



# Prevention Newslink

DECEMBER 2022

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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## TEEN MENTAL HEALTH FIRST AID NOW AVAILABLE

Teen Mental Health First Aid (tMHFA) instructor training was recently held virtually for professionals in South Dakota. As a result, we now have 14 individuals throughout the state ready to help high schools implement the program with their students!

### ABOUT TMHFA:

Teen Mental Health First Aid is a training program brought to the United States by the National Council for Mental Wellbeing in partnership with the Born This Way Foundation. The program teaches teens in grades 10-12 the skills they need to identify signs of a mental health or substance use challenge in their friends and peers, to have supportive conversations and to get help from a responsible and trusted adult.

### WHY TMHFA?

Teens naturally turn to their friends for support before approaching a parent, teacher, doctor or other professional. Because of this, teens need to be equipped with the skills to recognize and respond to a mental health challenge in their peers and know how get help from a trusted adult. This training empowers teens, promotes recovery and resiliency, and creates opportunities for increased trust and shared understanding between teens and their parents, teachers and caregivers.

**Check out the tMHFA website here. For more information, please contact your local PRC, and we can connect you to facilitators in your area.**



## UPCOMING TRAININGS & EVENTS

**DSS Beyond the Curtain Webinar: When Someone Doesn't Know They Need Help**  
January 11th | 11:30 - 1 CT | Virtual  
FREE! [Register here](#)

**Strengthening the Heartland Webinar: How to Discuss Consent with Youth**  
January 24th | 11-12 CT | Virtual  
FREE! [Register here](#)

**Spring Tobacco Control Institute**  
March 29th, 2023 | 9 - 4:30 CT  
Arrowwood Resort, Oacoma, SD  
Registration to come  
Contact Amy Schaefer with questions  
[aschaefer@bhssc.org](mailto:aschaefer@bhssc.org)

**Suicide Prevention Trainings for Faith Leaders**  
The SD Department of Agriculture & Natural Resources (DANR) is hosting a FREE, full day suicide prevention training in both Sioux Falls & Rapid City. The training is designed to increase rural faith leaders' understanding about suicide so that they can help prevent suicides as well as provide support to the farmers and ranchers in their community that have been affected by suicide.

Click below to register!  
[April 25th, 2023 | Sioux Falls](#)  
[April 27th, 2023 | Rapid City](#)

**South Dakota Association of Addiction & Prevention Professionals (SDAAPP) Conference**  
May 10-12th | Ramkota Hotel, Pierre  
Registration info to come

## INTRODUCING THE NEW ASSISTANT DIRECTOR OF THE OFFICE OF PREVENTION AND CRISIS SERVICES

Beginning December 9th, 2022, Tiffany Glaser has stepped into the role of Assistant Director overseeing prevention and crisis services at the Department of Social Services, Division of Behavioral Health. Glaser is excited to have the opportunity to work with Prevention Resource Centers, prevention providers, and crisis services providers to help improve behavioral health outcomes for South Dakotans across the state through quality prevention, early intervention, and crisis services.



Glaser has enjoyed her work with the Division of Behavioral Health for over six years, starting as a program manager overseeing services for justice-involved and at-risk youth under the Juvenile Justice Reinvestment Initiative (JJRI) and then serving as assistant director overseeing both JJRI as well as adult services offered through the Criminal Justice Initiative (CJI). As Assistant Director of the Office of Performance Management and Outcomes, Glaser's focus the past several years has been on data, outcomes, and performance management for treatment services as well as the division's epidemiologist, who monitors behavioral health prevalence rates in the state.

Glaser has a Bachelor of Science degree in Psychology from South Dakota State University and an Executive Master's degree in Public Administration from the University of South Dakota. Glaser is also a recent graduate of the Governor's Leadership Development Program.

Glaser can be reached via email at [Tiffany.Glaser@state.sd.us](mailto:Tiffany.Glaser@state.sd.us)

# HELPFUL WAYS TO STAY SAFE DURING THE HOLIDAYS

## DITCH DRUNK, DRUGGED & DISTRACTED DRIVING

According to the SD Department of Public Safety, 250 people were killed or injured in car accidents attributed to distracted driving in 2021, and South Dakota's seat belt use rate is 8.5 percentage points below the national average. Additionally, 1 in 3 car accidents nationally involve a drunk driver. Inclement winter weather and holiday traffic increases the risk of vehicle accidents, but wearing a seat belt, not using your phone and not driving under the influence are three things you can do to protect yourself and your community. Doing your part to ensure safe driving conditions is the best gift you could give someone this holiday season!

**Sign the  
Sioux  
Falls Buckle  
Up, Phone  
Down pledge  
now!**



## CELEBRATE WITH HOLIDAY MOCKTAILS



Exchange an alcoholic beverage for a delicious, holiday mocktail like the one above! "Grinch Punch" just needs sprite, lemonade concentrate, pineapple juice and lemon-lime kool aid. Extra festive points for a red sugar rim! [Click here to watch the Watertown Police Department make their "Grinch Punch"!](#)

Drinking in moderation and making the swap to a delicious non-alcoholic mocktail will help keep you safe this holiday season!

## DEDICATE TIME FOR YOUR HEALTH

One way to keep your health in mind this holiday season is to listen to a health-centered podcast. Great Plains Quality Innovation Network recently launched a new podcast called "Q-Tips For Your Ears". The series offers short segments on basic healthcare information that matters and that can benefit everyone. Check out their newest episodes for information on diabetes, vaccines, C diff, smoking cessation, antibiotic use, self-measured blood pressure monitoring, opioids, adverse drug events and chronic kidney disease. Make sure to check back often for new episodes and reach out for suggestions on topics!

**Click here to  
access the  
podcast.**



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**FDA's first marketing denial orders on menthol e-cigarettes**

The Truth Initiative put out an article stating the Food and Drug Administration (FDA) has decided to issue marketing denial orders for two Logical brand menthol e-cigarette products. The FDA determined that based on a full scientific review, the products did NOT meet the public health standard that is established by the Tobacco Control Act.

This decision is very important and meaningful as it is the first FDA decision issued on any menthol e-cigarette product. In the most recent data from the 2022 National Youth Tobacco Survey indicated that 26.6% of middle and high school student who used flavored e-cigarettes use menthol. In another study published by the CDC Foundation in collaboration with Truth Initiative showed that the sales of e-cigarettes in "cooling" flavors like menthol increased by nearly 700% making this decision even more critical given the current youth e-cigarette epidemic.

See Truth Initiative's [Press Release](#) or [Article](#) for more information.

According to BRFSS 2021, in South Dakota 24.3% of adults use a tobacco product. The South Dakota QuitLine offers several resources to help people quit for good and people who use a coach are more than 2x as likely to quit and stay quit. South Dakota residents who use tobacco products (including vapes/e-cigarettes) and are 13 years of age or older can utilize the FREE resources through the South Dakota QuitLine.

**KickStart Kits**

- Quit Guide
  - 2 weeks of free NRT medication: patches, gum or lozenges
  - Option to upgrade to 2 more weeks of medication
- Phone Coaching Program
- Quit Guide
  - 12 weeks of phone coaching calls
  - 12 weeks of free NRT or cessation medication

To enroll call the QuitLine at 1-866-SD-QUITS or visit our website at [www.sdquitline.com](http://www.sdquitline.com). To schedule a training on tobacco cessation and the South Dakota QuitLine contact Kaitlyn Ashley, [kashley@bhssc.org](mailto:kashley@bhssc.org) or 605-413-4284.

**EVENTS/TRAININGS**

January 22-28, 2023: Tobacco-Free Awareness Week  
February 2023: Heart Health Month  
February 5-11, 2023: National Burn Awareness Week  
February 19-25, 2023: Through with Chew Week  
February 24, 2023: Great American Spit Out  
March 19-25, 2023: National Poison Prevention Week  
March 31st, 2023: Take Down Tobacco Nation Day of Action  
April 3-9, 2023: National Public Health Week





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[www.SDEMC.org](http://www.SDEMC.org)  
Facebook:  
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## South Dakota EMS for Children December 2022

In South Dakota from January 1, 2022 until November 25, 2022 there have been exactly 700 crashes with drivers where alcohol was involved according to the South Dakota Crash Analysis Tool. 700. Does that shock you? It should. Of those 700 drivers, 11 were killed in alcohol related crashes.

Often as we are out teaching the youth of South Dakota, we ask the question, if 11 people you know died today would that impact you, your town, your church? The students are very honest with us and always answer yes. As an adult, do you feel the same? We ask this to remind are you doing your part to be a designated driver for your friends and family? Do you stop someone that is about to drive impaired? Do you talk to your teens about how dangerous it is to drive impaired? Of the 700 drivers, almost 10% were under the age of 19. Remember legal drinking age is 21. As both peers and parents we need to educate the dangers of driving impaired. It's often harder to encourage an adult not to drive impaired because they lack the ability to reason since they are impaired. We still must try.

The last year we were in classrooms across the state of South Dakota with students educating them about impaired driving and seatbelt safety. We presented to over 700 students. By a raise of hands, we asked each class who had already been designated drivers. We had about 1/3 of every class raise their hands. 1/3 of unlicensed South Dakota teenage drivers raised their hands. Being a designated driver is a life skill and these students have already experienced this. These kids already saved countless lives by being a designated driver, right or wrong, they saved lives. This holiday season I ask you to step up to the roll of being a designated driver.

Happy Holidays,

Jaime, SD EMS for Children