

Prevention Newslink

December 2017

SD Prevention Resource Centers

WPRC

Youth & Family Services

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SEPRC

Volunteers of America-Dakotas

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NEPRC

Human Service Agency

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PRC Mission Statement

*Dedicated to creating safe families,
schools and communities and
preventing the misuse of alcohol,
tobacco and other drugs.*



Two federal scientific centers at the National Institutes of Health are working to “shatter the myths” about teen substance use by partnering in a week-long observance that can bring together teens and scientific experts for honest conversations about substance use.

First launched in 2010, this campaign aims to connect the latest scientific discoveries about alcohol and drugs with youth who are making decisions about their own health and safety.

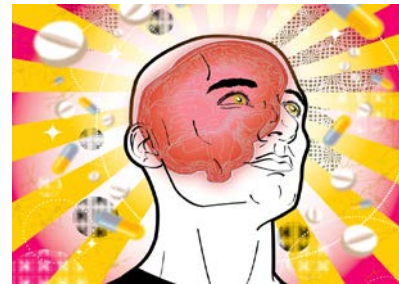
Organizers will find a comprehensive website featuring lesson plans, a variety of campaign activity ideas, parent information, and free items to order in support of the week. An online tool kit (also in Spanish) explains how to plan events and how to find experts who can participate. To learn more about how to sponsor this campaign, go to the following site:

<http://teens.drugabuse.gov/national-drug-facts-week>

National Institute on Drug Abuse (NIDA)

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Preventing Opioid & Methamphetamine Use in State



Existing community prevention coalitions in the state received word from the SD Department of Social Services' Prevention Program that they could apply for money to prevent opioid use and/or prevent methamphetamine use. Dollars have been disseminated to applicants to use evidence-based strategies to fight against drug use.

This means that local communities will enhance services to the community and strengthen the established prevention coalitions with members of law enforcement, social services, pharmacists, court workers, medical personnel and others to fight opioid and/or methamphetamine use. Dollars will be used to fund the strategies of the coalitions to include awareness community forums, data gathering, educational events, and training for clergy, landlords, parents, educators, and others.

Does your community need education about meth and opioids and how to prevent their use? Contact the PRC closest to you for technical assistance and training in these areas. See the phone numbers and email addresses in the box at left.

Upcoming Training and Events

December 13-14, 2017, Natural Helpers Training, Lake Andes,
Contact Melinda at (605)-444-6333

December 14-15, 2017, (QPR) Suicide Prevention Training, Rapid City,
Contact Shana.pourier@cssrapidcity.com

January 3, 2018, Leadership Day, Newell, Contact Sabrina Harmon at
(605)-381-9136

January 9-11, 2018, Project Success Program Training, Pierre, contact
Melinda at (605)-444-6333 or m.olson@voa-dakotas.org

January 15-19, 2018, No Name-Calling Week, Go to
<https://glsen.org/no-name-calling-week>

January 16, 2018, Safety Planning Intervention for Suicide Prevention,
Sioux Falls, Brown Bag Lunch event, contact
www.safetyplanning.eventbrite.com

January 16, 2018, Youth Mental Health First Aid, Sioux Falls, Contact
Michelle at (605)-444-6342

January 23, 2018, Means Restriction Training, Sioux Falls, Brown Bag
Lunch event, www.MeansRestriction.eventbrite.com

January 24, 2018, Youth Mental Health First Aid, Rapid City,
Contact Debbie at (605)-721-5742

January 30, 2018, Youth Mental Health First Aid, Rapid City, Contact
Joan at jmullerlyons@frontporchcoalition.org

February 6, 2018, Youth Mental Health First Aid, Sioux Falls, Contact
Michelle at m.majeres@voa-dakotas.org

February 19, 2018, Youth Mental Health First Aid Training, Rapid City,
Contact Debbie at (605)-721-5742

February 23, 2018, Youth Mental Health First Aid, Brookings, Contact
Dodi at (605)-884-3516



SD Opioid Abuse Needs Assessment

Issued in July 2017, a comprehensive first glimpse of opioid use in the state is available for review.

An Opioid Abuse Advisory Committee was formed in 2016 to track and understand the impact of opioid use in the state. SD Department of Health and the SD Department of Social Services received separate grants to carry out a needs assessment and to support a comprehensive response to state needs to prevent opioid use respectively.

Evidence-based practices and guidelines are being used to develop a strategic plan. Here are some identified strategic priority themes:

Prescribing Practices: Establish and educate providers on guidelines and alternatives to treat non-cancer pain.

Prescription Drug Monitoring Program (PDMP): Increase number of providers who review patient report prior to prescribing, integrate PDMP access with electronic health records, train and educate providers and law enforcement on PDMP reports and processes, and provide access to PDMP data from surrounding states.

Training and Education: Provide training on opioid abuse recognition and testing. Offer training to addiction therapists to treat individuals with opioid use disorder. Provide training to pharmacists and providers on how to work with investigators during fraudulent investigations.

Professional Collaboration and Communication: Provide awareness of substance use disorder counseling and treatment agencies and develop processes for case management across professional lines.

Treatment: Increase statewide treatment capacity to treat opioid use disorder, particularly inpatient and medication assisted treatment (MAT). Create awareness of local and regional counseling and treatment agencies and community resources.

Prevention and Public Education: Provide public education to South Dakotans regarding risks and signs of opioid abuse, as well as resources to prevent addiction.



*Happy and Safe
Holidays to All*

From the Prevention Resource Centers

Opioid Misuse in South Dakota

SUMMARY OF 2017 NEEDS ASSESSMENT FINDINGS

In 2015...

66 individuals died
in a drug-related death. (Vital Statistics, 2015)

24 (36%) OF THOSE DEATHS
ARE ATTRIBUTED TO OPIOIDS



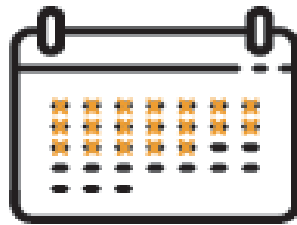
South Dakota ranked 2nd lowest in the nation for
drug overdose deaths. (CDC, 2015)



330 individuals were
HOSPITALIZED as a result
of drug use (SMD, 2015)

Enough doses of opiates were prescribed to
South Dakotans in 2015 to medicate
every SD adult *around-the-clock* for

19 STRAIGHT DAYS.
(SD PDMP Statistical Information, 2015)



Prescription Drug Monitoring Programs

continue to be among the

**MOST PROMISING STATE-LEVEL
INTERVENTIONS**

to improve opioid prescribing, inform
clinical practice, and protect patients at risk.



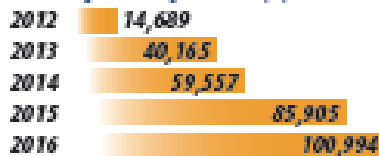
SOUTH DAKOTA HEALTH



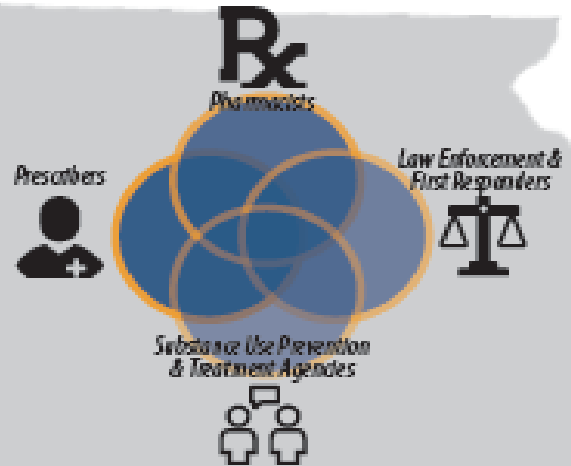
Strong Families - South Dakota's Foundation and Our Future

For more information visit <http://bit.ly/dgofcaw/opioid.aspx>

Online profile queries by year



726 stakeholder responses to a series
of surveys sent Spring 2017



Recommended Strategies



Pharmacists

- better communication with medical providers
- improve utilization of the PDMP
- educate patients on safe use and disposal of opioids



Prescribers

- promote alternative therapies for pain management
- update and enforce prescribing guidelines
- promote continuing education & training
- increase use of PDMP to inform clinical practice and improve patient care



Law
Enforcement &
First Responders

- increase naloxone access and training
- increase public awareness on the dangers of opioids
- increase training on investigative processes and HIPAA guidelines



Substance Use
Prevention &
Treatment
Agencies

- create and support avenues for multidisciplinary team case management
- better coordination with medical providers
- increase awareness of treatment options and efficacy

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



DRIVESAFESD.COM

JAIL AIN'T JOLLY.

Impaired driving is devastating anytime of year, but the pain is even deeper when those crashes occur during the holiday season. South Dakota law enforcement will be once again participating in the National "Drive Sober or Get Pulled Over" Campaign. It is important to have a strong and visible enforcement effort but if SD is going to reduce the number of impaired driving crashes, prevention messaging and personal responsibility must also occur. We all play a part in reducing impaired driving (during the holidays and all year long!)

Each of us has the responsibility to use a designated driver, let friends and family know they can call us for a ride, and/or serve non-alcoholic drinks at holiday gatherings.

Two examples of personal responsibility items are provided below. Please share them with your co-workers, friends, and family. Merry Christmas and safe travels!



AAA SD Tippy Tow – gives you and your car a sober ride home! Back by popular demand! This safety service is offered for **FREE** to members and non-members alike.

Dates: Friday, December 15th (start 6:00pm) through Tuesday, January 2nd (ends 4:00am)

Service Areas:	Sioux Falls	Mitchell	Vermillion
	Rapid City	Yankton	Aberdeen



2017 Mocktails Mix-Off Winner!

Jingle BELLiniS

- 1/8 cup peach nectar – chilled
- 1/4 cup Ginger Ale
- 1/8 cup Sprite/7-Up
- 1/8 cup fresh berries of your choice
- 1 squirt of lemon juice

More recipes can be found online!

MOCKTAILSMIXOFF.COM

Regional Contacts

Western Region

Joan Lindstrom

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Southeast Region

Hilary Overby

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Northeast Region

Roshal Rossman

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rossman@midco.net

Central Region

Ashley Heyne

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aheyne@midconetwork.com



SAVE THE DATE!

March 7, 2018

Spring Tobacco Control Institute

Highland Conference Center, Mitchell, SD

Who should be there?

Tobacco Control Program Grantees, Coalition Members, Prevention Specialists, School Administrators, Counselors, Educators, Post-Secondary Representatives, Healthcare Professionals, Human Resource Specialists, Non-Profit Organizations and Interested Adults.

Scholarship assistance will be available on a first come, first serve basis to cover the cost of attending this meeting.

For more information, please contact the NE Region Tobacco Prevention Coordinator, Roshal Rossman, at (605) 878-0361 or rossman@midco.net

Watch the BeFreeSD.com website for details.



What is JUUL?

There is a new trend of vaping among teens that is becoming a growing concern. It is called JUUL. Maybe you have heard of 'juuling', but many parents are unaware of this product, which is now the best-selling e-cigarette in the United States. **JUUL** is a vapor product that is small and can easily be hidden or mistaken as another object such as a flash drive due to its USB charger. Teens are even finding ways to use JUUL while in school; because of flavoring packets being small, the scent can be mistaken as a perfume or other type of smell. One flavoring packet, or Juulpod, contains 0.7mL with 5% nicotine by weight. This turns out to be equivalent to approximately one pack of cigarettes or 200 puffs. As indicated in a recent U.S. Surgeon General's report, there is no safe level of nicotine exposure among youth, young adults and pregnant/nursing women.



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:

Janet Kittams-Lalley

605-274-1408

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

Suicide & Health Risks from the Lack of Sleep

Did you know that there is a link between suicide and lack of sleep? According to Michael R. Nadorff, PhD, sleep deprivation has a much larger impact on us than most realize. In a landmark study, Van Dongen and colleagues examined the cognitive performance of individuals at different levels of sleep deprivation. Remarkably, they found that individuals who had six hours of sleep per night over a period of 14 days showed the same cognitive impairments as participants who had not been allowed to sleep for two full days. In fact, the only difference between the groups was that the group that had not been allowed to sleep for two days knew they were impaired, whereas the group receiving six hours per night were completely unaware of their impairment.

Think about that! *Sleeping just one hour less than the recommended minimum was associated with meaningful cognitive deficits.* Sleep deprivation has been shown to be associated with increased aggression, reduced ability to tolerate frustration, deficits in moral reasoning, and even auto crashes and suicide risk.

Specific to suicide, prior research has found short sleep duration and sleep deprivation to be associated with suicide attempts in both military and civilian samples. In a large sample obtained from the National Comorbidity Survey, short sleep duration was found to be associated with 2.5 times greater risk of suicidal ideation and 3.0 times greater risk of suicide attempt.

Further, in a study of returning Operation Iraqi Freedom soldiers, 72% of whom slept 6 or fewer hours per night, short sleep duration was found to be associated with several negative outcomes, including significant symptoms of PTSD, depression, substance abuse, and suicide attempts. Although very much in its infancy, there are data suggesting that treating sleep disorders may reduce suicide risk.

According to Nadorff, if you get enough sleep you will be more productive, get sick less often, have fewer injuries and miss fewer days of work.

Article from ICRC-S by Michael R. Nadorff, PhD

Find Joy and Balance



During the Holidays

- *Keep your expectations modest
- *Lean on your support
- *Do something different
- *Make new family traditions
- *Don't overbook
- *Don't stay longer than you want
- * Forget about the perfect gift
- * Exercise
- *Eat sensibly
- *Give yourself a break

Web MD