

PREVENTION NEWSLINK

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PREVENTING SUMMERTIME SUBSTANCE MISUSE IN YOUTH

While summer break is an excellent time for youth to relax and recharge for the next school year, research shows that first time experimentation and use of alcohol and drugs peaks among teenagers in the months of June and July (SAMHSA). There are many reasons why summer is a common time for young adults to experiment (or increase the frequency of present use) with drugs and alcohol, but a few of the top factors include: increased free time and independence, decreased supervision, peer pressure from friends who are using substances and increased availability of events where alcohol and drugs are more easily obtained. Below are a few ways to help reduce the rise of substance misuse in youth this summer.

Supervise & Monitor: When possible, try to make sure that you or another trusted adult is present or checking in on your youth. When not directly supervised, know where your young person is and who they are with, and don't hesitate to call, text or snapchat your child for updates throughout the day!

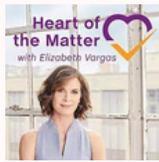
Keep them busy: According to a study done by the National Center on Addiction and Substance Abuse, teenagers who describe themselves as "frequently bored" increase their chances of getting drunk, using illegal drugs and smoking by 50%. Keeping your teen busy with meaningful and enjoyable activities can decrease the likelihood of high risk choices made during the transition from school to summer!

Set expectations and routines: Ensure that your rules, expectations and subsequent consequences relating to drugs and alcohol are clear to your child. Instill responsibility and accountability with summer chores, tasks or jobs.

Be there for them: Having just one supportive adult present in a youth's life is a protective factor against substance misuse. Enjoy lots of quality time with your child during the warmer months!

EXTRA FREE TIME THIS SUMMER? CHECK OUT OUR PODCAST RECOMMENDATIONS!

- "Heart of the Matter" hosted by Elizabeth Vargas - features personal and candid stories about addiction, and is helping to reshape the narrative surrounding substance use and mental health.
- "Unlocking Us" hosted by Brené Brown - features conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.
- "Why We NAMI" hosted by Mallory Kloucek and Angela Hyde - explores the subject of mental health, helping you stay connected, stay informed, and stay well. Brought to you by NAMI South Dakota!



JULY IS NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH!

Racial and Ethnic minority communities face unique struggles regarding mental illness in the United States. The Covid-19 pandemic has made it even harder for minority groups to get access to mental health and substance-use treatment services. Click [here](#) for resources to help observe July as National Minority Mental Health Awareness month.



NEW ALCOHOL SCREENING TOOL RELEASED BY THE CDC

With summertime approaching, there are more opportunities to enjoy time outside with friends and family. Often times, summer activities also include the possibility for alcohol consumption. Drinking too much alcohol in the summertime is particularly dangerous as the heat and alcohol work together to dehydrate your body--making heat stroke a possibility. Click [here](#) to take 5-10 minutes to complete this screening tool and build a plan to make lower risk choices surrounding alcohol use.



SEE • SAY • DO SOMETHING

According to a 2019 report by the US Secret Service National Threat Assessment Center, almost all mass school shooters shared threatening or concerning messages or images prior to the attack, and more than 75% raised concern from others prior to the attack. Knowing and identifying warning signs can prevent school and other mass shootings. **QPR institute has just released a FREE and open to the public 30 minute web-based simulated training to prepare ordinary citizens to recognize and respond to red flag warning signs of a school shooter.** Click [here](#) to take the free training.

988 LAUNCHING IN JULY Beginning July 16, 2022, 988 will be the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support is available for anyone experiencing mental health-related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. Moving to 988 does not mean the 1-800-273-8255 number goes away. After July 16, 2022, using either number will get people to the same services. In the end, 988 is an easier-to-remember way to access a strengthened and expanded network of crisis call centers.

Upcoming Training and Events

PTTC Two-Part Webinar Series: Prevention Meets Harm Reduction: How Community Collaborations Work Across the Continuum

Part One: June 28th 12-1:30pm CST [register](#) | Part Two: June 30th 12-1:30 CST [register](#)

CADCA's 21st Annual Mid-Year Training Institute

July 17th-21st, Orlando FL | rates vary | click [here](#) for more info & to register

Start the Conversation: 2022 Suicide Prevention Conference

August 11th 10-5 CST & August 12th 8-12 CST | Sioux Falls Convention Center | click [here](#) to register

NPN 2022 Conference: Healthy Opportunities for Prevention to Empower Change

August 23rd - 25th | virtual | \$300-350 | click [here](#) to register

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Teddy Bear Den Success with SD QuitLine

The Teddy Bear Den's mission is to promote healthier pregnancies, healthier babies, and a healthier community. The Teddy Bear Den helps economically disadvantaged pregnant women in the Sioux Falls community seek regular prenatal care so they can have the healthiest pregnancies possible. They work on implementing new ways of addressing the smoking habits of participants at the Teddy Bear Den. The Teddy Bear Den created methods of informing their participants about the Quitline. Due to the large relapse rate, the Den has been working on plans to assist their participants with beating their cravings and triggers both before and after they have had their child. This has been a great way to get their participants involved and carry the items the participants would like to have on hand. The Den provides items that assist their participants through their 10-minute cravings like gum, sunflower seeds, bomb pop suckers, pretzels, etc. The Den also shows participants the changes that not smoking can make to their body and wallet. Over the last year, they have record of 13 women receiving points for showing the Teddy Bear Den their Quitline graduation information.

For more information about the Teddy Bear Den, visit: [Teddy Bear Den](#).

Tobacco Control Program Updates

The Tobacco Control Program welcomed Miranda Stabe as the new Southeast Tobacco Prevention Coordinator. Miranda will cover southeast South Dakota and is based out of Sioux Falls. If you have prevention needs or questions, Miranda can be contacted at mstabe@bhssc.org.

The South Dakota Tobacco Control Program is currently accepting applications for the Central Tobacco Prevention Coordinator. If you are interested in applying for the position, you can see the job listing here: [Tobacco Prevention Coordinator - Pierre, SD 57501 - Indeed.com](#)

EVENTS/TRAININGS

- June 2022: Men's Health Month
- August 1, 2022: World Lung Cancer Day
- September 2022: National Recovery Month
- October 2022: Children's Health Month, Healthy Lung Month, National Dental Hygiene Month
- October 9-15, 2022: National Fire Prevention Week
- October 10, 2022: World Mental Health Day
- October 24-28, 2022: Red Ribbon Week

Firearm Safety: Preventing Death by Suicide

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



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

- Firearm suicides are the fourth leading cause of injury death for children ages 10-19.
- Approximately nine children and adolescents ages 10 to 19 die by firearm injury each day in the U.S., and about three of those deaths are suicide-related firearm injury
- Firearm injury suicide death rates increased by 6.3% per year on average between 2010 and 2019.

In 2006, Frances Baxley conducted a study regarding parental misperceptions about their children's knowledge about firearms in the home. The study found 3 in 4 children ages 5-14 knew where firearms were hidden in the home but 39% of their parents thought that their child did not know the location of the firearms. Additionally 1 in 3 children ages 5-14 had handled a firearm in the home but 22% of their parents mistakenly thought that their child had never handled the firearm. Parents can help prevent firearm injury deaths by storing firearms safely. Safe storage is as simple as using gun safes or gunlocks, and store bullets separately. If someone in the household is experiencing a mental health crisis, practicing means safety can help prevent their death.

CALM: Counseling on Access to Lethal Means is a free online training that focuses on means safety. Means safety limits a person's access to methods they may use to kill themselves. Click [here](#) to register online and complete the course.

June 3-5th is National Gun Violence Awareness – advocates around the world wear orange to promote awareness and remembering those affected by gun violence.

Sources

Baxley F, Miller M. Parental Misperceptions about Children and Firearms. *Arch Pediatr Adolesc Med.* 2006;160(5):542–547.
doi:10.1001/archpedi.160.5.542

Children's Safety Network. (n.d.). *Firearm Safety: Preventing Death By Suicide*. Firearm Safety: Preventing Death by Suicide. Retrieved May 23, 2022, from www.childrensafetynetwork.org/infographics/firearm-safetypreventing-death-suicide

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