

Prevention Newslink

JANUARY 2020

SD Prevention Resource Centers

WPRC

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No Name-Calling Week: January 20-24, 2020

No Name-Calling Week was founded in 2004 and was inspired by a group students, after experiencing name calling, ran for student council on a "No Name Calling" platform. No Name-Calling Week's purpose is to spark #KindnessInAction. It is meant to not only show the importance of kindness, but by actively adding kindness to our everyday lives.

Name calling and bullying have harmful effects on students of all ages. Some of the effects suffered according to the Center for Disease Control, National center for Injury Prevention and Control (2017):

- Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, and poor school adjustment.
- Students who bully others are at increased risk for substance use, academic problems, and violence later in adolescence and adulthood.
- Compared to students who only bully, or who are only victims, students who do both suffer the most serious consequences and are at greater risk for both mental health and behavior problems.

It is important to be aware that everyone can help to reduce these problems. Education needs to be done to empower those who witness the bullying to take a stand. It may not be the bystander's fault that someone is bullying, but if the bystander ignores, laughs, or does nothing in response to the bullying, the bystander may too be a part of the problem. It may seem scary or uncomfortable to be a friend or an ally to someone who is being picked on but there are safe ways which we can help.

If you witness name-calling or bullying there are a number of things you can do:

- Confront the person doing the bullying and tell them that you do not like what they are doing and do not find it funny. Note that you do NOT bully the person back.
- Be supportive of the person being bullied and help them understand that it is not their fault. Be a friend.
- Encourage the person being bullied to talk to an adult about what happened.

Research shows that school-based resources and other supports are proven to reduce the effects of name-calling and bullying.

To learn more about No Name-Calling Week and how your organization can participate, visit www.glsen.org/no-name-calling-week.

Kindness goes beyond No Name-Calling Week. A daily random acts of kindness calendar can be found at [HERE!](#)

Building LifeSkills in Middle School

On January 9-10, 2020, the NEPRC and SEPRC teamed up to provide a *LifeSkills Training* for faculty from 5 area middle schools. Trainer Michelle Majeres shared information on how to successfully implement the program in their schools. Darcy Jensen from Prairie View Prevention provided training for a Meth Awareness lesson that can be used as a supplement to the *LifeSkills* program.

Botvin *LifeSkills Training* is an evidence-based substance abuse prevention program that is comprehensive, dynamic, and developmentally designed to promote mental health and positive youth development. The program is aligned to Social-Emotional Learning standards.

- **Personal Self-Management Skills** – Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger for better mental health.
- **General Social Skills** – Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills** – Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.

If you are interested in implementing *LifeSkills Training* in your middle school, please contact your local Prevention Resource Center for more information.



Chronic Pain and Opioid Management

Target Audience:

- Addiction Counselors
- Providers
- Case Managers
- Other clinicians working with those impacted by addiction

Overview

The goal of the Chronic Pain and Opioid Management ECHO is to equip addiction professionals with information on pain management in adults living with or in recovery from opioid use disorder. Sessions will provide education, training, and ongoing support for clinicians in a rural state where specialized knowledge may not always be locally available. The virtual professional development sessions provide a real-time option to learn about and share best practices in pain, pain management, and opioid use with options for case study and review.

To register for the USD Opioid ECHO Sessions (hosted virtually via Zoom) visit: www.usd.edu/echo or email OpioidECHO@usd.edu

Session 1	Thursday, January 16 th 12:00 - 1:00 PM CT	What is Pain? The challenge of pain
Session 2	Thursday, January 30 th 12:00 - 1:00 PM CT	What is Pain II? Pain neuroscience mechanisms
Session 3	Thursday, February 13 th 12:00 - 1:00 PM CT	How is Pain Recognized? Psychosocial assessment of pain
Session 4	Thursday, February 27 th 12:00 - 1:00 PM CT	How is Pain Recognized II? Measurement Tools
Session 5	Thursday, March 12 th 12:00 - 1:00 PM CT	How is Pain Recognized III? Physical examination of pain
Session 6	Thursday, March 26 th 12:00 - 1:00 PM CT	How is Pain Relieved? Treatments for pain conditions
Session 7	Thursday, April 9 th 12:00 - 1:00 PM CT	Clinical Conditions and Pain Sub Groups
Session 8	Thursday, April 23 rd 12:00 - 1:00 PM CT	The Social Work Model of Care
Session 9	Thursday, May 7 th 12:00 - 1:00 PM CT	The Social Work Model of Care Assessment, Intervention, Evaluation

No cost continuing education credits are available through the SD Board of Addiction and Prevention Professionals.



Upcoming Training & Events

January 22-23—Lifeskills Training—Rapid City—Email vackerman@youthandfamilyservices.org

February 5-6th—Cultural Awareness Training—Sioux Falls—Email swiftbird.consulting@gmail.com

March 25th—Spring Tobacco Control Institute—Mitchell—Email h.larsen@voa-dakotas.org

March 25th—MS SADD Conference—Rapid City—Email vackerman@youthandfamilyservices.org

March 26th—HS SADD—Rapid City Conference—Email vackerman@youthandfamilyservices.org

March 27th—SADD Conference—Watertown—Email stephaniek@humanserviceagency.org

South Dakota Suicide Prevention



Resources

Statewide Website

SDsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the
Helpline Center



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

Workplace Guidelines call on Employers to Act for Suicide Prevention

New national guidelines aim to prevent suicide in the workplace. Developed for employers in all industries, the guidelines offer best practices for workplace prevention and recommended tools, trainings, and resources. Numerous stakeholders helped develop the document, led by American Association of Suicidology (AAS), American Foundation for Suicide Prevention (AFSP), and United Suicide Survivors International (US). “We aim to change the culture of workplaces to reduce elements . . . shown to be connected to suicide risk,” said AAS Executive Director Colleen Creighton. “We know these guidelines will not only save lives, but will also alleviate intense emotional suffering by making changes to systems while helping individuals in the workplace.” There are 9 Recommended Practices for workplace suicide prevention; Leadership, Job Strain Reduction, Communication, Self-Care Orientation, Training, Peer Support & Well-Being Ambassadors, Mental Health & Crisis Resources, Mitigating Risk and Crisis Response. A call to action to all workplaces and professional associations has been made as now is the time to implement these guidelines.



Approximately 80% of all people who die by suicide are of working age (18-65) making the workplace the most cross-cutting system for suicide prevention, intervention and crisis response. A call to action to all workplaces and professional associations-now is the time to implement.

SPRC Weekly Spark

New Year, New You!

Effective Quit Plans Include:

Picking a Quit date. Choose a date only a week or two away and highlight that day in your calendar or phone.

Telling loved ones and friends that you're quitting. Let them know how they can help you quit.

Listing reasons to quit.

Getting rid of cigarettes and anything that reminds you of smoking.

Picking out feelings, places, and situations that make you want to smoke. It's easier to avoid them if you've identified them!

Having healthy strategies to fight cravings.

At the South Dakota QuitLine, coaches can help you quit cigarettes, chew, or vape.

FREE cessation medication for up to 12 weeks is available.

1-866-SD-QUITS

If you're not ready to enroll and talk to a live coach, check out 2 new ways to **Kick Start Your Quit [here!](#)**



Everyone has their own **reasons for quitting**, but just in case you need **a few more** to help get you started



Feel good
Save money
Improved taste and smell
More energy
Breathe easy
Decreased insurance cost
Improve quality of life
Family and Friends
Pets
Sense of accomplishment
New reason to celebrate



South Dakota Tobacco Control Program

Regional Contacts

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