

Nov
2020

Prevention Newslink

**South Dakota
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December is National Drunk and Drugged Driving Awareness Month

From January 1st through October 9th, there have already been 18,022 South Dakotans that faced a significant public health hazard which is likely to see a seasonal uptick in its pervasiveness as we begin to gather with friends and family to celebrate wintertime and holiday activities. This hazard is not COVID-19. By years end, it is estimated over 20,000 people in our state will be involved in a motor vehicle accident.

According to the South Dakota Department of Public Safety, approximately 20% of accidents in the state have historically involved one or more drivers under the influence of alcohol. Additionally, The Center for Disease Control (CDC) indicated South Dakota drivers reported driving under the influence of alcohol at a rate 47% higher than the national average.

However, a report from the CDC's website indicates a growing concern for drivers under the influence of marijuana and/or other illicit drugs. In a 2018 survey, 4.7% of persons 16 years old or older reported driving under the influence of marijuana. This percentage represents a 32% increase since 2014.



While COVID-19 will justifiably remain a public health concern for South Dakotans heading into this holiday season, impaired driving remains a significant risk in our state. Please do your part to remain safe throughout this holiday season and to communicate the dangers of drunk and drugged driving.

Celebrate National Nonprofit Awareness Month

Did you know that nonprofits comprise more than 10% of all private sector employment in the country, accounting for 11.4 million employees according to the [Bureau of Labor Statistics](#)? In fact, if the nonprofit sector were a country, it would have the seventh largest economy in the world.

- from UST, www.chooseUST.org



The Great American Smokeout is November 19th



Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit. (From www.cancer.org)



About 32.4 million American adults still smoke cigarettes and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. More than 16 million Americans live with a smoking related disease.

While rates of smoking have declined over the past several decades, from 42% in 1965 to 13.7% in 2019, the gains have been inconsistent. Some groups smoke more heavily or at higher rates and suffer disproportionately from smoking-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including lower socioeconomic levels, those with college degrees, American Indians/ Alaska natives, African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions and others.

No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

For additional tips and information about quitting, visit The American Cancer Society's website www.cancer.org and the South Dakota QuitLine at www.SDQuitline.com.

FREE Virtual Community Trainings

Self-Care 101: Holiday Edition

November 20, 2020, 12-1 pm MT / 1-2 pm CT

What you will learn:

- What stress is compared to trauma
- What vicarious trauma is and how it affects you
- Why self care is important
- How you can help build resilience

A FREE ACE Interface Event

Register online at:
<https://tinyurl.com/CHS-Nov-2020>

Jointly sponsored by



2021 POPULATION HEALTH MANAGEMENT FORUM FOR PAYERS & PROVIDERS

Innovative Strategies to Advance Population Health: Achieve the Triple Aim Through Value-Based Care, Improve Patient Centered Care, Enhance Healthcare Data & Technology, and Reduce Overall Healthcare Costs!

FEBRUARY 25-26, 2021
HILTON SAN DIEGO BAYFRONT
SAN DIEGO, CA

For Additional Information, including agenda and registration information see:

<https://www.wcforum.com/conferences/population-health>



Upcoming Campaigns and Dates to Remember

November– National Family Caregivers Recognition Month (www.mhanational.org/national-family-caregivers-month)

November– COPD Awareness Month (www.aarc.org/nn18-copd-awareness-month)

November 11– Newell Veterans’ Day Program ([Sabrina Harmon 605.381.9135](mailto: Sabrina.Harmon@605.381.9135))

November 13– World Kindness Day (<https://inspirekindness.com/world-kindness-day>)

November 14– World Diabetes Awareness Day (<https://worlddiabetesday.org>)

November 11 through 22– American Education Week (<https://www.nea.org>)

November 19– Great American Smokeout (<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>)

November 23– International Survivors of Suicide Loss Day (<https://sdsuicideprevention.org>)



November 20th– Universal Children’s Day World Children’s Day was first established in 1954 as Universal Children’s Day and is celebrated on 20 November each year to promote international togetherness, awareness among children worldwide, and improving children’s welfare. (<https://www.un.org/en/observances/world-childrens-day>) November 20th is an important date as it is the date in 1959 when the UN General Assembly adopted the Declaration of the Rights of the Child. It is also the date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child.



November– Movember Since 2003, Movember has funded more than 1,250 men’s health projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men. (<https://us.movember.com>)



November 20th- National Adoption Day NAD is a collective effort to raise awareness of the more than 120,000 children waiting to be adopted from foster care in the United States. (<https://www.nationaladoptionday.org>)



November 25th through December 2nd– White Ribbon Week White Ribbons are worn to lend support to victims of domestic violence and to ensure efforts continue to work toward the elimination of such violence. (<https://nomore.org>)

SUICIDE PREVENTION PLAN

SURVIVORS OF SUICIDE LOSS DAY

International Survivors of Suicide Loss Day is November 21st

Observed annually on the Saturday before Thanksgiving, November 21st, 2020 is International Survivors of Suicide Loss Day. Survivor of suicide is a term used for someone who has lost a friend or loved one to suicide. International Survivors of Suicide Loss Day provides survivors of suicide loss an opportunity to come together to find connection, understanding, and hope. To learn more, visit the [Survivors of Suicide Loss](#) page on the [South Dakota Suicide Prevention](#) website.

HOLIDAY BLUES

Ways to Manage the Holiday Blues

With the holidays quickly approaching, and the added stress of the COVID-19 pandemic, many people may experience feelings of anxiety or depression during the holiday season now more than ever. People who are living with a mental health condition should take extra care of their overall health and wellness during this time. Here are some tips to avoid the holiday blues:

1. Stick to a normal routine
2. Get plenty of sleep
3. Spend time with supportive, caring people
4. Set reasonable expectations and goals
5. Get exercise
6. Eat and drink in moderation
7. Listen to music or find other ways to relax

If you or someone you know is struggling with the holiday blues, help is available. Call 1-800-273-8255 (TALK) or text "Hello" to 741-741.

COMMUNICATIONS

Suicide in the Media

The media plays an important role in preventing suicide, as insensitive reporting could lead to additional suicide attempts or deaths. The [Best Practices and Recommendations for Reporting on Suicide](#) were established using a consensus model developed by SAVE. Following these recommendations can assist in safe reporting on suicide. To learn more, [click here](#).

EVENTS

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

November

5 – YMHFA Virtual Training
 5 - Survivor Support Group
 7 – YMHFA Virtual Training
 10 – MHFA Virtual Training
 12 – MHFA Virtual Training
 12 – YMHFA Virtual Training
 14 – YMHFA Virtual Training
 16 – MHFA Virtual Training
 17 – Aliive Roberts County Coalition Meeting
 18 – Glacial Lake SAFE Coalition Meeting
 28-Black Hills Area Survivors of Suicide Support Group

December

1 – MHFA Virtual Training
 3 – Survivor Support Group
 4 – MHFA Virtual Training
 5 – YMHFA Virtual Training
 7 – YMHFA Virtual Training
 10 – YMHFA Virtual Training
 15 – Aliive Roberts County Coalition Meeting
 16 – Glacial Lake SAFE Coalition Meeting
 26-Black Hills Area Survivors of Suicide Support Group

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

South Dakota Tobacco
Control Program



Regional Contacts

Southeast Region

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Spring 2021 Tobacco Control Institute

SAVE THE DATE!

Wednesday, March 24, 2021

Spring Tobacco Control Institute

Highland Conference Center, Mitchell, SD*

Who should be there?

Tobacco Control Program Grantees, Coalition Members, Prevention Specialists, School Administrators, Counselors, Educators, Post-Secondary Representatives, Healthcare Professionals, Human Resource Specialists, Non-Profit Organizations, and Interested Adults.

Key topics will include:

- Priority Populations
- Health Equity
- Advocacy & Policy Work
- Communications
- Successful Partnerships

Scholarship assistance will be available on a first come, first serve basis to cover the cost of attending this meeting.

For more information, please contact the SE Region Tobacco Prevention Coordinator, Hilary Larsen, at (605) 444-6341 or h.larsen@voa-dakotas.org

Watch the BeFreeSD.com website for details. *The health and safety of Institute participants is important to us. We will continue to monitor the COVID-19 situation as it evolves and provide an update on the status of the Institute in early 2021.



Red Ribbon Week and T.A.T.U.

Georgia Morse Middle School students from Pierre participated in the first virtual T.A.T.U. training held on October 13, 2020. Two weeks later, those students celebrated Red Ribbon Week at school. To help promote the message of, “Say no to Drugs, Alcohol, and Tobacco” they organized dress up days and activities during lunch times.

There is still one more opportunity to attend a virtual T.A.T.U. training on November 11, 2020 from 10am-2pm MST. If you are interested in attending that training, please contact Ashley Heyne for a registration form:

Email: aheyne@bhssc.org

phone: (605) 276-5104

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

Impact of COVID-19 on the Psychological Health of Older Adults

The COVID-19 pandemic presents a number of psychological health challenges, many of which disproportionately affect older adults. These include social, emotional, and behavioral or physical consequences. Some of the risk factors associated with the effects of the COVID-19 pandemic mirror those for suicide in late life:

»Social: Living alone, social isolation, loneliness, lack of belonging, sense of being a burden to others

»Emotional: Fear of contagion, depression, hopelessness, prolonged stress and anxiety, triggering of prior trauma/post-traumatic stress disorder (PTSD), substance use disorders

»Physical: Declining health and disability, chronic pain, insomnia

»Financial/Employment: Economic uncertainty and insecurity due to reduced income or retirement savings, job loss

»Environmental: Increased access to lethal means (e.g., firearms, medication)

Most older adults have significant resilience and coping capacity from their years of life experience.

Professionals and others working with older adults are advised to support older adults in trying these strategies in ways that work best for each individual.

1. *Establish structure and routine in daily life.*
2. *Seek out regular moments of pleasure, meaning, and mastery.*
3. *Maintain social connectedness and sense of belonging.*
4. *Incorporate ways to experience relaxation and calm.*
5. *Engage the mind, engage the body, maintain a healthy diet and sleep.*
6. *Limit exposure to traditional and social media coverage of COVID-19 and related developments.*

Some older adults can be easily overwhelmed to implement numerous lifestyle changes at once. The actions and support of others, including professionals, family members, peers, and volunteers, are essential for engaging and helping older adults prevent and manage the psychological health effects of COVID-19.

SPRC

For Additional Information Contact:

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