

Prevention Newslink

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5 Ways to Keep Your Teen Out of Trouble This Summer

The transition from school to summertime provides new opportunities for teens — and it can be challenging for some adolescents to cope with the change. Studies show that teens who haven't tried drugs or alcohol are more likely to start during times of transition in order to deal with stress. But don't worry — while change is a part of life, risky behavior, like substance use, doesn't have to be.

You can't control the changes that impact your teen, but you can pay attention to their feelings, concerns and needs. Conversations are one of the most powerful tools parents can use to connect with — and protect — their children.

1. Work up a list of what they can do without asking permission.
2. Know what's in the cabinet.
3. Talk periodically throughout the day.
4. Know who your teen's summer friends are.
5. Follow up on statements that don't ring true.

Article from Partnership to End Addiction

For full article [click here](#).



Show Me the Data...

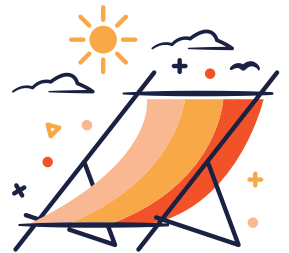
The [SD State Epidemiological Outcomes \(SEO\)](#) is intended to serve as a resource for accessing state and regional data related to behavioral health and substance misuse in **South Dakota**.

The [Youth Risk Behavior Survey \(YRBS\)](#) monitors health-related behaviors for youth. The survey data is collected every two years from high schools across the state.

The [National Survey on Drug Use and Health \(NSDUH\)](#) is sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) and collects information regarding substance use and mental health symptoms. [Find available data here.](#)

With Summer officially in full swing, be mindful of the effects of alcohol.

- Alcohol and the sun both cause dehydration - pairing them together can create a dangerous situation for your body.
- The sun and heat can also contribute to the effects of alcohol making them come on more quickly.
- Using alcohol while swimming can skew your sense of direction, depth, and distance.
- Driving a boat under the influence is just as dangerous and illegal as driving a car under the influence.



Upcoming Training and Events

June 23 "Gateway Drugs" and Your Prevention Efforts Webinar, [Register here](#)

July 12-15 CADCA Mid-Year Virtual, to review agenda and register, [click here](#)

July 19 Social Norms 3-Part Series: Webinar 1: An Introduction to the Science of the Positive [Register here](#)

August 16 Social Norms 3-Part Series: Webinar 2: Introduction to Positive Community Norms [Register here](#)

August 16-20 Science Based Drug Education, Camp Rapid- Rapid City
Contact Vonnie at vackerman@youthandfamilyservices.org or 605-342-1593

September 20 Social Norms 3-Part Series: Webinar 3: Applying the Science of the Positive in Strategic Communication [Register here](#)



Restoring Connections and Transitioning Toward HOPE

South Dakota Suicide



Prevention

Resources

Statewide Website

sdsuicideprevention.org

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

HelplineCenter.org

As social beings who anchor our sense of self through our relationships and measure our life's journey by the changes that occur, connection and transition are keys to well-being. Yet, the COVID-19 pandemic has unsettled our connections to one another and forced an abrupt and unanticipated transition between pre-pandemic life and our current reality. Two powerful factors influencing our mental health have been greatly altered and challenged in the past year and continue to be uncertain as we move into the summer months.

Many of us have faced great loss during this pandemic, including the loss of loved ones, employment, and continuity. Our children's normal social settings have been disrupted, altering their usual routines and bringing increased concerns about academic progress. Our work lives have seen drastic changes and, for some, new technological adjustments. Often, the isolation of quarantine and distance from loved ones is all the stress a person can handle.

Connections and transitions allow us to have reference points as we measure our lives' advancement. However, with connections disrupted and unexpected transitions taking place, we may only see these changes because they were forced upon us by circumstance when, in fact, they are a routine part of life. Disruptions in connectedness and unplanned or uncontrollable transitions are adverse experiences that can increase the risk of issues with [mental health](#), social adjustment, work or school success, and [suicidal thoughts](#). Although much attention is focused on risk factors for, and the potential negative impact of, adverse experiences, there is increasing recognition of the importance of protective factors that can lessen the effects of negative life experiences.

Effective suicide prevention involves [reducing risk factors and strengthening protective factors](#) for suicide. Establishing or strengthening connections with others can help enhance resilience in the face of unexpected or unwanted transitions. The presence of supportive relationships with a family member, friend, teacher, or co-worker are key for promoting well-being. Likewise, concrete support, such as financial assistance, effective mental health interventions, or a healthy environment can help reduce risk and increase resilience. Author and radio personality Tom Bodett is quoted as saying, "They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for." As we tentatively begin to move out of the life introduced by the global pandemic into another new normal, we hope we can all keep an eye on the role protective factors can play in fortifying individuals and communities against adversity.

[- Information from SPRC Spark Director's Corner](#)

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South Dakota Tobacco Control Program

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INDEPTH: An Alternative to Suspension

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is an evidence-based, alternative to suspension or citation program for youth caught with tobacco products. INDEPTH helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

INDEPTH is taught by any trained adult in four, 50-minutes sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting. The goal of every program is to educate students about nicotine dependence and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.

Any adult can complete the online INDEPTH training, and facilitators receive a step-by-step guide that can be used to plan and implement the INDEPTH program at their school or community-based organization.

For more information about INDEPTH or to register for the **FREE** facilitator training, click [here](#).

Not On Tobacco (N-O-T)

Not On Tobacco (N-O-T) is a proven teen smoking and vaping cessation program. N-O-T was designed with teenagers in mind and addresses issues that are specifically important to them. The program takes a holistic approach with each session using different interactive learning strategies based on Social Cognitive Theory of behavior change that can then be applied and practiced in everyday life and encourages a voluntary change for youth ages 14 to 19.

N-O-T is taught by a trained and certified adult in ten, 50-minute sessions. It is most effective in a small group format (6-10 participants) that emphasizes teamwork. The easy-to-use method helps teens quit by addressing total health in order to develop and maintain positive behaviors.

After attending a seven-hour training, each facilitator is provided with a guide to deliver the structured curriculum in a school or community-based small group setting.

For more information about N-O-T or to register for training, click [here](#).



CELEBRATING RESPONSIBLY

4th of July

As we kick off summer, our next celebration is the 4th of July. On highways across the US, the 4th of July is the deadliest holiday for impaired driving crashes. Nationally in 2019, 515 people died in motor vehicle crashes over the July 4th holiday period (6 p.m. July 3 – 5:59 a.m. July 8, 2019). Thirty-eight percent (198) of those fatalities occurred in alcohol-impaired-driving crashes. (*NHTSA 3-22-21) Each year we see the fatality number grow in impaired driving crashes on the 4th of July, rocketing it to the #1 deadliest holiday on US roadways.

So how do we stop the numbers from growing? It starts with you making a plan before you start to celebrate. This will help make sure that everyone arrives to their final destination alive. If you plan to drink, find a sober driver to take you home before you pour the first one. Is it your turn to be the designated driver? Take that role seriously and do not consume alcohol, not even one drink.

- Remember that it is never okay to drink and drive. Impairment begins after one alcoholic beverage so designate a sober driver, use public transportation or a ride service (Uber, Lyft, or a taxi) to get home safely.
- If you see a drunk driver on the road, call 911.
- If you see someone at the event planning to drive home after drinking, take the keys away and make arrangements to get them home safely.

As we celebrate with friends, food, and fireworks let's do it responsibly and spark the conversation about having a sober plan this 4th of July. Everyone wants you to be around to celebrate future holidays.

This 4th of July, commit to only driving when you're 100-percent sober. As you head out to celebrate, remember: Buzzed Driving Is Drunk Driving.

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