

Prevention Newslink

June 2017

SD Prevention Resource Centers

WPRC

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An anonymous texting program called Project Stand Up was launched on Thursday, May 18, 2017, by the South Dakota Attorney General's Office. This texting program includes the entire state. "As our nation faces a growing drug epidemic, it is important that South Dakotans use innovation and technology to better protect our communities," said South Dakota's Attorney General Marty Jackley.

In the first twelve hours of the tip line being in operation, 38 text exchanges occurred. This service allows citizens and community members to take action to protect their towns. Project Stand Up is a coordinated effort among law enforcement officials and Sanford Health System.

Texting a tip is simple. "Citizens are encouraged to text 'drugs' to 82557 if they have information on illegal drugs in their neighborhoods," according to Jackley. The person sending the tip will be asked a series of questions by text for additional information. The level of involvement lies with the citizen sending the text who always remains anonymous. Any community that wants to promote this project can contact the Attorney General's Office at (605)-773-3215.

An educational component will be added in the fall to address the legal consequences of drug use.

√ *Family Relationship Checklist: Protecting My Family* √

Search Institute's developmental framework identifies 5 key strategies and 20 actions for building strong relationships with and among youth. Use this checklist which focuses on family relationships to find strengths and areas to grow your family!

Express Care

- We trust each other
- We really pay attention to each other when we are together
- We make each other feel known and valued
- We show each other that we enjoy being together
- We praise each other for our efforts and achievements

Share Power

- We take each other seriously and treat each other fairly
- We involve each other in decisions that affect each person
- We work together to solve problems and goals
- We give each other chances to take the lead and make decisions

Challenge Growth

- We expect each other to live up to our potential
- We push each other to go further
- We insist that we each take responsibility for our own actions
- We help each other learn from mistakes and setbacks

Provide Support

- We guide each other through hard situations and systems
- We help each other be strong, confident, and take charge of life
- We defend each other when we need it
- We set limits that keep each other on track and moving forward

Continued on next page...

Hello
JUNE

Expand Possibilities

- __ We inspire each other to be hopeful for the future
- __ We introduce each other to people who can help us grow
- __ We expose each other to new ideas, experiences, and places

Upcoming Training and Events

June 7-8, 2017 ASIST (Applied Suicide Intervention Skills) Training, Pierre, Capitol University Center, Julie Moore, (605)-224-3451 or Julie.moore@avera.org

June 12,13,14,15, 2017 Science-Based Drug Education Class, Rapid City. Contact Vonnie Ackerman at (605)-342-1593

June 23, 2017 Information Gathering, Decision Making, and Ethical Practice, Sioux Falls, Volunteers of America, Dakotas, contact Michelle Majeres at (605)-444-6342 or m.majeres@voa-dakotas.org CEUs from SD Counselors' Certification Board

June 28-29, 2017 State Prevention Meeting, Pierre, Katy Tostenson, (605)-773-3123, or Katherine.tostenson@state.sd.us for coalition leaders and staff

June 28, 2016 Mental Health First Aid, Sioux Falls, contact taylor@helplinecenter.org or call (605)-274-1413

July 5-6, 2017 LIFESKILLS Curriculum Training Rapid City. Call Vonnie (605)-342-1593 or vackerman@youthandfamilyservices.org

July 10-14, 2017 Ethics Training, Pierre, 8:00-5:00, more information will be forthcoming. Needed for Prevention Specialist certification

July 11-12, 2017 LIFESKILLS Curriculum Training, Sioux Falls, Volunteers of America, Michelle Majeres at (605)-444-6342 or m.majeres@voa-dakotas.org

July 19, 2017 Mental Health First Aid, Watertown, Jeanne Pufahl-Ward (605)-884-3524 or jeannew@humanserviceagency.org

Combatting Methamphetamine Use

The *Meth Changes Everything Campaign* to fight meth use in the South Dakota began in the fall of 2016. Governor Dugaard's campaign was to be delivered by the Department of Social Services' Prevention Program. The following efforts have occurred statewide:

- **289 presentations** have been provided statewide to 9th-12th grade students featuring video, power point and activities.
- **38 Town Hall Meetings** were held to help citizens determine next steps to rid towns of methamphetamine and the resulting crime, neglect of children and increased need for substance abuse treatment and jail space.
- **10,380 high school youth and adults** were addressed face-to-face by the three Prevention Resource Center staff and by other certified prevention specialists.

Thank you to all who provided presentations to fight meth use. Next school year will bring more prevention efforts to combat meth use. Stay tuned to learn more as fall approaches.

Updated SD Meth Arrest Facts

April 2017

2,687 arrests in 50 counties across the state ● **9** lab incidents in 2016 ● **28,848** grams of meth seized in the state ● **23** labs found in state in 2015. Listed below are the **top 19 counties** with the most meth arrests.

Minnehaha County	1,139	Charles Mix County	29
Pennington County	742	Beadle County	28
Todd County	177	Dewey County	23
Yankton County	92	Grant County	21
Davison County	78	Hughes County	20
Brown County	37	Union County	19
Lawrence County	34	Lyman County	13
Meade County	32	Lincoln County	12
Brookings County	31	Shannon County	12
		Buffalo County	12

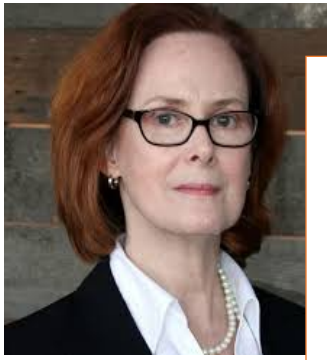
- 2012** 669 arrests (21,818 grams)
- 2013**...1,229 arrests (36,053 grams)
- 2014**...1,516 arrests (10,177 grams)
- 2015**...2,125 arrests (14,025 grams)
- 2016**...2,687 arrests (28,847 Grams) (arrests up 26% last year)
- 2017**...a 92lb. meth seizure was made by Highway Patrol



Fentanyl and Synthetic Opioids: Five Things to Know

According to the Partnership for Drug-Free Kids, fentanyl is 100 times more potent than heroin. Deaths from fentanyl and other synthetic opioids (not including methadone) rose 72% in just one year from 2014 to 2015. This is being called the third wave of the opioid epidemic. So what do parents need to know?

1. Fentanyl is 50 to 100 times more potent than heroin or morphine.
2. It is relatively cheap to produce, increasing its presence in illicit street drugs.
3. Naloxone (Narcan) will work in case of overdose, but extra doses may be needed.
4. Even if someone could tell a product had been laced with fentanyl, it may not prevent their use.
5. Getting a loved one into treatment is more critical than ever.



**Summer
Prevention
Meeting:
Substance
Abuse and
Suicide
Prevention**

Laurie Davidson, CAPT Associate, will be the featured presenter who will provide training to attendees at the summer prevention meeting in Pierre, SD, on June 28, 2017.

Substance abuse and suicide are both serious public health issues affecting many communities throughout South Dakota. The relationship between these two issues has become more apparent to practitioners. Nearly 90% of people who die by suicide have a mental illness, and half of those issues are substance use disorders.

Growing awareness of these connections has motivated many states and communities to begin looking for ways to better align their substance use and suicide prevention efforts. The Centers for Prevention Technologies (CAPT) has partnered with SAMHSA's Suicide Prevention Resource Center (SPRC) to deliver webinars and training across America.

Ms. Davidson has worked with EDC (Education Development Center, Inc.) and with the Suicide Prevention Resource Center



Whiteclay Liquor Commissioners Vote to Deny Licenses for Whiteclay Beer Stores

After the issue of closing the liquor stores in Whiteclay went to the Nebraska Supreme Court, the four stores shut down pending a Court of Appeals decision. They remain closed during the appeals process.

The Nebraska Liquor Control Commission's decision to deny renewal of the four beer store's liquor licenses was another nail in the coffin of legally selling beer in Whiteclay. Voting 3 to 0 to end the beer sales in the four stores that sold millions of cans of beer each year to the residents of Pine Ridge Reservation was a victory for public health advocates. In a situation complicated by lack of law enforcement more threat to public health and safety existed for many years.

Liquor license renewals are usually a formality. This year the liquor commission ordered the four stores to undergo a long form application process. Now they have been denied the right to carry out the beer and



Wounds of Whiteclay

*University of Nebraska Students Win
Prestigious RFK Journalism Award Above
Media Giants*

Eleven student journalists at the University of Nebraska-Lincoln won the Robert F Kennedy Human Rights Journalism grand prize for their series "The Wounds of Whiteclay". This is the first time in the 50 year history of the coveted prize that an entry from college journalists has won the grand prize. This achievement means they were more successful than The New Yorker and National Geographic and HBO, among others. They wrote 20 stories over the course of a year which included videos, photos and graphics. They spent time talking with residents of Pine Ridge and attempted to talk to people working at the stores selling beer.

South Dakota Prevention

Mission Statement:

SD Prevention is dedicated to creating safe families, schools and communities and preventing the misuse of alcohol, tobacco and other drugs.

Highway Safety Program

Mission Statement:

Partner with prevention advocates to provide education and assistance to reduce the number of traffic crashes, injuries and fatalities occurring on SD roadways.

Eric Majeres

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Focus Areas:

Occupant Protection
Impaired Driving



Social media platforms offer unique opportunities to reach people with messages and reminders about traffic safety. Unique, because the messages do not have to be polished, professional, and/or perfect. Social media can be “off-the-wall”, clumsy, quirky, emotional, serious, and most importantly – real. Simply sharing or re-posting information is a great way to use this resource. Utilize the creativity and talents of others.

Social media has limitations and challenges but offers a platform to reach people (of all ages) who might otherwise not engage in safety efforts. The opportunities are greater than the challenges if we choose to use them.

Start by visiting any of the NHTSA links provided in this article! Share or re-post one item from the NHTSA site to your own social account and see if a safety conversation ensues.

SD Traffic Safety Pages on Facebook:

[Parents Matter](#)

[DriveSafeSD](#)

[SD Highway Patrol](#)

[SD EMS for Children](#)

[Safety Village of South Dakota](#)

National Traffic Safety Resources:

<https://www.facebook.com/NHTSA>

<https://twitter.com/@nhtsagov>

<https://www.instagram.com/nhtsagov/>

<https://www.youtube.com/user/usdotnhtsa>

Click here for more traffic safety resources to share via social media!

<https://www.trafficsafetymarketing.gov/get-materials>



DRIVESAFESD.COM

“We can’t under estimate the power of using social media to spread road safety messages as well as sharing news and information in “real time” and it is opening a door to those who would, perhaps, not participate in such dialogue.”



South Dakota Tobacco Control Program

Regional Contacts

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Southeast Region

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Central Region

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Reporting E-Cigarette Explosions

The [FDA](#) has come up with tips to help avoid “vape” battery explosions along with information on how to report e-cigarette explosions. The FDA is working on collecting data on explosions to help address the problem. They are asking for all vape explosions or any other unexpected health or safety issue with a vape device to be reported to the FDA through the [Safety Reporting Portal](#). Things to make sure to include are:

- Name of the vape manufacturer
- Brand name, model, and serial number of the vape device
- Brand name and model of the battery
- Where it was purchased
- Whether the product was used differently than intended
- Whether the product was modified at all

CENTER FOR TOBACCO PRODUCTS



5 TIPS TO HELP AVOID “VAPE” BATTERY EXPLOSIONS

- 1. Consider using vape devices with safety features**
such as firing button locks, vent holes, and protection against overcharging.
- 2. Keep loose batteries in a case to prevent contact with metal objects.**
Don't let batteries come in contact with coins, keys, or other metals in your pocket.
- 3. Never charge your vape device with a phone or tablet charger.**
Always use the charger that came with it.
- 4. Don't charge your vape device overnight**
or leave it charging unattended.
- 5. Replace the batteries if they get damaged or wet.**
If your vape device gets damaged and the batteries are not replaceable, contact the manufacturer.



Join us for the South Dakota Chronic Disease Prevention & Health Promotion Annual Partners Meeting

SAVE THE DATE! JULY 26, 2017
HIGHLAND CONFERENCE CENTER IN MITCHELL
PRE-CONFERENCE JULY 25 AT 6:30PM



This year's theme is **Bridging Healthcare & Community** and will feature **keynote speakers Matt Longjohn, MD, MPH and Ann Forburger, MS.**

Matt Longjohn is the National Health Officer and the Vice President for Evidence-Based Health Interventions and Community Integrated Health at YMCA of the USA (YUSA), overseeing a team of experts charged with developing evidence-based solutions and scaling them through the Y's 900 nonprofit associations and 10,000 program sites.

Ann Forburger has 28 years of experience in public health, specifically in the area of chronic disease prevention and control at the state and national levels. Ms. Forburger is currently a Senior Consultant and Lead for Community-Clinical Linkages with the National Association of Chronic Disease Directors (NACDD) where she leads national efforts to support state health departments in diabetes prevention and control and other chronic diseases.

Sponsored by SD Office of Chronic Disease Prevention and Health Promotion in partnership with:
Gold Sponsors: American Cancer Society, Avia, Great Plains Quality Innovation Network, Wellmark Blue Cross Blue Shield
Silver Sponsors: SD Association of Healthcare Organizations, SDSU Extension



South Dakota Suicide Prevention



Resources

Statewide Website
sdsuicideprevention.org

Statewide Crisis Line
1-800-273-8255
Answered by the
Helpline Center

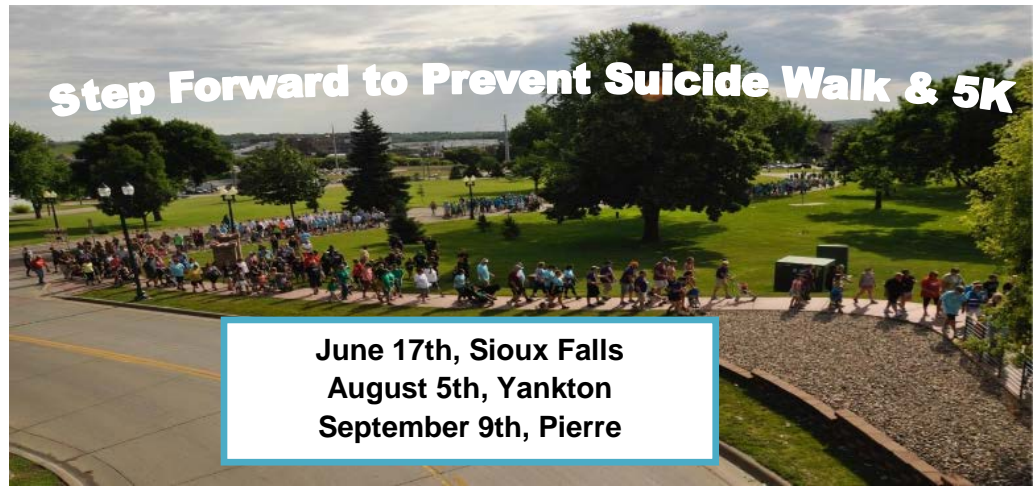


For Additional Information
Contact:
Janet Kittams-Lalley
605-339-4357
janet@helplinecenter.org

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



The topic of suicide has continued to be part of the conversation in our state and on a national level. In South Dakota, we have continued to experience the loss of loved ones, family and friends to suicide. Now more than ever, we need to make sure we draw attention to the critical resources that are available for people when they are in crisis or when they are grieving the loss of a loved one. The Helpline Center provides important programs that comfort, support and provide hope during a suicide crisis. Please join the Helpline Center's Step Forward to Prevent Suicide event in Sioux Falls, Yankton, or Pierre! To register, visit www.helplinecenter.org or call 605-339-4357. Step Forward to raise awareness.



When teenagers and young adults (ages 13-34) who nearly died in a suicide attempt were asked how much time passed between the moment they decided on suicide and their attempt, 25% said less than 5 minutes went by. If highly lethal means are made less available to people who are considering suicide, the odds are better that they will survive. Suicidal phases are often brief. 85-90% self-inflicted gunshot wounds result in death vs. 1-2% of overdosing or stabbing self (sprc.org). Firearms are the most lethal means of suicide in South Dakota and nationally.

- **Store Firearms Offsite:** Ask a trusted friend or family member to keep them until the situation improves. Call your local police, gun range or shooting club to see if they will offer temporary storage. If you cannot store outside the home, store them unloaded and locked in a safe or lock box. Lock them using a cable or trigger lock.
- **Lock up Medications:** Store all medications in a lock box or locked medicine cabinet. Dispose of unused medications following [FDA guidance](http://FDA.gov).
- **Provide Support:** Look for [warning signs](#). Ask if the person is thinking about suicide. If you think the person is in crisis, call 911 or go to the nearest ER. You can also call the [Helpline Center's](#) crisis line at 1-800-273-8255.

For more information, visit:
sdsuicideprevention.org or contact the Helpline Center.