



JUNE 2020

Prevention Newslink

SD Prevention

Resource Centers

WPRC

Youth & Family Services

Vonnie Ackerman

vackerman@youthandfamilyservices.org

(605)-342-1593

SEPRC

Volunteers of America-Dakotas

Michelle Majeres

m.majeres@voa-dakotas.org

Erin Isackson

e.isackson@voa-dakotas.org

(605)-444-6342

NEPRC

Human Service Agency

Dodi Haug

dodih@humanserviceagency.org

Stephanie Kinnander

stephaniek@humanserviceagency.org

(605)-884-3516

Keep Kids Alcohol Free for Summer

Summer is quickly heating up here in South Dakota, a welcomed feeling after the roller coaster spring that we had. Although many summer activities are cancelled, it is important to continue to find constructive things for our youth to do. Keeping our kids active and healthy will help prevent them from looking for unhealthy activities, like using alcohol.

The Addiction Center estimates that 11,000 youth will use alcohol for the first time this summer. They may be pressured from their friends, want to experience some independence, see their family members doing it, or using it to cope with stress. We can all agree this year has been anything but easy, especially for our youth that missed out on prominent activities like sporting events, hanging with their friends, prom, or graduation. Whatever their reason for trying alcohol, there are serious dangers for underage alcohol use.

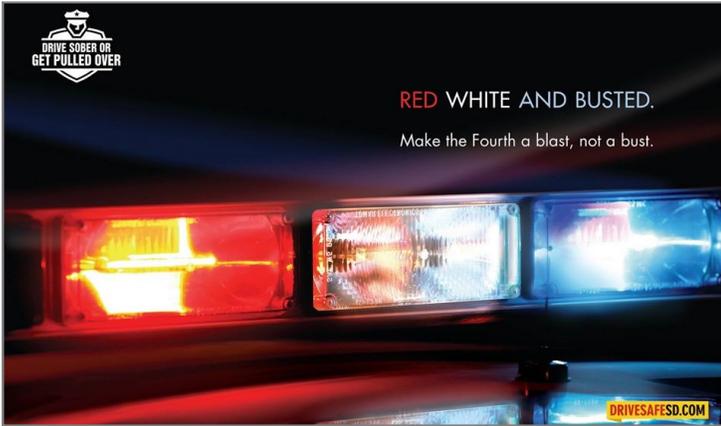
Using alcohol impairs your judgement, putting you at an increased risk of injury and accidental death. There are roughly 188,000 alcohol related Emergency Room visits each year from people under 21. Alcohol can damage young brains, impairing their motor skills into adulthood, and elevates the risk of developing a substance use disorder. Intoxication also increases the risk of sexual assault or abuse.

As a parent or other caring adult, our number one goal is to keep our kids healthy and safe. A few ways to keep our kids alcohol free is to talk about the dangers of underage drinking. Serve as a positive role model and limit alcohol availability in your home. Get to know your kid's friends and their parents. Finally, encourage them to participate in alcohol-free activities.

Some activities for your teen would be to go camping, do a yard project, volunteer, get a job, read, find a tv series to watch online, start a workout challenge, or learn some new TikTok dances. As a parent, you can verify who your teen is hanging out with, where they are going to be, set a curfew and be up when they come home. Communicate your expectation that they stay substance free!

If you are interested in resources around the topics of underage substance use, contact your local Prevention Resource Center.





Drive Sober or Get Pulled Over

Nearly one third of all boating fatalities involve alcohol, and yes, boating under the influence is a punishable crime just like driving under the influence. If you plan to be the driver of any type of watercraft, save the alcohol for when you are safely back on dry land.

Like all events where alcohol is consumed, make sure that you have a designated driver. According to the South Dakota Department of Public Safety, between June 1 and August 31, 2019, there were 494 alcohol related crashes.



Add Mocktails to your Summer Festivities

Mocktails are a great way to add some fun flavor to your summer festivities without the dangerous effects of alcohol. You can find a lot of fun ideas online. The recipe below is from <https://www.averiecooks.com/5-calorie-raspberry-lime-margarita-fizz-non-alcoholic-and-25-amazon-gift-card-giveaway/>.

5-Calorie Raspberry Lime Margarita Fizz

Ingredients

- ice cubes
- salt or sugar for rimming the glass, optional
- 4 ounces raspberry-lime sparkling water
- 4 ounces sugar-free margarita mix
- 1 fresh lime, sliced thin

Directions

1. Add ice to glass.
2. Optionally dip a chilled glass into salt or sugar to coat the rim.
3. Add sparkling water and marga a mix to glass.
4. Garnish with other lime slices or raspberries.
5. Serve immediately.

Worth the Watch:

With Recreational & Medicinal Marijuana on the South Dakota 2020 ballot, *Chronic State* is a powerful and informational documentary on the effects of drug legalization. The latest research and trends among states that have legalized marijuana are shared.

Stream free at:

<https://unoa.org/about-us/chronic-state-documentary/>

Upcoming Training & Events

June

June 24: DSS: Resources in Prevention—Webinar— for more information, contact Stephanie at stephaniek@humanserviceagency.org

July

July 1: Suicide Prevention in South Dakota—Webinar— for more information, contact Stephanie at stephaniek@humanserviceagency.org

July 8: Coalition Building—Webinar— for more information, contact Stephanie at stephaniek@humanserviceagency.org

July 15: ACE's & Resiliency—Webinar— for more information, contact Stephanie at stephaniek@humanserviceagency.org

August

***August 17-20:** Science Based Drug Education—Rapid City—for more information, contact Vonnie at vackerman@youthandfamilyservices.org

September

***September 16:** SADD Fall Training—Rapid City—for more information, contact Vonnie at vackerman@youthandfamilyservices.org

***September 17:** SADD Fall Training—Watertown—for more information, contact Steph at stephaniek@humanserviceagency.org

*pending continued monitoring of the COVID-19 situation

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

Could COVID-19 Finally Destigmatize Mental Illness?

A recent piece in *Time Magazine* argues the COVID-19 pandemic may ultimately produce positive changes in mental health care. Author Jessica Gold, assistant professor of psychiatry at Washington University in St. Louis, says widespread stress and anxiety during COVID-19 may lead to greater prioritization of mental health. She points to increasing conversations about workplace mental health and vulnerability in how people portray themselves on social media. The pandemic makes clear that mental and physical health are deeply connected and deserve equal treatment, she writes, arguing for increased access to care and insurance coverage parity. "Instead of looking at the post-COVID-19 mental health future through a lens of inevitable doom, we can, and should, use this moment as the impetus for the changes that mental health care has always pushed for," says Gold.

SPRC

Stigma surrounding mental illness and suicide can cause people to feel ashamed for something that is out of their control. Worst of all, stigma prevents people from seeking the help they need. Here are ways that you can Fight Mental Health Stigma:

- **Talk Openly About Mental Health and Suicide:** *Become a voice against stigma.*
- **Educate Yourself and Others:** *Know the facts. Understanding mental health isn't only about being able to identify symptoms and having a name for conditions, but dispelling false ideas about mental health conditions as well.*
- **Be Conscious of Language:** *Use first person language. So instead of saying "I'm bipolar," say, "I have bipolar disorder."*
- **Encourage Equality Between Physical and Mental Illness:** *Mental Illness is a disease just like diabetes, heart disease or cancer.*
- **Be Honest About Treatment:** *We should be able to talk about having a therapist appointment just like having a primary care doctor appointment without fear of being judged.*
- **Show Compassion for Those with Mental Illness:** *Support people. Treat everyone with dignity and respect; offer support and encouragement.*

For Additional Information Contact:

Sheri Nelson ~ 605-274-1406

Sheri@helplinecenter.org

-Tobacco Control Program Grants

The South Dakota Tobacco Control Program recently funded the 2020-2021 Tobacco Disparities Grant and the 2020-2021 Community/School Partnership Grant.

Seventeen grantees, including six new grantees, were funded through the Tobacco Disparities Grant. The purpose of this grant is to promote health equity by incorporating a long-term change aimed at reducing disparate tobacco use among the following SD TCP priority populations: youth and young adults, American Indians, pregnant women, people of low socioeconomic status (SES), and the behavioral health populations.

The Community/School Partnership Grant's goal is to support local community/school-based efforts, promote the 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. It links community/school tobacco prevention and control efforts to achieve maximum impact. In this grant cycle, eleven grantees were funded.

The two grants serve populations in over 19 towns and communities throughout South Dakota as well as 4 reservations. To learn more about the Tobacco Disparities Grant and the Community/School Partnership Grant go to <https://doh.sd.gov/prevention/tobacco/>

There is no better time to quit smoking than now! Put your health first!

YOU CAN CONTACT THE SD QUITLINE AT:

1-866-SD-QUITS

or click [here](#)



South Dakota Tobacco Control Program Regional Contacts



Southeast Region

Hilary Larsen
605-444-6341

h.larsen@voa-dakotas.org

Northeast Region

Ashley Heyne
605-276-5104

aheyne@bhssc.org

Central Region

Tynell Millner
605-494-3605

tmillner@bhssc.org

Western Region

Joan Lindstrom
605-394-5120

jlindstrom@bhssc.org

SUICIDE PREVENTION PLAN

COVID-19

Caring for Your Children During COVID-19

Amidst the COVID-19 outbreak, everyday life has changed and will continue to change for most people in the United States, often with little notice. Children may struggle with significant adjustments to their routines, which may interfere with their sense of structure, predictability, and security. While most children eventually return to their typical functioning when they receive consistent support from sensitive and responsive caregivers, others are at risk of developing significant mental health problems, including trauma-related-stress, anxiety, and depression.

We have compiled a list of resources for caring for your children during this time. To view these resources, please visit the Caring for Your Children drop-down on the [South Dakota Suicide Prevention website](#).

EDUCATION & TRAINING

Youth Suicide Awareness and Prevention Training

[South Dakota Codified Law 13-42-71](#) requires anyone applying for an initial or renewal certificate as a teacher, administrator or other education professional to participate in a minimum of one clock hour of suicide awareness and prevention training. Online training is available for educators to meet this requirement. Visit our [Educators](#) page to learn about available training and other resources for educators.

COMMUNICATIONS

Text4Hope

The Helpline Center's [Text4Hope](#) program provides crisis texting support for all high school students in the state of South Dakota. Since texting is the preferred means of communication for adolescents, offering a crisis texting program allows students to share their concerns privately with trusted staff. Students can text "icare" to 898211 to reach Helpline Center staff. Help is available 24/7.

COMMUNITY ENGAGEMENT

Community Toolkits

Communities can play a critical role in suicide prevention. Community toolkits provide step-by-step guides and a comprehensive approach for communities to engage in suicide prevention. [Click here](#) to see the community toolkits.

EVENTS

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

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

August

- 1 – Yankton Step Forward to Prevent Suicide
- 6 – Survivor Support Group
- 18 – Aliive Roberts County Coalition Meeting
- 19 – Glacial Lake SAFE Coalition Meeting

To request a training for your community, [click here](#).

