Group](#), 7:00pm - 8:30pm

RESOURCES

- [988 Suicide & Crisis Lifeline](#)
- [Helpline Center](#)
- [SDSP Trainings](#)
- [Behavioral Health Materials](#)
- [Suicide Prevention Materials](#)
- [SD Suicide Data](#)

