

# SOUTH DAKOTA SUICIDE RESPONSE

# Resources

## WHAT YOU CAN DO?

+ **Connect with local partners. This could include healthcare, behavioral health, schools, law enforcement, local businesses, county and local government, and non-profit organizations.**

» [Creating Suicide Prevention Community Coalitions: A Practical Guide](#)

+ **Place local media with suicide prevention messaging such as:**

» Newspaper ads      » Radio spots      » Newsletters      » Mass mailings

+ **Provide public education through:**

» Town Halls      » In-services      » Trainings

## WHAT CAN THE STATE OFFER?

+ **Data:**

» **The South Dakota Suicide Prevention Dashboard provides regularly updated data on:**

- South Dakota suicide numbers, with breakdowns by race, sex and age
- Quarterly provisional data
- Suicide rates by county, 2011-2020
- Suicide rates by state
- Annual self-inflicted injury hospitalizations and emergency department visits
- Youth Risk Behavior Survey (YRBS)
- State performance measures

» **For additional data support, please make a request at:** [sdsuicideprevention.org/contact-us/](https://sdsuicideprevention.org/contact-us/)

+ **Media support:**

» **Print resources available at [here](#) include:**

- Flyers (*Be the 1* and *American Indian Reach for Life*)
- Brochures
- Bi-fold cards (*Be the 1* and *American Indian Reach for Life*)
- Resource toolkits with stickers, pens, keychains, bracelets, drawstring bags, referral cards, brochures, flyers (*Be the 1* and *American Indian Reach for Life*)
- *American Indian Reach for Life* Toolkit
- LGBTQ posters
- Military poster

» Pre-developed newspaper ads

» Geo-targeted statewide social media

+ **Make a request at [SDSuicidePrevention.org/gethelp/](https://SDSuicidePrevention.org/gethelp/) request-training to provide a Mental Health First Aid or other training within your community/ organization.**

» **NAMI Ending the Silence:** An engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition.

» **Mental Health First Aid (standard, youth, first responder, higher education):** An 8-hour course that teaches the general public how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps individuals identify, understand, and respond to signs of mental illnesses. The program helps build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

» **Question, Persuade, Refer (QPR):** A one-to-two-hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

» **Question, Persuade, Refer, Treat (QPRT):** An 8-hour training to help professionals who assist, evaluate, manage, counsel or treat persons at-risk of suicide better assess and monitor those at elevated risk for suicidal behaviors using the QPRT model.

- » **Applied Suicide Intervention Skills Training (ASIST):** The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. [Watch a video about ASIST.](#)

#### + Funding opportunities:

- » **Work Well Mental Health:** Implementation of worksite mental wellness interventions at the individual, environmental, or organizational level. <https://healthysd.gov/fundingopportunities/>
- » **Communities That Care:** A community-based prevention system proven to reduce youth health and behavior problems aimed at preventing, reducing or responding to risk factors like substance abuse, overdose and suicide. This provides communities with a step-by-step guide and tools to build a high functioning community prevention coalition, develop a community

profile utilizing a community youth survey, create a community action plan for prevention work, and eventually implement and evaluate activities. <https://goodandhealthysd.org/funding/grants/>

- » **Community Health Workers:** Funding to develop and start a sustainable Community Health Worker (CHW) program. This funding, available through the South Dakota Department of Health, can provide up to \$50,000 to support Awareness of the CHW profession, Training (or cross-training) of an individual to become a CHW, workforce and organization development to develop a sustainable CHW program. <https://chwsd.org/funding/>

## RESOURCES

#### + Suicide Prevention Toolkits:

- » [Community Toolkits](#)
  - Employer Toolkits
  - Native American Toolkits
  - Healthcare Toolkits
  - Senior Care Toolkits
  - Military Member and Veteran Toolkits
- » [College Campus Toolkits](#)
- » [High School Toolkits](#)

Visit the specific population pages on [SDSuicidePrevention.org](https://SDSuicidePrevention.org) for additional information and resources for American Indians, College Students, High Trauma Professionals, LGBTQ, Teens, Veterans, Workplaces, and seniors.

#### + Tribal Suicide Prevention Programs & Resources

- » [IHS Behavioral Health Services](#)
- » GPTLHB Connecting With Our Youth (Black Hills Region) - 605.721.1922
- » Wiconi Wakan Health and Healing Center (RST) - 605.747.2777
- » Substance Abuse and Suicide Prevention (CRST) (Grant ends July 31, 2022) - 605.964.1505
- » BEAR Project (OST) - 605.454.0518
- » Tokala Inajinyo Youth Program (RST) - 605.856.2587

#### + 988, 211, and 911

On July 16th, 2022, 988 became the national three-digit phone number for all mental health, substance use and suicide crises. 988 offers rapid access to behavioral health support through connection with trained crisis counselors. When dialed from a 605- area code, 988 is routed to the Helpline Center in South Dakota.

988 is utilized for crisis situations, such as emotional distress, suicide, substance use information and support programs, care coordination and follow up support. 988 meets national standards for risk/safety assessment and engagement of individuals at imminent risk of suicide and offers care traffic control – quality coordination of crisis care and follow up support.

211 is utilized for social service information or resources, such as housing/rental assistance, utility assistance, food resources, government information, financial assistance, disaster information, childcare information, and much more.

Continue to call 911 for medical emergencies.

#### WHAT ARE THE BENEFITS OF 988 FOR SOUTH DAKOTANS?

- » Immediate access to mental health professionals.
  - On average, 80% of calls received by trained crisis counselors in a 988 setting can be deescalated on the phone, reducing the need to dispatch law enforcement in situations that do not have safety concerns. In the event situations necessitate a response, resources can be quickly dispatched.
- » One, easy to remember number to call.
  - Increased access to crisis support through a central call center for both referring law enforcement and individuals seeking help for themselves or loved ones. With an easy to remember number, call volume is estimated to at least double, leading to many more South Dakotans getting the help they need.

For additional information on 988 please visit: <https://sdsuicideprevention.org/988-2/> or <https://www.helplinecenter.org/9-8-8/>.

988 specific materials can be ordered here: <https://www.helplinecenter.org/988info/988-promotion/>

## + South Dakota Communities That Care

Communities That Care (CTC) is a community-based prevention system proven to reduce youth health and behavior problems community wide. This 5-phase process provides communities with a step-by-step guide and tools for building a high-functioning community prevention coalition. This coalition then facilitates the collection of risk and protective factor data via a local youth survey and utilizes that data to develop a community-specific prevention plan.

### THERE ARE CURRENTLY 12 COMMUNITIES PARTICIPATING IN COMMUNITIES THAT CARE IN SOUTH DAKOTA:

Community	Lead Organization	Primary Contact	Email
Brown County	Avera St. Luke's Hospital	Jordan Mounga	<a href="mailto:jordan.mounga@avera.org">jordan.mounga@avera.org</a>
Buffalo County/Ft. Thompson	Horizon health Care, Inc.	Diane Inch	<a href="mailto:dinch@horizonhealthcare.org">dinch@horizonhealthcare.org</a>
Charles Mix County	Wagner Community Memorial Hospital	Connie Kaufman	<a href="mailto:connie.kaufman@avera.org">connie.kaufman@avera.org</a>
Cheyenne River Reservation	Missouri Breaks Industries Research, Inc.	Jaylynn Stocklin	<a href="mailto:jaylynn.stocklin@mbiri.com">jaylynn.stocklin@mbiri.com</a>
Fall River County	Fall River Health Services	Alexander Nelson	<a href="mailto:anelson27@frhssd.org">anelson27@frhssd.org</a>
Lower Brule Reservation	Lower Brule Counseling Service	Victoria Grey Owl	<a href="mailto:victoria.greyowl@lowerbrule.net">victoria.greyowl@lowerbrule.net</a>
Mellette County	Michael Glynn Memorial Coalition	Joyce Glynn	<a href="mailto:mgmcoalition@gwtc.net">mgmcoalition@gwtc.net</a>
Mitchell	Mitchell Area Suicide Prevention Coalition	Sydney Lanning	<a href="mailto:sydney.lanning@dwu.edu">sydney.lanning@dwu.edu</a>
Pierre/Ft. Pierre	Capital Area Counseling Services	Teresa Ehrisman	<a href="mailto:teresa.ehrisman@cacsnet.org">teresa.ehrisman@cacsnet.org</a>
Rapid City*	United Way of the Black Hills	Murray Lee	<a href="mailto:murray@unitedwayblackhills.org">murray@unitedwayblackhills.org</a>
Sioux Falls	South Dakota Urban Indian Health	Megan White Face	<a href="mailto:megan.whiteface@sduih.org">megan.whiteface@sduih.org</a>
Yankton County	Avera Sacred Heart Hospital	Emma Grate	<a href="mailto:emma.grate@avera.org">emma.grate@avera.org</a>

\*Receives implementation funding outside of SDDOH

For more information on the Communities That Care framework, please visit [CommunitiesThatCare.net](http://CommunitiesThatCare.net).

## + Prevention Resource Centers

Three Prevention Resource Centers (PRCs) provide regional support across the state to students, parents, educators, community groups, community agencies, law enforcement and any other interested entity looking for prevention resource materials or support. Each PRC has a resource library with videos, DVDs, books, CDs, brochures and curriculum, available for public use.

- » [Southeastern Prevention Resource Center, Sioux Falls](#)
- » [Western Prevention Resource Center, Rapid City](#)
- » [Northeastern Prevention Resource Center](#)

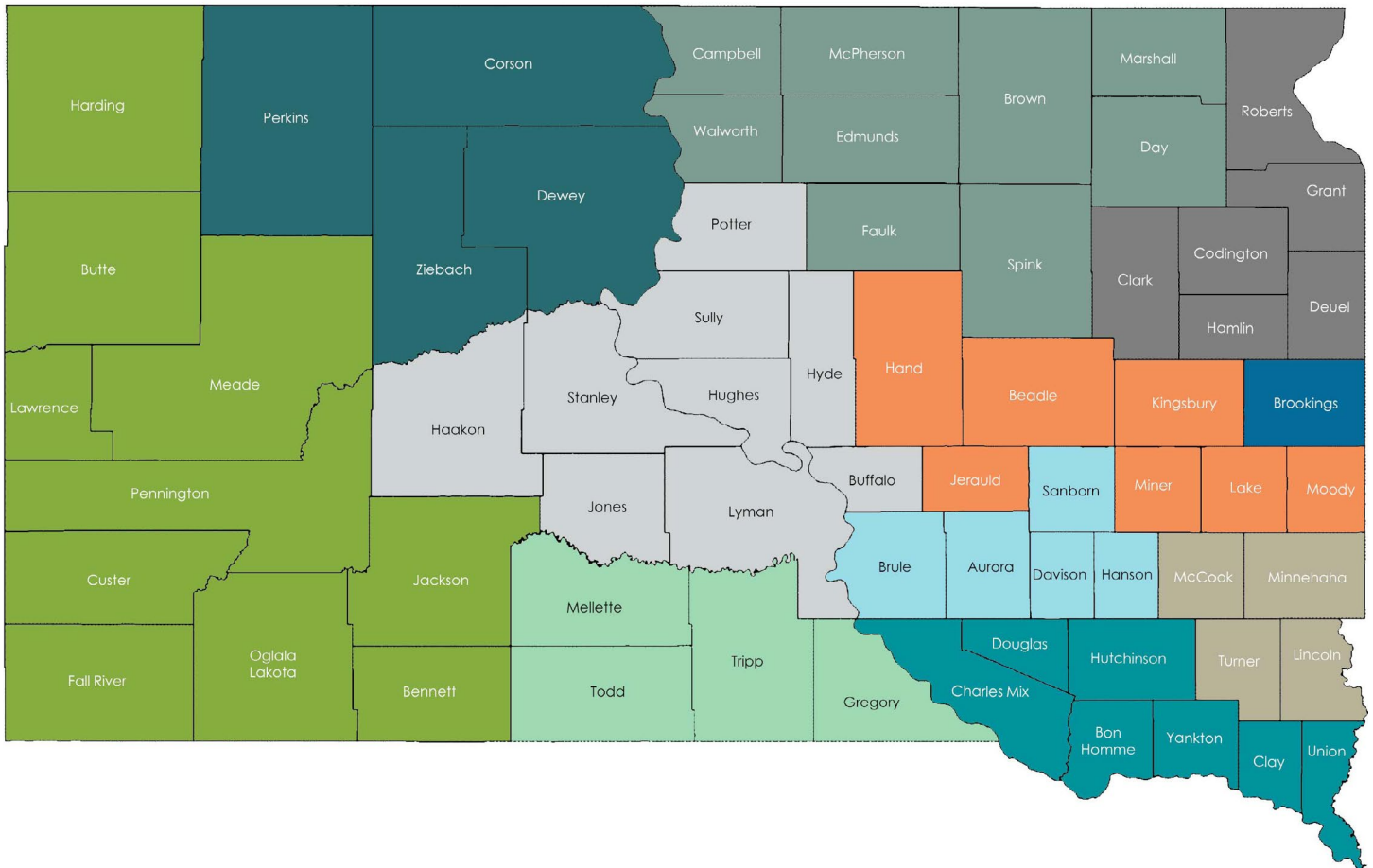
## + Free Digital Library

Check out e-books and audiobooks through the South Dakota Prevention Resource Centers' digital library for free. It contains a growing variety of resources covering topics of alcohol and other drugs, substance abuse, addiction & recovery, mental health, trauma & resiliency, suicide and workbooks. Books may be checked out for up to 21 days with the possibility to renew, given no holds are placed by other users. Get started by filling out this [sign-up sheet](#). A username, password and user instructions will then be emailed to you.

**+ Community Mental Health Services**

Community Mental Health Centers provide comprehensive outpatient services across the lifespan (children, youth, adults, and elders) with acute mental health disorders or serious mental illnesses. To ensure mental health services are available to all South Dakota residents, Division of Behavioral Health designates counties to each CMHC, which function as the CMHC's service area, also known as a catchment area. Click [here](#) for more information about Community Mental Health Centers.

## South Dakota Community Mental Health Centers



- Behavior Management Systems
- Brookings Behavioral Health and Wellness
- Capital Area Counseling
- Community Counseling Services
- Dakota Counseling Institute
- Human Service Agency
- Lewis & Clark Behavioral Health Services
- Northeastern Mental Health Center
- Southeastern Behavioral Healthcare
- Southern Plains Behavioral Health Services
- Three Rivers Mental Health and Chemical Dependency Center

988 • Call • Text • Chat



[sdsuicideprevention.org](https://sdsuicideprevention.org)

