

Prevention Newslink

September 2016

SD Prevention Resource Centers

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www.redribbon.org



National Bullying Prevention Awareness Month

*Adults lead the way in making changes in
bullying levels in schools and communities.*

Each October, numerous schools and organizations across the country observe National Bullying Prevention Month with a theme this year of "STOMP Out Bullying". The goal? Encourage communities to work together to stop bullying and cyberbullying by increasing awareness of the prevalence and impact of bullying on all children of all ages. Go to www.stompoutbullying.org to learn more.

The most recent high school data about bullying for South Dakota has been published in the Youth Risk Behavior Survey for 2015. Reported bullying behaviors plus impact are included in the following results:

- YRBS 2015 reported a decrease (from 7.1% to 5.6%) in the number of students who stayed home because they felt unsafe on their way to school or at school (or on at least 1 day during the 30 days before the survey.)
- 15.5 % reported a slight increase in the level of electronic bullying through email, chat rooms, instant messaging, or texting within the 12 months before the survey, slightly up from 14.8% in 2013.
- Change was shown in the level of being bullied on school property within the previous 12 months reported at 20.2% (up slightly from 19.2%).

On the local level, campaigns draw attention to bullying levels, bystander efforts, and strategies that affect change. An evidence-based educational program changes behaviors if used with fidelity over time. Assessment before and evaluation after an Evidence-Based Program gives a true, impartial picture of behaviors happening between children and youth. The Centers for Disease Control published a compendium of assessment tools that can be used to determine levels of bullying that occur locally which is available through the regional PRC or at <http://www.cdc.gov/ViolencePrevention/pdf/BullyCompendium-a.pdf>.



Red Ribbon Week is the nation's oldest drug prevention awareness program that started after the death of KiKi Camarena in 1985. Camarena was a Drug Enforcement Agency agent who was killed in 1985 by drug traffickers in Mexico. Now the week is used to encourage people to adopt healthy, drug-free lifestyles through parades, community events, the hanging of red ribbons, poster contests and decorating rooms and buildings with red.

Go to www.dea.gov/redribbon to learn more.

Upcoming Training and Events

- September 21-23**, SDAPP Fall Conference, Mitchell
Contact Dawn at <http://sites.google.com/site/sdaapp>
- September 21**, SADD Training, Sioux Falls,
Contact Melinda at m.olson@voa-dakotas.org
- September 22**, SADD Training, Aberdeen
Contact jeannew@humanserviceagency.org (605)-884-3524
- September 27**, Youth Mental Health First Aid, Sioux Falls
Contact Michelle at m.majeres@voa-dakotas.org
- September 27**, SADD Training, Watertown
Contact jeannew@humanserviceagency.org (605)-884-3524
- September 29-30**, NAMI State Conference, Sioux Falls, Ramkota
Register at www.namisouthdakotal.org
- Oct.5**, SADD Training, Rapid City, for 7th & 8th Grade Youth
Contact Diane Diane_Thaler1@hotmail.com, (605)-481-1443
- October 5**, Youth Mental Health First Aid, Crow Creek
Contact jeannew@humanserviceagency.org (605)-884-3524
- October 14**, Mentoring Training, Sioux Falls,
Contact Melinda at m.olson@voa-dakotas.org
- October 18**, Improvisational Theater Renewal, Sioux Falls,
Contact Melinda at m.olson@voa-dakotas.org
- Oct. 27-Nov. 3**, Mental Health First Aid, Watertown,
Contact jeannew@humanserviceagency.org (605)-884-3524
- October 27**, Mental Health First Aid Training, Sioux Falls,
Contact Michelle at m.majeres@voa-dakotas.org

Opioids and Heroin in South Dakota

Teens in South Dakota are now entering treatment addicted to opioids and heroin. What used to be a “big city” problem has now become an issue for youth living in rural South Dakota. National news reports more frequently on the epidemic explaining that opioids are often prescribed initially for the pain of a sports injury or dental work by a doctor. Because of the addictive qualities of the drug, youth find themselves compelled to find more pills. Because of cost, they then start using heroin which is much cheaper to buy but produces the same effect.

Local news reports show that treatment centers are seeing more people are seeking treatment for Heroin than in past decades.

FREE Film: Opioid Addiction Unveiled

An epidemic of opioid use (leading to heroin addiction) is moving across America and coming to roost in the cornfields of South Dakota.

<https://www.dea.gov/media/chasing-dragon.shtml>

Tribal Youth Suicide Prevention: Current Perspectives

Thursday, September 22, 2016

<https://hrsa.connectsolutions.com/tyspcp-webinar/>

Dial in number: 888-566-5787, passcode: 7573815



Coalition Spotlight

University of South Dakota's *Wellness Coalition*

After a year-long hiatus, the University of South Dakota's Partnership for Success coalition to address underage alcohol use regrouped in 2015. Since that time, the group has grown from five members to twenty-plus active members representing many segments of the university leadership and students.

The renamed group is now the USD Wellness Coalition with the mission to advance all wellness in students at the university. The coalition is coordinated by Michele Turner, LPC, NCC, who is the Prevention Coordinator for USD.

The first focus chosen by the group was using education to influence freshmen who are at highest risk for alcohol abuse. This is a daunting task because of sheer numbers – 1100 to 1200 freshmen. Plus the education can't be mandated. So the coalition is using educational sessions developed by Dr. Kathleen Price who has worked extensively with sororities and fraternities to reduce alcohol use, and who has published results of findings showing high response rates. 10 graduate assistants have been trained to provide the sessions in the dorms and are using pre- and post-surveys along with some incentivizing to encourage attendance. The peer education sessions have been well attended by the freshmen students.

Through separate funding, the coalition is addressing the issue of suicide prevention as well. Eight coalition members have been trained as instructors in QPR (Question, Persuade & Refer) and USD students, faculty and staff as well as community members and businesses may request gatekeeper trainings.

Students who need education, assessment, and intervention are provided with evidence-based programs which are appropriate depending on the student's use level and number of offenses. Programs such as CHOICES, Prime for Life, e-Chug (which is online), and BASICS are provided along with one-on-one sessions where motivational interviewing is used to assist students.

Not only is the coalition following a new path in the last year and a half, it has representation from the Native American Center, undergraduate and graduate student groups, the Director of Fraternity and Sorority Life, Director of Residential Life, Admissions, Student Health, and the Student Veterans group. Connections with the Vermillion Police Department and the Chamber of Commerce have been forged as well.



Suicide Prevention 5K at USD



Impaired Driving Goggles Activity



Coalition Marketing at Work

South Dakota Suicide Prevention



Resources

Statewide Website

sdsuicideprevention.org

Statewide Crisis Line

1-800-273-8255

Answered by the
Helpline Center



For Additional Information

Contact:

Barbara Bettelyoun

605-274-1406

barbara@helplinecenter.org

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

Gov. Dennis Daugaard Declares Sept. 5-11 Suicide Prevention Week

PIERRE, S.D. – Governor Dennis Daugaard has proclaimed Sept. 5 - 11 as Suicide Prevention Week in South Dakota. Suicide occurs across all age, economic, social and ethnic boundaries, and is now the tenth leading cause of all deaths in the United States and the ninth leading cause of all deaths in the state of South Dakota.

Suicides may be prevented when suicidal behaviors are detected early and individuals are referred to services and supports. To promote early detection, the Department of Social Services' (DSS) Prevention Program has suicide prevention trainings available for teachers, parents, behavioral health professionals, medical personnel and employers. For more information on training opportunities, contact Gib Sudbeck at 605-773-3123 or toll-free at 1-855-878-6057.

"Suicide is a preventable cause of premature death and needs to be addressed by educating and engaging with the public," said Gib Sudbeck, program manager, for the Department of Social Services' Prevention Program. "Encouraging family and friends to get involved and refer individuals at risk helps reduce the stigma associated with mental illness, and also encourages those who have mental health concerns to seek help."

Help can be obtained in South Dakota communities for the assessment and treatment of suicidal behaviors and their underlying causes. If you believe there is a suicide risk, contact a professional immediately. **Call the suicide crisis hotline at 1-800-273-TALK (8255), a family physician, a psychiatrist, a medical emergency room or a community mental health center in your area.**

For more information about suicide prevention in South Dakota or the South Dakota Strategy for Suicide Prevention, please visit www.sdsuicideprevention.org/.

For more information about behavioral health services in your area, contact the DSS Division of Behavioral Health at 605-773-3123 or online at dss.sd.gov/behavioralhealth/.

Making Educators Partners

A web-based training for school personnel is available online through STPS (Society for the Prevention of Teen Suicide). This free, interactive series, "Making Educators Partners in Suicide Prevention" is designed to be completed at the viewer's own pace. It is open to anyone who is interested in reviewing current strategies for youth suicide prevention in schools. [Click here to visit SPTS University](#). After you register, please make sure to select the 3rd course listed; that is specifically the South Dakota version.

Highway Safety Program

Mission Statement:
Partner with prevention advocates to provide education and assistance to reduce the number of traffic crashes, injuries and fatalities occurring on SD roadways.

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Creating Community *Impact*

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”



Community Efforts



School Efforts

It is with a heavy heart I write this month's newsletter article; Diane Thaler with Highway Safety will be moving into the next chapter of her life. I took just a minute of time to reflect on the positive impact Diane has made in the arena of traffic safety, and when I turned back to my computer to write some of her accomplishments the clock showed more than an hour of time had gone by!! Her list of projects and accomplishments is so loong ... there is only room for some of the highlights. Anyone who has been in a meeting, worked at a safety event, or spent time talking driver behavior with Diane knows the passion she brought to improving safety. She genuinely cares for people and sees the good in us all.

Through all of the ups and downs, last minute changes, frustrations and joys over the years, Diane has shown the poise of a true professional. I for one have learned so much from her! She demonstrated what it means to “be in it for the right reasons” – who else would get excited to work long hours driving all over the Black Hills area during the Sturgis Motorcycle Rally in order to deliver pillowcases and t-shirts?! Or travel across I-90 with a 6' skeleton (properly buckled up) in the backseat of her car for youth safety events?!

Diane played an integral part in bolstering traffic safety awareness in western SD through her many personal connections and professional partnerships – there aren't many people in SD that Diane doesn't have a connection with. She embraced the statewide seatbelt safety efforts and distracted driving education. It was because of Diane that west river was provided a driving simulator for youth populations.

Diane's lasting impact on traffic safety will continue for years to come. The positive impression she made on Rapid City youth attending Driver Education and SADD events has been amazing – her post-class evaluations speak volumes! The Highway Safety Program, greater Hills area, and the state of SD are indebted to the tireless work and dedication Diane has contributed to driver safety.

THANK YOU!

SEATBELT COLORING CONTEST

RAPID VALLEY SCHOOL
Alivia King, 1st Grader
Katie Farmer, Teacher



South Dakota Tobacco Control Program

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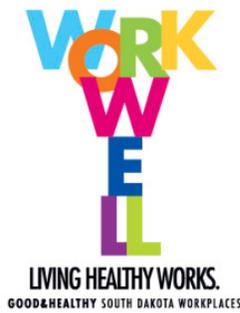
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Central Region

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WORKWELL Partnership Summit Save the Date!

Wednesday, September 21, 2016

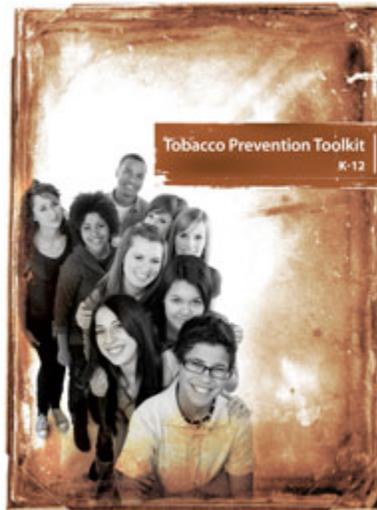
Sioux Falls Ramkota

Annex Room

8:00 am - 4:30 pm CT

goodandhealthysd.org/workwellsummit

SD DOH Tobacco Prevention Toolkit K-12



Teens against tobacco use (TATU) and Not on Tobacco (NOT) training will not be held this fall due to the Statewide Tobacco Prevention Trainer being on maternity leave. Training will resume again in the fall of 2017.

Schools who have been trained in TATU or students who are interested in tobacco prevention are encouraged to do activities from the K-12 Toolkit. [Click here](#) to access the toolkit.

Click on the Tobacco Prevention Toolkit K-12 sections to find activities.

Tobacco Control Funding Opportunity Coming Soon!

The South Dakota Department of Health, Tobacco Control Program will be announcing a funding opportunity for community and school-based tobacco prevention and control activities. The application will be available Monday, September 19 at <http://doh.sd.gov/prevention/tobacco/partnershipgrants.aspx>

[Click here](#) to order
free Tobacco Control
educational materials

