



JULY 2019

Prevention Newslink

SD Prevention Resource Centers

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Wani Wacin, "I Want to Live"

Suicide Prevention Team — Lower Brule Sioux Tribe

The Wani Wacin team of Lower Brule has been successful in bringing together prevention skills and artistic creativity to address suicide in our community. Due to the combined efforts of multiple programs and concerned community members, the Lower Brule service area has not had a death by suicide since October 2017.

A multi-system approach, cross-training and providing continuous training opportunities for team members are the factors which we believe increases the likelihood of success. Our team members have been trained in Mental Health First Aid (MHFA), Applied Suicide Intervention Skills Training (ASIST), Question/Persuade Refer/Treat (QPRT) and Zero Suicide. By taking pieces of all these models and (at times) modifying them to fit the unique needs of our community, we have developed an effective intervention/postvention protocol.

This message was brought to life through the artistic hand of Lower Brule member, Mark Powers. The positive message presented in Lakota language accompanied by the symbolic art, resonates with community members.

Thanks to support provided through the Partnership for Success grant, LB students were given the opportunity to become Natural Helpers. This allows for prevention efforts provided by peers within the highest risk age group within and outside the school setting.

Another important factor is partnering with key stakeholders in the area who share the same vision of a Zero Suicide community. Sanford Healthcare-Chamberlain, SD Urban Indian Health and Capital Area Counseling provide support and are considered to be a critical component of our team effort.

If you would like more information about Wani Wacin or would like to order t-shirts, please contact ellendurkin@lowerbrule.net or tonyadardall@gmail.com



2019 Summer Opioid Prevention Roundtable

On July 9, 2019, the Prevention Resource Centers (PRCs) and the Department of Social Services Division of Behavioral Health (DSS) hosted a Summer Opioid Prevention Roundtable at Arrowwood Resort in Oacoma, SD. There were 95 participants from organizations around the state interested in the topic of opioid prevention and/or treatment.



The agenda for the day included the following presentation and resources:

Officer Joseph Peterson with the SD Highway Patrol gave a presentation on Opioid Drug Recognition.

Prevention representatives from White River, Brookings, Watertown, Redfield, and the PRC shared the efforts being done in their communities to combat the opioid epidemic.



Eric Fjeldheim, PT, DPT, with Prairie Lakes Healthcare System in Watertown presented on how physical therapy can play an important role in reducing opioid use for chronic pain management.



Dr. Stephen Tamang of Project Recovery presented on Medically Assisted Treatment and Case Management. He also sat on a panel to discuss the continuum of care



alongside Dave Jansa from Face-It -Together Sioux Falls; Hannah Price, the Opioid Care Coordinator at Helpline Center; and Stacy Krell, Addiction

Program Specialist with DSS.

Marty Link from Department of Health, Office of Rural Health rounded out the day with information on the Naloxone Project.



Western Prevention Resource Center hosts Botvin Lifeskills Training



Botvin Lifeskills Training (LST) was held in Rapid City on June 13-14. WPRC had 17 participants from Pine Ridge, Custer,

Spearfish, Sturgis, Porcupine, Kyle, Lutheran Social Services and Wellfully. Trainers for the event were Kristi Palmer and Dadra Avery. LST is an evidence-based substance abuse and violence prevention program that is uniquely designed to be flexible and interactive.



Upcoming Training & Events

July 16-20 — Reclaiming Youth Seminar

Sioux Falls—Contact 605-906-4694 or visit

www.reclaimingyouthatrisk.org for info.

July 26—Protective Factors & Addiction — Webinar

Contact Nicole.Schwing@sdsstate.edu for more info.

August 12-18 — Science Based Drug Education

Rapid City—Contact Vonnie at

vackerman@youthandfamilyservices.org.

October 24-26 — Conference on Addiction Disorders

Denver—Contact 877-233-6539 or

visit <http://west.theaddictionconference.com>.

South Dakota Suicide Prevention



Resources

Statewide Website

sdsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the



For Additional Information Contact:

Sheri Nelson

605-274-1406

Sheri@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

Suicide Rate for Native American Women has Risen Significantly

New federal data show that the U.S. suicide rate has risen since 1999, with the largest increase among Native American women. Experts suggest that experiences of trauma, poverty, and limited access to mental health care could place American Indians and Alaska Natives (AI/AN) at higher risk for suicide. AI/AN women also experience more violence than average, including sexual assault and intimate partner violence. Addressing these risk factors is critical to preventing suicide, say experts, but enhancing protective factors is also important. For example, suicide attempt survivor Shelby Rowe has found that connecting with her Chickasaw Nation heritage has helped her heal. "Despite all of the things that tribes have endured, we're still here," said Karen Hearod, a member of the Choctaw Nation and regional administrator at the Substance Abuse and Mental Health Services Administration. "There is strength and resilience we can find in that."

-SPRC, Weekly Spark News

When working with Native American people to prevent suicide, it is paramount to focus on strengths and protective factors. This prevention paradigm requires that we partner with members of the Native communities we serve to ensure programs and services honor their Native ways and empower them to be change agents in their own lives and communities.

Connectedness is inherent to Native ways—learn about how the Native groups you serve view and experience connectedness, and use this understanding to inform prevention efforts.

How Can You Help Yourself?

Healing, hope and help can happen. Here are some ways to help you get through a crisis.

- **Talk to someone:** Silence isn't strength. Don't keep suicidal feelings to yourself. Lean on your support network, find a therapist or a support group, or get in touch with the Lifeline.
- **Make a safety plan:** Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe.
- **Build your support network:** Having a sense of belonging to one's culture, or a strong tribal/spiritual bond can be helpful. Discuss problems with family or friends — feeling connected to others can create positive emotional health.
- **Find an activity you enjoy:** Taking care of yourself is an important part of your recovery. Your "self-care" activities can be anything that makes you feel good about yourself.



NSPL

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Text Help for Teen



The most recent National Youth Tobacco Survey, released in November 2018, showed e-cigarette use was up by 78 percent among high school students and 48 percent among middle schoolers in just one year. Many teens and young adults have expressed their desire to stop

using e-cigarettes and are searching for help through social media outlets. Fortunately, a new e-cigarette quit program has been developed by the Truth Initiative. This program will deliver tailored messages via text that give age-appropriate advice for quitters age 13 and older. This innovative and free text message program is anonymous and was created with input from young adults who have attempted to, or successfully quit, e-cigarettes. The program also serves as a resource for parents looking to help their children who now vape.

For more information on the text-based e-cigarette quit program from Truth Initiative, visit truthinitiative.org/quitecigarettes or text "QUIT" to (706) 222-QUIT.

New Vaping Material



The Tobacco Control Program has developed various materials on "Vaping" that are available to order on the DOH.sd.gov/Catalog under the Tobacco section. There are 7 different fliers and 10 different posters to choose from. Feel free to contact your local Tobacco Prevention Coordinator with any questions.