

Prevention Newslink

JANUARY 2021

Addressing Stress & Anxiety

SD Prevention Resource Centers

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Stress affects everybody, it is a natural reaction to a challenge. Although it is a natural response, stress can take a toll on our physical and mental health. It is common for stress and anxiety to be used interchangeably. Stress is the physical or mental response to an external challenge (such as having a lot of homework, or managing an illness, or deadlines at work, etc). Stressors can be a one-time or short-term occurrence, or it can happen repeatedly over a long period of time.

Anxiety, on the other hand, is our body's reaction to stress and can occur even if there is no current threat. If the feelings of anxiety do not go away, they can begin to interfere with your life and affect your health. You might experience problems with sleeping, or in your immune, digestive, cardiovascular, and reproductive systems. As a result of anxiety, you may also be at a higher risk for developing a mental illness such as an anxiety disorder or depression.

So how would you know if you are at risk of an anxiety disorder? Does it feel like you can't manage the stress? Do the symptoms you are experiencing interfere with your everyday life? Do they cause you to avoid doing things or certain situations? Do the feelings of anxiety always seem to be present? Do you rely on substances like alcohol or other drugs to try to manage your feelings? In short, is it interfering with your ability to live, laugh and love?

So how can we cope with stress and anxiety? Learning what causes or triggers your stress and what positive coping techniques work for you can help reduce your anxiety and improve your daily life. It may take trial and error to discover what works best for you. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal.
- Download an app that provides relaxation exercises (such as deep breathing or visualization) or tips for practicing mindfulness, which is a psychological process of actively paying attention to the present moment.
- Exercise, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.

If you've tried these techniques and are still having trouble managing your stress and anxiety, it may be time to talk to a professional. Psychotherapy (also called "talk therapy") and medication are the two main treatments for anxiety, and many people benefit from a combination of the two. A great start can be discussing your concerns and symptoms with your primary care physician. You can find other services for your area of South Dakota by searching the 2-1-1 database at www.helpinecenter.org/2-1-1-community-resources/search/guided-search/

If you are in immediate distress or are thinking about suicide, call the **National Suicide Prevention Lifeline** toll-free at 1-800-273-TALK (8255). You also can text your zipcode to 898-211.

More information for this article can be found at the National Institute of Mental Health at www.nimh.nih.gov.

I'M SO STRESSED OUT!

From the NATIONAL INSTITUTE OF MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

Is it stress or anxiety?

Life can be stressful—you may feel stressed about performance at school, traumatic events such as a pandemic, natural disaster, or act of violence, or a life change. Everyone feels stress from time to time.

What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at www.nimh.nih.gov/anxietydisorders.

So, how do you know when to seek help?

Stress	Both Stress and Anxiety	Anxiety
Generally is a response to an external cause, such as having a big test or arguing with a friend.	Both stress and anxiety can affect your mind and body. You may experience symptoms such as:	Generally is intense meaning it's your reaction to stress.
Goes away once the situation is resolved.	• Excessive worry • Uneasiness • Tension • Headaches or body pain • High blood pressure • Loss of sleep	Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. It is constant, even if there is no immediate threat.
Can be positive or negative. For example, it may inspire you to meet a deadline or it may cause you to lose sleep.		

Mental Health Awareness Presentation Catalog

Note: all presentations are virtual at this time. To inquire or schedule a presentation reach out to Mallory Kloucek at mjflan2010@gmail.com
For a complete list & descriptions of the presentations and recorded webinars go to namisouthdakota.org



Student Presentations:

Ending the Silence for Students

- 50 minute presentation
- Audience: middle and high school aged students
- Mental health education
- Young adult shares their story

Wellness Session:

- 50 minute session
- Audience: middle and high school aged students
- Choice of 3 different wellness activities
- Journaling Materials: receive a stigma free journal for students to utilize.
- Mindfulness Listening Materials: sheet of paper with wellness wheel and pencil.
- Building a Support System Materials: template to write down support system and phone (ability to download My3 app).

Adult Presentations:

Mental Health 101:

- 1-hour presentation
- Audience: all adults
- Introductory session to mental health awareness

Ending the Silence for Families

- 1-hour presentation
- Audience: parents, caregivers, community members
- Mental health education & working with school staff

Resources, Support & Advocacy:

- 1-hour presentation
- Audience: all adults
- Learn resources and support for yourself and loved ones

Problem Solving (Strategies to reach out & respond):

- 1-hour presentation
- Audience: all adults
- Learn strategies for effective problem solving

School Staff Presentations:

Ending the Silence for School Staff:

- 1-hour presentation
- Audience: school staff
- Mental health education & working with parents

Say It Out Loud:

- 1-hour presentation
- Giving school staff the tools needed to hold conversations about mental health with teens



Wellness in the New Year

Wellness is not merely the absence of illness, but rather a life long process to a balanced life. The Wellness Wheel, pictured left, describes the 7 important dimensions of wellness.

- Emotional Wellness
- Environmental Wellness
- Intellectual Wellness
- Occupational Wellness

- Physical Wellness
- Social Wellness
- Spiritual Wellness

There are ways to improve your wellness and a good place to start is by evaluating your current well-being. Princeton University provides the self-assessment below to help you evaluate your state of wellness. <https://umatter.princeton.edu/sites/umatter/files/media/princeton-umatter-wellness-self-assessment.pdf>

Upcoming Training, Events & Campaigns

January 1-31– National Mentoring Month www.mentoring.org

January 18-22 – No Name Calling Week www.glsen.org/no-name-calling-week - contact your local PRC for library resources.

January 29— SD 2019 YRBS Data Webinar—To register, please visit: <https://us02web.zoom.us/meeting/register/tZckf-2tqD0rHtzQJoiZKguMPZ2TBwSpFiEz>.

February 1-28– Teen Dating Violence Awareness Month <https://www.teendvmonth.org/> - contact your local PRC for library resources

February 1– SAMHSA's 17th Annual Prevention Day Virtual <https://www.cadca.org/forum2021/preventionday>

February 1-4– CADCA National Leadership Forum Virtual <https://www.cadca.org/forum2021/registration>

February 8– The Big Bowl Vote- <https://preventionactionalliance.org/about/programs/big-bowl-vote/>

February 11– 211 University www.helplinecenter.org/211university

March 24– Spring Tobacco Control Institute– Mitchell befreesd.com

Supporting Communities of Color

South Dakota Suicide Prevention



Resources

Statewide Website

sdsuicideprevention.org

The Helpline Center

HelplineCenter.org

Statewide Crisis Line

1-800-273-8255

Answered by the



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

In recent weeks, we've seen painful reminders of the racism and violence that [Black Americans](#) and other communities of color experience on a daily basis. In addition to joining the outcry against these injustices, this moment calls for those of us in suicide prevention to critically examine how White privilege has shaped our work and to make bold moves toward equity and inclusion in our field.

Suicide affects every race, culture, and community, and we can all agree that one suicide death is one too many. Yet the suicide prevention field in the U.S. has historically focused the bulk of its research and prevention efforts on White Americans, with some attention paid to minority groups who experience higher death and attempt rates, such as American Indian/Alaska Native (AI/AN) and LGBT populations. Although African Americans may have lower suicide rates based on national statistics, those data do not tell the whole story, as [rising rates among Black youth](#) and the undue burden of trauma and inequity receive little attention.

What can we do to create a more equitable and inclusive suicide prevention field and help change our country to reduce the daily traumas experienced by Black and other minority communities? In the shorter term, our organizations can offer [supports](#) for Black individuals we serve, who may be experiencing re-traumatization from recent violence and deaths. Here are some other ideas you can start now and continue over the longer term:

- ◆ Learn about and implement existing recommendations for mental health and suicide prevention in Black populations.
- ◆ Include the perspectives of Black and other minority communities in our suicide prevention conversations and approaches.
- ◆ Explore how our own organizations and programs are reinforcing systemic racism and take steps to change that.
- ◆ Prioritize and fund new programs to build evidence for effective approaches that reduce suicide in Black and other communities of color.
- ◆ Leverage our status in and connections to the mental health field to reduce structural racism and discrimination.

SPRC

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South Dakota Tobacco
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Botvin LifeSkills Training Online Opportunity

Botvin LifeSkills Training is now being offered on a digital platform. e-LST Middle School 1 is the same evidenced-based prevention approach as the hard copy curriculum but now is presented in a flexible curriculum that can be used remotely at home, in class, or in hybrid learning environments. This opportunity allows for prevention work to continue even while students are distance learning during the pandemic.

Currently, e-LST, the digital LifeSkills program, is only available in Middle School 1. The target audience is students in grades 6-8. It is 15 sessions where each session is 50 minutes long with online interactive content as well as live skills practice.

If you have taken the Botvin LifeSkills training in the past, the South Dakota Department of Health will pay for the e-LST Middle School 1 or the hard copies of the curriculum. For more information or to order, please email tmillner@bhssc.org for an order form. You can also check out the e-LST Middle School 1 [here](#).

New Year, New You!

There is no better time than now to
QUIT! Start 2021 smoke free!

Click [here](#) to learn more about
quitting today!

The Buzz

2021



Welcome to January! Here in South Dakota we have been pretty fortunate to have a winter that has taken it's time getting here. This month I wanted to touch a bit on what it really means to be impaired while driving. Of course, the first thing many think of is alcohol, but it's actually much more than that. Impaired covers alcohol, illegal drugs, prescription drugs (your prescription and someone else's) and even over the counter medications such as Benadryl. We also what to remind you not to drive drowsy. Having a sober plan is always the best plan to have. We saw 153 crashes where impairment was involved in January 2020. Over 24% of those drivers were either hurt or killed during those impaired crashes. By having a sober plan, you not only save yourself from the possibility of hurting yourself, but injuring or hurting someone else. So as you bring in the New Year, we ask your resolution to be, to have

A sober plan. Drive safe SD.



Highway Safety Program & SDEMSC

Mission Statement:

Our mission is to ensure that every child in South Dakota receives the best pediatric emergency care in the event of a severe injury or illness.

Jaime Bartell

SDEMSC Program Coordinator
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*Statistics from SDCAT Jan. 1, 2020-Feb. 1, 2020

DRIVESAFESD.COM



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DATA

South Dakota Suicide Prevention Data Dashboard

The [South Dakota Suicide Prevention Data Dashboard](#) contains data pertaining to South Dakota deaths by suicide. The data dashboard serves as a resource to South Dakota communities to become informed and take action now. Using data to make informed decisions is a best practice in preventing deaths by suicide.

EDUCATION AND TRAINING

Suicide Prevention in College Settings

Comprehensive approaches to suicide prevention on college campuses require a fundamental shift in the paradigm for conceptualizing suicidality. The concept of connectedness offers a framework for conceptualizing risk and resilience processes as well as a roadmap for action. [Lost&Found](#), a South Dakota based non-profit, utilizes volunteers and staff to train, oversee, and guide student-led chapters and their advisers at five college campuses in South Dakota, and help young adults find the community they need to overcome depression and suicide. Learn more about Lost&Found [here](#).

COMMUNICATIONS

Healing After a Suicide Loss in Your Life

Suicide impacts those left behind in different ways. The [Healing After a Suicide Loss in Your Life](#) guide is a resource available to those who have lost a loved one to suicide. We hope the guide is helpful to you as you cope with your grief and begin the process of healing. You can learn more about the resources available for survivors of suicide loss at [South Dakota Suicide Prevention](#).

COMMUNITY ENGAGEMENT

Suicide Prevention in American Indian Settings

Suicide prevention is a high priority for people working to promote wellness and reduce health disparities affecting American Indians and Alaska Natives (AI/AN). Drawing on strengths within Native traditions, community leaders and experts are developing models that are culturally based to promote mental health and prevent suicide for future generations. Learn why and how communicates can take action [here](#).

EVENTS

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

January

7 - Survivor Support Group
19 – Aliive Roberts County Coalition Meeting
20 – Glacial Lake SAFE Coalition Meeting
23-Black Hills Area Survivors of Suicide Support Group

February

4 - Survivor Support Group
16 – Aliive Roberts County Coalition Meeting
17 – Glacial Lake SAFE Coalition Meeting
27-Black Hills Area Survivors of Suicide Support Group

March

4 - Survivor Support Group
16 – Aliive Roberts County Coalition Meeting
17 – Glacial Lake SAFE Coalition Meeting
27-Black Hills Area Survivors of Suicide Support Group

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