

## April – June 2022 Newsletter

### COMMUNITY ENGAGEMENT



Pictured to the left are officers from Hamlin County Sheriff's Office with promotional items from the BeThe1SD campaign in the lobby of the Hamlin County Courthouse. The BeThe1SD Campaign focuses on youth ages 10-24. Order free materials for your agency [here](#).



Pictured to the right are staff from Agar-Blunt-Onida school during their Youth Mental Health First Aid (YMHFA) training. You can request a free mental health awareness and suicide prevention training for your staff [here](#).

### EDUCATION AND TRAINING

#### What is Zero Suicide?

Zero Suicide is a transformational framework for health and behavioral health care systems. The foundational belief of zero suicide is that suicide deaths for individuals under the care of health and behavioral health systems are preventable and the only acceptable number of losses due to errors in quality of care is zero. Zero Suicide applies that life-saving mindset to preventing suicide. There are 21 agencies in South Dakota that have implemented the Zero Suicide approach. Learn more about Zero Suicide [here](#).

#### Means Safety

Did you know that 50% of all suicides were by firearms? Having a firearm that is present and accessible in the home increases the risk of suicide. Temporarily removing lethal means from someone in suicide crisis greatly reduces the likelihood of that person dying by suicide, because it gives at-risk individuals something they crucially need: time. Counseling on Access to Lethal Means (CALM) is a [free online course](#) that focuses on how to reduce access to the means people use to kill themselves.

### National Suicide Prevention Lifeline/988

#### How will the transition to 988 help our communities?

988 is more than just an easy-to-remember number – it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. 988 will be available nationwide for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health-related or suicidal crisis, or those looking to help a loved one through a crisis, should continue to call the Lifeline at its current number, [1-800-273-8255](tel:1-800-273-8255).

### EVENTS

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

#### April

21 – “Bright Spot” Suicide Prevention Learning Collaborative

#### May

8<sup>th</sup>-14<sup>th</sup> – [National Prevention Week](#)

#### June

1 & 2 – Mission: Possible Reducing the Impact of Substance Abuse & Mental Illness, Sioux Falls  
11 – 11<sup>th</sup> Annual Sioux Falls Step Forward to Prevent Suicide, Sioux Falls

#### August

11 & 12 – *Save the Date!* South Dakota Suicide Prevention Conference – “Start the Conversation”, Sioux Falls

Remember, free training is available! To find the [list of trainings](#) and to request a training for your community, [click here](#).