



Prevention Newslink

NOVEMBER 2022

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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PEER-TO-PEER PROGRAM NOW AVAILABLE

Within every school, an informal “helping network” exists. Students experiencing problems naturally seek out other students and adults whom they trust. The Natural Helpers of South Dakota training uses this helping network to disseminate as much accurate information as possible to all students. It provides training to students and adults who are already serving as helpers, giving them skills to help others more effectively.

The program uses an anonymous school-wide survey to identify a cross-section of students and school adults. These students and staff will learn skills to become a better Natural Helper, including:

- Qualities & expectations
- Importance of self-care
- Expressing care & concern
- Problem solving
- Teamwork
- Available Resources
- Listening & communication
- Knowing when friends need help
- Situations that require professional help



Following the training, adult advisors monitor the Natural Helpers and provide additional training and support as needed. The curriculum provides a strong message on referrals and resources related to substance abuse and suicide prevention.

The SD Prevention Resource Centers have been working closely with the National Association of Peer Program Professionals and the SD DSS Division of Behavioral Health to create the South Dakota Natural Helpers Program. For more information on bringing the Natural Helpers of South Dakota training to your school, contact your local Prevention Resource Center.

PRC SPOTLIGHT



Michelle Majeres has been with the SEPRC for 18+ years where she served as the Prevention Coordinator.

"I have learned and grown so much over the years. The friendships and relationships I have made will last a lifetime," Majeres said. "Over the years I have seen Prevention grow and change in South Dakota. Our focus has changed to encompass both substance misuse and mental health. I think the future is bright for prevention in South Dakota."

Beginning in December, Michelle will be leaving the SEPRC to continue her work in Prevention for the Educational Development Center.

"South Dakota is one of the states I will be working with. I am not going anywhere, just working in a different capacity," Majeres said.

"Thanks to all of you for the work you do to help make our youth healthy and safe in South Dakota."

For continued support in the SE region, please defer all questions to b.glissendorf@voa-dakotas.org.

DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH



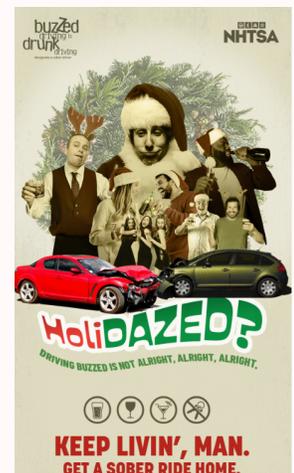
In an average year, 30 million Americans drive drunk, and 10 million Americans drive impaired by illicit drugs. December seems particularly suited to this observation because traffic fatalities

that involve impaired drivers increase significantly during the Christmas and New Year's holiday periods. Impaired driving includes distracted driving, drugged driving, and drunk driving.

If someone you know is impaired by drugs or alcohol, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life. Families play an essential part in stopping impaired driving. By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober, and focused on the road.

During the holiday season & all year long, model appropriate & responsible use of alcohol.

- Never serve or provide alcohol to minors.
- Make sure non-alcoholic beverage options are available.
- Always serve food with alcohol.
- Have a sober driver and make sure everyone is buckled.



TIPS FOR TAKING CARE OF YOUR MENTAL HEALTH THIS HOLIDAY SEASON

The National Council for Mental Wellbeing recommends taking care of your mental wellbeing as you celebrate this holiday season by:

1. Focusing on what you can control, take it one day at a time and only commit to what you can handle.
2. Keep healthy habits, go on a daily walk, get a good nights rest, stay hydrated.
3. Make time for yourself, spending time with family and friends is great, but can be overwhelming.
4. Create new traditions - find what works best for you and those closest to you.
5. Ask for help if you need it - if you are feeling sad, stressed, or anxious, it is okay to ask for help.

South Dakota has [Community Mental Health Centers](#) across the state that can provide services at a free or reduced cost. You can also check out [211](#) or [605 Strong](#) to find additional providers in your area.

INTERNATIONAL SURVIVORS
OF SUICIDE LOSS DAY
NOVEMBER 19, 2022



In 1999, Senator Harry Reid, who lost his father to suicide, introduced a resolution to the United States Senate, leading to the creation of International Survivors of Suicide Loss Day. Also known as Survivor Day, the day was designated by the United States Congress as a day on which those affected by suicide can join together for healing and support. It was determined that Survivor Day would always fall on the Saturday before American Thanksgiving, as the holidays are often a difficult time for suicide loss survivors.



Safe2Say South Dakota is a statewide tip line for students, school staff, and community members to safely and anonymously report information that concerns their safety or the safety of others, including mental health concerns.

Anyone with information about a potentially dangerous situation can call the toll-free number at 1-844-3SD-SAFE (1-844-373-7233) or make a web report.



Great Plains Quality Innovation Network
GPQCC-Partnership for Community Health



Friday Focus 4 Health

Join Us: Series Launch

Tuesday, December 6, 2022 | 3:00 p.m. CT

Register Today

The Great Plains Quality Innovation Network is launching Friday Focus 4 Health, a new learning series intended to jump start or augment your current quality improvement efforts. Participants will connect across the Dakotas for a diverse and collaborative learning experience designed to improve patient outcomes.

One topic. 4 weeks. 30 minutes. YOUR pace.

Each 4-Week Series will focus on a healthcare topic including, but not limited to:

- Adverse Drug Events
- Opioids
- Patient Safety
- Hospital Utilization
- Chronic Disease Management

The Series will begin in January 2023.

HEALTH IMPROVEMENT INNOVATION

The South Dakota Department of Health is now accepting applications for the Health Improvement Innovation.

The purpose of this funding opportunity is to support strategies that have a deliberate focus on health improvement and include supportive activities to address barriers or unintended outcomes underserved populations may face. This supports one of the guiding principles of the SD DOH to achieve health equity in all communities while working towards the mission of working together to promote, protect, and improve health.

Successful applicants will be awarded up to \$25,000, with a minimum of \$5,000. Applications will be accepted and awarded on a rolling basis. All funds must be expended by May 31, 2023. For more information, please visit doh.sd.gov/healthequity and contact Kayla Townsend, ktownsend@bhssc.org.

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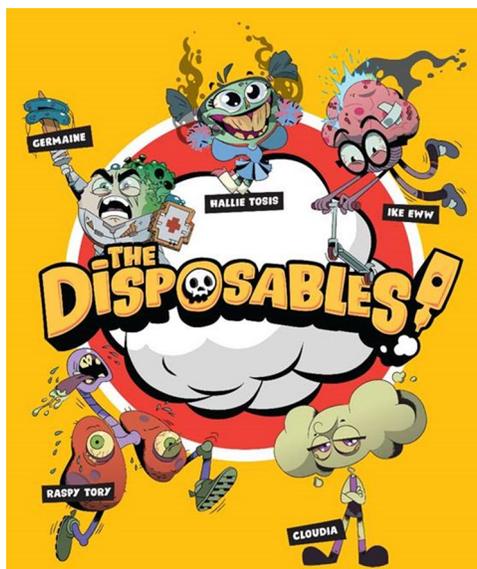
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Anti-Vape Campaign “The Disposables”



The South Dakota Tobacco Control Program is excited to announce The Disposables! In response to the youth vaping epidemic, our new anti-vaping campaign, The Disposables, has been developed to aim messaging about vaping to our youth. Through The Disposables, youth can learn about the dangers of vaping, how they are being exposed to these products, the environmental impact of vaping, etc. Meet our crew at [The Disposables Microsite](#) and check out their first story ([YouTube channel video](#), [PopSICKle](#)).

Juul Settlement

In 2015, Juul Labs introduced a new e-cigarette called Juul. The product was marketed as a safer alternative to smoking cigarettes. However, the FDA ordered the company to stop selling its e-cigarette in 2022 when placing a temporary hold on its order in July. Juul has now over 4,000 lawsuits filed by over 3 dozen states claiming the company’s marketing tactics targeted youth. Juul Labs have denied these claims.

They have now finally lost this lawsuit and will pay \$438.5 million to 34 states, South Dakota being one of them. This is a huge accomplishment in the tobacco world, and we hope to see more vapes/e-cigarettes being pulled from the market in the future.

EVENTS/TRAININGS

- November 2022: National Cessation Month, Lung Cancer Month, & Mouth Cancer Month
- November 17, 2022: Great American Smokeout
- 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



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www.SDEMSC.org
Facebook:
[@SDEMSforChildren](https://www.facebook.com/SDEMSforChildren)



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South Dakota EMS for Children November 2022

Soon the holiday season will be upon us and in December we recognize Impaired Driving Awareness Month. Tragically, about one-third of all traffic crash fatalities in the United States involve drunk drivers (with blood alcohol concentrations at or above .08 (g/dL) grams per deciliter). In 2021, South Dakota lost 58 people and had 794 people injured in drunk or drugged driving crashes. This holiday season, we are asking that you do not contribute to these senseless deaths by driving drunk or drugged.

In today's world, there are many options available to drivers to help them get home safely if they've been drinking. We expect drivers to refrain from driving after drinking.

Nationally, it is illegal to drive with a BAC of .08 or higher, except in Utah, where the limit is .05 g/dL. Loss of life is not the only cost associated with drunk and drugged driving. If you're caught drinking and driving, you could face jail time, lose your driver's license and your vehicle, and pay up to \$10,000 or more in attorney's fees, fines, car towing, higher insurance rates, and lost wages.

We recommend you always have a plan before you start drinking:

- Remember that it is never okay to drink and drive. Even if you've only had one alcoholic beverage, designate a sober driver, call a taxi or a rideshare service to get home safely.
- If available, use your community's sober ride program.
- If you see a drunk driver on the road, call 911 and report it.
- See a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

We want the holidays to be a time of celebration, not mourning. Be aware this December and take the role of being a designated driver and making sure everyone makes it home for the holidays.

Happy Holidays SD EMS for Children

South Dakota Suicide Prevention



Resources

Statewide Website
sdsuicideprevention.org

The Helpline Center
HelplineCenter.org

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

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



Supporting Survivors of Suicide Loss

Over the next two months, family and friends will gather to celebrate upcoming holidays. During this time, there may be several emotions that arise, especially for someone who has lost a loved one to suicide. A recent HuffPost article, "What Not to Say to Someone Who has Lost a Loved One to Suicide," by Caroline Bologna can be located in the Suicide Prevention Resource Center. The article provides expert advice on how to talk to someone who is grieving a death by suicide. It's important to remember that it is more important to listen than to try and say the "right" thing. Offering support in a non-judgemental way offers comfort to others.

The article offered some statements you should try to avoid when talking to a survivor of suicide:

"I know how you feel."

"At least they're no longer in pain."

"That was selfish of them."

"They probably did it because_____."

"Is there anything you wish you had done differently?"

"They successfully committed suicide."

"They were crazy."

Being able to provide a safe space for someone to talk requires active listening and empathy. Remind them you are there to listen and provide support. During the grieving process they may not know what they need therefore offering specific tasks like cooking a meal or running an errand can be extremely helpful. Again, it's not always what you say, but how you relay you are thinking about them. A gesture can be as simple as sending a card or flowers letting them know you are thinking about them. Kim Torguson, director of engagement and communications at the National Action Alliance for Suicide Prevention, shares that social connection is a key protective factor against suicide. Therefore, if you do know someone who has lost a loved one to suicide, keep showing up, reaching out, and being active in their lives to reassure them that you care.

Grief is non-linear and often comes in waves. If you know someone that is struggling with their loss, encourage them to seek professional help. Individual or group therapies are available as well as support groups. The Helpline Center offers grief support services and information can be found on our website or you can call 988. November 19th is National Survivors of Suicide Loss Day. Many remember their loved ones not only on this day but everyday.

--Information for this article found on the [SPRC website](#)