



Prevention Newslink

April 2025

SD PREVENTION RESOURCE CENTERS (SDPRC)

WPRC

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SEPRC

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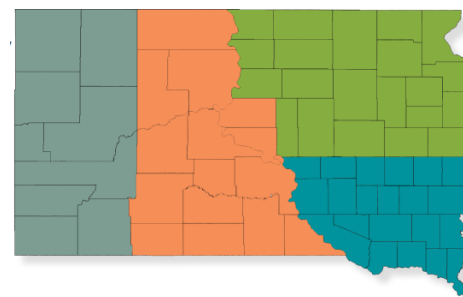
CPRC

*Capital Area Counseling Service
Pierre, SD*

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WELCOME TO THE CENTRAL PREVENTION RESOURCE CENTER

The South Dakota Prevention Resource Centers (SDPRC) are excited to welcome the addition of a Central Prevention Resource Center (CPRC) to their Prevention Network. The CPRC joins the current SDPRCs as a regional support to area prevention needs.



The CPRC will be housed at Capital Area Counseling Service in Pierre with Jana Boockock as the Prevention Coordinator. Jana is an experienced trainer with expertise in behavioral health and wellness, suicide prevention, and substance misuse prevention. In addition to managing state and community-led prevention initiatives, she has provided direct support to youth and adults experiencing behavioral health challenges within their communities.

In recent years, Jana has been a key member of several national projects at Education Development Center (EDC), including the Suicide Prevention Resource Center (SPRC), the Strategic Prevention Technical Assistance Center (SPTAC), and the Community-Led Suicide Prevention initiative. Through these roles, she has delivered training and technical assistance to states and territories, helping build capacity to effectively prevent substance misuse and suicide while promoting emotional well-being.

Jana holds a Master of Social Work degree from Arizona State University and is a Certified Addiction Counselor and Certified Prevention Specialist.

Join us in welcoming Jana and the CPRC to our Prevention Network. If you are interested in learning more about prevention programming, you can find Jana's contact information over there!



Click **HERE** to determine your region's Prevention Resource Center

UPCOMING TRAININGS & EVENTS

How to Build Connections with Generation Alpha

April 29 | 10am (CT) | Virtual
Register [HERE](#)

Positive Youth Development Staff Conference

May 23-24 | Oacoma
Find more information [HERE](#)

SD Association of Addiction & Prevention Professionals (SDAAPP)

May 14 - 16 | Rapid City/Virtual
Find more information [HERE](#)

Understanding ACEs

May 20 | Virtual
Sign up on the CPCM website [HERE](#)

Applied Suicide Intervention Skills Training (ASIST)

May 28-29 | Watertown
For more information, contact
[Stephanie Kinnander](#)

Your Journey Matters 2025 SD Behavioral Health Conference

August 4 & 5 | Sioux Falls
Find more information [HERE](#)

SPF Application for Prevention Success Training (SAPST)

Fall 2025
Registration can use the QR Code below



National Prevention Week is a public education platform showcasing the work of communities and organizations across the country that are preventing substance use and promoting positive mental health.

Here in South Dakota, the Department of Social Services (DSS), Division of Behavioral Health supports prevention programming through their campaigns, such as [SD Suicide Prevention](#), [SD Behavioral Health](#), and [Let's Be Clear](#).

DSS also supports four Prevention Resource Centers (SDPRC) that provide regional support to students, parents, educators, community groups, community agencies, law enforcement and any other interested entities looking for prevention resource materials or support. Each PRC has a resource library and are also able to provide training and education in the areas of prevention.

Finally, DSS supports local community efforts for prevention through contracted providers across South Dakota. To learn more about the SDPRCs and local providers, check [HERE](#).

If you'd like to be active in prevention in your community, you can check out the [Substance Abuse and Mental Health Administration's Prevention Toolkit](#) or touch base with your regional SDPRC for ideas.

MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, and one great thing about mental health is that we all experience it every day. Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, and act and is a major determinater of how we handle stress, relate to others and make choices. Taking care of our mental health is just as important as taking care of our physical health at every stage of life, from childhood and adolescence through adulthood.

During May, we want to increase awareness around mental health and wellness and celebrate recovery from mental illness. We want to share about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.

SAMHSA provides a [toolkit](#) for individuals, schools, providers, and communities to utilize to help promote the message of positive mental health.



PRESCRIPTION DRUG TAKE BACK DAY

Did you know that by cleaning out your medicine cabinet, you are working in the field of substance misuse prevention? If you dispose of unused medication properly, you are helping to prevent drug misuse before it starts. To leave unused medications unattended in your home, poses a risk if not stored or disposed of properly. These medications can end up in the wrong hands which can lead to poisoning, misuse, or intentional or unintentional overdose.

If you want to keep your household safe, you can start by making sure that your medications are stored out-of-reach, or in a [medication lockbox](#).

The next thing to keep your household safe is to get rid of the medications you no longer need. On April 26, we recognize National Prescription Drug Take Back Day. You can find takeback locations listed on the [Let's Be Clear website](#).

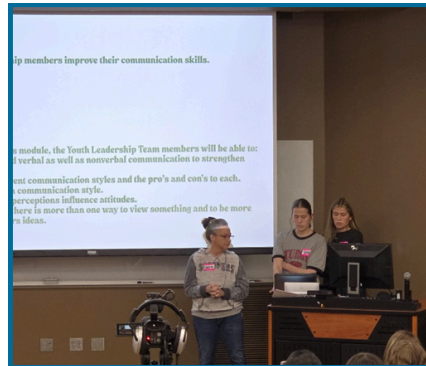
If you are unable to get to a takeback location, you can also request a [Dispose Rx packet](#).

Once you've taken care of your medications, you can continue preventing substance misuse. It starts with open communication and education and should start early and occur often. There are many resources that can help with these conversations. [Drugfree.org](#) is one site that offers tips on preventing substance use and how to talk to your youth about substance misuse challenges. Another good site would be [kidshealth.org](#). This site even breaks it down into age group categories.

2025 SD PEER LEADERSHIP CONFERENCES

The South Dakota Prevention Resource Centers hosted their annual SD Peer Leadership Conferences on March 27 in Rapid City with over 100 people from 19 organizations and on March 28 in Brookings with over 170 individuals from 13 schools.

Both groups were able to hear from Grace from Johnny's Ambassadors to learn about the impact of marijuana use on young people. Sturgis Brown High School's Youth Leadership Team (YLT) also lead the participants through leadership training with prevention campaign ideas they could do within schools/communities across the state. The YLT was a big hit at both conferences with their messages of positivity and support.



In Brookings, the conference was planned by a youth advisory board who chose the theme 'Agents of Change'. The Brookings conference day was extended where participants were also able to hear from Deb and Clark Perkins with Circle of Encouragement Counseling. During this presentation, participants identified challenges youth face and then worked through how to utilize their own strengths to overcome those challenges. Spinning off the theme, students participated in activities to be "special agents" and completed a mission to locate the Declaration of Peer Leaders.



If you are interested in attending future programming for South Dakota Peer Leaders, please contact your local SDPRC.

SOUTH DAKOTA SUICIDE PREVENTION



RESOURCES

STATEWIDE WEBSITE
SDSUICIDEPREVENTION.ORG

THE HELPLINE CENTER
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

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, they 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 has 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 were 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 individuals. 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 such as listening to different music genres.

Overall, the research shows that music therapy can help when interacting with people who are suicidal. Listening to music is a calming activity and should be considered when engaging clients in safety planning options.

To read more into this study, check out the link below.

[Bullard, Erin. "Music Therapy as an Intervention for Inpatient Treatment of Suicidal Ideation." Barcelona Publishers, 2011.](#)



SOUTH DAKOTA TOBACCO CONTROL PROGRAM

Southeast Tobacco Prevention Coordinator

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Northeast Tobacco Prevention Coordinator

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Western Tobacco Prevention Coordinator

Kayla Bolstad

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Quittobaccosd.com

Click [here](#) to determine your region's Tobacco Prevention Coordinator

Earth Day: Tobacco Waste Highlight

As we celebrate **Earth Day on April 22**, it's important to recognize how tobacco products harm not just our health but also our planet. Every year, billions of cigarette butts—one of the most littered items worldwide—end up in our streets, parks, and waterways, leaching toxic chemicals into the environment. The rise of disposable e-cigarettes has worsened the problem, contributing to plastic and electronic waste that is difficult to recycle. Disposable e-cigarettes pose another significant threat to our environment, as many are not disposed properly and leak toxic chemicals wherever they lay.

In the U.S. alone, an estimated **4.5 million disposable vapes** are thrown away each week, adding to the mounting e-waste crisis. Unlike traditional cigarettes, these battery-powered devices contain lithium, heavy metals, and toxic chemicals, which can leak into the environment when improperly discarded. The improper disposal of these devices poses fire hazards, as **more than 245 waste facility fires** in recent years have been linked to lithium-ion batteries. Because most disposable vapes are difficult to recycle, they clog landfills and pollute public spaces.

For more information on how to address tobacco use in your community, or for activities to implement, please visit [Advocacy Tools](#) or [Tobacco Prevention Activities | Quit Tobacco SD](#).

NEW: Vaping Sucks Activity Sheets Available

South Dakota Tobacco Control is excited to announce NEW activity sheets designed for your students. To place an order, please visit [here](#) or contact your regional Tobacco Prevention Coordinator.



UPCOMING EVENTS AND TRAININGS

- May 29th, 2025 9:00-11:00 AM CT / 8:00-10:00 AM MT: CATCH My Breath (Virtual) [Register Here](#)
- Teen Outreach Program (TOP) Training Opportunities
 - [Sioux Falls on May 14-15, 2025](#)
 - [Rapid City on May 28-29, 2025](#)
 - Contact Ashley Heyne (AHayne@BHSSC.org) to register.

For more information on trainings, ordering of materials, or upcoming events, please visit [here](#).

SD SUICIDE PREVENTION NEWSLETTER



2025 SD Behavioral Health Conference

Your Journey Matters

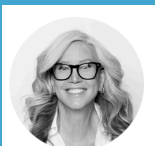
Join us for “Your Journey Matters,” a statewide conference highlighting critical behavioral health efforts in South Dakota. The conference will be held at the Sioux Falls Convention center on Monday and Tuesday, August 4th - 5th, 2025.

At the conference, you will learn more about prevention, treatment, recovery supports, burnout, compassion fatigue and at-risk populations in South Dakota when it comes to behavioral health. Over the two days there will be speakers that are experts in the fields of suicide prevention, traumatic brain injuries and its correlation to mental health as well as lived experience with suicide loss.

Interested in being a vendor? Applications are available [here](#) and must be received by Friday, May 16th.

For additional information on speakers and conference information including hotel reservations, visit <https://sdbehavioralhealth.gov/conference>. Registration opens May 1st.

Keynote Speakers



**Kim Gorgens, Ph.D.,
ABPP**



**David A. Jobes, Ph.D.,
ABPP**



Jamie Tworowski

EVENTS

For more information or to add an event, Visit the SDSP [Calendar](#)

April

15th, 22nd, & 29th – Helpline Center's – [Free Surviving After Suicide Support Class](#), 6:00pm -7:30pm, Sioux Falls*

May

6th, 13th, 20th and 27th – Helpline Center's – [Free Surviving After Suicide Support Class](#), 6:00pm -7:30pm, Sioux Falls*

17th – [NAMI Walks South Dakota](#), 8:00am - 11:30am, Sioux Falls,

June

3rd – Helpline Center's – [Free Surviving After Suicide Support Class](#), 6:00pm -7:30pm, Sioux Falls*

*Helpline Center - 3817 S Elmwood Ave, Sioux Falls, SD 57105

May is Mental Health Awareness Month

May is Mental Health Awareness Month, a time to shine a spotlight on the importance of mental well-being and reduce the stigma surrounding mental health challenges. During the month, we encourage everyone to take a moment to reflect on their mental health, seek support if needed, and promote conversations about mental wellness. Whether it's through practicing self-care, connecting with loved ones, or reaching out to a professional, prioritizing mental health is crucial for leading a balanced and fulfilling life. For resources and guidance, visit <https://sdbehavioralhealth.gov/>, where you can find support and information to help navigate mental health challenges. Let's continue to break the silence, support one another, and work together to create a world where mental health is treated with the same care and attention as physical health.

988 Georouting

In October 2024, the FCC approved new rules requiring U.S. wireless carriers to implement georouting for calls to the 988 Lifeline, ensuring that calls are directed to local crisis centers based on geographic location rather than area code. These changes aim to enhance access to region-specific mental health services. The rules have already taken effect for nationwide providers and will take effect within 24 months for smaller providers. In the future, text providers will also be required to support georouting to improve local crisis response for text-based users.



Population of Focus

Each newsletter will feature a special infographic for populations of focus in the [SDSP strategic plan](#). This newsletter is highlighting [Veteran Suicide in South Dakota](#). Veterans accounted for approximately 15% of suicides in South Dakota from 2019-2022. Two-thirds (68%) of Veteran Suicides are among individuals aged 50 years and older. Self-inflicted gunshot wounds accounted for 76% of Veteran suicides. The Department of Health has added the populations of focus to the data dashboard, found [here](#).



SOUTH DAKOTA
DEPARTMENT OF HEALTH



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Department of
Social Services



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TRIBAL RELATIONS

