

Prevention Newslink

March 2018

SD Prevention Resource Centers

WPRC

Youth & Family Services

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SEPRC

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*Prevention Network Mission:
Dedicated to promoting safe and
healthy families, schools and
communities.*

Teen Usage of Vaping and JUUL in SD



41% of South Dakota high school students reported in the 2015 SD Youth Risk Behavior Survey that they had tried the vaping method of nicotine delivery. 17.3% reported using this method within the last 30 days. Youth can learn how to purchase JUUL and other vaping items even though they are not old enough by watching YouTube videos. The use of JUUL is concerning because the device is so small that it can be taken into schools, shopping malls, or cars to be used at any time. Adults aren't always aware of what they are looking at, and because there is low to no odor, young people are using tobacco more often and in more places than they should. Tobacco use is harmful no matter what delivery device is used.

Get Ready! Get Set!

SADD

Conferences

March 22, Rapid City • March 23, Brookings

...Meet Friends...Hear Speakers...Be Active...Have Fun...

Upcoming Training and Events

March 20, 2018 Cultural Awareness, Diversity and Inclusion Workshop, Rapid City, Contact Linda at Indclhff@yahoo.com or Vonnie at vackerman@youthandfamilyserices.org

March 20, 2018 Youth Mental Health First Aid, Sioux Falls, Contact Michelle at m.majeres@voa-dakotas.org

March 22, 2018 West River SADD Conference, Grades 9-12, Rapid City, Contact Vonnie Ackerman, (605)-342-1593

March 23, 2018 East River SADD Conference, Brookings, Contact Dodi or Stephanie (605)-884-3156

April is Alcohol Awareness Month www.ncadd.org/aam

April 5, 2018 Youth Mental Health First Aid, Rapid City, Contact Debbie (605)-641-1955

April 6, 2018 Youth Mental Health First Aid, Sioux Falls, HelpLine, Contact Sheri Nelson at (605)-334-6646

April 9, 2018 Mental Health First Aid for Public Safety Training, Mobridge, Contact dominique@youthwisefirstaid.com

April 17, 2018 Youth Mental Health First Aid, Sioux Falls, Contact Michelle at m.majeres@voa-dakotas.org

April 17, 2018 Moral Injury Conference, Sioux Falls, Contact Becky at r.deelstra@voa-dakotas.org

April 24, 2018 Methamphetamine Prevention Forum, Sioux Falls, Contact Melinda at m.olson@voa-dakotas.org

April 26, 2018 QPRT for Suicide Prevention (Question, Persuade, Refer, Treat) Rapid City, Contact Stephanie or Dominique at ssdixon@frontporchcoalition.org or dominique@youthwisefirstaid.com

April 27, 2018 Mental Health First Aid for Older Adults, Rapid City, Contact: dominique@youthwisefirstaid.com

May 5, 2018 16th Annual Front Porch Coalition Suicide Awareness Walk and Fun Run, Rapid City, Old Storybook Island Shelter; In Spearfish, Spearfish City Park

June 6-7, 2018 Mental Wellness Conference, Yankton, Contact yamwi.org@gmail.com

June 11-14, 2018 SAPST (Substance Abuse Prevention Specialist Training) Sioux Falls, Contact Dodi at (605)-884-3516



www.kickbuttsday.org

A program of Campaign for Tobacco-Free Kids, this is a day of activism young people carry out to increase the awareness of the harmful effects of tobacco use. Tobacco use is still the leading cause of preventable death in the United States, killing more than 480,000 people per year.

South Dakota Legislative News

Two house bills (HB1294 & HB1308) were closely watched this session by organizations representing county commissioners, municipal employees, substance abuse treatment and prevention professionals, mental health centers, law enforcement and others. The bills would have attached a fees to the sale of alcohol. Testimony was heard in the House Taxation Committee and HB 1294 was defeated by majority vote.

HB1308 was changed by Hoghouse amendment with new language inserted. It passed out of committee and on to the House floor where it was tabled after testimony, killing it.

Representatives Susan Wismer, (D-Britton), and Tom Brunner, (R-Nisland), were advocates who partnered with numerous groups for the passage of the bills which could have brought funding to counties and cities, treatment and mental health centers, social services, and law enforcement to help people rebuild their lives.



National Prescription Drug Take Back Day

April 28, 2018

This day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

South Dakota Tobacco Control Program

Regional Contacts

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Taking Down Tobacco

Are you looking for a free, comprehensive training program that focuses on tobacco and youth advocacy? Learn about a new training called Taking Down Tobacco created by the Campaign for Tobacco-Free Kids in partnership with CVS Health Foundation. Throughout this initiative, middle and high school students learn about tobacco, how they can educate others, and how to advocate against tobacco in their schools and communities. To learn more, visit [Taking Down Tobacco](#) or view this [Department of Health Tobacco Control Program webinar](#).



Tobacco Community/School Partnership Grant Applications Opening This Spring

The South Dakota Department of Health, Tobacco Control Program is pleased to announce a funding opportunity for community and school-based tobacco prevention and control activities. Application details will be available on the [Community/School Partnership Grants](#) website on April 2, 2018. If you are interested in applying, please visit the website in April to view the grant guidance document and other information to help you complete your grant application. Stay tuned for further details!

Most Popular Cigarette Brands Among Youth

The Centers for Disease Control and Prevention released a [report](#) that identified the three most commonly reported brands among middle and high school students. According to 2012-2016 National Youth Tobacco Survey data, the three most common brands are Marlboro, Newport, and Camel. In 2016, 73.1% of the 78.7% of current student smokers used these brands. Ads for these three brands were also the most commonly recognized.

Learn more about how federal, state, and local organizations counteract tobacco product sales and marketing at the point of sale (POS) at the following website: www.countertobacco.org.



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.

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Focus Areas:

Occupant Protection
Impaired Driving



DRIVESAFESD.COM

Rear Seat Adult Passengers:

BUCKLE UP!




The new (national) survey reveals that many rear-seat passengers don't think belts are necessary because they perceive the back seat to be safer than the front. This shows a clear misunderstanding about why belts are important, no matter where a person sits in a vehicle.

[Link to Full Article](#)

Although safety belts are proven to save lives, more than half of the people who die in passenger vehicle crashes in the U.S. each year are unbelted. One person's decision not to buckle up can have consequences for other people riding with them.

"People who don't use safety belts might think their neglect won't hurt anyone else. That's not the case," Jermakian says. "In the rear seat a lap/shoulder belt is the primary means of protection in a frontal crash. Without it, bodies can hit hard surfaces or other people at full speed, leading to serious injuries," she says.


Nearly 40 percent of people surveyed said they sometimes don't buckle up in the rear seat because there is no law requiring it. If there were such a law, 60 percent of respondents said it would convince them to use belts in the back seat. A greater percentage said they would be more likely to buckle up if the driver could get pulled over because someone in the back wasn't buckled.



Adults, buckle up in the back seat!

UNBELTED REAR SEAT PASSENGERS ARE:




8X more likely to be seriously injured
and **3X** more likely to be killed



DESPITE THESE RISKS,

25% OF ADULTS DON'T BUCKLE UP IN THE BACK.

ALL PASSENGERS SHOULD BUCKLE UP.

 +  = 

- ✓ Every time.
- ✓ Every seat.
- ✓ Every vehicle.

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South Dakota Suicide Prevention



Resources

Statewide Website
SDsuicideprevention.org

The Helpline Center
HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the
Helpline Center



For Additional Information Contact:

Sheri Nelson

sheri@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

Using Technology as a Positive Force for Suicide Prevention

Communication has changed in the past 10 years, especially in our virtual lives. But instead of approaching these changes with fear, I would encourage the suicide prevention field to embrace them as new opportunities for promoting dialogue, fostering supportive connections, and spreading messages of hope.

I've seen the unease around youth cyber safety in my own social media feeds and online news platforms, but let's pause to consider what the research tells us. The fact is, the science is inconclusive on the impact of social media use on mental health and suicide risk. Some research points to potential harm from certain kinds of online interactions for some youth. But other studies show potentially positive benefits, including providing a safe space to seek support for suicide-related feelings. Social media and technology can offer ways to connect authentically with others, especially for young people. Virtual connections can be a lifeline for someone who is feeling isolated in their physical community, allowing individuals to find people online who share similar experiences and can offer empathy and support.

Social media is also a great way to reach a lot of people very quickly, and can serve as a powerful vehicle for spreading messages of hope, support, and recovery. Social media platforms themselves have also been thinking about how to leverage technological tools to help those in crisis. For instance, Facebook has been working with suicide prevention experts for several years to help make crisis services and other resources available to users.

While the research is still playing out on the pros and cons of new technology, there are things we can do today to promote potential benefits and minimize possible risks. In our suicide prevention programs and our personal lives, we can encourage kids to connect in healthy ways, and make sure they know how to reach out for support when they're concerned about someone's online posts. If young people are having conversations online that concern us, we can take the opportunity to talk with them about how they are feeling, offer support, and help them reach out to peers who may be struggling.

I hope we won't let our concerns about potential risks overshadow the opportunities social media and smart devices offer to stay connected, reach out, and support each other. Since technology and social media are here to stay, let's use them for good, building on the positive opportunities to increase social support and connectedness, while at the same time finding opportunities for in-person connections in our families, communities, and prevention initiatives.

Article by Elly Stout, MS, SPRC



Text4Help is crisis texting program available to high school students in South Dakota and is currently available at over 40 schools.

Text4Hope is a crisis texting program available for college students at five universities in South Dakota. For more information on either program, please contact Sheri at the Helpline Center at sheri@helplinecenter.org.

