

Prevention Newslink

South Dakota Prevention Resource Centers

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The Spink County Coalition and Redfield SADD Chapter had TONS of fun for Red Ribbon Week

Red Ribbon Week is an opportunity to raise awareness about the destruction caused by drugs across America. Schools in South Dakota joined in sharing this year's message "Drug Free Looks Like Me," during the week of October 24th. The Spink Co. Coalition and Redfield Students Against Destructive Decisions (SADD) Chapter lead a week's worth of activities in their community to highlight the importance of staying drug free.

All Week the high school SADD students worked with business owners to to place red ribbons in their windows. Redfield students were then able to do a scavenger hunt for all 12 red ribbons. Miniature Red Ribbons were also hidden all over the High School and Middle School. If students found one, they could turn it in to the for a piece of candy. SADD students also created and sold Halloween suckers all week long as a fundraiser for the various activities and conferences they attend. These activities got all ages of students involved.



In addition to the activities they did all week, they had specific dates that all students were able to participate in each day such as a Drug Awareness resource table at the Varsity Volleyball game. SADD students handed out drug awareness pamphlets and answered questions.

On Wednesday, students, staff, and community members were invited to 'Wear RED Day' to show their support of a drug free community. Redfield SADD students also did a safety presentation for Elementary students for Halloween! SADD students sponsored a Halloween coloring contest for these students. Elementary students received treats and Red Ribbon bracelets to help spread awareness!

Finally, the Spink County Coalition hosted a Hidden in Plain Sight event at Parent Teacher Conferences. A typical teen's bedroom was set up and parents and school staff were walked through and tasked to find items that might be in plain sight, but not always obvious what they could be used for regarding substance use. One parent indicated that it was very eye-opening! It also gave an opportunity to talk about new substances they are seeing in their community; Delta 8 and CBD. Many participants were unaware that these are cannabis products.



The Spink Co Coalition worked with their local KQKD radio and the Redfield Press to help spread the word about all the activities.



Upcoming Training and Events

November 18th - Suicide "Bright Spots" Learning Collaborative - Sicangu Lakota Youth Center 'Empowering youth to Combat Suicide' (Virtual) - [Register Here](#)

November 19th - Youth Mental Health First Aid (Virtual) - This includes a 2 hour self-paced online course that is a pre-requisite for participants. The second portion of the course is a 4 hour virtual course. [Register Here](#)

November 22nd - Mandatory Reporting 201 (virtual) [Register Here](#)

December 16th - Suicide "Bright Spots" Learning Collaborative - Lost & Found 'Post-secondary School Support/Peer2Peer Mentoring' (Virtual). [Register Here](#)

National Impaired Driving Month

There are a number of ways your organization can bring awareness to impaired driving:

- Moment of silence at basketball games—before the National Anthem
- Signs at businesses or on electronic display boards
- Elementary students decorate grocery bags
- Have organizations (4-H, MADD, SADD, FFA, law enforcement) present
- Have organizations sponsor ghost-out faces during basketball games to represent number of people killed by drunk drivers last year
- Defensive driving/skills classes
- Red ribbons on sports uniforms, hanging in schools, tied to lamp posts, cars in parking lots
- Grocery bag stuffers
- Radio spot recorded by high school students
- [Traffic Safety](#) Social media messages
- Hang posters and NHTSA campaign materials
- Share facts during school announcements



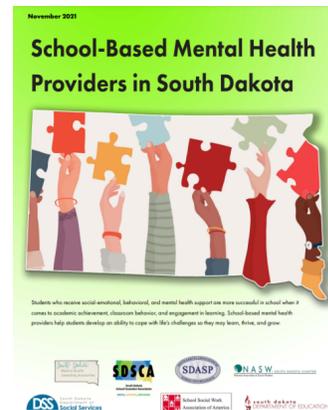
Impaired Driving: Talk With Your Kids

NEW! SCHOOL-BASED MENTAL HEALTH PROVIDERS IN SOUTH DAKOTA DOCUMENT

The newly published document, [School-Based Mental Health Providers in South Dakota](#), provides information on the roles and services provided by school counselors, school psychologists, school social workers, and community-based mental health counselors and social workers. As many mental health professionals know, students who receive social-emotional, behavioral, and mental health support are more successful in school when it comes to academic achievement, classroom behavior, and engagement in learning. This document shows how the roles and services of school-based mental health providers helps students develop an ability to cope with life's challenges so they may learn, thrive, and grow.

This document was created in partnership between the following entities:

- SD Department of Education
- SD Department of Social Services - Division of Behavioral Health
- SD School Counselor Association
- National Association of Social Workers, South Dakota Chapter
- School Social Work Association of America
- SD Mental Health Counseling Association



The document, along with its shorter companion document,

[Overview of School-Based Mental Health Providers in South Dakota](#), is housed on the [SD DOE Mental Health](#) web page.

Feel free to use and share the School-Based Mental Health Providers in South Dakota document as you see fit.

Great American Smoke Out November 18, 2021



Great American Smoke Out is an opportunity to share resources and information around quitting nicotine products like cigarettes, chewing tobacco, and e-cigarettes.

There are Curriculums available to teach young adults about the dangers of nicotine products:

- CATCH - E-cigarette Prevention—www.catchinfo.org/modules/e-cigarettes/
- Scholastic: The Real Cost of Vaping—www.scholastic.com/youthapingrisks/
- Botvin LifeSkills—www.lifeskillstraining.com
- Too Good For Drugs—www.toogoodprograms.org/

There are a number of quitting resources available to youth and adults for FREE:

- The South Dakota QuitLine - <https://www.sdquitline.com/>
- This is Quitting - www.truthinitiative.org/thisisquitting
- BecomeAnEX - <https://www.becomeanex.org/>

Smoke Free Teen Quit Vaping - <https://teen.smokefree.gov/quit-vaping>



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NOT for Me to Help Teens Quit

NOT for Me is a self-guided, mobile-friendly online program that leverages the American Lung Association's Not On Tobacco (N-O-T) program to help teens break nicotine dependency, whether they vape, smoke, or use other tobacco products. NOT for Me is made up of eight, self-paced sessions for teens to understand their relationship with tobacco and nicotine addiction. It also gives teens the tools and resources to quit tobacco for good. NOT for Me also addresses nutrition, fitness, stress management and effective communication.

For more information, go to: <https://notforme.org/>

SUCCESSFUL CATCH TRAININGS

The South Dakota Tobacco Control Program (SD-TCP) held two CATCH My Breath trainings in August and September. CATCH My Breath is the only peer-reviewed, evidence-based youth vaping prevention program developed by The University of Texas Health Science Center at Houston (UTHealth) School of Public Health. The program is free to U.S. schools and intended for youth in grades 5-12. The program has 4 lessons each for each grade level that are about 30-40 minutes long. CATCH My Breath utilizes a peer-led teaching approach and meets National and State Health Education Standards.

The two trainings were attended by 42 teachers and other professionals who work in prevention from 8 schools and 21 other agencies. These professionals are now certified to teach the CATCH My Breath curriculum in their schools and agencies. SD-TCP will host more CATCH trainings in Spring 2022.

EVENTS

- November: American Diabetes Month, COPD Awareness Month, National Lung Cancer Awareness Month
- November 12: World Pneumonia Day
- November 18: Great American Smokeout

Systematic Review of Suicide Prevention Strategies

South Dakota Suicide Prevention



Resources

Statewide Website
sdsuicideprevention.org

The Helpline Center
HelplineCenter.org

Researchers performed a systematic review of studies published around the world between September 2005 and December 2019 to identify evidence-based, scalable suicide prevention strategies. They found the most effective strategies were training primary care physicians to identify and treat depression, educating youth on depression and suicide, reducing access to lethal means among those at risk, and following up after hospital discharge or suicidal crisis.

The review focused on randomized controlled trials that reported suicidal thoughts or behavior as an outcome variable and epidemiological studies at the county, city, or practitioner level. The scalability of approaches was determined based on the complexity and cost of required training. Some of the key findings include the following:

Provider Training: Primary care physicians and other non-psychiatric practitioners saw 45% of those who died by suicide in the 30 days prior to their death, and 77% in the 12 months prior. Training primary care providers at the state and local levels in screening and treating depression, with available assistance from psychiatrists, lowered suicide rates, nonfatal suicide attempts, and suicidal thoughts.

Educating youth about mental health and suicide prevention was found to be more effective in preventing suicide compared to education strategies that targeted gatekeepers such as teachers or parents.

Treatment Interventions: Psychotherapeutic interventions with groups at high risk, such as individuals with depression and borderline personality disorder, were found effective in reducing suicidal thoughts and reattempts. Follow-up contacts after a suicide attempt were found to reduce reattempts by as much as 45%.

Lethal Means Reduction: Reducing access to the most lethal means available was shown to reduce suicide deaths. Gun access reduction and gun safety education programs reduced firearm suicides.

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

[-Information from SPRC Spark](#)

For Additional Information Contact:

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