

# Prevention Newslink

## *South Dakota Prevention Resource Centers*

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September is National Recovery Month. Now in its 32nd year, Substance Abuse and Mental Health Services Administration (SAMHSA) has turned over the management and sponsorship of Recovery Month to [Faces and Voices of Recovery](#). SAMHSA will remain an active partner and supporter of Recovery Month.

Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

To download a free toolkit, learn more or find out how to get involved with making a difference for the recovery community [Click Here](#).

## September 26, 2021 is National Family Day

Family Day is about celebrating the people that makes ones life meaningful. This could be the nuclear family unit such as parents or children but family can also mean anyone with whom a meaningful bond develops.



This could include extended family or friends, pets or neighbors.

Some ways to get involved with family night are to plan an outing, pick up the phone and call a long distance family member or plan a game night. To learn more and get other ideas [Click Here](#).

# October Campaigns



## MENTAL ILLNESS AWARENESS WEEK

first full week of October



National Bully Prevention Month



October 23, 2021



October 22-28

# SUICIDE "Bright Spot" LEARNING COLLABORATIVE

Join partners in suicide prevention to celebrate *Bright Spots*, successful and impactful work going on right here in South Dakota. This learning collaborative will take place virtually monthly. There will be a brief presentation from a partner in South Dakota followed by discussion and networking. This is a great opportunity to learn from various organizations and take back to the communities that you serve so we encourage you to attend all virtual meetings. [Access the registration link for each session below.](#)

### TARGET AUDIENCE:

- + Health professionals (*medical and behavioral*)
- + School personnel (*primary, secondary, post-secondary*)
- + Youth organizations
- + Community prevention organizations
- + Other organizations serving specific populations like Veterans, American Indian, LGBTQ

### CEUs AVAILABLE:

1 continuing education contact hour is offered for full attendance at each virtual event to use for educator certification & social worker licensure renewal.

Thursday, September 23, 2021 | 11am-12pm MT/12-1pm CT

Department of Social Services, Health, Tribal, Education, Veteran Administration  
**State Resources**

[Registration](#)

Thursday, October 28, 2021 | 11am-12pm MT/12-1pm CT

Avera Behavioral Health  
**Taking Zero Suicide to the next level**

[Registration](#)

Thursday, November 18, 2021 | 11am-12pm MT/12-1pm CT

Sicangu Lakota Youth Center  
**Empowering youth to combat suicide**

[Registration](#)

Thursday, December 16, 2021 | 11am-12pm MT/12-1pm CT

Lost & Found  
**Post-secondary school support/Peer2Peer mentoring**

[Registration](#)



\*The schedule for 2022 will be released in November 2021.



# Upcoming Training and Events

**September 16** CATCH My Breath Youth Vaping Prevention Program [Register Here](#)

**September 17** Strengthening the Heartland Presents: On Recovery with David Sheff, author of New York Times Best-Seller *Beautiful Boy*, 1PM CST. [Register here](#)

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

**September 22** SADD Training, for NE contact [stephaniek@humanserviceagency.org](mailto:stephaniek@humanserviceagency.org), for SE contact [m.majeres@voa-dakotas.org](mailto:m.majeres@voa-dakotas.org), for Western contact [welger@youthandfamilyservices.org](mailto:welger@youthandfamilyservices.org)

**September 28** Too Good for Drugs (TGFD) Training 8am-5pm in Sioux Falls, [Register Here](#)

**September 30** Too Good for Drugs (TGFD) Training 8am-5pm in Rapid City [Register Here](#)

**September 30-October 1** 2021 Why We NAMI Annual Conference, Virtual, visit: <https://namisouthdakota.org/get-involved/annual-conference/> for more information

**October 6** LifeSkills Curriculum Training virtual 8am-5pm contact [m.majeres@voa-dakotas.org](mailto:m.majeres@voa-dakotas.org)

**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](#)

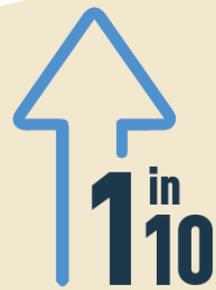
# MARIJUANA

## THE RISKS ARE REAL

Using marijuana carries real risks for your health and quality of life. Some might be surprising to you. So know the risks — learn before you burn, eat, or use.

### Today's marijuana is stronger.

Today's marijuana has more than **3 times** the concentration of THC than marijuana from 25 years ago. More THC — the mind-altering chemical in marijuana — may lead to an increase in dependency and addiction.



### Risk of addiction.

About **1 in 10** people who use marijuana may become addicted to marijuana — and **1 in 6** when use begins before age 18.

### Lowers brain power.

Marijuana affects your brain development. Use by adolescents has been linked to a decline in IQ scores — up to 8 points! Those are points you don't get back, even if you stop using.



### Impairs your memory.



Using marijuana can affect your memory, learning, concentration, and attention. Other effects include difficulty with thinking and problem solving.

### Affects your performance.



Using marijuana can lead to worse educational outcomes. Compared with teens who don't use, students who use marijuana are more likely not to finish high school or get a college degree.

### Can harm your baby.



Using marijuana when you're pregnant can affect your baby's development. It's linked to lower birth weight, preterm birth and stillbirth, increased risk of brain and behavioral problems.

### Driving danger.

People who drive under the influence of marijuana can experience dangerous effects: slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.



Marijuana use comes with real risks. Learn more at [SAMHSA.gov/marijuana](https://www.samhsa.gov/marijuana)

If you or someone you know needs help with a substance use disorder, including marijuana, call SAMHSA's National Helpline at 1-800-662-HELP (4357) or TTY: 1-800-487-4889, or use SAMHSA's Behavioral Health Treatment Services Locator at [SAMHSA.gov](https://www.samhsa.gov) to get help.

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## RESEARCH OPPORTUNITY:

Help your community respond to intimate partner violence, alcohol and drug misuse, and substance exposed pregnancy by completing two surveys online.



### You are eligible if:

- You live in Rapid City
- You're at least 18 years old
- You have been pregnant or gotten someone pregnant within the last five years

### Incentive & Commitment:

- **You can receive \$35 for each survey.**
- Two surveys in total, taken no more than two years apart.
- Each survey takes about 45-50 minutes to complete.



**Call: 605-791-1658**

**Text: 605-667-0035**

**Email: [projectsynch@avera.org](mailto:projectsynch@avera.org)**

Through funding from the National Institutes of Health the Systems of Native Community Halth (SYNCH) Collective is continuing its efforts to ensure health equity and local access to systems of care. The SYNCH Collective has begun a survey campaign to obtain data relating to intimate partner violence/ domestic violence and substance exposed pregnancy. Qualified persons are encouraged to reach out to the SYNCH Collective via email or phone for enrollment.

Under the umbrella of the Avera Research Institute, the SYNCH Collective is a community-based research initiative that brings diverse experiences and people together, has been working in concert with South Dakota's community influencers for over four years and currently has offices in Sioux Falls, Rapid City and Pine Ridge.

For more information or to express an interest to collaborate, please call (605) 667-0035 or visit Facebook, [@projectsynch](https://www.facebook.com/projectsynch).

## South Dakota Tobacco Control Program

### Regional Contacts

#### Southeast Region

**Hilary Larsen**

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#### Northeast Region

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#### Central Region

**Tynell Millner**

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#### Western Region

**Joan Lindstrom**

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## SD Tobacco Control Orientation Toolkit

The SD Tobacco Control Orientation Toolkit is now available on the Be Tobacco Free website. The toolkit is a self-guided course organized into 6 modules. You can complete each module at your own pace and explore the various external resources and tools as needed. This toolkit covers: the evolution of tobacco control, the impact of tobacco use, high impact tobacco control strategies, identifying and engaging priority populations, and mobilization through coalition development.

To learn more about tobacco control and to view the toolkit

**CLICK HERE**

## SUCCESS STORIES

The past year and a half has been about adjusting, adapting, and thinking out side of the box. The Michael Glynn Memorial Coalition (MGM) did just that this past school year when their annual prevention day with the White River School District was cancelled due to COVID-19 safety precautions. To make sure their prevention messages were still heard by students, MGM created 14 prevention message posters that were hidden around the middle school by school staff. The middle school students were given hints on where to find the posters. Once they were found, they brought the poster to the office where they shared the prevention facts and received a prize with a prevention message on it. The students loved the Prevention Scavenger Hunt and MGM plans to continue this fun activity in the schools this year as well.

## TRAININGS/EVENTS

- September 16: CATCH My Breath Virtual Training, registration: <https://us02web.zoom.us/meeting/register/tZl5dOqvpiwqG9Wbiz5Ay7FfTHPS6aDUmBVE>
- October: Health Lung Month, Children's Health Month, National Dental Hygiene Month
- October 3-9: Fire Prevention Month
- October 5, 7, 13, 14, 20, 27: Teens Against Tobacco Use (TATU) Training, contact Ashley Heyne to register: [aheyne@bhssc.org](mailto:aheyne@bhssc.org)
- October 10: World Mental Health Day
- October 23-31: Red Ribbon Week
- October 27: Lung Health Day

# Focus on Mental Health is Essential For Students Returning to School this Fall

## South Dakota Suicide Prevention



### Resources

**Statewide Website**  
[sdsuicideprevention.org](https://sdsuicideprevention.org)

**The Helpline Center**  
[HelplineCenter.org](https://HelplineCenter.org)

School districts across the country are increasing support for student mental health this fall. To help students cope with stress and trauma from the COVID-19 pandemic, schools are preparing a variety of measures for their return to the classroom. These include focusing on social emotional learning, adding counselors and social workers, and allowing excused absences for mental health. Some states and communities are using federal pandemic relief money to fund these efforts. In Iowa, for example, the department of education is launching a school mental health center that will provide education and resources to help pre-K through 12 schools increase mental health supports. Experts say the increased attention to student mental health is much needed and should be sustained long-term. "We don't need to focus on student mental health just because of COVID," said Kelly Vaillancourt Strobach, director of policy and advocacy for the National Association of School Psychologists. "The need has always been there; as a nation, we are finally paying attention to it."

Be alert to factors that can increase suicide risk

There are many factors that may increase a student's risk for suicide. Some of the most significant ones are:

- Mental health disorders, e.g., depression, anxiety disorders
- Substance use disorder
- Access to a means
- Previous suicide attempt(s)
- Family history of suicide
- Exposure to the suicide of another person
- Childhood abuse, neglect, or trauma
- Stressful life circumstances (e.g., school problems, academic and/or disciplinary; family problems; relationship problems or breakups; bullying; legal problems)

Learn about Suicide Prevention Resources for [Schools](#).

-[Information from SPRC Spark](#)

## 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

**For Additional Information Contact:**

**Sheri Nelson ~ 605-274-1406**

[Sheri@helplinecenter.org](mailto:Sheri@helplinecenter.org)