

Prevention Newslink

February 2020

Lakota Youth Development Wicoti Tiwahe Youth Services

SD Prevention Resource Centers

WPRC

Youth & Family Services

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Established in 1992 and located on the Rosebud Sioux Tribe Reservation, Lakota Youth Development is a statewide, non-profit, grassroots organization serving persons residing on and off the lands of the tribal nations in South Dakota. The organization uses culturally-specific curricula and strategies to promote healthy lifestyles, without alcohol, drugs, or violence.

Activities include afterschool and summer programs, weekend youth retreats, equine life skills training, and Lakota song, dance and youth society drumming programs. These activities offer the opportunity for: leadership development, social skills development, relationship building, healing from trauma and fear management, all leading toward increased self-esteem and confidence.

Youth who engage in each of these programs also conceive, lead and operate social enterprises infused with Lakota cultural values. Through these operations, they learn practical business and employment skills that help prepare them for financial independence as young adults, while providing sustainability for their enterprises, as well as the youth programs.

2020 Camp Schedule

Chaperone Training – April 17-19, 2020

Spring Medicine Camp - June 8-11, 2020

Isnati Awicalowanpi Girls Camp - June 22-25, 2020

Leadership Camp - July 6-9, 2020

Theater Camp with Cornerstone Theater Company - July 13-16, 2020

Horse Camp - July 20-23, 2020

Traditional Bow & Arrow Camp - August 3-6, 2020

Summer Harvest Camp - August 10-13, 2020

Hunt Certification Camp - September 11-13, 2020

Fall Hunt Camp - October 16-18, 2020

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Lakota Youth
Development
@LakotaYouthDevelopme
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For monthly retreats and activities,
find Lakota Youth Development on
Facebook or Instagram.

National Eating Disorders Awareness Week



Eating disorders are serious but treatable mental and physical illnesses that can affect people of all genders, ages, races, religions, ethnicities, sexual orientations, body shapes, and weights. National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.

NEDAwareness Week is a collective effort of organizations and individuals committed to raising awareness of eating disorders. While no one knows for sure what causes eating disorders, a growing consensus suggests that it is a range of biological, psychological, and sociocultural factors. Some of these -- such as being teased or bullied, poor self-image, loneliness and isolation, or family history of anxiety, depression and/or addiction -- are shared risk factors with substance use. Others, such as perfectionism, history of dieting, or focusing on "ideal" body types are unique risk factors for an eating disorder.

To learn more or to download the campaign materials, go to www.nationaleatingdisorders.org.

Upcoming Training, Events & Campaigns

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|------------------|--|
| Feb 18-20 | Lakota Food Summit – Rapid City – Contact dianne@thundervalley.org . |
| Mar 25 | Spring Tobacco Control Institute – Mitchell – Email h.larsen@voa-dakotas.org . |
| Mar 25 | Middle School SADD (Students Against Destructive Decisions) Conference |
| Mar 26 | High School SADD Conference – Both in Rapid City – Contact Vonnie at (605) 342-1593 or vackerman@youthandfamilyservices.org . |
| Mar 27 | East River SADD Conference – Watertown – Email Stephanie at stephaniek@humanserviceagency.org . |
| Apr 25 | Walk Like MADD – Rapid City – www.walklikemadd.org/rapidcity |
| May 4 | Freshman Impact – Faith, SD |

Health Awareness Campaigns

February

American Hearth Month
Teen Dating Violence Awareness Month
Eating Disorders Awareness Week (Feb 24-Mar 1)

March

National Women and Girls HIV/AIDS Awareness Day (3/ 10)
Brain Awareness Week (Mar 16-22)
National Native American HIV/AIDS Awareness Day (3/20)
National Drug and Alcohol Facts Week (Mar 30-Apr 5)
National Youth Violence Prevention Week (Mar 30-Apr 3)



Teen Dating Violence Awareness Month

February is Teen Dating Violence Awareness Month. Relationship education helps equip teens with the appropriate knowledge and skills to recognize and avoid unhealthy or potentially dangerous relationships.

South Dakota has two current Healthy Marriage & Relationship Education (HMRE) grantees that can provide relationship education to teens and adults in their respective areas.

In Rapid City and Western South Dakota, contact the Stronger Family Program at Youth & Family Services at (605) 791-5025 or visit www.StrongerFamily.org.

The other grantee is Volunteers of America-Dakotas with their Relationship University Program. To learn more about their services and locations served, contact (605) 444-2415 or find the Relationship University information on the VOA website at www.voa-dakotas.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



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 Grief Support Group Facilitator Training

Suicide is the 10th leading cause of death in SD, and 2nd leading cause among ages 15-34. 168 people died by suicide in South Dakota in 2018.

The Helpline Center, in partnership with the South Dakota Department of Social Services - Division of Behavioral Health, is offering an 8-hour workshop to train individuals (suicide survivors, clergy, community members or anyone who has an interest in suicide grief) to start and facilitate a grief support group for survivors of suicide in rural or underserved areas of South Dakota. Suicide survivors who wish to be trained must first be pre-screened to ensure that they have reached a point in their healing where they can support other survivors in a safe manner for both themselves and their attendees. This hands-on training will provide participants with a working knowledge of the unique aspects and concerns of suicide grief, the “companionship vs. treatment” model of grief support, and support group facilitation and management skills.

A survivor is someone who has lost a loved one to suicide.

The following locations are where the trainings will be held.

Watertown, Rapid City, Yankton – May, 2020



If you are interested in attending one of these trainings, please contact Jennie Marks at griefsupport@helplinecenter.org or call 605-274-1416.

With help comes hope.

Upcoming Funding Opportunities

South Dakota Tobacco Control Program Disparities Grant

Opens: January 31, 2020

Closes: March 27th, 2020

The purpose of the Disparities Grant Program is to promote long-term change aimed at reducing disparate commercial tobacco use among the following SD Tobacco Control Program priority populations: youth and young adults, American Indians, pregnant women, Medicaid clients, smokeless tobacco users, and the behavior health populations. Grant activities incorporate a focus on Prevention, Cessation, and/or Secondhand Smoke within one or more of the priority populations.

Disparities grants are awarded to local governmental and non-profit community-based organizations, coalitions, and groups that support the mission of the SD TCP. Examples include, but are not limited to, youth groups, schools, post-secondary institutions, civic associations, service clubs, healthcare organizations, faith-based organizations, parent groups, neighborhood associations, and local community coalitions.

Contact Kacee.Redden@state.sd.us for more information.

South Dakota Tobacco Control Program Community School Partnership Grant

Opens: March 4, 2020

Closes: April 24, 2020

The SD-TCP is committed to helping develop community/school-based programs designed to encourage, promote and support tobacco-free lifestyles. The purpose of the Community/School Partnership Grant is to support local community/school-based efforts, promote implementation of the South Dakota Tobacco Control State Plan, and foster collaboration among organizations across the state to ultimately reduce the toll of tobacco use in South Dakota.

The purpose of the Community/School Partnership grant program is to link community/school tobacco prevention and control efforts in order to achieve maximum impact. Partnership efforts must be led by both community/school representatives and must implement activities that impact both local school districts and the community-at-large.

Contact your Regional Coordinator for more Information.



South Dakota Tobacco Control Program

Regional Contacts



Southeast Region

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