

Prevention Newslink

May 2020

SD Prevention Resource Centers

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Each May since 1949, Mental Health America and its affiliates across the country have led the observance of Mental Health Month by reaching millions of people through the media, local events and screenings. During this month, individuals, organizations and groups are asked to help spread the word that mental health is something everyone should care about and help build awareness and reduce stigma.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, the Mental Health Month theme of *Tools 2 Thrive* will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. These tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever in the current time of uncertainty.

This year's toolkit contains printable handouts like *Owning Your Feelings*, *Eliminating Toxic Influences*, *Supporting Others*, and a COVID-19 Infographic, as well as the usual posters, social media, press releases, and much more. To download the Mental Health Month toolkit, go to www.mhanational.org.

COVID-19 AND YOUR MENTAL HEALTH

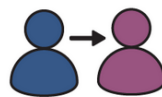
While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



Getting sick



Passing the virus onto others, especially those that are high-risk



Adjusting to a new reality for an uncertain amount of time



Taking care of and supporting your family



Concern about the health of your friends and family



Financial stress

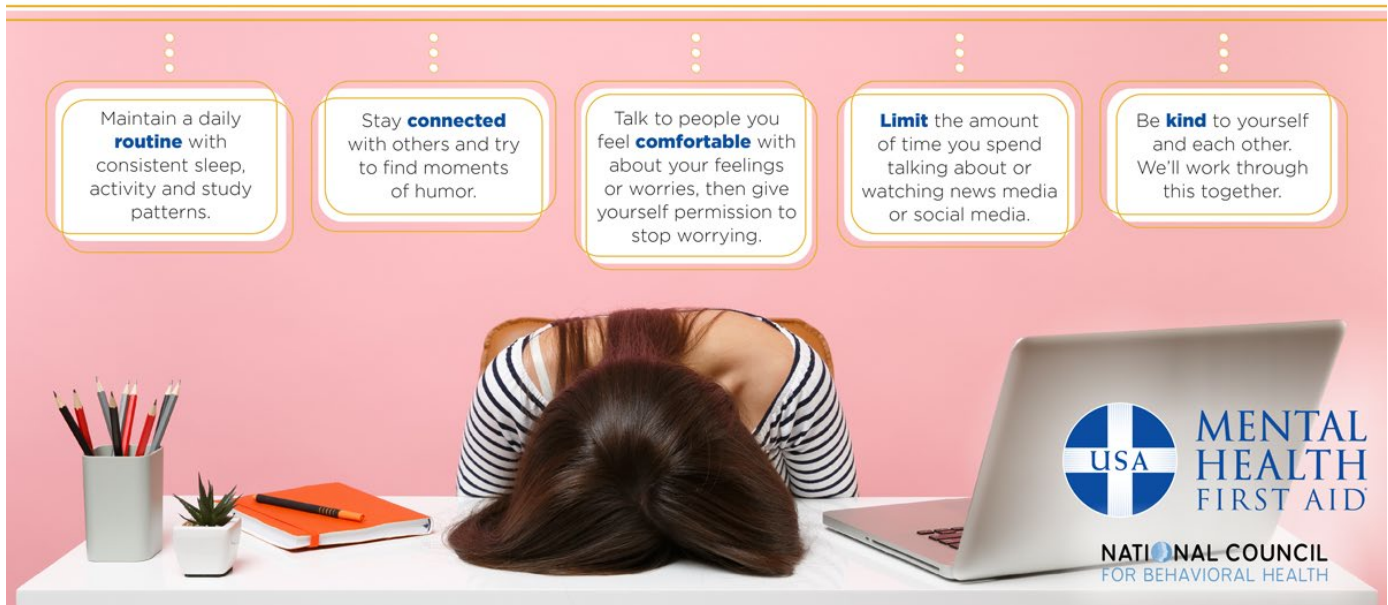


Not being able connect with friends and family the way you're used to



Shortages of certain common supplies

TIPS TO HELP **teens** COPE DURING **COVID-19**



In early April, Christopher Null of WIRED Magazine did an online article about the impact of COVID-19 on teens. In the piece, he speaks to the lack of life experience and understanding of the normal ups and downs of life events at a societal and global level. This, he says, is just one of many reasons why the pandemic is hitting teens especially hard.

The social isolation can be particularly difficult for those at a stage of development where peer relationships are exceptionally important to personal identity and development. Additionally, the trauma of missing out on key milestones that they have looked forward to for years, such as prom, graduation, final athletic season of their high school career, etc. Additionally, the uncertainty of whether they will be able to work after graduation (from high school or college) due to the economic downturn doesn't help matters.

If you work with teenagers, or have some at home, use the above strategies from Mental Health First Aid to help them cope with the pandemic. Above all else, listen to them and allow them to mourn the loss of these events and milestones. To read the full WIRED article, including quotes from teens, other impacts, and additional strategies, go to www.wired.com/story/covid-19-is-hitting-teens-especially-hard.

Prevention During a Pandemic

The COVID-19 pandemic is unique among recent disasters in that its impacts have been felt all over the globe. While we have yet to fully understand all of the impacts this will have on the field of prevention, two things have already become pretty clear: 1) Many individuals and families will have increased struggles with substance use and other behavioral health issues as a result of the added stress, anxiety, and social isolation that they are dealing with; and 2) The pandemic has forced us to shift how we “do” prevention, and will likely lead to even more innovation as we all adapt to life as we know it now.

The first of these impacts has provided a sense of urgency among many professionals in the field of prevention, as well as intersecting fields of social work, counseling, substance abuse treatment, criminal justice, and more. Several of the [Prevention Technology Transfer Centers](#) have put together helpful resources and webinars addressing the topic. Links to the view the previously held webinars and other resources:

- [The Critical Role for Prevention During and Post Pandemic](#) and the [handout](#)
- Supporting Prevention Efforts Through Virtual Setting, [Part 1](#) and [Part 2](#)
- Summary of Listening Sessions on [COVID-19's Impact on Prevention Practitioners](#)
- [Prevention Resources during COVID-19 Crisis](#) (This one is from the Illinois Department of Human Services)

Upcoming Training, Events & Campaigns

- May 20** **Differing Shades of Shame in Substance Use Disorders** – Webinar – 12-1 PM CDT – www.hazeldenbettyford.org/professionals/event-calendar/webinars
- May 20** **Poverty 102** – Virtual – 12-1 PM MDT – Understanding causes and effects of poverty – Go to www.cssrapidcity.com/calendar to see more details and to register.
- May 27** **Mental Health First Aid Refresher Training** – Virtual – 10-11 AM MDT – Go to www.cssrapidcity.com/calendar to see more details and to register.
- May 27** **The Americans with Disabilities Act: SUD and Eliminating Discriminatory Barriers to Treatment and Recovery** – Webinar – 1-2:30 PM MDT – Go to www.naadac.org/webinars for more details and to register.
- June 9** **Illegal ID Detection** – Webinar – 1-2 PM MDT – Go to www.naadac.org/webinars for more details and to register.
- June 10** **Substance Use Disorder in the African American Community** – Webinar – 1-2 PM MDT – Go to www.naadac.org/webinars for more details and to register.
- June 10** **How to Help Families Struggling with Teen Substance Use** – Webinar – 1:30-2:30 PM CDT – www.hazeldenbettyford.org/professionals/event-calendar/webinars
- June 17** **Identifying Barriers and Resources When Working with Deaf and Hard of Hearing People with SUD** – Webinar – 1-2 PM MDT – Go to www.naadac.org/webinars for more details and to register.
- June 30** **Men and Trauma: Breaking the Silence** – Webinar – 1-2:30 CDT – www.hazeldenbettyford.org/professionals/event-calendar/webinars

Looking for more on-line training?

The following sites have several helpful on-demand webinars and training modules you can use:

- [SAMHSA Practitioner Training Portal](#) has links to trainings on behavioral health, suicide prevention, opioid (including rural opioid) technical assistance, eating disorders, homeless and housing resource network, veterans' services, tribal assistance, and more.
- [CDC TRAIN](#) provides access to more than 1000 courses developed by the Centers for Disease Control and Prevention programs, grantees, and other funded partners.
- [Prevention First](#) has several trainings on substance use prevention, and fetal alcohol spectrum disorders available online.
- [The Suicide Prevention Resource Center](#) has free self-paced courses on suicide prevention, access to legal means, locating and understanding data, and strategic planning.
- [The SD Department of Education](#) has links to approved providers of online suicide prevention training for educators that will meet the requirements under SD Codified Law 13-42-71.

COVID-19 Resources

The Bush Foundation has compiled a list of resources for individuals, businesses and nonprofits to help deal with the financial and other impacts of COVID-19. The list includes resources for all of the states in their service region, including South Dakota, Minnesota, and North Dakota. Find the list at www.bushfoundation.org/covid-19-resources.



Suicide Prevention

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



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

The Mental Health Toll of Coronavirus

The stress and uncertainty of the coronavirus could pose long-term challenges, especially for those with mental health conditions. That is according to experts, who warn that isolation can make people more vulnerable to anxiety, depression, and suicidal behavior. In addition, disruptions to work and home life can be hard to navigate without support. To protect against the long-term effects of coronavirus stress, experts recommend adopting healthy habits now. That includes adopting a routine, limiting news consumption, and staying connected with others. Physical distancing does not have to mean emotional distancing, said Heidi Kar, a psychologist who works at Education Development Center. She pointed to phone calls, video chat, and telehealth appointments as helpful ways to maintain a support system.

Social support and connection are key protective factors against suicide. Positive and supportive social relationships and community connections can help buffer the effects of risk factors in people's lives.

Connectedness can include:

- Connectedness between individuals (e.g. friends, neighbors, co-workers)
- Connectedness among family members
- Connectedness to community organizations (e.g., schools, faith communities)
- The connection of groups (e.g., minority groups) to their cultural traditions and history

Connectedness and support can be enhanced through social programs directed at specific groups (such as older adults or LGBT youth), as well as through activities that support the development of positive and supportive communities.

SPRC

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SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025

COVID-19

COVID-19's Impact on Mental Health

During this time of unprecedented global public health crisis, our mental health may suffer. It is a critically important time for everyone to take extra care to protect their mental health. We have compiled a selection of resources on mental health and coping with COVID-19 for you on the [South Dakota Suicide Prevention](#) website.

If you are struggling, know that help is available. Call 1-800-273-8255 (TALK) or text 'HELLO' to 741741 for immediate, confidential support.

Mental Health Awareness Month

May is Mental Health Awareness Month

May is Mental Health Awareness Month. Mental health includes our emotional, psychological, and social well-being. When we advocate for mental health, we help those living with a mental illness improve their health and well-being. Mental health disorders, including substance use disorders, can affect anyone, it's time to help everyone. To learn more about services available in South Dakota, [click here](#).

Follow us on [Facebook](#) as we celebrate Mental Health Awareness Month!

EDUCATION & TRAINING

Suicide Prevention and Mental Health Awareness Training

Due to COVID-19, all in-person training has been suspended until May 31, 2020. Virtual training is available during this time.

Question, Persuade and Refer (QPR) is a one to two hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. To request a QPR virtual training, [click here](#).

Making Educators Partners in Suicide Prevention is an online interactive training program for educators and school staff. Designed in a series of five modules, it addresses the critical but limited responsibilities of educators in the process of identification and referral of potentially suicidal youth. It focuses on the practical realities and challenges inherent in the school setting through a variety of training formats that include lecture, question and answer, and role plays. This training does

EVENTS

For more information on events, visit the South Dakota Suicide Prevention [Calendar](#).

May

- 7 – Survivor Support Group
- 7 – S.A.F.E Virtual Music Festival
- 7 – Question, Persuade, Refer
- 12 – Suicide Prevention, Intervention and Postvention During COVID-19: What School Based Staff Need to Know Webinar
- 19 – Aliive Roberts County Coalition Meeting
- 20 – Glacial Lakes SAFE Coalition Meeting
- 21 – Question, Persuade, Refer

June

- 4 – Survivor Support Group
- 14 – Sioux Falls Step Forward to Prevent Suicide
- 16 – Aliive Roberts County Coalition Meeting
- 17 – Glacial Lake SAFE Coalition Meeting

July

- 2 - Survivor Support Group

meet the requirement for teacher certification training in South Dakota for suicide prevention. To register [click here](#) and select the South Dakota training version.

CALM is a free online course offered the Suicide Prevention Resource Center (SPRC) and is designed for providers who counsel people at risk for suicide, including mental health and medical providers. [Click here](#) to take the CALM course.

At-Risk in Primary Care – Adolescents is an interactive role-play simulation that prepares primary care practitioners to screen adolescents for depression and suicide using evidence-based tools to conduct brief interventions, and coordinate referrals to treatment. This virtual patient simulation provides hands-on practice applying motivational interviewing to engage adolescent patients in important conversations about mental health in a primary care context. [Click here](#) to take the At-Risk in Primary Care – Adolescents training.

- 15 – Glacial Lakes SAFE Coalition Meeting
- 20 – Helpline Open Golf Tournament
- 21 – Aliive Roberts County Coalition Meeting

COMMUNICATIONS

Suicide Prevention Materials

During this time, it may be difficult to reach individual's in their home, especially our youth. The [Bethe1SD](#) Press Kit contains campaign graphics, videos and radio PSAs. These are available to you at no-cost and can be used through virtual platforms.

Additionally, suicide prevention materials from all of South Dakota's suicide prevention campaigns are available at no-cost to South Dakota residents. Raise awareness in your community through the dissemination of materials! To request materials, [click here](#).



<http://sdsuicideprevention.org/>