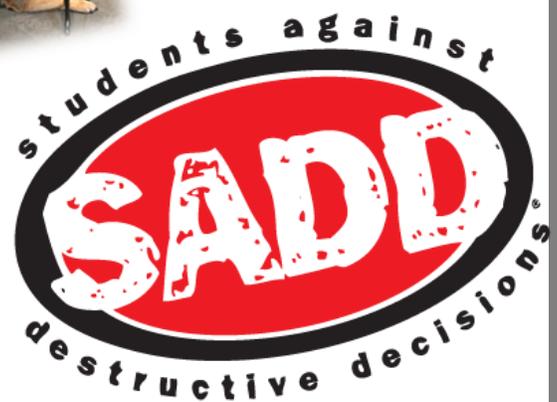


Promoting safe & healthy lifestyles in Spink County.

Annual Report of Activities

2020-21 School Year And 2021 Updates



Supporting healthy lifestyle choices through education, collaborative planning, and community involvement.

What is the Spink County Coalition?

The Spink County Coalition is a non-profit organization that operates under many different grants. Recognizing that local problems require local solutions, the Coalition mobilizes communities to prevent youth substance use by implementing evidence based, data-driven strategies. Some of the activities this past year included organizing a full day of prevention activities during CORE Prevention Day for 6th-12th graders with 3 nationally known speakers, hosting substance-free youth activities, teaching Prevention Education classes to 7th & 9th grade students at the Redfield School, implementing school and community awareness events, presenting safe driving events cosponsored by the Sherriff's office, and many more. Our goal is to make our community safe and healthy for all.



Promoting safe & healthy lifestyles in Spink County.

Steering Committee

Marsha Solheim – Chairperson

Kendra Becker

Lana Greenfield

Jeannine Jilek

Marcie Robertson
(liaison)

Melissa Rowenhorst



Meetings are held the
3rd Monday of each month at
5:15 p.m. at Our Savior's
Lutheran Church, Redfield

New Faces of the Spink County Coalition

Welcome Andy Rindelaub and Heidi Appel!



Andy's title is Youth Prevention Director and primarily works with SADD, teaching Prevention Education Classes, and coordinating monthly awareness activities in the school and community. Andy's favorite part of the day is making students laugh!

Heidi will mainly be working with the administrative day-to-day activities, overseeing grant requirements and the fiscal management of the Coalition. You will also see her assisting with student activities and taking pictures!



Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is a national evidence-based prevention program implemented in the Redfield School to provide a full range of substance abuse prevention services for students.

SADD is another component implemented into the Redfield School through Project SUCCESS. SADD's mission is: "to provide students with the best prevention and intervention tools possible to deal with the issues of underage drinking, other drug use, impaired driving, and other destructive decisions." SADD is an inclusive, not exclusive, organization. SADD recognizes that the pressures on young people to drink, use drugs, and engage in other unhealthy behaviors are strong and, on occasion, may be difficult to resist. SADD informs, educates, supports, and empowers young people to make positive decisions in their lives.

SADD hosts monthly meetings and fun, educational activities that are planned out by SADD students. Attendance at leadership trainings and conferences is also encouraged, as they learn important leadership skills to help them excel.



WHAT IS DELTA-8 THC?

<https://www.fda.gov/consumers/consumer-updates/5-things-know-about-delta-8-tetrahydrocannabinol-delta-8-thc>

Delta-8 tetrahydrocannabinol, also known as delta-8 THC, is a psychoactive substance found in the *Cannabis sativa* plant, of which marijuana and hemp are two varieties. Delta-8 THC is one of over 100 cannabinoids produced naturally by the cannabis plant but is not found in significant amounts in the cannabis plant. As a result, concentrated amounts of delta-8 THC are typically manufactured from hemp-derived cannabidiol (CBD).

Here are 5 things you should know about delta-8 THC to keep you and those you care for safe from products that may pose serious health risks:

1. Delta-8 THC products have not been evaluated or approved by the FDA for safe use and may be marketed in ways that put the public health at risk.

The FDA is aware of the growing concerns surrounding delta-8 THC products currently being sold online and in stores. These products have not been evaluated or approved by the FDA for safe use in any context. Some concerns include variability in product formulations and product labeling, other cannabinoid and terpene content, and variable delta-8 THC concentrations. Additionally, some of these products may be labeled simply as “hemp products,” which may mislead consumers who associate “hemp” with “non-psychoactive.” Furthermore, the FDA is concerned by the proliferation of products that contain delta-8 THC and are marketed for therapeutic or medical uses, although they have not been approved by the FDA. Selling unapproved products with unsubstantiated therapeutic claims is not only a violation of federal law, but also can put consumers at risk, as these products have not been proven to be safe or effective. This deceptive marketing of unproven treatments raises significant public health concerns because patients and other consumers may use them instead of approved therapies to treat serious and even fatal diseases.



2. The FDA has received adverse event reports involving delta-8 THC-containing products.

From December 2020 through July 2021, the FDA received adverse event reports from both consumers and law enforcement describing 22 patients who consumed delta-8 THC products; of these, 14 presented to a hospital or emergency room for treatment following the ingestion. Of the 22 patients, 19 experienced adverse events after ingesting delta-8 THC-containing food products (e.g., brownies, gummies). Adverse events included vomiting, hallucinations, trouble standing, and loss of consciousness.

3. Delta-8 THC has psychoactive and intoxicating effects.

Delta-8 THC has psychoactive and intoxicating effects, similar to delta-9 THC (i.e., the component responsible for the “high” people may experience from using cannabis). The FDA is aware of media reports of delta-8 THC products getting consumers “high.” The FDA is also concerned that delta-8 THC products likely expose consumers to much higher levels of the substance than are naturally occurring in hemp cannabis raw extracts. Thus, historical use of cannabis cannot be relied upon in establishing a level of safety for these products in humans.

(continued on next page)

4. Delta-8 THC products often involve use of potentially harmful chemicals to create the concentrations of delta-8 THC claimed in the marketplace.

The natural amount of delta-8 THC in hemp is very low, and additional chemicals are needed to convert other cannabinoids in hemp, like CBD, into delta-8 THC (i.e., synthetic conversion). Concerns with this process include:

- Some manufacturers may use potentially unsafe household chemicals to make delta-8 THC through this chemical synthesis process. Additional chemicals may be used to change the color of the final product. The final delta-8 THC product may have potentially harmful by-products (contaminants) due to the chemicals used in the process, and there is uncertainty with respect to other potential contaminants that may be present or produced depending on the composition of the starting raw material. If consumed or inhaled, these chemicals, including some used to make (synthesize) delta-8 THC and the by-products created during synthesis, can be harmful.
- Manufacturing of delta-8 THC products may occur in uncontrolled or unsanitary settings, which may lead to the presence of unsafe contaminants or other potentially harmful substances.

5. Delta-8 THC products should be kept out of the reach of children and pets.

Manufacturers are packaging and labeling these products in ways that may appeal to children (gummies, chocolates, cookies, candies, etc.). These products may be purchased online, as well as at a variety of retailers, including convenience stores and gas stations, where there may not be age limits on who can purchase these products. As discussed above, there have been numerous poison control center alerts involving pediatric patients who were exposed to delta-8 THC-containing products. Additionally, animal poison control centers have indicated a sharp overall increase in accidental exposure of pets to these products.

Keep these products out of reach of children and pets.

Why is the FDA notifying the public about delta-8 THC?

A combination of factors has led the FDA to provide consumers with this information. These factors include:

- An uptick in adverse event reports to the FDA and the nation's poison control centers.
- Marketing, including online marketing of products, that is appealing to children.
- Concerns regarding contamination due to methods of manufacturing that may in some cases be used to produce marketed delta-8 THC products.

The FDA is actively working with federal and state partners to further address the concerns related to these products and monitoring the market for product complaints, adverse events, and other emerging cannabis-derived products of potential concern. The FDA will warn consumers about public health and safety issues and take action, when necessary, when FDA-regulated products violate the law.

Smoking is the most preventable cause of death in the US, as tobacco leaves 1,300 shoes empty EVERY DAY. It is never too late to quit, and it is never too late to talk to a loved one. South Dakota has a state specific quit line and website to provide South Dakota residents materials and information to help them quit. It is free to call, and you can qualify for FREE materials to help you quit tobacco use. This includes cigarettes, chewing tobacco, and e-cigarettes, and anyone 13 years or older is eligible to apply.

This is Quitting gives youth and young adults the motivation and support they need to ditch JUUL and other e-cigarettes. To enroll, text **DITCHJUUL to 88709**. You'll receive one message per day. You can also text **COPE, STRESS, SLIP or MORE** to receive instant support.



2021 Redfield SADD chapter and Project SUCCESS update!

SADD

With the start of the school year the SADD chapter has been busy! We started off the school year early on August 23rd and had the “Back to School Bash” at the Pheasant City Drive-In. Because of the generosity of the Pheasant City Drive-In and Ace Hardware, we were able to watch a movie and have a bouncy house and other games at our event.

We currently have approximately 25 middle school students and 15 high school students that have turned in contracts and been involved in activities. What a great start!

Activities for the Fall of 2021

- Back to school Bash August 23
- Resource table (tobacco) at the Volleyball game August 31
- Concession Stand at the Volleyball game September 23
- Redfield School Pride Day-Cleaned the library September 24
- Resource table (tobacco and safe driving) at Volleyball game September 28
- Adopt-A-Highway ditch cleaning (assisting Lions Club) October 7
- Redfield SADD chapter meeting on October 18

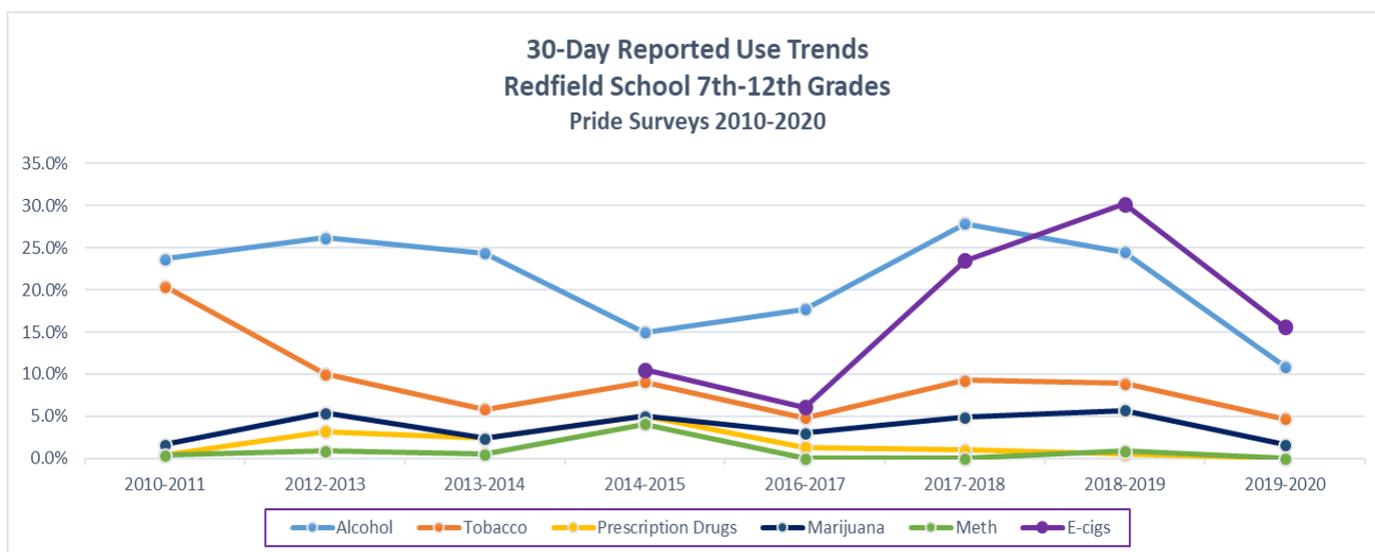


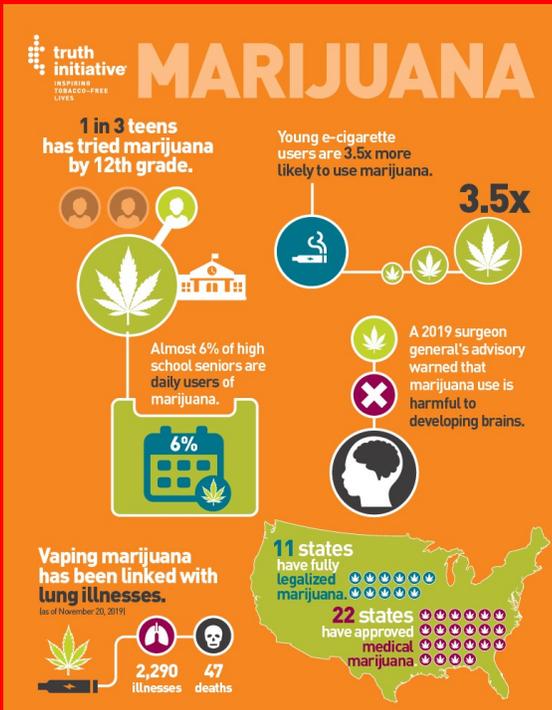
As you can see we have had a busy year so far! We currently have many activities planned for Red Ribbon Week which runs October 24-31

Project Success

Project Success is up and running in 2021. Currently 4 Prevention Education classes have been taught to all 7th and 9th graders titled “Being an Adolescent” in Redfield School. There are 4 more classes scheduled during the month of October. The upcoming lessons scheduled are “Alcohol, Tobacco, and other Drugs.” These classes contain information, games, and videos in a format that promotes healthy and positive choices.

What’s Trending at the Redfield Public School?





I am Heidi Appel, and I am brand new to working with the Spink County Coalition as of September. I will be assisting the Spink County Coalition with policy work and grant management. My work with the Coalition will be part-time but I am excited to be part of the team. One of the first tasks given to me by my fellow team members was sorting out the thoughts and ideas surrounding the legalization of marijuana in South Dakota and the policies that will be adopted by our local city and county governments.

The legalization of cannabis provides us with opportunities to engage in honest and thoughtful discussion about drug use with our families and community. When dealing with complex issues, like cannabis policy, no one has all the answers. But as community members, we all have thoughts, feelings, and experiences around drug use to share with each other. Engaging together to explore and share ideas will help us to discover how to manage use, as individuals and the Redfield community, in ways that maximize benefit and minimize harm.

The Spink County Commission and the Redfield City Council have already taken steps in the legalization process by drafting ordinances pulled from examples given from other agencies. And while those ordinances are a great first step, we need to be as proactive as possible for our area youth. One area of work left to sort out is the sign ordinances surrounding both medical and recreational dispensaries.

Why is commercial sign ordinance on cannabis/marijuana needed? In my opinion and ordinance would help limit our youth's exposure to advertising. We know that children are more receptive to marketing tactics than most adults. So, limiting the marketing on cannabis/marijuana at local dispensaries may in turn reduce the likelihood of children using these products before they are of legal age, thus reducing the likelihood of children suffering potential negative impacts because of consuming cannabis. According to academic research, heavy or regular cannabis use, especially before age 18, is often associated with negative consequences including reduced working memory, reduced higher order executive functions, and impacts on emotion. Limiting exposure to graphic marijuana imagery will be imperative to preventing young people in our community from being early users. The Spink County Coalition encourages all of our community members to talk to the commissioners and council members about this very important policy change. Our area youth deserve us taking these important steps to protect them potentially harmful imagery.

Wishful thinking and widespread enthusiasm for the legalization of marijuana brought about this ballot measure. We hope that this thinking and enthusiasm is not a substitute for careful consideration. Instead of rushing to enact new laws and missing key policy changes, lets sort out the costs and benefits of this newfound freedom. There is a lot of research to be done on natural and social consequences of frequent use of THC. This is not the marijuana that was smoked in the 70's. We are in a new era, the product is not the same, thus the consequences of use by our young people are likely to be much different. I ask our community members to walk through these transitional policy changes alongside the Spink County Coalition. Bring us your ideas and insights! Together, we can help bring forth the best policies surrounding legalization.

Know the Health Risks of Cannabis



Mental Health

Daily or near-daily use of cannabis can contribute to dependence and mental health problems over time.



Driving

Cannabis can impair your motor coordination, judgment and other skills required for safe driving.



Respiratory Effects

Toxic and carcinogenic chemicals found in tobacco smoke are also found in cannabis smoke, and can affect the lungs and airways.



Pregnancy

Substances in cannabis are transferred from mother to child and can affect your baby. Not using cannabis if pregnant or breastfeeding is the safest option.

Activities and Pictures



During the summer, we held a safe driving event for middle school and high school students. They got to come and see the new building for the Sherriff's office, meet the drug dog, drive some simulators and so much more!



For our Back to School event, we took kids to the Aberdeen Allevity, where they got to eat food, play games, bowl, play laser tag, and win prizes!



C O R E

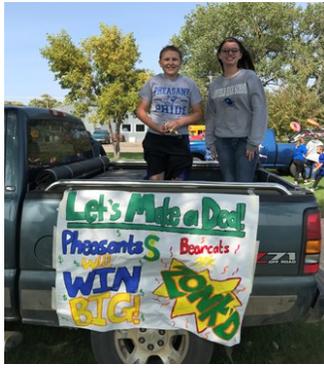
Character Opportunity Resilience Excellence

While taking many COVID precautions, CORE Prevention Day was held on October 7th for all students in 6th-12th grade, co-hosted by the Redfield School. Eddie Slowikowski, a nationally known speaker, presented and engaged students in various activities throughout the day. Various workshops were also presented through the day, such as Safe Driving and



Self Defense. Students learned important skills that can be used in their everyday lives. Cara Filler also presented her platform, Power of Choice, based on the experience of losing her sister in a highspeed car crash. Rick Birt, National SADD CEO also joined us for the day.





For Redfield Homecoming, SADD Students made some signs for a float and rode in the parade!



In the spring, we held a mini SADD conference for MS/HS Students. We spent a whole day eating food, playing games, learning about mental



health, playing an Escape the Vape escape room, baking and so much more!



For the first time this year, we held a SADD Prom with National SADD! We got together and had a fancy meal, decorated in white, black and gold, dressed up and had an amazing night!





In the spring, SADD held a CSI event up and down main street, Redfield. We created some informational posters about drug and tobacco use, and made body outlines in chalk on the sidewalk. The kids had a TON of fun with the chalk!



Right before school got out, we held a Summer Bash to kick off the summer months! We started our day with ditch cleaning, followed by a grill out, movies, games, s'mores, and a night of fun!



Redfield SADD wants to thank all of our continual supporters, from the Redfield School District to all the amazing business on Main Street! We could not have such an amazing event without each and every one of you!





The Lens of Prevention

For those of us working in the field of prevention and in the service of others, I think we tend to view the world through a unique lens. It's one created through an evolving grasp of the present and hope of a better future.

A few weeks ago, my family and I attended a college football game and though I had not planned it, I took my professional lens to the game. During the course of the game, there were several instances the cameras throughout the stadium captured images from the crowd and projected them onto the giant end zone scoreboard screen. Generally, the images of the crowd were of adorable senior couples, fans with face paint and exuberant dancing children. However, there were numerous instances the scoreboard screen showed fans in the designated student section assembling a "beer snake" which was resoundingly met with cheers from throughout the entire stadium. For the uninitiated, a beer snake is created when fans continuously stack consumed beer cups to form long chain which grows until alcohol sales cease (usually the 6th inning of a baseball game, the end of the third quarter of football and basketball games or the end of the second period of a hockey game). This fan activity was first recorded in Wrigley Field at a 1969 Cubs game and has since been observed at football, basketball, soccer and hockey games across North America, South America and Europe. Through my professional lens, I observed the images of the beer snake and its effect upon the crowd as it continued to grow throughout the game. Its potential impact upon one five year-old boy has bothered me since that day and is the motivation for me to share this experience.

From a macro perspective, the beer snake I observed that day served as a cultural and institutional monument celebrating binge drinking. It is particularly unsettling when the institution has a primary purpose to prepare its students to prosper and often provide future care providers instruction relating to the irrefutable adverse effects of alcohol and brain development which continues beyond the average age of the stadium's student section. I was unsuccessful in calculating the approximate costs associated with creating this beer snake. I estimated it took three empty cups to add one inch to its length and I knew each beer cup was sold for \$8. At its full length, the beer snake twisted from the first row of the lowest stadium level, across the second level and reached the middle of the top stadium level. I am confident the profit to the vendors and university was several thousand dollars. This is certainly not the only university or sports venue to offer on-site alcohol sales. However, it does not appear that alcohol sales are required to have a successful collegiate football program.



- Photo from Wikipedia Com-

Perennial football powerhouse programs like Alabama, Michigan, Georgia and Penn State do not permit alcohol sales to the general public. Some stadiums allow "preferred" attendees to bring their own alcohol and restrict its consumption to private club areas which are generally out of easy view. From this macro view, I hope all institutions will soon evolve from permitting and even advocating for irresponsible use of alcohol and ultimately as a culture, divorce from the idea that alcohol is a requisite for entertainment.

That brings us back to 5 year-old, Trevor. The boy who sat in front of me at the aforementioned game. He was a well-mannered and outgoing child who obviously shares an endearing mutual admiration with his father. His outgoing nature engaged with nearly everyone in our immediate and was responsible for dozens of smiles that afternoon. Like many children his age, Trevor asked countless questions to many of us around him but when he put a question to his father, he seemed to hang on his father's every response with the respect and admiration given to an ultimate authority. When Trevor saw the beer snake on the scoreboard screen, he asked his father what it was. After it was explained, Trevor exclaimed, "That's cool!" His father readily agreed and I died a little inside.

The moment was gone and the dangers of binge drinking and effects of alcohol upon a developing brain went unspoken. To be fair, by every other observable measure, Trevor appears to have a top-shelf father who I only saw drinking bottled water. It just seems to me there seems to be a small window where youth are influenced by parents and others who unfailingly have the child's best interest at heart. And in this micro event, I worry Trevor's father may have missed an opportunity to take advantage of the fleet period of time when family's opinion holds sway over all other influences and to cast an indelible impression which could forever help to form Trevor's attitude toward alcohol. Because many do not, I think prevention work in both the macro and micro environments would be well served to continue to raise awareness in the unintentional or unconsidered effects alcohol policy has toward youth and to encourage healthy influencers upon youth to seek and act with a purpose whenever an organic teachable moment presents itself. It's my hope, doing so would encourage these children to develop their own protective lens through which they view potential harm to themselves and others own protective lens through which they view potential harm to themselves and others. - **Bill Elger, Western Resource Prevention Coordinator**