



# Prevention Newslink

September 2024

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS (SDPRC)

### WPRC

Youth and Family Services  
Rapid City, SD

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Sioux Falls, SD

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## SUBSTANCE MISUSE PREVENTION MONTH AND YOUTH SUBSTANCE USE PREVENTION MONTH

Partners in Prevention!

**October** is Youth Substance Use Prevention Month as well as Substance Misuse Prevention Month. Substance use prevention focuses on providing people the knowledge and skills necessary to make informed decisions surrounding the behaviors associated with substance use.

- Supports healthy social and emotional development
- Supports parents and strengthens families
- Expands evidence-based programs in communities and schools
- Prevents and addresses trauma
- Addresses social determinants of health
- Improves the safety, stability, and livability of community environments

Each Prevention Resource Center (PRC) in your region has a physical resource library with DVDs, books, brochures and curricula available for use by the public as well as an online digital library. PRC staff are also able to provide curriculum, education, and technical assistance in areas such as youth substance use prevention.

Use the information in the panel to the left to contact the PRC in your region and learn how they can provide technical assistance or training in your community. To access the PRC's digital resource library, click [HERE](#) and click on the "Sign Up" button.

# UPCOMING TRAININGS & EVENTS

## Natural Helpers TOT

September 24 & 25 | VOA - Dakotas  
Sioux Falls, SD | Register [Here](#) or  
contact [Kerri Cox](#) with any questions

## Creating Healthy & Wealthy Communities

October 1-2 | Highlands Conference  
Center  
Mitchell, SD | Register [Here](#)

## 24th Annual Community Response to Child Abuse Conference

October 3 - 5 | Sioux Falls Convention  
Center  
Registration [Here](#). Register for a vendor  
table [Here](#).

## Fall SD Peer Leader Training

October 16 | 9:00 am - 2:30 pm CT  
Watertown, SD  
For more information email  
[stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org)

## STOMP Conference LE Training Center

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

## SPF Application for Prevention Success Training (SAPST)

Fall 2024 | Virtual  
Registration can use the QR Code below



# WORLD MENTAL HEALTH DAY & MENTAL ILLNESS AWARENESS WEEK

October 10, 2024

IT IS TIME TO  
PRIORITIZE MENTAL  
HEALTH IN THE  
WORKPLACE

nearly 1 in 4 adults in South Dakota meeting the criteria for having any mental illness, it's important to recognize this global campaign locally as well.

So how do we support mental health at work? The Spring 2024 edition of *SD Behavioral Health's 'Mental Notes'* newsletter lists 5 easy ways we can do just that!

- Let staff know it's okay to talk about Mental Health.
- Check in with employees consistently.
- Know what signs to look out for.
- Promote local mental health resources.
- Be there for someone when they ask for help.

For more details about these steps, check out the 'Mental Notes' newsletter [here](#).



Did you know that SD DSS Division of Behavioral Health offers evidence based suicide prevention programs? Trainings offered include Question. Persuade. Refer. (QPR), Applied Suicide Intervention Skills Training (ASIST), Natural Helpers as well as Youth, Teen, & Adult Mental Health First Aid (MHFA). Visit [www.sdsuicideprevention.org](http://www.sdsuicideprevention.org) to learn more or to request a training.

The SD DSS Division of Behavioral Health also has a behavioral health campaign, 'Notes to Self' with materials to help support individuals who may be experiencing a mental health challenge. Check out [www.sdbehavioralhealth.gov](http://www.sdbehavioralhealth.gov) to learn more.

There are two mental health related campaigns in the first week of October. Mental Illness Awareness Week is from Sunday, October 6th through Saturday, October 12th and World Mental Health day (WMHD) is in the middle of the week on October 10th. The theme for this year's WMHD is 'It's Time to Prioritize Mental Health in the Workplace.' With

Figure 2.2 Any Mental Illness, Adults Ages 18+, South Dakota  
Source: NSDUH, 2021 (preliminary)



Nearly **1 in 4** adults in South Dakota qualify as having AMI.

# 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](#)



# 988

# SUICIDE & CRISIS LIFELINE

# Suicide Prevention Month

Suicide Prevention Month is observed each September to raise awareness about mental health and suicide prevention, as well as to support those who are struggling with suicidal thoughts. It's a time to highlight the importance of mental health care, encourage conversations about mental well-being, and promote resources that can help individuals in crisis.

Throughout September, many organizations, communities, and individuals work to share information about warning signs, effective interventions, and resources such as 988 and counseling services. It's also an opportunity to show support for those affected by suicide and to reduce the stigma associated with mental health issues.

Knowing the warning signs of suicide can help save lives. The more warning signs present, the higher the risk of suicide. People may begin to show signs of isolation and withdrawal. It is common for people to express feelings of hopelessness or worthlessness. They may exhibit a loss of energy or little interest in activities they used to enjoy. Watch for major changes in mood, changes in sleep, or changes in appetite. People may give away possessions or take actions to get their personal affairs in order. Engaging in self-harm, talking about suicide or methods to die by suicide, or fixating on death can be serious warning signs that indicate a person is close to a crisis.

It can be intimidating to begin a conversation about suicide, but if you are noticing warning signs in someone, asking the question about suicide can save their life. Try to find time to have the conversation as soon as possible. Ensure you have a private space so they can speak freely. It is important that you offer a non-judgmental listening ear and try to manage your reactions. Even if you are not close to the person, it can be scary to hear that someone is thinking about suicide or has a plan to end their life. However, the more calm and caring you are, the more likely the person will open up further and be willing to get connected with resources to help them. If you are not comfortable having the conversation, it is important to find someone who can. For more information and support, please call 988.

To find available resources in your area, you can utilize the 211 Helpline App on your mobile phone, visit [www.helplinecenter.org/2-1-1/](http://www.helplinecenter.org/2-1-1/), call 211, or text 898-211.

## Help is 3 Numbers Away



**211** maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

**211** also can connect people with information and referrals for:

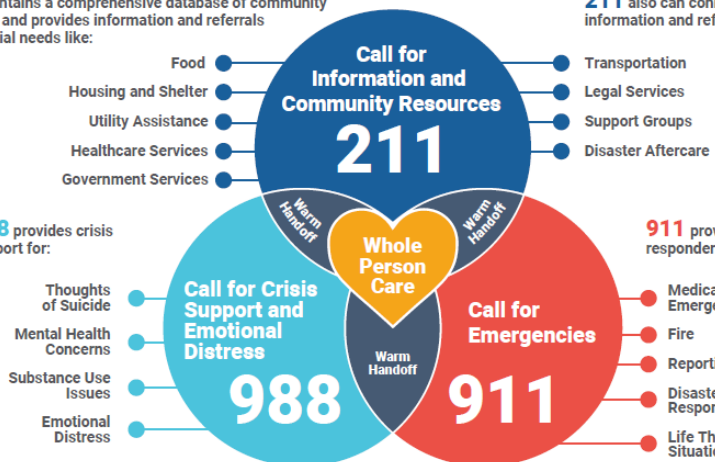
- Transportation
- Legal Services
- Support Groups
- Disaster Aftercare

**988** provides crisis support for:

- Thoughts of Suicide
- Mental Health Concerns
- Substance Use Issues
- Emotional Distress

**911** provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



988 | SUICIDE & CRISIS LIFELINE

2-1-1

# S.T.O.M.P. SUMMIT

Registration is Open!



Save the Date

## STATE-TRIBAL OPIOID AND METHAMPHETAMINE PREVENTION SUMMIT

Keeping Communities Safe & Healthy

October 21 & 22 2024

Law Enforcement Training Center  
1303 E. Highway 14, Pierre, SD



The State Tribal Opioid and Methamphetamine Prevention Summit (STOMP) is an annual learning and networking event held in partnership with the SD Department of Social Services as well as other state and tribal partners. For more information about the event or to register click [here](#).

# RED RIBBON WEEK IS OCTOBER 23-31

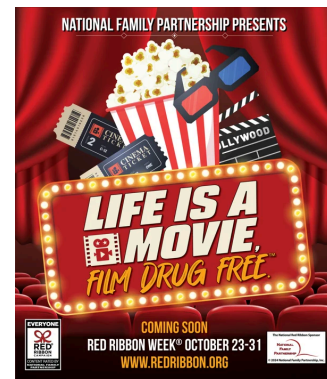


Red Ribbon Week takes place each year from October 23-31 and is the nation's longest-running drug use prevention awareness campaign. Red Ribbon Week started as a way to raise awareness of the violence caused by drugs after the death of DEA Special Agent Enrique "Kiki" Camarena. Join the millions of people today who celebrate Red Ribbon Week not only by wearing red ribbons, but also by participating in community drug use prevention events.

The theme of this year's Red Ribbon week is titled "Life is a Movie, Film Drug Free." According to the blog posted on [redribbon.org](http://redribbon.org), the theme was chosen as it "inspires individuals to play their part in fostering safe, healthy, and drug-free communities."

Flex your creativity muscle by coming up with film-related activities on your own or find inspiration on the Red Ribbon website by clicking [here](#)!

Show how you celebrate Red Ribbon Week with pride by posting your stories on social media using the hashtag #LiveDrugFree



# YOUTH WORKSHOP OPPORTUNITY

ARE YOU READY TO REGISTER?!

Fill out the information below and submit to the contact listed for that region/training.

REGISTRATION IS DUE 5 BUSINESS DAYS PRIOR TO EVENT DATE!

## YOUTH TOBACCO TOOLKIT TRAINING REGISTRATION

Trainings will be capped at 50 attendees

Select which training date/location you'd like to attend:

- October 8 training in WHITE RIVER
- October 9 training in MOBRIDGE
- October 21 training in RAPID CITY
- October 28 training in HURON
- October 29 training in SIOUX FALLS
- October 29 training in MITCHELL
- October 30 training in SIOUX FALLS
- October 30 training in CHAMBERLAIN
- November 6 training in WATERTOWN
- November 12 training in ABERDEEN
- November 18 training in LEMMON
- November 19 training in PIERRE

NUMBER OF STUDENTS

NUMBER OF STAFF

EMAIL YOUR COMPLETE REGISTRATION TO:

Kayla Bolstad  
West/Chamberlain/Sioux Falls  
kbolstad@bhssc.org

Ashley Heyne  
Northeast/Mitchell/Sioux Falls  
aheyne@bhssc.org

Southest Vacant

FILL IN PDF AFTER DOWNLOAD

## ADVISOR INFORMATION (fill out completely)

NAME:

SCHOOL:

ADDRESS:

CITY:

STATE:

ZIP CODE:

Work ☐:

Alt. ☐ (in case of cancellation):

EMAIL:

By initialing here, you as the advisor, agree to partake and engage in the toolkit training. As the students' advisor, you agree to hold students accountable for inappropriate behavior and ensuring school rules are followed while attending the training.

### Inclement weather:

In the event of inclement weather, the toolkit training will be rescheduled. If the schools are closed due to the weather, the training will not be held that day.

### Cancellation Policy:

Cancellations must be received at least 5 days prior to the event

The SD Department of Health, Tobacco Control Program has released a Youth Tobacco Prevention Toolkit. This 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.

This tobacco education opportunity will review various topics related to prevention, cessation, and policy, among other items. Tobacco Control Coordinators will be providing training for adults working with youth and up to 10 youth (7th grade and up) that would like to work together to spread the message about tobacco's impact within their school, clubs, or organizations.

Mini Grant Funding opportunities will be available for schools or organizations that attend a full training. Funding opportunities will be on a first come, first serve basis.

Please contact Ashley Heyne, [aheyne@bhssc.org](mailto:aheyne@bhssc.org), or Kayla Bolstad, [kbolstad@bhssc.org](mailto:kbolstad@bhssc.org), with any questions. You can also learn more at [Quit Tobacco SD website](http://Quit Tobacco SD website).

## South Dakota Tobacco Control Program

### Regional Contacts

#### Southeast Region

**VACANT**

605-367-7130

[hilary.larsen@state.sd.us](mailto:hilary.larsen@state.sd.us)

#### Northeast Region

**Ashley Heyne**

605-221-8783

[aheyne@bhssc.org](mailto:aheyne@bhssc.org)

#### Western Region

**Kayla Bolstad**

605-721-4584

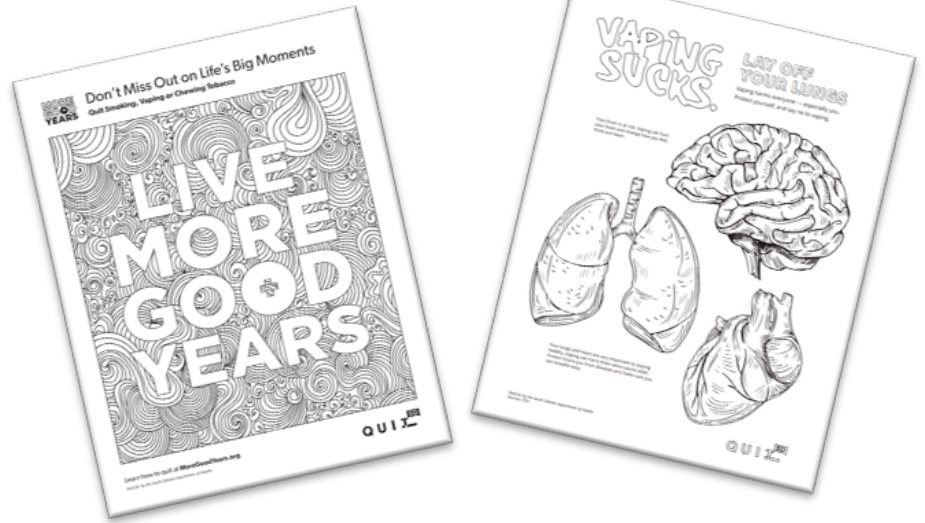
[kbolstad@bhssc.org](mailto:kbolstad@bhssc.org)



[Quittobaccosd.com](http://Quittobaccosd.com)

## NEW TOBACCO PREVENTION COLORING SHEETS

The South Dakota Department of Health Tobacco Control Program recently unveiled new tobacco prevention coloring pages. The themes of the coloring pages are centered around South Dakota's "More Good Years" and "Vaping Sucks" media campaigns. Along with a variety of other activity sheets, the coloring pages are available for print and download [here](#).



## TOBACCO AND VAPING PRESENTATIONS

With the new school year underway, the regional Tobacco Prevention Coordinators are available to give school presentations about tobacco and vaping prevention. There are two presentation options available—one for educating staff on the curriculums and resources the South Dakota Tobacco Control Program can offer and one for educating students on the overall health effects that vaping has on the body, what is in a vape, and resources to help people quit. If you are interested in having a presentation at your school, please reach out to your regional Tobacco Prevention Coordinator.

## Upcoming Events and Trainings

- September 19, 2024 (11am-12:30pm CT): CATCH My Breath Training (Virtual via TEAMS)
- September 24, 2024: Indigenous and Integrative Health Summit (Arrowwood Cedar Shore – Oacoma, SD)
- October 1-2, 2024: Creating Healthy & Wealthy Communities (Highlands Conference Center – Mitchell, SD)
- October 9, 2024: South Dakota Cancer Coalition Fall Meeting (Highland Conference Center - Mitchell, SD)
- October 15-16, 2024: Chronic Disease Partners Meeting (Monument Civic Center – Rapid City, SD)