

PREVENTION NEWSLINK

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DID YOU KNOW YOU CAN OBTAIN NARCAN (NALOXONE) WITHOUT A PRESCRIPTION AT PARTICIPATING PHARMACIES?

In South Dakota, as of October 1, 2020, any person who is at risk of an opioid-related overdose or is able to assist an at-risk person (a family member, friend, or close 3rd party) can get Narcan (life saving opioid reversal nasal spray) from a participating pharmacy without a prescription. Simply call your pharmacy and ask if they are participating in the statewide standing order for naloxone.

- For those with insurance (including Medicaid): Naloxone will be covered by the payor source.
- For those experiencing financial circumstances that impact your ability to pay, you can get Naloxone for FREE at participating pharmacies.
- Visit www.avoidopioidsd.com/take-action/reverse-overdose/ to learn more.



Naloxone is extremely safe, non life-threatening and is not a controlled substance. There are Good Samaritan laws in SD that protect those who administer Narcan. Anyone can carry Narcan and save a life!

Anyone taking prescription opioids is at risk for an overdose, whether intentional or not.

What you can do:

- Know the signs of an overdose
- Obtain Narcan
- Safely store and dispose of medication
- Spread Awareness





NATIONAL DRUGS AND ALCOHOL FACTS WEEK

MARCH 21 - 27

National Drug and Alcohol Facts Week, or NDAFW, is an annual, week-long, health observance that inspires dialogue between scientists, students, educators, healthcare providers and community members about the science of drug use and addiction among youth so that we can improve the prevention and awareness of substance misuse in our own communities and nationwide.

Ways to participate:

- Plan a NDAFW event - click [here](#) for ideas
- Educate yourself and others - click [here](#) to test your IQ
- Dive into the science - click [here](#) for science - based information
- Order free materials - click here for [handouts](#) and [teachers guides](#)

PROJECT AWARE

(ADVANCING WELLNESS AND RESILIENCE IN EDUCATION)

Project AWARE strives to improve access to mental health services through sustained partnerships between the state and community levels. Three new videos and a video guide are now available for parents and caregivers on these topics:

[Middle Child Development](#)

[Adolescent Development](#)

[Child & Adolescent Mental Health](#)

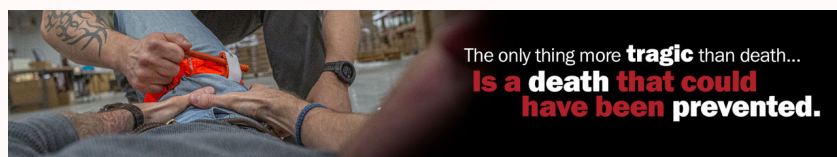
[Video Guide](#)

Click [here](#) to be directed to the Project AWARE website. The videos and video guide can be found by clicking on them above or by going to the "Parent/Caregiver" tab.

Contact Teresa Rowland teresa.rowland@state.sd.us with questions



NATIONAL STOP THE BLEED MONTH IS COMING UP IN MAY!



"Stop the Bleed" is a national initiative created in response to the tragedy of the Sandy Hook Elementary School shooting that killed 20 students and 6 staff members in Newtown, CT in 2012. After this tragedy, medical professionals realized that many of those lives lost could have been saved if bystanders had knowledge of how to stop the bleeding. Thus, "Stop the Bleed" was established as a national public awareness campaign that empowers trained bystanders to take life-saving action quickly if needed in the event of a trauma. In addition to training individuals on wound packing and bleeding control, the initiative is also trying to get Stop the Bleed kits in schools to be readily accessible in the event it would be needed.

Go to <https://www.stopthebleed.org/> for more information



Click [here](#) to purchase Stop the Bleed kits online

UPCOMING TRAINING AND EVENTS

Students Against Destructive Decisions (SADD) Conference

March 24th (Rapid City) | March 25th (Watertown) | email stephaniek@humanserviceagency.org with questions

Children's Home Society of South Dakota: Building a Self-Care Plan Workshop

March 22nd (virtual) 1 - 2 CT | register for this FREE event [here](#)

Strengthening the Heartland Presents: On Resilience with Nora McNerny

April 4th (virtual) 1 - 2:30 CT | register for this FREE event [here](#)

Early Intervention Trainings: At a Glance & Prime for Life

At a Glance: April 6th (virtual) 10 - 11:30 CT | register for this FREE training [here](#)

Prime for Life: self-paced learning plus three live zoom sessions | completion date is April 1st | register for this FREE training [here](#)

Helpline Center: Strategies to Reduce the Impact of Substance Use

April 20th 8:15 - 4:15 CT (Hilton Garden Inn, Sioux Falls AND virtual option) | register for this FREE event [here](#)

Mission Possible: Reducing The Impact of Substance Abuse and Mental Illness in our Communities

June 1 - 2 in Sioux Falls or virtual | click [here](#) to register

Substance Abuse Prevention Skills Training (SAPST)

June 14-16 (9-2 CT); June 21-23 (9-2 CT); June 27-29 (9-11:30 CT) | click [here](#) to register





TAKE DOWN TOBACCO

JOIN THE NATIONAL DAY OF ACTION TO TAKE DOWN TOBACCO ON APRIL 1ST

[Click here for more info](#)

Objectives of Take Down Tobacco Day

- raise awareness of the problem of tobacco in communities
- encourage youth to reject the tobacco industry's deceptive marketing
- empower people to stand up and speak out against the tobacco industry
- urge elected representatives to take action to protect children from tobacco
- advocate for tobacco-free communities



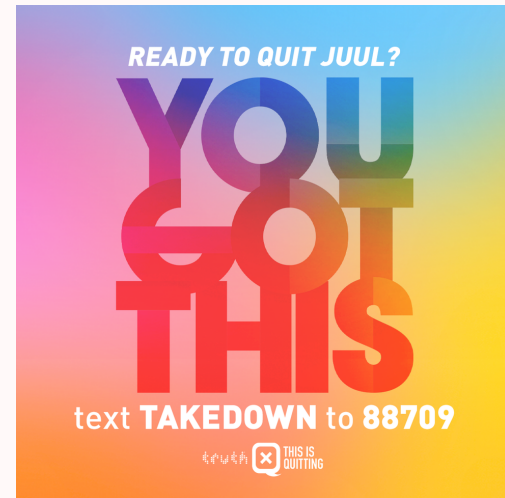
Tobacco sales generate nearly

\$1.2 billion per year

from cigarettes consumed by kids.

23.9% of South Dakota high school students use e-cigarettes compared to **11.3%** nationally

Click [here](#) for national and state specific stats on the toll of tobacco



Click [here](#) to find more resources and handouts like this one



Alcohol Awareness Month

APRIL

Click [here](#) for more information

Alcohol Awareness Month is a national campaign sponsored by the National Council for Alcoholism and Drug Dependence (NCADD). It encourages local communities to host events to increase public awareness and understanding of the causes, treatment and prevention of alcoholism.

55% of high school seniors used alcohol in 2020 (NIH)

In 2020, **50%** of people aged 12 or older (**138.5 million** people) used alcohol in the past month (NSDUH)

Of that **138.5 million** who were current alcohol users, **61.6 million (44.4%)** were classified as binge drinkers and **17.7 million (28.8%)** were classified as heavy drinkers (NSDUH)

Approximately **95,000** people die from alcohol related deaths each year, making it the **3rd** most preventable cause of death in the United States (NIH)

RESOURCES TO EXPLORE

(CLICK TO BE DIRECTED TO THE WEBSITE)

- [Shareable graphic handouts](#) (CDC)
- [Short podcasts on binge drinking, alcohol poisoning, treatment and more](#) (CDC)
- [Downloadable brochures and fact sheets](#) (NIAAA)
- ["Talk. They Hear You."](#) (SAMHSA)
- DVDs, Books, Activities, Curriculum, Displays and more at your local PRC

WAYS TO PARTICIPATE

- hang up graphics / fact sheets in your school or community center
- organize educational activities such as learning standard drink sizes
- plan a speaker and facilitate small group processing discussions
- provide alcohol screenings (National Alcohol Screening day is April 7)
- engage in "Alcohol Free Weekend" (April 1-3) by abstaining from alcohol for a full three days

What is a "standard drink" in the US?



SOURCE: National Institute on Alcohol Abuse and Alcoholism.



Vital CDC **signs**[™]
www.cdc.gov/vitalsigns/alcohol-poisoning-deaths

Regional Contacts

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Canli Coalition's Čanjšášá Harvesting hands-on learning retreat

Čanjšášá, or traditional tobacco, is used by the Lakota and Dakota people of the Great Plains for centuries as a medicine with cultural and spiritual importance. Although it is often referred to as traditional tobacco, it is not tobacco at all. Use of the phrase “traditional tobacco” may have come about because čanjšášá is sometimes burned in a pipe, which looks similar to smoking commercial tobacco. It is made from the inner bark of the sacred red willow. Čanjšášá may be used as an offering to the Creator or to another person, place, or being. A gift of traditional tobacco is a sign of respect and may be offered when asking for help, guidance, or protection. Traditional tobacco is sometimes used directly for healing in traditional medicine. It may be burned in a fire or smoked in a pipe, yet the smoke is generally not inhaled.

In many teachings, the smoke from burned tobacco has a purpose of carrying thoughts and prayers to the spirit world or to the Creator. When used appropriately, traditional tobacco is not associated with addiction and adverse health impacts.

Unfortunately, commercial tobacco like cigarettes and chew have been used in place of čanjšášá or traditional tobacco. In an effort to educate the people of the Cheyenne River Sioux Tribe (CRST) on čanjšášá and the harmful effects of commercial tobacco, the Canli Coalition of CRST held a hands-on learning retreat on March 5th. During the retreat, coalition members and other community members learned how to harvest čanjšášá, what it is used for and why commercial tobacco should not be used.

To learn more about traditional tobacco, you can check out [Find Your Power](#).

You can also learn more about tribal tobacco prevention efforts at the South Dakota Tobacco Control Program’s 2022 Spring Tobacco Control Institute. Follow the link to register: [Virtual Spring 2022 Tobacco Control Institute - March 22 & 23, 2022 Survey \(surveymonkey.com\)](#). If you have any questions, please contact Hilary Larsen at hilary.larsen@state.sd.us.

EVENTS

- April 2022: National Minority Health Month, Oral Cancer Awareness Month
- April 1, 2022: Take Down Tobacco National Day of Action
- April 4-10, 2022: National Public Health Week
- April 7, 2022: World Health Day
- April 22, 2022: Earth Day
- May 2022: Breathe Easy Month, Mental Health Awareness Month, National Asthma and Allergy Awareness Month
- May 3, 2022: World Asthma Day
- May 8-14, 2022: National Women’s Health Week
- May 31, 2022: World No Tobacco Day

Children's Mental Health

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

According to the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children's Hospital Association there's a state of emergency for children's mental health. The U.S. Department of Education has released *Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs* to help address the concerns. The action plan calls to increase access to quality care, prevention, and mental health treatment for children and their families. Youth are six times more likely to complete mental health treatment at their school compared to agencies within the community.

The Center for Disease Control and Prevention defines mental health as our emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act. Mental health begins are every stage of life therefore its crucial that children receive proper mental health support early on in life.

The U.S. Department of Education outlined seven challenges that impact the provision of social, emotional, and behavioral supports to help youth.

- Rising mental health needs and disparities among children and student groups
- Perceived stigma as a barrier to access services even when available
- Ineffective implementation of practices
- Fragmented delivery systems
- Policy and funding gaps
- Gaps in professional development & support
- Lack of access to usable data to help guide implementation decisions

While there are challenges there are also recommendations being provided to help!

- Prioritize wellness for each and every student, educator, and provider
- Enhance mental health literacy and reduce stigma along with other barriers to access
- Implement a continuum of evidence-based prevention practices
- Establish an integrated framework of educational, social, emotion, and behavioral health support for everyone
- Leverage policy and funding
- Enhance workforce capacity
- Use data for decision making to promote equitable implementation and outcomes

Full article can be found by clicking [here](#).

For Additional Information Contact:
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