



# Prevention Newslink

September 2023

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

### WPRC

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### NEPRC

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## SD DEPARTMENT OF SOCIAL SERVICES LAUNCHES "NOTES TO SELF" CAMPAIGN

PIERRE, SD - The South Dakota Department of Social Services (DSS) Division of Behavioral Health is announcing a new marketing campaign titled "Notes to Self". The campaign was developed



to generate awareness and eliminate stigmas surrounding behavioral health concerns. The campaign also aims to emphasize the roles we can all take in prevention and early intervention.

"We South Dakotans tend to take pride in being 'tough' and 'resilient'. However, we want people to know that they aren't alone in whatever struggles they might be facing," said DSS Cabinet Secretary Matt Althoff. "Our team is working tirelessly each day to help South Dakotans in need. This campaign, which gathered market research from South Dakotans, aims to reach citizens in every corner of our state and target particular demographics where suicide has been more prevalent."

The campaign will feature ads across the state which will educate residents and promote resources available to help those in need. The launch of the campaign coincides with the Second Annual Suicide Prevention Conference hosted by the Department of Social Services, Division of Behavioral Health, in partnership with other state agencies. The campaign will include tv, radio, and internet ads along with billboards and other efforts. These "Notes to Self" reminders will focus on the existence of behavioral health needs in our communities and the resources available to all who are experiencing them.

"With this campaign, we're encouraging South Dakotans to offer help to others through small actions, words, gestures, and acts of care," said Jennifer Humphrey, Strategic Initiatives Program Specialist with the Department. "We are hopeful that this genuine type of outreach can work for both prevention messaging and help those who need it during times of crisis."

Those experiencing mental-health-related distress are encouraged to call 988, the Suicide and Crisis Lifeline which provides access to trained crisis specialists. ([SD Press Release](#))

# UPCOMING TRAININGS & EVENTS

## Natural Helpers of SD Training of Trainers

Click [HERE](#) for more information

September 26-27, 8:00-3:30pm (CST)  
Volunteers of America-Dakotas, Sioux Falls  
[k.cox@voa-dakotas.org](mailto:k.cox@voa-dakotas.org)

September 27-28, 8:00-3:30pm (MT)  
Youth & Family Services, Rapid City,  
[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)

## CATCH My Breath

(Virtual) **E-Cigarettes & Juul Training**  
September 20, 10:00 am-12:00 pm CST  
email [Hilary.Larsen@state.sd.us](mailto:Hilary.Larsen@state.sd.us)

## SD Rural Health Equity Summit

September 27-28  
Western Dakota Tech, Rapid City  
Register [HERE](#)

## "I Love U Guys" Foundation Workshop

September 29, 8:00 am-4:00pm CST  
USD | Sioux Falls location  
Register [HERE](#)

## Check & Connect Workshop

[Check & Connect](#) is FREE to SD schools  
Contact [Rebecca.cain@state.sd.us](mailto:Rebecca.cain@state.sd.us)  
for more information.

## Community Response to Child Abuse Conference: 2023

October 5, 8:00 am - 5:00 pm CST  
October 6, 8:00 am - 12:30 pm CST  
Sioux Falls Convention Center  
Register [HERE](#)

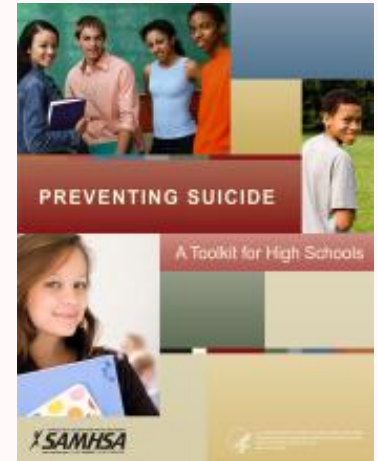
## SOUTH DAKOTA CHRONIC DISEASE PARTNERS ANNUAL MEETING

October 11 - 12  
Highlands Conference Center  
Mitchell, SD  
Register [HERE](#)

# SCHOOL-BASED SUICIDE PREVENTION:

Suicide prevention experts recommend using a multifaceted approach in which the following components are implemented:

- Protocols for helping students at risk of suicide
- Protocols for responding to suicide death
- Staff education training
- Parent education
- Student education
- Screening



*Preventing Suicide: A Toolkit for High Schools* contains information about how these components can be implemented in your school. You can download this toolkit free-of-charge from [SAMHSA HERE](#).

Reading about all the steps to coordinate and implement a multifaceted suicide prevention program can be overwhelming to a teacher, counselor or administrator. This may be the reason many schools don't implement prevention. There are some simple things you can still do now to get the conversation and process started in your school!

## GETTING STARTED



There are several simple and free things you can do now to begin!

- Use September campaign materials to publicize awareness. Check out the [Bethe1SD.com](http://Bethe1SD.com) and [988 websites](http://988websites.com).
- [Request posters](#) to hang around the school, in local businesses and churches.
- Use the [press kit](#) to add an article to the school or community newspaper.
- [Request a FREE evidence-based suicide prevention training](#) such as QPR (Question, Persuade and Refer), MHFA (Mental Health First Aid), YMHFA (Youth Mental Health First Aid) or tMHFA (teen Mental Health First Aid) training for school staff, parents or high school students.
- Attend a [Natural Helpers Training of Trainers](#) to learn more about how to empower the students whose peers confide in them about their problems.
- Schedule a [NAMI Ending the Silence](#) presentation in your school.
- Contact your local [Prevention Resource Center](#) to check out curriculum, DVDs and other promotional materials from their library.
- Use the Jason Foundation ["A Promise for Tomorrow"](#) curriculum to teach suicide prevention directly to students.

# UPCOMING TRAININGS & EVENTS

## STOMPS

October 3, 9:00 am - 3:30 pm CST  
Ramkota Hotel & Event Center, Pierre  
Register [HERE](#)

## Fall SADD Trainings

Watertown: October 11, 9:00 am - 2:30 pm  
[stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)

Rapid City: October 24  
[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)

Sioux Falls: October 25, 9:00 am - 2:30 pm  
[k.cox@voa-dakotas.org](mailto:k.cox@voa-dakotas.org)

## NE SD Family Violence Prevention Conference

October 18 - 19  
Dakota Event Center, Aberdeen  
Register [HERE](#)

## Too Good for Drugs Training

October 18 | Rapid City  
Register by email  
[cadkins@youthandfamilyservices.org](mailto:cadkins@youthandfamilyservices.org)  
October 20 | Brookings  
Register [HERE](#)

## Alternatives - Youth Diversion Education Training (Virtual)

November 8, 9:30 am - 3:15 pm (CST)  
Register [HERE](#)

## SPF Application for Prevention Success Training (SAPST)

Nov 28-29 | 10:00 am - 3:30 pm (CST)  
Dec 4-5, 8 | 10:00 am - 3:30 pm (CST)  
Virtual  
Find more information [HERE](#)



# SCHOOL-BASED ANTI-BULLYING INTERVENTIONS THAT WORK

*A review of 69 studies shows school-based anti-bullying interventions reduce bullying—both in-person and cyber—and improve students' mental health. Visit [www.stopbullying.gov](http://www.stopbullying.gov) to learn more.*

## What interventions work:

These interventions aim to prevent bullying both inside and outside of school. School-based anti-bullying interventions can provide:

- Education sessions to help students change how they think and feel about bullying
- Training for school staff on how to identify and respond to bullying experiences
- [Small group counseling S.S. Grin](#)
- [Mentoring programs](#)

## Major Findings:

Results showed interventions led to the following outcomes:

- Fewer instances of students bullying others (35 studies)
- Fewer instances of students who experienced bullying (32 studies)
- Improvements in students' anxiety, depression, and well-being (20 studies)
- Fewer instances of cyberbullying perpetration and victimization (5 studies)



## Evidence-Based Bullying Prevention Curriculum available at your Prevention Resource Center Library

- [OLWEUS Bullying Prevention Program \(OBPP\)](#)
- [Bullying Prevention Unit](#) (kits for each grade K-5)
- [Peaceful School Bus](#)
- [Too Good for Violence](#) (Kit for each grade K-8)
- [Bullying Prevention Kit \(Positive Action\)](#)



## RED RIBBON WEEK

OCTOBER 23-31

Join communities across the United States taking a visible and united commitment towards living a drug free life! This year's national Red Ribbon Week theme is "Be Kind to Your Mind. Live Drug Free". Go to [redribbon.org](http://redribbon.org) for more information.



# NATIONAL SUICIDE PREVENTION AWARENESS MONTH



September is National Suicide Prevention Awareness Month and a time to raise awareness on this stigmatized, and often taboo, topic.

In addition to shifting public perception, this monthly campaign is used to spread hope and vital information to people affected by suicide. The goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

If you are interested in finding suicide prevention activities or want to host a free training for your organization, please visit [www.sdsuicideprevention.org](http://www.sdsuicideprevention.org).

# NATIONAL RECOVERY MONTH



National Recovery Month is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

To learn more about National Recovery Month, visit [www.samhsa.gov/recovery-month](http://www.samhsa.gov/recovery-month)



# STATE TRIBAL OPIOID AND METHAMPHETAMINE PREVENTION SUMMIT



**TOKATAKIYA OYATE WICONI WAN IYUWASTE'KTE**  
*Building a Healthy Future Together*

October 3, 2023  
Ramkota Hotel and Event Center  
Pierre, SD

## AGENDA

- 9:00 AM** Opening (light breakfast provided)
- 9:20 AM** Recovery Stories/Q&A
- 10:00 AM** Break
- 10:15 AM** Oaye Luta Okolakiciye Program
- 10:45 AM** SAMHSA
- 11:45 AM** Break for Lunch (on Your Own)
- 1:00 PM** Reconvening/Raffle
- 1:15 PM** SD Department of Health
- 2:00 PM** Break
- 2:15 PM** SWO Medication Assisted Treatment Program
- 2:45 PM** Break
- 3:00 PM** Great Plains Tribal Leaders Health Board
- 3:30 PM** Closing



International Overdose Awareness Day

# #END OVERDOSE

On Thursday, Aug. 31, Emily's Hope, the Helpline Center, Face It Together, Southeast Prevention Resource Center, Volunteers of America and the Sioux Falls City Health Department gathered to commemorate International Overdose Awareness Day at the Greenway Amphitheater near Cherapa Place. This event aims to raise awareness about the impact of overdose deaths and advocate for change.

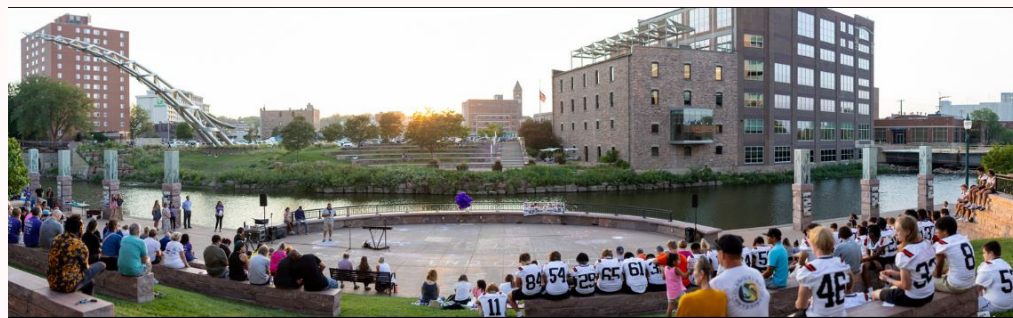


PHOTO BY REISTROFFER DESIGN

# SOUTH DAKOTA SUICIDE PREVENTION



## RESOURCES

**STATEWIDE WEBSITE**  
[SDSUICIDEPREVENTION.ORG](http://SDSUICIDEPREVENTION.ORG)

**THE HELPLINE CENTER**  
[HELPLINECENTER.ORG](http://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](#)



# Music Therapy as a Coping Strategy for Individuals Struggling with Suicidality

Individuals experiencing a suicidal crisis may have difficulty redirecting their focus to safety and hope. When mental health professionals work with individuals that are suicidal, the mental health professionals turn to coping strategies to help the individual stay safe. An activity to suggest is listening to music or engaging in other artistic activities. A small sample-size study by Erin Bullard explored the use of music in group therapy for patients in a short-term psychiatric care facility.

Studies have shown that music can have a calming effect on those individuals in psychiatric settings. Bullard examined interventions taking the form of group music therapy in short-term treatment facilities for individuals with suicidal ideations and published her findings in a research paper in 2011. The ages of individuals included in the study was between 18 and 65. The study had a small sample-size of twelve, and interviews were conducted with five individuals to gain further insight into the benefit of music and healing.

How advantageous music therapy is in the clinical setting was demonstrated in how individuals within the group formed connections with the different forms of music and the other people in the group therapy. In addition to facilitating connections, some participants indicated an improvement in mood. Connecting was observed by Bullard throughout the treatment and noted in individuals that had also been diagnosed with depression.

Through the course of the study and interviews with patients, use of music therapy was a positive experience for the clientele. While creating music, people were distinctly grounded in the present moment instead of focusing on past or future endeavors. It seems that active forms of music, such as drumming or improvisation, are more therapeutic in comparison to inactive methods of engagement listening to different genres. Overall, music therapy can help when interacting with people who are experiencing suicidal ideation. Listening to music is a calming activity and should be considered when engaging clients in safety planning options.

Information for this article can be found [HERE](#)



[DRIVESAFESD.COM](http://DRIVESAFESD.COM)



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[www.SDEMSC.org](http://www.SDEMSC.org)  
Facebook:  
[@SDEMSforChildren](https://www.facebook.com/SDEMSforChildren)



Contact me today for I  
Choose classroom materials!

## South Dakota EMS for Children September 2023

Back to school is here and all the busyness that comes along with it. We are in full swing with school activities and teens driving all over. It is also the time of year to kick off fall sporting events.

This year we would really like to encourage parents to sit and talk about what happens should their teens decide to drive under the influence. The office of SDEMSC offers the *I Choose* program to provide educators with the resources they need to talk about the dangers of impaired driving, but those parent conversations are so important as well. We need to be cohesive in our messages to teens, we want you to be safe and stay safe. The old way of “just don’t do it” or “because I said so” isn’t cutting it with our kids. We want them to enjoy every exciting part of high school, safely. Have those hard conversations about how to be a designated driver, how to have everyone in the vehicle buckle up, and how to be that friend that cares.

These next several weeks high school students will be celebrating homecoming across the state of South Dakota. Make sure our teens are celebrating sober.

Jaime Bartell, SD EMS for Children





South Dakota Tobacco  
Control Program  
Regional Contacts



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**West Region**

**Vacant**

[sierra.phelps@state.sd.us](mailto:sierra.phelps@state.sd.us)



**Project SUN**

The South Dakota Tobacco Control Program offers an array of evidence-based curriculums. We have been made aware of a new curriculum [called Project SUN \(Stop the Use of Nicotine\)](#), a curriculum that is Native American focused. This curriculum teaches the difference between traditional tobacco and commercial tobacco.

To be eligible for the Project SUN program, a student must have used commercial tobacco in the last 30 days prior to the first session and must join the program on or before the fourth session of the curriculum. Project SUN uses traditions and teaching from Native American traditions such as learning that tobacco used in a traditional way does not involve everyday use or inhaling. The South Dakota Tobacco Control Program wants to bring this new curriculum to the schools of South Dakota.

**If you have interest in this curriculum for your students, please reach out to Tricia Yoshida at [Tricia.Yoshida@state.sd.us](mailto:Tricia.Yoshida@state.sd.us).**

**Website Launch**

The South Dakota Tobacco Control Program is pleased to announce they have released a brand-new website! The [QuitSD](#) website was released July 2023 and has many amazing resources and information. This new website replaces the BeFreeSD, FindYourPower, and ReThinkIt.

All the information that was in those sites have been built into one overarching site. This site also has areas for each of the priority populations, specifics on vaping, and healthcare providers. This site is constantly growing with new information continually being added.

If you have any questions or feedback regarding the new South Dakota Tobacco Control Program website, please reach out to Tobacco Program Director, Sierra Phelps at [Sierra.Phelps@state.sd.us](mailto:Sierra.Phelps@state.sd.us).

**EVENTS/TRAININGS**

- September: National Alcohol and Drug Addiction Recovery Month
- October: Healthy Lung Month
- October: Children's Health Month
- October 8-14: Fire Prevention Week
- October 9: Fire Prevention Day (Annually)
- October 23-31: Red Ribbon Week (Last week of October)