

SOUTH DAKOTA SUICIDE PREVENTION PLAN

2020-2025

April – June 2021 Quarterly Newsletter

DATA

South Dakota Suicide Data

The 2019 national suicide rates are out and in 2019, South Dakota had the 8th highest suicide rate in the United States (crude rate). Additionally, the 2019 Youth Risk Behavior Survey (YRBS) indicates that 23.1% of South Dakota high school students considered suicide and 12.3% attempted. Suicide prevention continues to be a priority of the state of South Dakota. Learn more about the data and warning signs of suicide [here](#).

EDUCATION AND TRAINING

Limiting Access to Lethal Means

Limiting access to lethal means—such as medications and firearms—is an effective way to save the life of someone who is experiencing an acute suicidal crisis. However, according to research from EDC’s Zero Suicide Institute, an estimated 90 percent of clinicians have not been trained in lethal means counseling and may need additional training on how to talk to patients about these issues. In response to this need, the Suicide Prevention Resource Center (SPRC) at EDC recently released an updated version of its popular Counseling on Access to Lethal Means (CALM) online course. Designed for mental health clinicians, the two-hour course offers strategies for talking to patients about their access to firearms and lethal medications and working with them to develop strategies for staying safe during an acute suicidal crisis. CALM is free of charge and open to anyone, you can access the training [here](#).

COMMUNICATIONS

Bethe1SD Press Kit

The Bethe1SD Press Kit includes materials from the Bethe1SD campaign including campaign logos, social graphics, radio, and television public service announcements (PSAs). These materials are available for South Dakota residents to use and promote the Bethe1SD messaging. Access the Press Kit at Bethe1sd.com.

COMMUNITY ENGAGEMENT

Suicide Prevention in the Workplace

People often spend a large portion of their day at a workplace and, in doing so, get to know other employees over time. As a result, they may be in a good position to notice changes in behavior that could suggest risk for suicide or other mental health problems. We’ve gathered various toolkits for employers to learn how they can take action on the South Dakota Suicide Prevention website. [Click here](#) to check out the toolkits.

EVENTS

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

April

1 - Survivor Support Group
20 – Aliive Roberts County Coalition Meeting
21 – Glacial Lake SAFE Coalition Meeting
24-Black Hills Area Survivors of Suicide Support Group

May

6 - Survivor Support Group
18 – Aliive Roberts County Coalition Meeting
19 – Glacial Lake SAFE Coalition Meeting
22-Black Hills Area Survivors of Suicide Support Group

June

3 - Survivor Support Group
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](#).



<http://sdsuicideprevention.org/>

