

Western Prevention Resource Center

Rapid City, SD

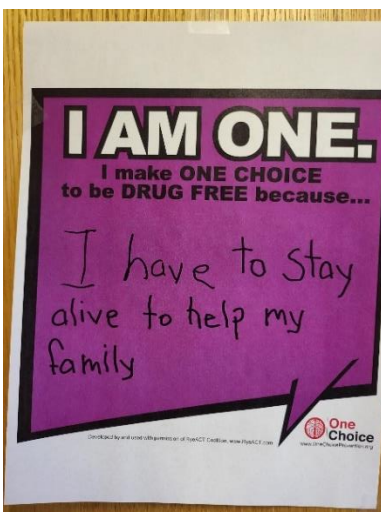
Written by: Bill Elger

The Western Prevention is proud of its many accomplishments, including the multi-year introduction and implementation of the One Choice Prevention messaging. The process one goes through when deciding if they will be a consumer of alcohol, marijuana, tobacco or other drugs can be a lengthy decision or one made upon immediate impulse. Further, the processes are unique to every individual and are often quite complicated. However, the outcome of the process comes down to, "I will" or "I won't." The One Choice Prevention message thoughtfully considers the complexity of the decision-making process and its simple outcome.

The One Choice Prevention message is based on youth-based research data which indicates if a young person refuses to ingest one kind of drug, they likely will decline to use other drugs, as well. This data also indicates the majority of youth do not use alcohol, marijuana, tobacco or other drugs for health reasons. Last, the data indicates there are specific negative effects upon the mental health, physical health and physical development of youth who use drugs. Some of this damage is not reversible.

We routinely highlight the One Choice Prevention message throughout our activities and it has become a reoccurring theme of the youth leadership conferences we host each spring and fall. During these conferences, our educators partner with youth and encourage them to thoughtfully consider and their own reasons to forego or delay using drugs. The determinations the youth make are often deeply personal and profound. By encouraging a determination to be made in this environment, youth will not have to make an impulsive decision to use drugs later in a less supportive circumstance and they will have had an opportunity to prepare to defend their choice regardless of the specific drug being presented to them.

Participating youth complete their own individual tile which indicates they are one of the many youth who have made the choice to be drug free and their specific reason(s) why they made that choice. These tiles are often grouped to form a mosaic and displayed at schools to encourage others to join and keep the issue in the forefront.



Whatever It Takes Coalition

Newell, SD

Written by: Sabrina Harmon

The W.I.T. Coalition is doing so many amazing things. One of our goals is having strong, active partnerships within our community and school. These partnerships enable more effective prevention services for alcohol, tobacco, and other drugs. The latest development of this goal was our Community Superheroes Breakfast in which we invited all our local community leaders and volunteers to have breakfast with our students at the school. Inter-agency collaboration and networking like this helps to build the coalition's effectiveness within prevention services. This was the first year we did this and we had a great turn out. I was not able to attend as I was in the hospital with my husband. Fellow teachers stepped in to help with this since I was unable to be there. This just shows how well we all work together.

"First Superheroes Breakfast a Success (page 17 and 20) at: <https://bellefourchebeacon.com/wp-content/uploads/2023/04/17-BF-Beacon-04-26-23.pdf>.

Spink County Coalition

Redfield, SD

Written by: LeAnn Wasmoen

The Spink County Coalition has been in existence since 2010 with a mission of promoting safe and healthy lifestyles in Spink County. Our main focus from the beginning has been prevention of alcohol use with our youth. Throughout this time, we have been able to expand our prevention efforts for alcohol and other drugs for our youth through work in our schools and communities.

As the Coalition identified other needs in our communities through assessments, consideration was taken as to how the Coalition could address those needs as it related to the mission. One of the needs that was identified was for a recovery home for people being discharged from a treatment center. Although recovery homes are not classified as prevention, we feel that we are preventing reentry of recovering individuals into relapse. As the Coalition researched the possibility of this undertaking, we discovered not only was it a need in our community, but also in our region and in our state. Partnerships have been formed with community members, businesses, and organizations to make this dream come true and we anticipate opening our doors in just a few weeks!

Three Rivers Mental Health Center

Lemmon, SD

Written by: Gaven Schweitzer

Every year, the Safe Communities Coalition focuses on an environmental strategy that influences the use of alcohol, tobacco and other drugs by changing standards, codes and attitudes related to substances. During Lemmon's "Boss Cowman Days" Safe Communities collaborate with law enforcement and local businesses to provide resources that address laws relating to the sale and consumption of alcohol with the goal of limiting alcohol access to minors. This year, the Safe Communities Coalition Coordinator fell ill and was unable to facilitate the events; however, the community of Lemmon pulled together to facilitate the various environmental activities, including checking IDs until 2:00 am at the main celebration area both Saturday and Sunday.

Lifeways, Inc.

Rapid City, SD

Written by: Michele Brink-Gluhosky

Lifeways has had a wonderful partnership with the Rapid City Area School District for 20 years. Over the years, we have continued to update district leaders on evidence-based practices and the populations we serve which has allowed us to have a presence in all 5 middle schools and 3 high schools in the district. We recognize that prevention needs to begin even earlier, and after 2 years of discussions with the district and as a result of that strong and trusted partnership, we finally have a dedicated elementary school Lifeways counselor this year who has been piloting an EBP with all of the 4th and 5th graders in 3 elementary schools with fantastic success. Feedback from teachers, administrators, parents and students has been extremely positive and we are working with the district to expand to additional elementary schools in the 2023-2024 school year. We are now able to work on a continuum of care with students in the district from grades 4-12.

Human Service Agency

Watertown, SD

Written by: Kelli Rumpza

The Watertown Healthy Youth-Tobacco Free coalition has been a first responder in recognizing concerns when it comes to alcohol, tobacco, vape retail access, and businesses targeting/marketing to our youth. We restructured our two prevention coalitions this year to be more efficient and utilize existing resources. We have been proactive and taken the initiative to collaborate with entities such as the SD Attorney General, the SD Retailers Association, the US Food and Drug Administration, and other organizations to provide accurate information to the Watertown area. The Watertown Healthy Youth-Tobacco Free coalition has worked closely with the Watertown School District to develop and strengthen policies, which went into effect July 2022, implement prevention and alternative suspension curricula, and increase parents' knowledge around social issues influencing our youth. Our Project SUCCESS program at the middle and high school continues to reach so many students through education and prevention/early intervention opportunities. Our coordinators are the bridge for our students to connect them with school and community resources. This school year, they have done a phenomenal job coordinating efforts with the Codington County Youth Diversion Program developing protocol and providing referrals, screenings, check-ins, groups for our youth along with parent education.

Northeastern Prevention Resource Center

Watertown, SD

Written by: Dodi Haug & Stephanie Kinnander

1. Natural Helpers has been in South Dakota for many years, but in the past 10 years or so, the challenge has been funding for this program due to it not being on any evidence-based registry. Since research shows that as youth get older they are more likely to reach out to peers than to adults to talk through issues, there is a need to provide training for peer-to-peer skill building so youth are better able to help their friends, and to increase referrals to resources for mental health and substance use challenges. The SD DSS-DBH received funds from SAMHSA grant number SM084331 to provide funds to the Prevention Resource Centers to work with the National Association of Peer Programming Professionals (NAPPP) to update the curriculum and become a certified peer program thru NAPPP. The program has four basic goals to help young people develop the capability to:

- Prevent some of the problems experienced during adolescence

- Intervene effectively with friends experiencing problems and know when to get an adult involved
- Choose positive ways of taking care of themselves
- Improve their school and community climate

In October 2022, the first Training of Trainers (TOT's) was held in Chamberlain, SD. Plans are currently underway to host additional TOT's in Pierre, Watertown, and Rapid City in summer/fall 2023, as well as host training for students in schools across the state.

2. In recent years, the Watertown area has seen an increase in underage consumption with multiple repeat offenses for those ages 18-20. As a result, law enforcement agencies started to host meetings to help combat this concern. From these meetings, a collaboration between NE Prevention Resource Center (NEPRC), Watertown Healthy Youth Coalition (WHY), Human Service Agency (HSA), Lake Area Technical College (LATC), Watertown Police Department, and the Codington Co States Attorney occurred and CHOICES was implemented as a result. This evidence-based program is 5 hours of prevention education that 18-20 year-olds can take instead of receiving a ticket for their first underage consumption. Students who choose to attend this course engage in self-reflection and discussion about facts, risks and norms associated with alcohol while equipping them with the information, strategies, and skills to make wise decisions. The program was initiated during the 2021-22 school year and had 65% of all eligible students complete the program with 2 students re-offending after having taken the course. Of those who had not taken the course, 10 re-offended. So far in the 2nd year of implementation, 77% of those eligible have completed the course with only 2 re-offenses, as opposed to the 9 re-offenders who had not taken the course. Having seen the success of the CHOICES program, NEPRC, WHY and HSA partnered with the Boys and Girls Club of Watertown Diversion program for the 22-23 school year to offer a similar program for those 17 and under who have received a substance use related offense. This additional program is 4 hours and utilizes the Prime for Life curriculum where they learn about stigma, health and impairment problems associated with substance use, risk factors, and how they can protect the things in life that they value. These programs are in addition to prevention education programming already in process at HSA.

Michael Glynn Memorial Coalition

White River, SD

Written by: Joyce Glynn

The Michael Glynn Memorial Coalition has worked the past decade to change the social norms regarding substance abuse. The first significant change we were instrumental in making, was the state's Social Host law. After working with our local Senator (at the time) for over two years, and spending hours and days talking to other legislators in Pierre - educating them about the need for a law to protect our state's youth (and adults) from being deceived into believing that underage alcohol consumption is "ok, if it's done in a safe place where adults are there or know about it" - this Social Host law was adopted in 2014 and has been enforced diligently by law enforcement officers across the state since then. It provides a fine and/or sentence for any adult who knowingly furnishes a place for underage youth to consume alcohol. [Ref. SD Codified Law: 35-9-9 and 35-9-10]

The next major policy change we initiated, which has led to a national policy change, was in regard to tobacco use at high school rodeos. We began by asking the South Dakota High School Rodeo Association board of directors to clarify their policy, which at the time stated that tobacco was not allowed by contestants in the arena. We asked that it be broadened to include the entire rodeo grounds. We were informed that each state's HS rodeo association had to follow the National High School Rodeo Association's policy, and that they would have to be the entity to change the policy. We garnered much support from fellow rodeo contestant parents, and the SD board of directors took

our request to the National board of directors. It was unanimously passed, and strengthened even further to include hotels and restaurants - anywhere a high school rodeo contestant was while they were at a rodeo and representing high school rodeo. The policy is now enforced nation-wide. On a local level, we worked with our TATU (Teens Against Tobacco Use) high school members, who wrote a policy and presented it to the White River City Council. The policy banned the use of any tobacco products in the City Park. After hearing their testimony, the council members adopted this ordinance. The TATU members purchased signage declaring this ordinance for areas around the park. Notices of this ordinance are periodically posted on social media and in our local newspaper. We believe policy can be a strong tool for changing the social norms surrounding substance abuse, especially with youth. The majority of people want to abide by rules and laws, and the process of getting them passed provides a good opportunity to educate the public.

