

Prevention Newslink

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SUMMER ALCOHOL SAFETY

Barbeques, bonfires, and boating are just a few activities that we look forward to during the summer; and sometimes, a cold alcoholic beverage accompanies these activities. As long as they are consumed legally and responsibly, they can be an enjoyable part of the summer. However, many people do not realize the toll that drinking alcohol under the hot summer sun can have.

Both alcohol and the sun can cause dehydration. Pairing these two things together can create a situation where your body is less able to regulate its own temperature which can lead to heat stroke. If you consume alcohol, make sure you keep yourself hydrated by consuming plenty of water as well.

Combining sun and alcohol also accelerates the intoxicating effects. This could lead to quicker decreased coordination and decision making skills which is especially dangerous during activities like swimming and boating.

Alcohol while swimming can skew your sense of direction, depth, and distance. The dangers of this could be diving into shallow water, trying to swim farther than you expected, or swimming the wrong direction. All of these could lead to drowning or serious head injuries.

Nearly one third of all boating fatalities involve alcohol. If you plan to be the driver of any type of watercraft, save the alcohol for when you are safely back on dry land.

This summer have fun participating in all of your favorite outdoor activities; but make sure you think before you drink outdoors.

Emerging Substance of Concern: Kratom

What is kratom? Kratom is a tropical tree (*Mitragyna speciosa*) native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects. Common names for kratom include Biak, Ketum, Kakuam, Ithang, and Thom.

Kratom is not currently an illegal substance and has been easy to order on the Internet. It is sometimes sold as a green powder in packets labeled "not for human consumption." It is also sometimes sold as an extract or gum.

How do people use kratom? Most people take kratom as a pill, capsule, or extract. Some people chew kratom leaves or brew the dried or powdered leaves as a tea. Sometimes the leaves are smoked or eaten in food.

How does kratom affect the brain? Kratom can cause effects similar to both opioids and stimulants. Two compounds in kratom leaves, mitragynine and 7- α -hydroxymitragynine, interact with opioid receptors in the brain, producing sedation, pleasure, and decreased pain, especially when users consume large amounts of the plant. Mitragynine also interacts with other receptor systems in the brain to produce stimulant effects. When kratom is taken in small amounts, users report increased energy, sociability, and alertness instead of sedation. However, kratom can also cause uncomfortable and sometimes dangerous side effects.

What are the health effects of kratom? Reported health effects of kratom use include nausea, itching, sweating, dry mouth, constipation, increased urination, loss of appetite, seizures, and hallucinations. Symptoms of psychosis have been reported in some users.

Can a person overdose on kratom? There have been multiple reports of deaths in people who had ingested kratom, but most have involved other substances. A 2019 paper analyzing data from the National Poison Data System found that between 2011-2017 there were 11 deaths associated with kratom exposure. Nine of the 11 deaths reported in this study involved kratom plus other drugs and medicines, such as diphenhydramine (an antihistamine), alcohol, caffeine, benzodiazepines, fentanyl, and cocaine. Two deaths were reported following exposure from kratom alone with no other reported substances (Post et al, 2019. *Clinical Toxicology*). In 2017, the FDA identified at least 44 deaths related to kratom, with at least one case investigated as possible use of pure kratom. The FDA reports note that many of the kratom-associated deaths appeared to have resulted from adulterated products or taking kratom with other potent substances, including illicit drugs, opioids, benzodiazepines, alcohol, gabapentin, and over-the-counter medications, such as cough syrup. Also, there have been some reports of kratom packaged as dietary supplements or dietary ingredients that were laced with other compounds that caused deaths. People should check with their health care providers about the safety of mixing kratom with other medicines.

Is kratom addictive? Like other drugs with opioid-like effects, kratom might cause dependence, which means users will feel physical withdrawal symptoms when they stop taking the drug. Some users have reported becoming addicted to kratom. Withdrawal symptoms include muscle aches, insomnia, irritability, hostility, aggression, emotional changes, runny nose, and jerky movements.



How is kratom addiction treated? There are no specific medical treatments for kratom addiction. Some people seeking treatment have found behavioral therapy to be helpful. Scientists need more research to determine how effective this treatment option is.

Does kratom have value as a medicine? In recent years, some people have used kratom as an herbal alternative to medical treatment in attempts to control withdrawal symptoms and cravings caused by addiction to opioids or to other addictive substances such as alcohol. There is no scientific evidence that kratom is effective or safe for this purpose; further research is needed.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services and can be found at <https://www.drugabuse.gov/publications/drugfacts/kratom>.

SD DEPT OF HEALTH MEDICAL MARIJUANA

In 2020, the voters of South Dakota passed Initiated Measure 26 and approved medical cannabis. The program is on schedule for implementation. The Departments of Health and Education are creating and will operate a new regulatory program to ensure the safety of patients, students, and the public in this new industry.

For more information, check out <https://medcannabis.sd.gov/>.

SD Prevention Framework

Multiple state agencies worked collaboratively to develop the South Dakota Prevention Framework to create common language and a process when doing prevention programming. Check out <https://prevention.sd.gov/#panelTwo> for a prevention programming guide along the continuum of Good, Better, and Best.

Upcoming Training and Events

July 19 Social Norms 3-Part Series: Webinar 1: An Introduction to the Science of the Positive [Register here](#)

August 11 Behind the Curtain Webinar Series: Prevention Services, 11:30 am (CST) [Register here](#)

August 16 Social Norms 3-Part Series: Webinar 2: Introduction to Positive Community Norms [Register here](#)

August 16-20 Science Based Drug Education, Camp Rapid- Rapid City Contact Vonnie at vackerman@youthandfamilyservices.org or 605-342-1593

August 18-19 Mission Possible: Reducing the Impact of Substance Abuse and Mental Illness in Our Communities, Hilton Garden Inn, Downtown Sioux Falls or Virtual Event Platform - [Register here](#)

September 20 Social Norms 3-Part Series: Webinar 3: Applying the Science of the Positive in Strategic Communication - [Register here](#)

October 7 - Sioux Falls - Strengthening Families Program 10-14 - Contact Tiffany Butler at Carroll Institute (605) 275-1304

October 13 Behind the Curtain Webinar Series: FY21 Data and Outcomes, 11:30 am (CST) [Register here](#)



UNDERSTANDING ACEs (ADVERSE CHILDHOOD EXPERIENCES)

Participants will learn:

- about the ACEs
- brain development and epigenetics in the brain
- behavioral impact due to exposure to trauma
- about resiliency and building resiliency in others
- about their role in creating self-healing communities.

PLEASE NOTE: These FREE training events are open to the public. Due to the graphic nature of the topic, it is recommended that children do NOT attend these events.

For more information, contact:

Cassie Nagel, Education & Public Awareness Specialist
Cassie.Nagel@chssd.org | 605.965.3147

CHILDREN'S HOME SOCIETY | PREVENTION, TRAINING AND EDUCATION | CHSSD.ORG

JULY TOPICS:
Please RSVP using the links below.

**PART I:
Neuroscience and Epigenetics**
Thursday, July 8, 2021
12:00pm – 1:00pm MT / 1:00pm – 2:00pm CT
[REGISTER HERE](#)

**PART II:
The ACE Study**
Thursday, July 15, 2021
12:00pm – 1:00pm MT / 1:00pm – 2:00pm CT
[REGISTER HERE](#)

**PART III:
Building Resilience**
Thursday, July 22, 2021
12:00pm – 1:00pm MT / 1:00pm – 2:00pm CT
[REGISTER HERE](#)

**FILM SCREENING:
Resilience: The Science of Hope**
Thursday, July 29, 2021
12:00pm – 1:15pm MT / 1:00pm – 2:15pm CT
[REGISTER HERE](#)



Center for Disabilities



Project ECHO:

University of South Dakota

Early childhood and related professionals are invited to join us for Project SCOPE: Supporting Children of the Opioid Epidemic, a national training initiative intended to build provider capacity and confidence in applying evidence-based practices in screening, monitoring, and interdisciplinary support for children and families diagnosed with Neonatal Abstinence Syndrome (NAS), Neonatal Opioid Withdrawal Syndrome (NOWS), or who are suspected of being impacted by substance use, trauma, or related exposure.

**Join us for sessions weekly on
Thursdays! 12:00-1:00pm CT
July 15 to September 2.**

7/15	Introduction to the Opioid Crisis and Social Determinants of Health
7/22	Addiction and Treatment
7/29	Neonatal Abstinence Syndrome
8/5	Monitoring Child Development and Linking to Services
8/12	Trauma, ACEs, and Trauma-Informed Care
8/19	Substance Exposure, and Speech/Language, Motor, and Sensory Concerns in Children with NAS
8/26	Fetal Alcohol Spectrum Disorders
9/2	Models of Care/SCOPE Wrap Up

Register via the link

<https://usd.zoom.us/meeting/register/tjcpdOupqz0tGtV9WRsMGPyAAUX-ajE1V7qQ>

After registering, you will receive a confirmation email containing information about joining the sessions. Register once and you can attend any of the sessions. Join each session via Zoom from an internet-enabled device.

For more information visit <https://www.usd.edu/echo> or email ProjectECHO@usd.edu

National Night Out (NNO) is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. NNO enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in NNO across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the **first Tuesday in August**. Visit <https://natw.org/> to learn more.



Promoting Mental Well-Being in a Post-Pandemic World

South Dakota Suicide



Prevention Resources

Statewide Website

sdsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the



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

The Association of State and Territorial Health Officials ([ASTHO](#)) has published the blog post "[Promoting Mental Well-Being in a Post-Pandemic World.](#)" The piece highlights the Action Alliance for Suicide Prevention's ([Action Alliance](#)) [Mental Health & Suicide Prevention National Response to COVID-19.](#)

Although suicide was a public health issue in the U.S. before the COVID-19 pandemic began, Americans are now reporting increased mental health challenges like depression, anxiety, and suicidal behaviors. In addition, millions have experienced financial hardships, social isolation and loneliness, and increased stress—all of which are shared risk factors for mental health conditions, suicidal behaviors, and substance misuse.

However, the pandemic has also created some opportunities for us to improve mental health and suicide prevention efforts across the country. A recent survey found over 80% of Americans say that it is [more important than ever to make suicide prevention a national priority](#) because of COVID-19. Notably, Congress approved 988 which is being recommended as a universal, easy to remember, three-digit mental health and suicide prevention number to connect people who are struggling to get the help they need. 988 is not currently active nationally and may not connect callers to the Lifeline. Please continue to share 1-800-273-8255 with anyone wishing to connect to the Lifeline.

State public health officials have taken bold action over the past 12 months to mitigate the physical impacts of COVID-19, and the same swift action should be applied to mitigate the acute and potential long-term mental health, suicide, and substance use impacts.

The National Response's [An Action Plan for Strengthening Mental Health and Prevention of Suicide in the Aftermath of COVID-19](#) (Action Plan) provides a roadmap for addressing the mental health, suicide prevention, and substance misuse prevention needs spurred by COVID-19. The six priorities of the Action Plan focus on strengthening systems and championing policies to support all individuals today and in the years to come. These include:

- Changing the national conversation about mental health and suicide.
- Increasing access to evidence-based treatments for substance use and mental health disorders in specialty and primary care.
- Increasing the use of non-punitive and supportive crisis intervention services.
- Establishing near real-time data collection systems to promptly identify changes in rates of suicide, overdose, and other key events, and of clusters or spikes in these outcomes.
- Ensuring the equitable delivery of comprehensive and effective suicide prevention and mental health services for Black Americans and others disproportionately impacted by COVID-19.
- Investing in prevention and early intervention approaches that treat the root causes of suicide and mental health problems.

-Information from [SPRC Spark](#)

For Additional Information Contact:

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Regional Contacts

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Free resources to encourage smoke and vape-free buildings and cars

People who do not allow smoking in their home, vehicle, or workplace are far more likely to quit using tobacco products. This simple step can help tobacco users change their habits and stay on track with their quit goals. It also benefits family and friends by reducing exposure to secondhand smoke.

Smoke and vape-free notices let everyone know you're providing a healthy environment for all.

Order **free** window clings from the SD Department of Health. Please note the stock number before you click the "order" buttons below. It will help you locate the specific item you're searching for.

Window clings for buildings

Window clings for buildings are a great way to reinforce a no smoking policy by letting visitors and tenants know smoking and vaping is not allowed on the premises.

Hang this cling at your:

- Restaurant
- Apartment complex or home
- Workplace
- Any smoke and vape-free facility



Title: Smoke & Vape Free Building
Window Cling 4x5
Stock Number: TCP056

Window clings for cars

When people smoke or vape in a car, they expose other passengers to toxic secondhand smoke—even with a window down. A window cling gently reminds everyone to smoke or vape outside, not while in the car.



Title: Tobacco Free Vehicle Sticker
Stock Number: TCP057

Need help with your order?
Contact Rebecca Piroutek.

ORDER HERE



DRIVESAFESD.COM

South Dakota EMS for Children

July 2021

July is the first full month of summer and with it comes some of the busiest times of travel on South Dakota roadways. Travelers across the country begin their journeys to some of the best sites in the US. With travel comes the danger of motorists driving impaired on South Dakota roadways.

The 100 days of summer starts with the Memorial Day holiday and finishes up after Labor Day each year. During this time law enforcement works hard to keep South Dakota roadways safe with citing of speeding, drunk driving, and failing to buckle up. These 100 days during the summer are some of the deadliest times on the road and prevention is key.

In the office of South Dakota EMS for Children, there is a list of prevention programs available to the public for education. Summer is the perfect time to see what program is best for you and your group's needs. For impaired driving, there are interactive programs and campaigns to mitigate the risk of driving while impaired for all ages.

This summer has been filled with presenting to Driver's Education groups across the state of South Dakota. Giving new teen drivers the education on what it means to drive impaired and what the repercussions are for making that choice. In South Dakota, surveys have shown that nearly half of all high school students drank in a 30-day period. Young drivers (ages 16-24) make up 40% of drivers involved in a fatal, alcohol-impaired crash. (SD DPS website) Education of zero tolerance is key for the success of this program.

Contact Jaime today to schedule your group presentation on impaired driving.



Jaime Bartell
900 E 54th St N
Sioux Falls, SD



(605)328-667



Jaime.Bartell@usd.edu



www.SDEMSC.org



Be on the lookout for our summer impaired campaign across SD.