

JULY 2022

# PREVENTION NEWSLINK

SOUTH DAKOTA PREVENTION RESOURCE CENTERS

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On July 16, 2022, South Dakota will join the rest of the United States in beginning to use the 988-dialing code. 988 will be the new three-digit number to call (multiple languages), text or chat (English only) to connect people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support are available for anyone experiencing mental health-related distress. In South Dakota, the 988 Lifeline will be answered at the Helpline Center by individuals with advanced degrees and experience in behavioral health. This will not replace the existing 1-800-273-8255 (TALK), but rather strengthen and expand it as well as working in collaboration with 211.

People can use 988 if they are having thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.

But what is the difference then between 988, 911, and 211? When you need police, fire, and rescue services, please contact 911. If you need social services information or resources, call 211. For urgent mental health needs, call 988.

Because of the hard work and partnership between the Helpline Center and the Department of Social Services, we are poised to be ready for an increased call volume in South Dakota. Through great partnerships with entities such as 911 call centers, Community Mental Health Centers, psychiatric acute hospitals, individuals with lived experience, law enforcement, substance use disorder treatment agencies and a host of many more stakeholders, we are ready to share the message of 988 and hope.

For more information on how the Helpline Center works, check out page 3 of this newsletter.

## NATIONAL NIGHT OUT IS THE FIRST TUESDAY IN AUGUST.

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances. Check with your local law enforcement to see if they will be hosting a National Night Out.



## AUGUST IS FAMILY FUN MONTH

Before the chaos of school, work, and extracurriculars threatens to engulf you and your family, make the most of the month of August by finding ways to create special memories together. A few recommendations could include:

- Spend a day in nature
- Have a lemonade stand
- Head to the beach
- Volunteer
- Create a family art piece
- Go fishing
- Take a family vacation



## AUGUST 31, 2022 INTERNATIONAL OVERDOSE AWARENESS DAY

International Overdose Awareness Day spreads the message about the tragedy of drug overdose death and that drug overdose is preventable.

The goals of International Overdose Awareness Day are:

- To provide an opportunity for people to publicly mourn loved ones in a safe environment, some for the first time without feeling guilt or shame.
- To include the greatest number of people in International Overdose Awareness Day events, and encourage non-denominational involvement.
- To give community members information about the issue of fatal and non-fatal overdose.
- To send a strong message to current and former people who use drugs that they are valued.
- To stimulate discussion about overdose prevention and drug policy.
- To provide basic information on the range of support services that are available.
- To prevent and reduce drug-related harm by supporting evidence-based policy and practice.
- To inform people around the world about the risk of overdose.

If you or your organization would like to participate in International Overdose Awareness Day, visit [www.overdoseday.com/campaign-resources/](http://www.overdoseday.com/campaign-resources/) to find campaign resources.

# Upcoming Training and Events

### Start the Conversation: 2022 Suicide Prevention Conference

August 11th 10-5 CST & August 12th 8-12 CST | Sioux Falls Convention Center | click [here](#) to register

### South Dakota Prevention Network Presents: Substance Abuse - Emerging Research & Trends

August 22nd & 23rd 8-4:30pm MST | Virtual | click [here](#) to register

### NPN 2022 Conference: Healthy Opportunities for Prevention to Empower Change

August 23rd - 25th | virtual | \$300-350 | click [here](#) to register

## South Dakota Suicide Prevention



### Resources

**Statewide Website**  
[sdsuicideprevention.org](http://sdsuicideprevention.org)

**The Helpline Center**  
[HelplineCenter.org](http://HelplineCenter.org)

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#### If you or someone you know needs help with...

- Depression • Grief
- Relationship conflicts
- Drugs • Alcohol
- Suicidal thoughts



## What happens when you dial 988?

988 is officially active as of July 16<sup>th</sup>. The Helpline Center answers those calls, texts and chats and support individuals in crisis throughout the entire state. The number will be available 24/7, as will the chat and text options. Callers who dial the easy to remember 3-digit phone number are connected with a trained counselor who will listen, provide short term counseling, offer support, and connect them to local behavioral health resources.

The trained counselor will listen to understand the caller's immediate need or crisis. Together they will collaborate the best course of action. The trained counselor will help create a safety plan and provide direct connections or referrals to local behavioral health resources. If the counselor assesses that additional support is needed immediately the trained staff can help connect the person at risk with a mobile crisis team, stabilization unit, or local law enforcement.

Once the immediate need or crisis is stabilized the counselor will offer to follow up with the person at risk. During the check-in with them, the counselor will make sure that the person's immediate crisis has been resolved and ensure that ongoing care is established or being set up. If there are any barriers to receiving care, staff can help problem solve those by offering additional support and resources.

The Helpline Center is looking forward to serving our South Dakota residents through 988 by giving support, offering hope, and creating connections all day, every day!

**For Additional Information Contact:**  
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## July - September 2022 Newsletter

### SUICIDE PREVENTION CONFERENCE

The Department of Social Services, Division of Behavioral Health, along with their state partners, are excited to announce there will be a Suicide Prevention Conference on August 11<sup>th</sup> and August 12<sup>th</sup>, 2022, at the Sioux Falls Convention Center. This no-cost conference is a great opportunity to “Start the Conversation” around suicide prevention in South Dakota, featuring key speakers in the areas of veterans, youth, tribal communities, and resiliency as well as those with lived experience of suicide loss or survival. Click [here](#) to register for the conference.



### EVENTS

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

#### July

18 – Helpline Center Open Golf Tournament

#### August

6 – Yankton Step Forward to Prevent Suicide Event

11 & 12 – South Dakota Suicide Prevention Conference – “Start the Conversation”, Sioux Falls Convention Center

#### September

Suicide Prevention Awareness Month

### SUICIDE PREVENTION MONTH

#### September is Suicide Prevention Month

Suicide Prevention Month is a time to raise awareness and shift public perception, as well as spreading hope and vital information to people affected by suicide. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with a collective passion and strength around a difficult topic. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background and we can all help prevent suicide.

### National Suicide Prevention Lifeline/988

#### 988 is Live

On July 16<sup>th</sup>, 988 became the national three-digit phone number for all mental health, substance use and suicide crises. 988 will offer rapid access to behavioral health support through connection with trained crisis specialists. The current lifeline number (1-800-273-TALK) will *not* be going away. Dialing either number will get people to the same services. In the end, 988 is an easier-to-remember way to access lifesaving services.

#### What is the difference between 988 and 211?

- 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.

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

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**YOUTH MENTAL HEALTH & TOBACCO**

Youth using any form of tobacco is not a new behavior we are seeing in public health. However, with products having higher nicotine content, addiction rates are becoming an increasing concern for many reasons. One being the negative effect these products can have on mental health.

In a [Truth Initiative](#) study, 4 in 5 young people stated they vape to relieve symptoms of anxiety, stress, and depression. What many youth don't realize is that nicotine actually increases these symptoms. By using these products with higher nicotine at a higher rate, we are seeing more youth become addicted to nicotine at a younger age, making quitting more difficult and increasing their risk of other substance use and/or mental health concerns.

According to the National Youth Tobacco Survey, 1.7 million high schoolers reported vaping. More than 43% of those who vape reported using 20-30 days per month. We are needing to educate youth about the link between mental health and nicotine. We also need to provide them resources on how to quit and healthy coping strategies. To read about these studies and more visit [Truth Initiative](#).

Don't forget, the [South Dakota QuitLine](#) is for those 13 years and older!

**NEW RESOURCES FOR PROVIDERS!**

Behavioral Health patients and low socioeconomic status (SES) populations are specifically targeted by the tobacco industry, making them 2-3 times more likely to use tobacco and are more likely to have multiple chronic conditions. Tobacco use can intensify symptoms and situations for those living with mental health conditions. Research shows that quitting smoking can have positive effects on mental health.

The South Dakota Tobacco Control Program has created three new materials specifically focused on behavioral health and low SES populations. These materials are designed for providers/caregivers, but anyone can use them! If you are interested in ordering these materials, please reach out to your Regional Tobacco Prevention Coordinator.

**EVENTS/TRAININGS**

- August 1, 2022: World Lung Cancer Day
- September 2022: National Recovery Month
- October 2022: Children's Health Month, Healthy Lung Month, National Dental Hygiene Month
- October 9-15, 2022: National Fire Prevention Week
- October 10, 2022: World Mental Health Day
- October 24-28, 2022: Red Ribbon Week



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[www.SDEMSC.org](http://www.SDEMSC.org)  
Facebook:  
[@SDEMScforChildren](https://www.facebook.com/SDEMScforChildren)



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Choose classroom materials!

## South Dakota EMS for Children July 2022

Summer is here! The office has been busy with in person presentations around the state about Seat Belt Safety and Impaired Driving Prevention. So far, SD EMS for Children has presented to numerous schools around the area at their Driver's Education Programs. Our Choices, Chances, and Decisions program gets teens to think about what happens when they choose not to buckle up or drive under the influence.

SD EMS for Children strives to get teens thinking about making better choices behind the wheel. The office has found that talking with the students, not talking to them, helps create a safe environment. The relationship creation with the students to have them open up and share with us has been impactful. This learning environment goes both ways. The students are sharing with us and it helps us learn what we can do in safety and injury prevention to be better educators, create better programs, and create better public campaigns.

The diversity seen across the state with the students has also been a humbling experience for us. SD EMS for Children encourages the public to visit our website and follow our Facebook page to keep up to date on the latest safety and injury prevention programs and campaigns. Safety and injury materials are changing all the time and programs can be tailored to your community needs. SD EMS for Children strives to prevent those injuries before they happen. Have a safe rest of summer!

**Driving Unbelted  
or Impaired...**  
**Pack Appropriately.**



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Be on the lookout for our latest campaign!