

# Prevention Newslink

March 2020



## Prevention Resource Centers

### SEPRC

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## How to Properly Store and Dispose of your Prescription Drugs

Prescription drugs are an important part of our everyday health and wellness and when used as prescribed by a doctor, help people. Unused or expired prescription medications are a public safety issue that can lead to potential accidental poisoning, misuse, and overdose. Misusing prescription drugs includes taking a prescription in ways other than instructed, like taking more than prescribed or taking it more often and using prescription pills from a friend or family member, even if it's for a real medical condition. Proper usage, storage and disposal of unused medication is key in keeping others safe.

Prescription drugs, specifically prescription pain medication, should be kept in the original container provided by your pharmacy. Keep track of the number of pills that are in the container. Medications should also be kept out of reach of children, preferably in a locked container like a lock box or with a bottle lock. Talk with your family and friends about the risks associated with misusing prescription drugs.

If you no longer need the medication or if they are expired, you should properly dispose of them. Do Not flush medications down the toilet or simply throw them away in the garbage. Take them to a DEA sponsored take-back site. Visit [www.avoidopioidsd.com/take-action/take-back-sites/](http://www.avoidopioidsd.com/take-action/take-back-sites/) to find a take-back site near you.

If you are unable to get to a take back location or there is not one in your area, you can also use a Dispose Rx packet, that can be poured into the medication bottle with the remaining medication and a little white and it deactivates the medication.

Contact your local prevention resource center if you would like a lock box, bottle lock or Dispose Rx packets mailed to you. You can also visit [www.avoidopioidsd.com](http://www.avoidopioidsd.com) to learn more about resources available if you or someone you know has a problem with prescription medication.



## National Drugs and Alcohol Facts Week

- Did you know dabbing is smoking marijuana extracts or “oils”?
- Did you know that 1 in 25 teens reported misusing opioid pain relievers in 2017?

March 30<sup>th</sup>-April 5<sup>th</sup> is National Drugs and Alcohol Facts week. This week is meant to help shatter the myths about alcohol and drugs. Did you know the facts above? Participate in National Drugs and Alcohol Facts Week in your school or community to spread important information and help clear up misconceptions around drugs and alcohol. For ideas on events and activities, toolkits and other free materials, visit

<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>



### A Week of Prevention in Washington DC.

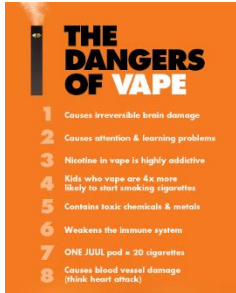
South Dakota was represented well at CADCA's Annual National Leadership Forum in Washington DC. Prevention Professionals from across the United States spent the week attending sessions on substance use prevention.

Attendees even got to experience a celebration of Native American Culture. Native American Tribes featured many traditional dance performances. It was titled "Where Culture Meet Prevention," an Intertribal Exhibition.



### Upcoming Trainings

- 3/25—Spring Tobacco Control Institute - Mitchell - Email [rossman@bhssc.org](mailto:rossman@bhssc.org). (Changes Pending)
- 3/25—MS SADD (Students Against Destructive Decisions) Conference (Canceled)
- 3/26—HS SADD Conference - Both in Rapid City - Contact Vonnie at [vackerman@youthandfamilyservices.org](mailto:vackerman@youthandfamilyservices.org). (Canceled)
- 3/27—East River SADD Conference—Watertown—[Register Here](#) (Canceled)
- 4/15—Interactive Journaling Facilitators Training—Brookings—[Register Here](#) (Changes Pending)
- 4/15—MHFA Training—Brookings— For more information & to register [Click Here](#) (Changes Pending)
- 4/25—National Prescription Drug Take-Back Day (Canceled)
- 4/28—Too Good for Drugs Curriculum Training—Rapid City—Email [vackerman@youthandfamilyservices.org](mailto:vackerman@youthandfamilyservices.org) (Changes Pending)
- 4/30—Too Good for Drugs Curriculum Training—Brookings—[Register Here](#) (Changes Pending)



New vaping resources can be found on the Department of Health resource catalog website! Click [here](#) to check them out!

Contact your regional Prevention coordinator with questions.



## Evidence-Based Tobacco-Free Success

The Michael Glynn Memorial Coalition (MGMC) was awarded a Tobacco Disparities Grant from the South Dakota Department of Health-Tobacco Control Program to promote long-term change aimed at reducing disparate tobacco use. As part of their efforts, the MGMC sought to partner with the South Dakota High School Rodeo Association (SDHSRA) to encourage the organization to adopt a tobacco-free rodeo grounds policy. Ultimately, the MGMC discovered that if they wanted the SDHSRA to adopt a tobacco-free rodeo grounds policy, the policy would first need to be adopted at the national level through the National High School Rodeo Association (NHSRA).

In September 2018, Joyce Glynn, Project Director of the MGMC, sent information to the SDHSRA Board of Directors and asked them to submit a rule proposal to the National Office in regards to the wording of tobacco being used in the rodeo arena. SDHSRA’s National Representative agreed to present the rule change to the NHSRA.

After much hard work, the policy change was approved by the NHSRA Board of Directors in July 2019. This policy change will affect each high school rodeo association in the United States. The MGMC is excited and proud to have been at the forefront of this change and they look forward to working with other state associations to communicate the policy change.

*Tobacco-Free Policy:* The adoption of a tobacco-free policy by the NHSRA and the SDHSRA created an **evidence-based** environmental change. Tobacco-free policies are effective in reducing secondhand smoke exposure, reducing tobacco use initiation among young people, reducing tobacco use prevalence, reducing morbidity and mortality related to tobacco use, and increasing the number of people who quit using tobacco.



South Dakota Tobacco Control Program  
Regional Contacts



Southeast Region	Northeast Region	Central Region	Western Region
<a href="#">Hilary Larsen</a>	<a href="#">Ashley Heyne</a>	<a href="#">Elizabeth Bye</a>	<a href="#">Joan Lindstrom</a>
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# Suicide Prevention

## South Dakota Suicide Prevention



### Resources

#### Statewide Website

[sdsuicideprevention.org](http://sdsuicideprevention.org)

#### The Helpline Center

[HelplineCenter.org](http://HelplineCenter.org)

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### 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

## Suicide Attempts and Eating Disorders

U.S. adults with a lifetime history of an [eating disorder](#)—anorexia nervosa, bulimia nervosa, or binge eating disorder—are at increased risk of having a suicide attempt history.

Using data from a nationally representative sample of more than 36,000 respondents, researchers looked at the lifetime prevalence of suicide attempts in adults with an eating disorder history. They found that the prevalence of suicide attempts was 24.9% among those with a history of anorexia. Levels of suicide risk were different for each of the two anorexia subtypes. The prevalence of suicide attempts associated with the binge/purge subtype was much higher than the restricting subtype (44.1% and 15.7% respectively).

The researchers also found that 31.4% of those with a history of bulimia and 22.9% of those with a history of binge eating disorder had attempted suicide in their lifetime. After adjusting for sociodemographic variables, individuals with any type of eating disorder history were more likely to have a greater number of suicide attempts compared to those without an eating disorder history.

Routine screening for suicide and eating disorders by health care providers could better inform treatment planning and referrals.

SPRC Weekly Spark

#### **For Additional Information Contact:**

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

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

## 2020-2025 Suicide Prevention Plan

### State Releases 2020-2025 Suicide Prevention Strategic Plan

In the summer of 2019, Governor Noem tasked state agencies to develop a statewide suicide prevention strategic plan. Together, the Departments of Health, Social Services, Education, Tribal Relations and Agriculture, as well as the Great Plains Tribal Chairmen's Health Board formed a work group and developed South Dakota's 2020-2025 Strategic Plan. A framework including guiding principles, goals, objectives and strategies was created and the drafted strategic plan was distributed to stakeholders and the public in the fall of 2019. The strategic plan was then finalized with the received input. To see South Dakota's 2020-2025 Strategic Plan, visit [sdsuicideprevention.org/toolkits/strategic-plans/](https://sdsuicideprevention.org/toolkits/strategic-plans/).

## EDUCATION & TRAINING

### Suicide Prevention Training

Did you know you can request suicide prevention trainings for your school, organization, or community at no-cost? The Department of Social Services has funding to support trainings, such as Mental Health First Aid, to South Dakota residents. To learn more about what training is available, or to request a training, visit [sdsuicideprevention.org/about-suicide/trainings/](https://sdsuicideprevention.org/about-suicide/trainings/).

## COMMUNICATIONS

### SD Suicide Prevention Listserv

Receive updates on the 2020-2025 SD Suicide Prevention Strategic Plan, training opportunities, data, and other opportunities for community engagement by signing up for the SD Suicide Prevention Listserv today, at [sdsuicideprevention.org/](https://sdsuicideprevention.org/)

## COMMUNITY ENGAGEMENT

### Toolkits

Want to get involved in suicide prevention? The South Dakota Suicide Prevention website contains toolkits that provide step-by-step guides for communities, schools, and other professionals to engage in suicide prevention. Visit the Toolkits tab at [sdsuicideprevention.org/](https://sdsuicideprevention.org/) to learn more.

## EVENTS

### March

17 – Aliive Roberts County Coalition Meeting, Sisseton

28 – Black Hills Area Survivors of Suicide Support Group, Rapid City

### April

2 – Survivor Support Group, Sioux Falls

2 – Sioux Falls Step Forward to Prevent Suicide Team Captain Kick-Off Meeting, Sioux Falls

15 – Glacial Lakes SAFE Coalition Meeting, Watertown

21 – Aliive Roberts County Coalition Meeting, Sisseton

25 – Black Hills Area Survivors of Suicide Support Group, Rapid City

