

STATE OPIOID RESPONSE STRATEGIES SUPPORTING OPIOID AWARENESS, PREVENTION, TREATMENT & RECOVERY

AS OF
OCTOBER 2022...



Connection to Resources

For Care Coordination, call the Resource Hotline at 1-800-920-4343

KEY PARTNERS

- The Helpline Center

STRATEGIES

- Answer and triage all calls to the Treatment Resource Hotline (staffed 24/7).
- Develop and maintain a searchable online database that includes statewide resources for substance use awareness, education, and treatment, housed on AvoidOpioidSD.com.
- Connect those seeking assistance to resources through Care Coordination.



Overdose Education & Naloxone Distribution

To learn more, contact the Office of Rural Health at 605-773-3361

KEY PARTNERS

- SD Department of Health, Office of Rural Health
- Law Enforcement and Emergency Responders statewide
- SD Board of Pharmacy

STRATEGIES

- Support trainings for emergency responders and others in a position to assist anyone at risk of an opioid-related overdose.
- Increase access to naloxone for anyone at risk of an opioid-related overdose through a statewide standing order to support free access to NARCAN®.
- Equip emergency responders across SD. with NARCAN® for use in a suspected opioid overdose.



TREATMENT

More than 2,000 individuals have engaged in a Medications for Opioid Use Disorder Treatment program at one of the contracted partners.



PREVENTION

Over 14,500 individuals have participated in evidence-based awareness and education programming.

Over 2,360,000 individuals have been reached with Avoid Opioid messages since the beginning of the campaign.



LIVES SAVED

More than 950 individuals at risk of an overdose had an improved response after the administration of NARCAN®.

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

www.AvoidOpioidSD.com
Treatment Resource Hotline
1-800-920-4343

For more information on any of these project areas, please contact DSS, Division of Behavioral Health at 605-367-5236.

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Updated 10/2022



Public Awareness

To learn more visit AvoidOpioidSD.com

KEY PARTNERS

- Hot Pink, Ink.
- KAT Marketing and GoodHealthTV®

STRATEGIES

- Broadcast PSAs and other media statewide, featuring treatment approaches and access.
- Deliver targeted messaging for American Indian youth and adults regarding the dangers of opioid misuse.
- Promote opioid awareness and education using targeted social media strategies.



Recovery Support Services

To learn more, contact the Division of Behavioral Health at 605-367-5236

- Bethany Christian Services
- Oxford House Inc.
- Face It TOGETHER
- Project Recovery (for clients engaged in Medications for Opioid Use Disorder Treatment)

- Support expectant and new mothers impacted by opioid or stimulant use through evidence-based specialized case management.
- Increase access to supportive recovery-oriented housing for those impacted by addiction.
- Integrate peer recovery services into clinics, treatment agencies, or other settings.



Safe Medication Storage & Disposal

To learn more, visit AvoidOpioidSD.com/take-action/

- SD Department of Health
- SD Board of Pharmacy
- The Helpline Center

- Support installation of permanent take-back locations to accept unused or expired medications.
- Provide access to safe at-home disposal options, and the means to safely store medications at home.



Treatment for Opioid Use Disorder

To learn more, contact the Division of Behavioral Health at 605-367-5236

- Project Recovery
- Lewis & Clark Behavioral Health Services
- Center for Family Medicine in partnership with South Dakota State University
- Minnehaha County Jail

- Promote capacity building efforts to develop Medication for Opioid Use Disorder (MOUD) and supporting services, including case management and peer supports.
- Provide training and education for addiction treatment professionals on MOUD.
- Develop telemedicine-based MOUD services statewide.



Universal Prevention

To learn more, contact the Division of Behavioral Health at 605-367-5236

- Prevention Resource Centers
- Community-Based Prevention Providers

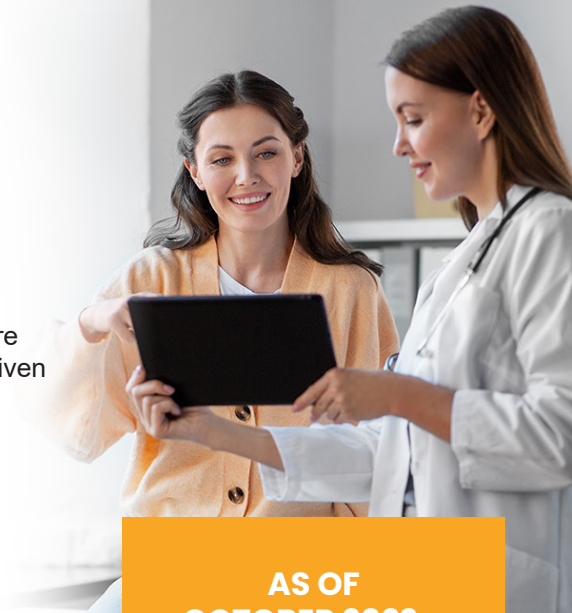
- Deliver evidence-based opioid awareness and education programming through prevention and awareness events in schools and communities.
- Provide education on safe disposal strategies for unused or expired medications.
- Support communities as they work to address the opioid crisis at the local level.

TREATMENT FOR OPIOID USE DISORDER

Expanding access to Medications for Opioid Use Disorder (MOUD) is a priority for both South Dakota and the nation in combating the opioid crisis. MOUD is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole patient” approach to the treatment of opioid use disorder. Medications used are approved by the Food and Drug Administration and MOUD programs are clinically driven and tailored to meet each patient’s needs.

KEY PARTNERS:

- Center for Family Medicine and South Dakota State University (SDSU)
- Lewis & Clark Behavioral Health Services
- Project Recovery
- Minnehaha County Jail
- Avera Health



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OCTOBER 2022...

CAPACITY BUILDING EFFORTS TO DATE

Center for Family Medicine in partnership with South Dakota State University

Building upon its existing education and training program for family medicine residents, pharmacy students, and medical staff, SDSU and Center for Family Medicine increased their training and staff capacity to support a weekly MOUD clinic in Sioux Falls.

Lewis & Clark Behavioral Health Services

Recognizing a lack of MOUD options in their service area, Lewis & Clark Behavioral Health Services created a program centered on expanding its existing comprehensive substance use treatment continuum of care via office-based patient services for MOUD. The program expanded access to MOUD in 2020 by utilizing telehealth with numerous partners across the state.

Project Recovery

Stephen Tamang, MD, began treating addiction through Monument Health in 2017. In 2018, he founded Project Recovery, utilizing technology and evidence-based medicine to treat opioid use disorder. Project Recovery provides office-based MOUD in the Rapid City area. Project Recovery also provides services via telemedicine.

Minnehaha County Jail

Leadership at Minnehaha County Jail identified a need to better coordinate and provide care for individuals impacted by opioid use while incarcerated. Through partnership with a waived provider and external case management services, Minnehaha County Jail now provides MOUD to individuals, and works to ensure their re-entry back to community involves continued care coordination and treatment services in support of long-term recovery.

Avera Health

Building upon its integrated behavioral health services within inpatient settings, Avera Health is working to expand access to MOUD among patients served in outpatient settings through referral linkages and coordinated care across Avera’s network. Avera is also partnering with Minnehaha County to support MOUD services at The Link Community Triage Center in Sioux Falls.



More than 2,000 individuals have been provided treatment cost assistance as part of their Medication for Opioid Use Disorder treatment among partnering MOUD providers through State Opioid Response funding, managed by DSS.



All state contracted substance use disorder treatment agencies are MOUD-capable.

If you or someone you know is struggling with opioid addiction – don’t wait. Reach out.

www.AvoidOpioidSD.com
Treatment Resource Hotline
1-800-920-4343

To learn more about MOUD or to inquire about expanding access in your area, please contact DSS, Division of Behavioral Health at 605-367-5236.

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Updated 10/2022

CONNECTION TO RESOURCES & CARE COORDINATION

One of the key priorities identified in the South Dakota Opioid Strategic Plan was to establish a resource hotline and supporting database that could be used to connect individuals with information specific to opioid use and available treatment resources. The Helpline Center created and now manages the Treatment Resource Hotline as well as an Opioid Texting Support Program and searchable online database. Support for those affected by substance misuse is available through the Care Coordination Program, also managed and staffed by The Helpline Center.

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ABOUT CARE COORDINATION

To make a referral to the Care Coordination Program call 1-800-920-4343

Text OPIOID to 898211 to connect with local resources

Individuals struggling with substance misuse, or those affected by someone else's suspected misuse, are encouraged to connect with the Care Coordination Program. The Program:

- Assists individuals with connection to treatment options, counseling and supports based on needs identified.
- Provides supportive phone calls.
- Connects individuals to community resources that remove or reduce barriers to wellness; i.e. housing, transportation, employment.

STRATEGIES



Answer all calls to the Treatment Resource Hotline, and provide support, crisis intervention, information, and referrals to resources as needed. Manage statewide Opioid Texting Support Program.



Develop and maintain a searchable online database that includes statewide resources for awareness, education, and treatment, housed on www.AvoidOpioidSD.com.



Connect those seeking assistance regarding substance misuse to resources through Care Coordination services.



The **Treatment Resource Hotline** has received more than 1,600 phone calls. On average, the needs of 50 individuals are navigated through this resource on a monthly basis.



The **Treatment Resource Hotline** is available statewide and **answered 24/7** by trained crisis specialists.



Care Coordination is offered statewide to connect individuals to resources and support.

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

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Treatment Resource Hotline
1-800-920-4343

To learn more, please contact the Treatment Resource Hotline or call DSS, Division of Behavioral Health at 605-367-5236.

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RECOVERY SUPPORT SERVICES

The process of recovery is highly personal and occurs via many pathways. Recovery-oriented care and recovery support systems help people with mental health concerns and substance use disorders manage their conditions successfully. Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential¹.

KEY PARTNERS:

- Bethany Christian Services
- Face It TOGETHER
- Oxford House Inc.
- Project Recovery

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CAPACITY BUILDING EFFORTS TO DATE

Specialized Case Management Services

Case managers work to identify psychosocial issues, anticipating potential issues their client may encounter and helping the client obtain resources needed to support their recovery. Bethany Christian Services support expectant and new mothers impacted by opioid or stimulant use through evidence-based specialized case management services through their signature prevention program, ReNew (Recovering Mothers with Newborns).

Peer Recovery Support Services

South Dakota's peer recovery supports model that of SAMHSA, utilizing Peer Support Specialists, or individuals who have been successful in the recovery process. Peer support specialists engage in a wide range of activities such as advocating for people in recovery, sharing resources and building skills, building community and relationships, leading recovery groups, mentoring, and goal-setting. Services can be stand-alone or integrated into clinics, treatment agencies, or other settings.

Supportive Recovery Housing

Recovery housing is an intervention that is specifically designed to address the recovering person's need for a safe and healthy living environment while supplying the requisite recovery and peer supports². Increasing access to supportive recovery-oriented transitional housing for South Dakotans impacted by addiction is a key priority supported by the State Opioid Response grant. In partnership with Oxford House, Inc., new recovery homes are under development, each of which will allow admittance of individuals in medication-assisted treatment for their recovery from substance abuse. Oxford House will also aid in the establishment of a South Dakota chapter to support sustainable implementation of the model and provide guidance to existing Oxford Homes statewide.



Oxford House has implemented and manages, through a peer-led model, **10 houses with a total capacity of 87 beds** in Minnehaha, Pennington and Brown Counties. Of note, two homes – one in Sioux Falls and one in Rapid City – are homes for **women and their children**.



Project Recovery – a contracted MOUD provider – integrated **peer recovery support coaching services** into its continuum of care beginning February 2020. In a typical month, **95% of Project Recovery's clients receive at least 15 minutes of peer coaching** as part of their treatment plan.



More than 50 pregnant or postpartum women impacted by opioid or stimulant use received intensive case management services.

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To learn more about recovery support services, please contact DSS, Division of Behavioral Health at 605-367-5236.

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¹Adapted from <https://www.samhsa.gov/find-help/recovery>

²<https://www.samhsa.gov/sites/default/files/housing-best-practices-100819.pdf>

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OVERDOSE EDUCATION & NALOXONE DISTRIBUTION (OEND)

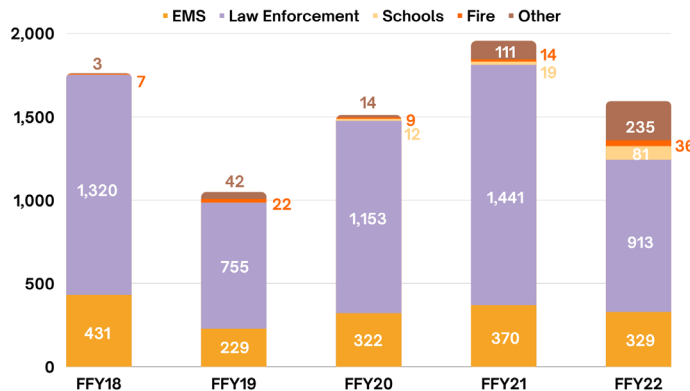
Overdose Education & Naloxone Distribution (OEND) in South Dakota is the result of a partnership between the Department of Health and Department of Social Services to reduce harm and risk of life-threatening overdoses and opioid-related deaths. Managed by the Office of Rural Health, the project aims to educate, train, and equip emergency medical service personnel and other first responders on the rising dangers of opioids, how to recognize an opioid overdose, and the use of Naloxone, commonly referred to by the name brand NARCAN®, to reverse an overdose.



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DISTRIBUTION NUMBERS

Kits are distributed to first responders, treatment agencies, schools, and other organizations seeking to be equipped with emergency access to Naloxone.



STRATEGIES



Support trainings for Emergency Responders and others in a position to assist to receive education about recognizing and responding to a suspected opioid overdose, and expand access to that training through online learning.



Provide emergency responders and SD-based organizations that serve clients who may be at risk with NARCAN®, equipping them with life-saving medication to use for a suspected opioid overdose.



Issued a statewide standing order allowing all pharmacies to dispense Naloxone to anyone at risk of an opioid-related overdose or those in a position to assist someone at risk (family members, friends or close third party). Individuals can access Naloxone at participating pharmacies statewide with funding assistance available.



950 individuals at risk of an overdose have had an **improved response** after the administration of NARCAN®.



67 pharmacies are participating in the statewide standing order offering free access to NARCAN®.



More than **3,800 first responders** have been trained to recognize and respond to an opioid overdose.

To find a participating Naloxone pharmacy near you, visit:

<https://www.avoidopioidsd.com/take-action/reverse-overdose/find-a-naloxone-pharmacy/>

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

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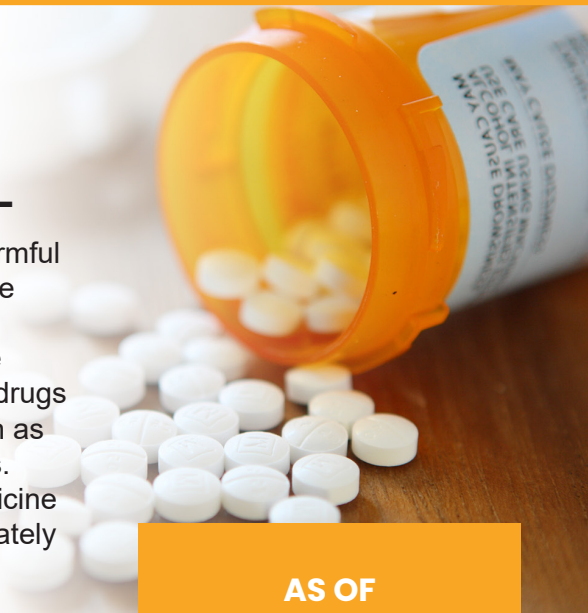
To learn more about Overdose Education & Naloxone Distribution please contact DSS, Division of Behavioral Health at 605-367-5236.

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SAFE MEDICATION STORAGE & DISPOSAL

Any medication - including those you buy without a prescription - can be harmful if taken in the wrong way or by the wrong person. Some medications can be toxic to pets, children, and even the environment. Several key initiatives of the Department of Health and Department of Social Services address these concerns. Medication take-back programs allow the public to bring unused drugs to numerous locations across the state. Safe at-home disposal options such as DisposeRx® help households get rid of their unused or expired medications. For medications still in use, safe and secure storage helps ensure that medicine is only accessible to the prescription holder. All of these efforts aim to ultimately reduce the risk for accidental overdose or misuse of medications.



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Take-Back Sites



Many take back locations like pharmacies and police stations accept unused or expired medications year-round. The SD Board of

Pharmacy has placed more than 80 permanent Trilogy MedWaste's PharmaDrop receptacles in South Dakota hospitals and retail pharmacies. For more information about adding a permanent drug take-back receptacle in your community, contact Melissa DeNoon at the SD Board of Pharmacy (Melissa.DeNoon@state.sd.us).

Medication Lock Boxes



Storing medications safely at home and on-the-go can help keep everyone safe. A medication lock box is a secure container that ensures medicine is only accessible to the prescription holder, and can be used by individuals, realtors, senior living centers, pharmacies, when traveling, or in other situations. Funding is available to provide free lock boxes for individuals that request them - to order, complete the simple form on

<https://www.avoidopioidsd.com/take-action/medication-lock-boxes/>.

Safe At-Home Disposal

Safely get rid of unused or expired prescription medication at home. DisposeRx packets contain an FDA-approved ingredient that chemically and physically neutralizes the drugs when mixed with water. It can be used with pills, tablets, capsules, liquids and powders and thrown away safely at home. Free DisposeRx packets can be requested on the Avoid Opioid SD website listed below.



A total of **32,791 pounds** of drugs have been returned for destruction through the PharmaDrop Program.



More than **1,400** DisposeRx packets have been sent to individuals for safe at-home medication disposal.



More than **3,500 lock boxes** have been distributed at no cost for individuals to safely secure their medication.

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

www.AvoidOpioidSD.com
Treatment Resource Hotline
1-800-920-4343

For more information about available safe medication storage and disposal options, visit www.AvoidOpioidSD.com/take-action/

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PUBLIC AWARENESS

Raising public awareness about the dangers of misusing prescription opioids is a shared priority between the Department of Health and Department of Social Services. In partnership, relevant and educational information about opioid abuse and misuse has been shared with South Dakotans through various forms of media, backed by comprehensive and targeted prevention campaigns.

KEY PARTNERS:

- Imagine Agency, LLC (Hot Pink, Ink)
- KAT Marketing (GoodHealthTV®)

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MEDIA CAMPAIGN MATERIALS



WHAT ARE OPIOIDS? FIND HELP TAKE ACTION PROVIDERS PHARMACY KEY I



Campaign materials include a website, social media, and PSAs, as well as print materials, such as brochures, business cards, and display materials.

STRATEGIES



Broadcast PSAs and other forms of media, including video testimonials featuring South Dakotans with lived experience and feature stories regarding treatment approaches and access.

Deliver targeted messaging for American Indian youth and adults regarding the dangers of opioid misuse via the GoodHealthTV® closed network.



Promote opioid awareness and education using targeted social media strategies.



Continue promotion of the statewide opioid education and prevention website and share relevant, up-to-date information.



Over 2.3 million individuals have been reached with AvoidOpioidSD messages since the beginning of the campaign.



Website visits increased by 139% in the past year, and new content continues to be added online as services are enhanced or added.



Over 859,000 South Dakotans have been reached with messaging on safe at-home medication disposal options via social media.

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To learn more about prevention activities within your community, please contact DSS, Division of Behavioral Health at 605-367-5236.

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PRESCRIPTION DRUG MONITORING PROGRAM (PDMP)

The SD Prescription Drug Monitoring Program (PDMP) is an electronic database that collects dispensed controlled substance prescription data. Program goals are to both improve patient care, ensuring patients maintain access to appropriate pharmaceutical therapy, and to deter drug diversion. PDMPs can help identify patients at risk of misuse and abuse and get them on the path to treatment and recovery. According to the CDC, PDMPs are one of the most promising state-level interventions to improve opioid prescribing, inform clinical practice, and protect patients at risk.



**SD PDMP
DATA**

PDMP Introduction

South Dakota's PDMP was established by the state legislature in 2010 (SDCL 34-20E) to improve patient care and reduce drug diversion.

- Operations began in March 2012 under the purview of the SD Board of Pharmacy. The system included retroactive data from July 2011.

PDMP Management

South Dakota's PDMP is managed by the SD Board of Pharmacy, which requires the following:

- Dispensers must submit their dispensed controlled substance prescription data for schedules II, III, and IV (in SD schedule IV includes V) at least once every twenty-four hours (federal facilities are not required to submit, though IHS and the VA participate).
- Mandated PDMP registration for all prescribers with a SD Controlled Substance Registration began July 1, 2017. (SDCL 34-20E-2.1)

PDMP Expansion

Enhancement projects for the SD PDMP include:

- Continued integration into health systems' electronic health records and pharmacy management systems
- Quarterly Prescriber Reports
- Platform updated to the NarxCare PDMP Report



Visit the
Key Data section on
www.AvoidOpioidSD.com
for updated
PDMP data dashboards
on prescription count,
prescription total quantity
and prescription total
days of supply.

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For more information, contact the SD PDMP at sdpdmp@state.sd.us or by calling the SD Board of Pharmacy at (605) 362-2737.

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OPIOID PRESCRIBING GUIDELINES AND PRESCRIBER EDUCATION

Through a special Committee on Pain Management and Prescription Drug Abuse, the South Dakota State Medical Association (SDSMA) worked to develop evidence-based guidelines for prescribing opiate analgesics to effectively treat pain and minimize patient risk. The work resulted in two white papers (which serve as guidance for all prescribers), as well as a library of resources available through the SDSMA website and statewide educational training opportunities, available at www.sdsma.org.



**SINCE
JUNE 2017...**

PRESCRIBER GUIDELINES AND TOOLKIT

White Papers

Opiate Analgesics for Chronic Non-Cancer Pain and the corresponding Checklist for Prescribing Opiates for Chronic, Non-Cancer Pain (June 2017)

- Endorsed by the SD Board of Medical and Osteopathic Examiners and the SD Board of Nursing

Effective Management of Acute Pain (January 2021)

- Endorsed by the SD Board of Pharmacy, SD Pharmacy Association, SD Board of Nursing, Nurse Practitioner Association of SD, SD Academy of Physician Assistants, SD Board of Dentistry, SD Dental Association, SD Board of Medical & Osteopathic Examiners, and the SD Chapter of the American College of Emergency Physicians

Resource Library and Provider's Toolkit

The Provider's Toolkit includes:

- Checklist for Prescribing Opiates for Chronic, Non-Cancer Pain
- Algorithm for Pain Management
- Opioid Dose Calculator
- Sample Patient/Provider Agreement
- South Dakota Codified Law
- Patient Pain Assessments
- Patient Assessments for other Conditions
- Patient Education and Pain Management
- Treatment Services for Addiction
- Model for Clinic Workflow
- Prescription Drug Storage and Disposal information



Physician use of the SD Prescription Drug Monitoring Program (PDMP) has increased significantly since 2017. **The SD PDMP is a valuable tool** for prescribers as it allows them the ability to review the controlled substance prescriptions of patients.



White Papers and Provider's Toolkit can be viewed at www.sdsma.org

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

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For more information about Prescribing Guidelines and Prescriber Education, please contact SDSMA at 605-336-1965

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COMMUNITIES THAT CARE

Communities that Care is a community-based prevention system proven to reduce youth health and behavior problems community-wide. This evidence-based program utilizes a five-phase process that guides communities through the development of a high functioning community prevention coalition. Utilizing the Social Development Strategy, Communities that Care fosters the success and health of young people through every stage of development by focusing on protective factors identified as increasing the likelihood of health and success.



SINCE
JUNE 2020...

GUIDING PRINCIPLES

- Locally owned and operated - a local collaborative makes decisions from local data to address priority needs.
- Data-driven and outcome focused. Community-specific data are used to set goals, measure progress, and adjust as needed.
- Addresses the underlying causes (risk and protective factors) of youth health and behavior problems.
- Uses proven programs matched to local priorities selected from local data.



FIVE PHASES OF COMMUNITIES THAT CARE

- **Phase 1: Communities get ready to introduce CTC**
Community group explores key leader interest, attend orientation meetings, and recruit board members.
- **Phase 2: Communities form a board or work within an existing coalition**
Community board formed, and work begins to learn about prevention science, organize workgroups, and set a timeline for implementation of the CTC model.
- **Phase 3: Communities assess community risk and strengths, and identify existing resources**
Review data, identify priority risk and protective factors, assess available resources, and identify gaps.
- **Phase 4: Community board creates a plan for prevention work in their community**
Define clear, measurable outcomes using assessment data, and select and expand programs for use in the community.
- **Phase 5: Implementation & Evaluation**
Implement selected programs and policies, monitor, measure results, and track progress towards community goals.



10 communities are participating in Communities That Care, representing Buffalo County/Ft. Thompson, Charles Mix County, Cheyenne River Reservation, Fall River County, Lower Brule Reservation, Mellette County, Mitchell, Pierre/Ft. Pierre, and Sioux Falls.



5 Communities that Care coaches are being trained to deliver technical assistance and support ongoing program development across South Dakota.

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For more information on the Communities that Care prevention model, visit <https://www.communitiesthatcare.net/>
For all other questions please call 605-773-3737.

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Updated 11/2022

UNIVERSAL PREVENTION

The South Dakota Department of Social Services and the Department of Health actively work with numerous partners to provide prevention awareness and education to youth, families and adults across South Dakota's communities. Supported activities are evidence-based and in alignment with SAMHSA's Opioid Overdose Prevention Toolkit.


KEY PARTNERS:


- Prevention Resource Centers
- Community-Based Prevention Providers





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STRATEGIES


 Deliver evidence-based opioid awareness and education programming to middle- and high-school youth as well as community members at large in partnership with community-based coalitions and the Prevention Resource Centers across South Dakota. Events and activities range from in-school programming to community-specific conversations, training events, or town halls.


 Support South Dakota communities as they build capacity and establish multi-sector partnerships to address the opioid epidemic at the local level. Plan and execute community-specific conversations and training events.


 Provide education on safe disposal strategies for unwanted, unused, or expired medications.


 Support public awareness efforts that feature personal testimonials from individuals with lived experience that reflect the cultural and geographic diversity of South Dakota.

 Collaboration with organizations faced with unique challenges in combating the opioid crisis, including outreach to funeral home directors for family education on proper medication disposal, outreach to realtors on at-home medication storage solutions, and outreach and education to veterinarians to increase awareness around potential misuse of pet medications and safe storage and disposal options available.

 Coordinate trainings for prevention professionals in early intervention, which focuses on screening and brief interventions for substance use problems at an early stage.

 More than 4,400 individuals have participated in locally-delivered prevention training or town hall meetings.

 A total of 62 prevention professionals completed early intervention training in 2021-2022.

 Over 10,100 youth have been impacted by evidence-based prevention programming in schools or after-school settings.

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BETTER CHOICES, BETTER HEALTH® SD CHRONIC PAIN SELF-MANAGEMENT PROGRAM

Better Choices, Better Health® SD (BCBH-SD) offers education and training in chronic disease self-management and physical activity. The BCBH-SD Chronic Pain workshop is designed to help participants live a healthy life with chronic pain by managing their symptoms. The program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Workshops are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

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OCTOBER 2022...

The Chronic Pain workshop was added to the Better Choices, Better Health® SD suite in May 2018.

- Small-group
- 6-week program
- 2.5 hour weekly sessions
- Workshops are conducted by trained leaders - many of whom are volunteers and may have a chronic condition themselves
- Participants receive a Certificate of Completion for attending 4 or more sessions of the workshop
- Ways to join: in-person, virtual, self-study

The workshop teaches new ways to manage chronic pain and ideas to help individuals stay motivated. This includes:

- Goal setting and problem solving
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Managing difficult emotions, fatigue, isolation and poor sleep
- Appropriate use of medications
- Communicating with providers and family
- Relaxation techniques, pacing activity and rest



A total of 172 participants in 21 workshops, including SSHL-CPSMP, and CPSMP Toolkit as workshops.



93% of participants were satisfied or very satisfied with the program, and 97% would recommend participating.



Among participants reporting a chronic condition, 61% had chronic pain, 60% had arthritis, and 78% had more than one chronic health condition.



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If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

www.AvoidOpioidSD.com
Treatment Resource Hotline
1-800-920-4343

For more information visit www.betterchoicesbetterhealthsd.org or call 1-888-484-3800

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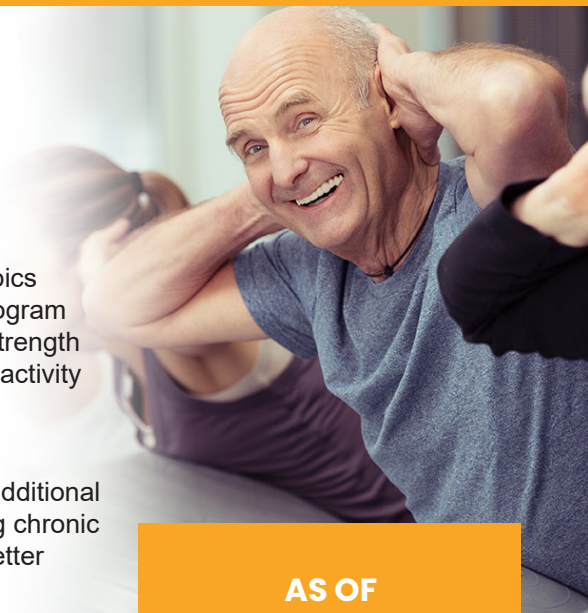
Updated 10/2022

Avoid Opioid PRESCRIPTION ADDICTION

FIT & STRONG!

Fit & Strong! is an evidence-based program, offered in-person or virtually over the course of 8 or 12 weeks. Fit & Strong! includes education on a variety of health topics and discusses how physical activity can help manage symptoms and pain. The program covers safe stretching techniques, balance exercises, upper and lower extremity strength exercises, resistance band exercises, and aerobics. Participants develop physical activity techniques that are sustainable after the program ends.

SDSU Extension, in partnership with the South Dakota Department of Health, has implemented the program statewide. The program can serve as an alternative or additional option for provider referral to assist with pain management in patients experiencing chronic pain. Fit & Strong! is part of the physical activity programming offered under the Better Choices, Better Health® SD suite of programs.



AS OF
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About Fit & Strong!:

- Workshop held 3-times per week for 8 weeks or 2-times per week for 12 weeks
- 90-minute group exercise and education sessions
- Led by trained Fit & Strong! Instructors

Fit & Strong! provides the following benefits to program participants:

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

Fit & Strong is offered in two formats:

1. In-Person - Sessions offered by trained leaders in a group, in-person setting.
2. Fit & Strong @ Home (virtual) - Live exercise sessions offered virtually by trained leaders.

"I'm so glad I saw the post about this class and was able to register! I hope the Zoom offerings continue, for those of us living in small towns it is the only way for us to participate without driving a far distance. I enjoyed participating!"

-Fit & Strong @ Home participant



A total of **384 individuals** participated in **28 Fit & Strong Workshops**.



Among participants reporting a chronic condition, **58%** have arthritis and **67%** had more than one chronic health condition.



98% of participants agreed or strongly agreed they have **increased** their activity level after participating.



96% of participants agreed or strongly agreed that they **feel more satisfied** with their life after participating.



100% of participants said they would **recommend the program** to a friend or relative.



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For more information visit <https://goodandhealthysd.org/bcbh/register-for-a-workshop/physical-activity/> or call 1-888-484-3800.

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Updated 10/2022

Avoid Opioid PRESCRIPTION ADDICTION

WALK WITH EASE

Walk With Ease is an evidence-based 6-week walking program developed by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina. Walk With Ease is designed to help participants develop and maintain a successful walking program.

This program can serve to assist with pain management in patients experiencing chronic pain. Whether participants need relief from arthritis pain, chronic pain or just want to be active, and if they can be on their feet for 10 minutes without increased pain, participants can have success with Walk With Ease.

Walk With Ease is part of the physical activity programming offered under the Better Choices, Better Health® SD (BCBH-SD) suite of programs. SDSU Extension, in partnership with the South Dakota Department of Health, has implemented this program statewide.



AS OF
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About Walk With Ease:

- 6-week walking program
- Led by certified CPR and Walk With Ease leaders
- FREE Walk With Ease guidebook

The Walk With Ease program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

The Walk With Ease program is offered in two formats:

1. **In-Person** - Workshops include 1-hour sessions held three times per week for 6 weeks
2. **Self-Guided** - Individuals can register for a self-guided workshop which includes weekly e-mail support, online walking log and access to online walking support materials
 - *Take a Step* version of the self-guided program offered with weekly, 30-minute Zoom sessions

“The ‘Walk With Ease’ program was very informative and helpful. It showed me how important exercise and walking is to improve our health. I really enjoyed it.”

“It was great to have the group support for walking. The presenter did an good job. Lots of information was presented.”



903 individuals have participated in 45 workshops for the Walk with Ease Program to date.



18% of participants specifically reported having chronic pain.



Participants indicated a change in confidence in managing condition after completing the program.



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