

# Prevention Newslink

November 2015

## Anti-Bullying Tools & Resources

### SD Prevention Resource Centers

#### WPRC

Youth & Family Services

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Everyone understands that bullying happens, and also that it is potentially harmful to victims. In fact, according to the website [www.stopbullying.gov](http://www.stopbullying.gov), victims, bullies, and even bystanders have an increased risk of negative effects and behaviors. Victims of bullying can experience depression and anxiety, health complaints and decreased academic achievement. Kids who bully others are more likely to abuse alcohol and other drugs in adolescence and as adults, get into fights, vandalize property, and drop out of school, among other negative behaviors. Bystanders have increased use of tobacco, alcohol and other drugs, increased mental health problems including depression and anxiety, and miss or skip school.

### Anti-Bullying Apps

#### **Know Bullying App by SAMHSA**

This app contains conversation starters for parents to start meaningful conversations with their kids, tips to prevent bullying for children of various ages, warning signs, reminders, social media tips, and a section for educators.

#### **ReThink App developed by a 15-year-old**

ReThink is a non-intrusive, innovative, patented software product that effectively stops cyberbullying before the damage is done. When an adolescent tries to post an offensive message on social media, ReThink uses patented context sensitive filtering technology to determine whether or not it's offensive and gives the adolescent a second chance to reconsider their decision.



### Anti-Bullying Media Campaigns

#### **#Day1 Campaign**

#Day1 is a new national anti-bullying campaign that is free, simple and effective. The campaign empowers teachers, managers, coaches and other leaders to prevent bullying before it begins by promoting a no-nonsense message on Day 1 of orientation. #Day1 consists of a Declaration and Pledge that you download from [www.Day1Campaign.com](http://www.Day1Campaign.com).

#### **Stand Up, Stand Strong**

This media campaign by the Indian Health Service consists of posters, fact sheets, brochures and videos containing young, positive American Indian role models and information about warning signs of bullying, as well as the message for American Indian communities to stand up against bullying. Materials are available at [www.ihs.gov/dbh/mediacampaigns/bullying](http://www.ihs.gov/dbh/mediacampaigns/bullying).

#### **Act to Change**

Act To Change is a public awareness campaign working to address bullying, including in the Asian American and Pacific Islander community. For more information see [www.ActToChange.org](http://www.ActToChange.org).

## Upcoming Training, Events & Campaigns

- Nov 18** Mental Health First Aid, Sioux Falls  
Contact: Melinda at [m.olson@voa-dakotas.org](mailto:m.olson@voa-dakotas.org)
- Nov 18** Essential Substance Abuse Skills Webinar: Professional and Ethical Responsibilities  
[www.attcnetwork.org/americanindian](http://www.attcnetwork.org/americanindian)
- Nov 19** Legal and Ethical Issues for Mental Health Clinicians, Sioux Falls  
See [www.pesi.com](http://www.pesi.com) for cost & registration.
- Nov 20** Legal and Ethical Issues for Mental Health Clinicians, Aberdeen  
See [www.pesi.com](http://www.pesi.com) for cost & registration.
- Nov 20** USD Health Sciences Career Fair, Vermillion  
Contact: [health@usd.edu](mailto:health@usd.edu)
- Nov 20** YMSM+LGBT CoE Webinar: Walking in Good Way – Cultural Considerations when Working with Two-Spirit Individuals (Native LGBT)  
[www.ymsmlgbt.org/walking-in-good-way](http://www.ymsmlgbt.org/walking-in-good-way)
- Dec 2-3** LifeSkills Training, Sioux Falls  
Contact: Melinda at [m.olson@voa-dakotas.org](mailto:m.olson@voa-dakotas.org)
- Dec 9** Trauma, PTSD & Traumatic Grief – Effective Assessments & Immediate Interventions, Sioux Falls  
[www.pesi.com](http://www.pesi.com) or phone 800-844-8260.
- Dec 11** Mental Health First Aid Training ,  
Contact: Sabrina Harmon at 605-381-9136 or [Sabrina.harmon@k12.sd.us](mailto:Sabrina.harmon@k12.sd.us)
- Dec 16** Essential Substance Abuse Skills Webinar: Clinical Evaluation: Treatment Planning  
[www.attcnetwork.org/americanindian](http://www.attcnetwork.org/americanindian)
- Dec 16-18** Lakota Nation Conference (LNI), Rapid City  
Contact: Terri Jo Gibbons (605) 407-0667
- Jan 25-31** National Drug and Alcohol Facts Week,  
[teens.drugabuse.gov/national-drug-facts-week](http://teens.drugabuse.gov/national-drug-facts-week)
- Jan 28** SafeTALK, Rapid City  
Contact: [frontporch@midconetwork.com](mailto:frontporch@midconetwork.com)
- Mar 31-Apr 1** West River HS SADD Conference, Rapid City  
Contact: [vackerman@youthandfamilyservices.org](mailto:vackerman@youthandfamilyservices.org)
- Apr 1-2** East River SADD Conference, Sioux Falls  
Contact: Melinda at [m.olson@voa-dakotas.org](mailto:m.olson@voa-dakotas.org) or Dodi at [dodih@humanserviceagency.org](mailto:dodih@humanserviceagency.org)

## Apps to Help Smokers Quit

The Great American Smoke-Out is November 19, and the American Cancer Society has some high-tech help for smokers hoping to quit that day, or any day of the year.

### Countdown Clock



Download this desktop app from the American Cancer Society and receive daily tips right on your desktop that will help you prepare to quit. When your quit day arrives the Countdown Clock will continue to provide practical support tips for your first month as a nonsmoker.

### Zombie Smokeout App

*Keep Your Hands Busy Until the Urge to Smoke Passes*



When a craving for a smoke hits you, it may seem intense. It usually weakens in a few minutes, but during those few minutes, it's a good idea to find something else to do. Take a walk, go get a drink of water, or play Zombie Smokeout. This action-packed mobile game can distract and entertain you to help get you past your craving.

## Chance to win a \$5,000 scholarship

### The Driving Coach

Coach your parents into not driving distracted.  
Ends November 30

[DoSomething.org](http://DoSomething.org) has teamed up with Toyota's [TeenDrive365.com](http://TeenDrive365.com) to bring teens creative, weird, and fun ways to coach their parents into not driving distracted. The campaign consists of a text-message game. Participants put their cell phone and that of three of their friends and the fun and learning begins. Plus participants are entered into a chance to win a \$5,000 scholarship! Text DRIVE to 38383 or go to [www.DoSomething.org/us/campaigns/driving-coach](http://www.DoSomething.org/us/campaigns/driving-coach).



# Oyate Okolakiciye Coalition

## Successes:

Thanks to funding from the Department of Social Services, Behavioral Health Services, the Oyate Okolakiciye Coalition has achieved some notable successes:

- The Coalition has a broad base of support and has approximately 20 people from various sectors attend each meeting.
- Over 350 people attended a recent Native American Day event. The event was an alcohol-free alternative event featuring American Indian musicians and cultural performances and games. The event was co-sponsored by Lakota Ways.
- The Coalition and its activities have been featured in the Rapid City Journal twice, including one article on the front page for the Native American Day event.
- A new Evidence Based Program has been selected, adapted for local Lakota culture, and has been implemented at Box Elder Job Corps twice, and is currently being implemented in weekly sessions at the Juvenile Services Center and Wellspring.

## Challenges:

A change to a new fiscal agent for the current year has led to some challenges and adjustments. Additionally, the reduction still presents some challenges to continuing the work outlined above:

- All staff work less than part-time due to a limited budget and reductions to the budget.
- Finding and reaching an audience that is primarily American Indian is an ongoing challenge.



*The Oyate Okolakiciye Coalition sponsored the first annual Native American Day events at Main Street Square in Rapid City on October 12, 2015.*

*The event was co-sponsored by Lakota Ways, which did dance demonstrations, shared cultural information, and organized traditional activities.*

# South Dakota Tobacco Control Program

## Regional Contacts

### Western Region

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1.866.SD-QUITS  
[www.SDQuitLine.com](http://www.SDQuitLine.com)



## Focus on SD's Priority Populations: Medicaid Clients



### Why Are They a Priority?

- ❖ compared to the overall state rate of 19.6%<sup>1</sup>
- ❖ Low socio-economic status (SES) is the single greatest predictor that contributes to tobacco use.<sup>2</sup>
- ❖ Americans below the poverty line are 40% more likely to smoke than those above it.<sup>2</sup>

### Risk Factors

- ❖ Low socio-economic status
- ❖ Less than 12 years of education
- ❖ Medically under-served
- ❖ Targeted marketing from tobacco companies

<sup>1</sup> SD BRFSS 2013

<sup>2</sup> [ttac.org](http://ttac.org)

Priority population guidelines, including information on why they are a priority population, factors associated with tobacco use, and South Dakota QuitLine information, can be accessed at [BeFreeSD.com](http://BeFreeSD.com).

## November is a Great Time to Quit!



The Great American Smokeout  
is November 19<sup>th</sup>!  
For event tools and resources,  
visit [www.cancer.org/](http://www.cancer.org/).

November is Lung Cancer  
Awareness Month. For more  
information, visit  
[www.freetobreathe.org/](http://www.freetobreathe.org/)



# South Dakota Suicide Prevention



## Resources

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

### **Statewide Crisis Line**

**1-800-273-8255**

Answered by the  
Helpline Center



### **For Additional Information**

**Contact:**

**Lori Montis**

605-274-1406

[Lori@helplinecenter.org](mailto:Lori@helplinecenter.org)

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

## New Standards for Youth Suicide Warning Signs

In the past possible youth suicide warning signs were not always derived from the best available evidence. In 2012, leaders from the American Association of Suicidology (AAS) and the National Center for the Prevention of Youth Suicide (NCPYS) joined forces to change that. In 2013 an expert panel of researchers, public health officials, and clinicians with decades of experience gathered to review literature and information obtained from a survey of youth suicide attempt survivors and those who lost youth to suicide. The result is a list of warning signs for youth suicide that are rooted in science and best understanding of clinical practice. The following information reflects the consensus of this expert panel.

The following signs may mean a youth is at risk for suicide, particularly a youth who has attempted suicide in the past. Risk is greater if the warning sign is new and/or increased and is possibly related to an anticipated or actual painful event, loss, or change. The presence of more than one of the following signs may increase a youth's risk for engaging in suicidal behaviors in the near future.

- Talk about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
  - Withdrawal from or change in social connections/situations
  - Changes in sleep (increased or decreased)
  - Anger/hostility that seems out of character or out of context
  - Recent increased agitation or irritability

If you notice any of these warning signs, you can help!

- Ask if they are ok or if they are having thoughts of suicide
- Express your concern about what you are observing in their behavior
- Listen attentively and non-judgmentally
- Reflect what they share and let them know they have been heard
- Tell them they are not alone
- Let them know there are treatments available that can help
- If you or they are concerned, guide them to additional professional help

If you think a youth may need immediate help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). The call is free and confidential. Trained crisis workers can assist you and the youth in deciding what they need right now. If a youth is currently or has already engaged in suicidal behavior causing self harm, call 911 or take them to an emergency room immediately.

Please visit <http://www.youthsuicidewarningsigns.org> for more information.

# November is Buckle Up America Month

## Highway Safety Program

### Mission Statement:

Partner with prevention advocates to provide education and assistance to reduce the number of traffic crashes, injuries and fatalities occurring on SD roadways.

### Regional Contacts

#### East River

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#### West River

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The SD Office of Highway Safety and Volunteers of America Northern Rockies is sponsoring a first grade seat belt safety coloring contest in the Rapid City Public Elementary Schools during the month of November. Assisting are the Pennington County Sheriff's Office, RC Police Dept, SD Highway Patrol and the RC Fire Dept. An officer will talk to students about the importance of booster seats and seat belts. Each school will have its own contest winners with one city-wide winner over all. This is the first year for this project, but the overwhelming response indicates that it may become an annual event.



Meadowbrook School in Rapid City had a first-grade coloring contest as well as presentations by a police officer.

*Pictured: Teachers  
Emily Hagen,  
Kristen Huntington,  
and Janet Jensen,  
Officer Rusty Schmidt*

## West River SADD Conference

The West River 7th-8th Grade SADD Conference sponsored by the Western Prevention Resource Center was held October 26, 2015, in Rapid City, SD. Highway Patrolman Todd Albertson from Custer spoke to the group about seat belt safety and making wise driving and life choices. His interactive presentation prompted many answers and comments from the participants. Kristi "Cricket" Palmer served as the event moderator to keep the youth "moving and thinking" all day!

