



# Prevention Newslink

JANUARY 2023

## SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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## VAPING & MARIJUANA

The practice of using vaping devices to consume marijuana or cannabis products is becoming increasingly widespread.

**How it works?** Just like nicotine vaping devices, marijuana vapes work by heating a liquid or oil that becomes a vapor the user inhales. Marijuana vaping devices often resemble vaping devices used for nicotine or other e-liquids.

**The risks?** When teens vape marijuana they're putting two vital organs at risk: their brains and their lungs. The brain of an adolescent or young adult continues to grow and develop well into early adulthood and is busy developing critical skills related to problem-solving, impulse control, anticipating consequences and more. Marijuana can get in the way of this crucial development.

It's important for parents and caregivers to note that marijuana may impact the brains of young people differently than it impacts the brains of fully mature adults. Long-lasting or permanent effects on the developing adolescent brain due to marijuana use may include:

- Difficulty with critical thinking skills (attention, problem solving, memory)
- Impaired reaction time and coordination, especially as it relates to driving
- Decline in school performance
- Increased risk of mental health issues including depression or anxiety and, in some cases, psychosis where there is a family history of it

Research also shows that teens who use marijuana are twice as likely as adults to become addicted to it.

Symptoms of vaping-related lung illness, also known as EVALI (E-cigarette, or Vaping, product use Associated Lung Injury), include:

Shortness of breath	Weight loss	Night sweats
Fatigue	Gastrointestinal problems	Low oxygen levels
Lung failure and death (in severe cases)		

**How to recognize if your child is vaping marijuana?** Vaping can be difficult to detect as there is no smoke, minimal odor (although you may catch a whiff) and the vapor produced dissipates rapidly. However, just like smoking, vaping marijuana can result in bloodshot eyes, dry mouth and thirst, increased appetite and shifts in behavior and mood. Sometimes, there is a noticeable change in friends and a decrease in activities that were once enjoyed.

You may also find vaping paraphernalia such as devices that look like flash drives, gel jars that contain dabs, and pods or cartridges that contain THC oil. There's a lot of high-tech-looking equipment that can accompany vaping, so if you're not sure, it might be time to talk to your child about what you found.

Full text article:

<https://drugfree.org/article/vaping-and-marijuana-what-you-need-to-know/>

## UPCOMING TRAININGS & EVENTS

### 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

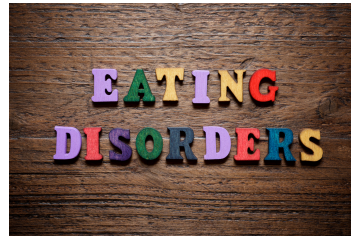
May 10-12th | Ramkota Hotel, Pierre  
Registration info to come

## PREVENTION CAMPAIGNS

Random Acts of Kindness Day -  
February 17, 2023

Random Acts of Kindness Week  
- February 12-18, 2023

<https://www.randomactsofkindness.org/rak-day>



Eating Disorders Awareness Week  
February 27-March 5, 2023

<https://www.nationaleatingdisorders.org/get-involved/nedawareness>

love is respect.

Teen Dating Violence Awareness Month -  
February 2023

Click on the image to download this year's action guide:



## be about it

Teen Dating Violence Awareness Month 2023 • Action Guide

## MULTI-DISCIPLINARY RESPONSE TO VICTIM SERVICES CONFERENCE



Thursday,  
Feb. 9, 2023  
8-4:30 p.m.

South Dakota Tobacco  
Control Program  
Regional Contacts



**Southeast Region**

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## Save the Date for Spring Tobacco Control Institute 2023

Mark your calendars! The Spring Tobacco Control Institute 2023 is scheduled to be back in person this spring!

**March 29, 2023 9:00am – 4:30pm CT**

**(Registration opens at 8:30am)**

**Arrowwood Resort & Conference Center at Cedar Shore  
Oacoma, SD**

Key topics will include:

- State of the State updates on programs, data, and media
- Media and communications planning
- Promoting cessation
- Regional networking
- ...and more!

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 Amy Schaefer at [aschaefer@bhssc.org](mailto:aschaefer@bhssc.org)

## Tobacco Control Program Grant Opportunities

The South Dakota Tobacco Control Program is excited to announce two grant opportunities opening on January 13, 2023!

**Tobacco Disparities Grant** is to promote health equity by incorporating a long-term change aimed at reducing disparate tobacco use among the following SD TCP priority populations: American Indians, pregnant and postpartum women, people of low socioeconomic status (SES), and the behavioral health populations.

**Tobacco Youth & Community Engagement Grant** is designed to focus on engaging youth and young adults, as well as their community, in tobacco prevention (including e-cigarettes) and cessation. Grantees should focus their efforts on supporting and implementing evidence-based interventions and activities that are specifically for youth (under 18 years old), young adults (18-24 years old), or community-based efforts to learn about tobacco prevention and cessation.

To view more details visit <https://doh.sd.gov/prevention/tobacco/>

## 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 31, 2023: Take Down Tobacco National Day of Action
- April 3-9, 2023: National Public Health Week

# South Dakota Suicide Prevention



## Resources

**Statewide Website**  
[sd-suicideprevention.org](https://sd-suicideprevention.org)

**The Helpline Center**  
[HelplineCenter.org](https://helplinecenter.org)

**If you or someone you  
know needs help with...**

- Depression • Grief
- Relationship conflicts
- Drugs • Alcohol
- Suicidal thoughts

# What Employers Need to Know About Suicide Prevention

by Kayla Follmer and Matt C. Howard

Between 1999 and 2018, the rate of suicide deaths in the United States increased by 35%. Each year, approximately 47,000 Americans die by suicide, which equates to approximately 130 deaths each day. The majority of suicide deaths occur among working age individuals, and statistics show that the number of suicides enacted at work have reached record highs.

Suicide is a complex phenomenon that is influenced by several intersecting life factors, including individual attributes, environmental conditions, and access to lethal means. As a result, identifying employees at risk for dying by suicide is a complicated process. Research has shown that one important piece of the puzzle involves employees' work experiences, including characteristics of the job itself (e.g., meaningfulness, autonomy, variety) and social interactions with coworkers. Our review of the literature uncovered a multitude of factors that predict suicide-related thoughts and behaviors among employees, including interpersonal relations, work-family conflict, unstable employment, unemployment, burnout, fatigue, job demands (e.g., workload, stressors, scheduling), job characteristics (e.g., meaningfulness, autonomy, variety), and the physical work environment (e.g., ergonomic and safety features).

The Suicide Prevention Resource Center (SPRC) recommends that organizations use three primary strategies to address suicide:

1. Create a respectful work environment and foster social inclusion
2. Identify employees who may be at risk
3. Create a plan to take action

Unfortunately, not all suicide deaths are preventable, it's important for organizations to have a plan for postvention. After a suicide death, it is imperative that the process be handled with compassion and sensitivity. Not everyone experiences grief in the same way, it's important to allow people the space to grieve and provide them support and resources to cope with the loss.

The Helpline Center can connect organizations and businesses with suicide prevention trainings for the workplace. For more information, please call 988 or email [trainings@helplinecenter.org](mailto:trainings@helplinecenter.org).

Full text article:

<https://hbr.org/2022/01/what-employers-need-to-know-about-suicide-prevention>



## January – March 2023 Newsletter

### SUICIDE PREVENTION EVENTS

#### Second Annual Suicide Prevention Conference

The Department of Social Services, Division of Behavioral Health, along with their state partners, are excited to announce the second annual Suicide Prevention Conference, which will be on August 10<sup>th</sup> and August 11<sup>th</sup>, 2023, at the Sioux Falls Convention Center. This no-cost conference is a great opportunity to continue the conversation around suicide prevention in South Dakota, featuring key speaker Kevin Hines, a suicide attempt survivor and Dr. Craig Bryan, a board-certified clinical psychologist and Veteran. Click [here](#) for more details. Registration is yet to come.



### EVENTS

For more information on events, or to add an event, visit the [South Dakota Suicide Prevention Calendar](#).

#### April

4/25 | Sioux Falls  
4/27 | Rapid City  
Suicide Prevention Trainings for Faith Leaders – More information [here](#)

#### August

8/10/2023-  
8/11/2023 – Suicide Prevention Conference, Sioux Falls – More information [here](#)

Remember, free training is available! To find the [list of trainings](#) and to request a training for your community, [click here](#).

#### Suicide Prevention Trainings for Faith Leaders

The South Dakota Department of Agriculture and Natural Resources (DANR) is hosting two, FREE, full day suicide prevention trainings. They will be in Sioux Falls and Rapid City and will feature identical topics. The training has been designed to increase rural faith leaders' understanding about suicide so that they can help prevent suicides as well as provide support to farmers and ranchers in their community that have been affected by suicide. DANR encourages clergy, spiritual and faith leaders including chaplains, elders, deacons, sisters, youth pastors, parish nurses, church board members, church staff, and congregational suicide prevention advocates to consider participating. Pre-registration is required. Click on one of the links below to register!

[Registration for April 25<sup>th</sup>, 2023 | Sioux Falls](#)

[Registration for April 27<sup>th</sup>, 2023 | Rapid City](#)

### 988 Launch Updates

#### Data Dashboard/988 Materials

988 is the new three-digit number for mental health crises that launched nationally on July 16<sup>th</sup>, 2022. Since the launch through November 30<sup>th</sup>, 2022, the Helpline Center has had 2,529 total contacts from those in need. Through these contacts, 94.08% of the crisis calls were stabilized by the end of the call and did not require further action, thus requiring fewer interventions by law enforcement. Click [here](#) to learn more about the impact 988 has had on South Dakotans. If you are interested in spreading the word about 988 through promotional materials, click [here](#) to order 988 materials from the Helpline Center.