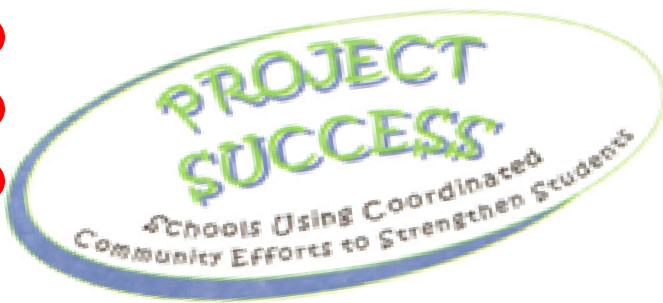


Promoting safe & healthy lifestyles in Spink County.

Annual Report of Activities

2024-25



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, 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, 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

Deputy Josh Lee

Marcie Robertson (liaison)

Rev. Keith Kraft



Why is Youth Substance Use Prevention Important?

- For many young people, using alcohol, drugs, or other substances like cigarettes is just part of growing up.
- Many of them try these substances only a few times and stop, while others may continue to use them on a more regular basis.
- Young people may try a number of substances, including alcohol, household chemicals (inhalants), prescription and over-the-counter medicines, illegal drugs, and cigarettes. They use alcohol more than any other substance. They use alcohol and cannabis (marijuana) more than any other substances.

Using alcohol or drugs can affect young people's general health, physical growth, and emotional and social development. It can also change how well they make decisions, how well they think, and how quickly they can react. And using alcohol or drugs can make it hard for young people to control their actions. For some young people, alcohol or drug use may turn into a substance use problem. <https://myhealth.alberta.ca/>



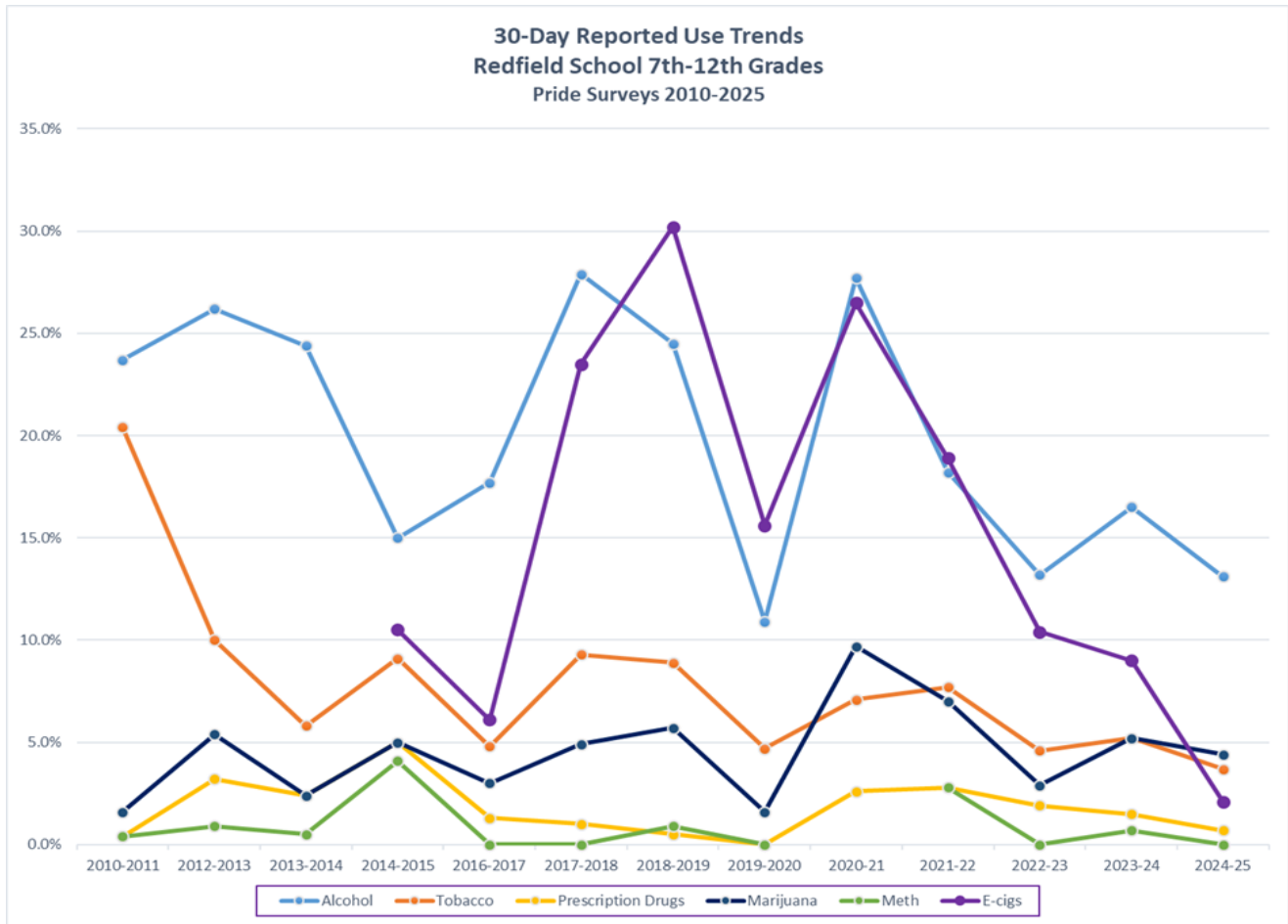
Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is a national evidence-based prevention program implemented in the Redfield School to provide a full range of substance abuse prevention services for students.

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.

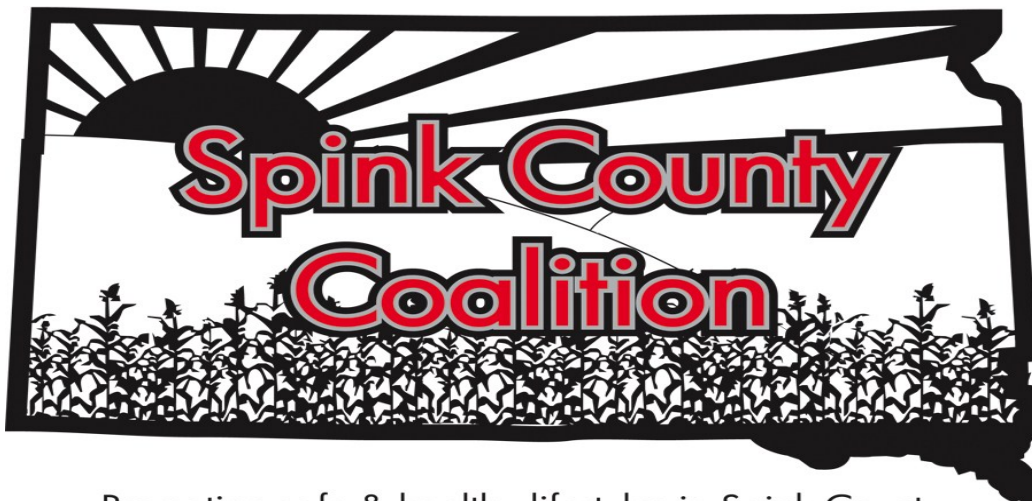
SADD hosts monthly meetings and fun, educational activities that are planned out by SADD students. Attendance at leadership trainings and conferences is also encouraged, as they learn important leadership skills to help them excel.



What's Trending at the Redfield Public School?



The Coalition has tracked this data through Pride Surveys, a national survey service, administered anonymously to Redfield students in grades 7-12, since 2010.



Promoting safe & healthy lifestyles in Spink County.

MARIJUANA AND THE TEEN BRAIN

The teen brain continues to mature and develop until about age 25, especially in the areas of the brain involved in planning, decision making and learning. Research studies have shown that when marijuana is consumed, THC enters the bloodstream, reaches the brain and attaches to naturally occurring cannabinoid receptors.

This causes problems in learning, coordination, reaction time and judgment. It can also cause hallucinations, paranoia, mental problems, decline in school academics, decline in athletic performance, and impaired driving.



Reduced short-term memory

Marijuana changes how information is processed in a part of the brain called the hippocampus. It can affect your ability to form fresh memories.



Decline in school performance

Students who smoke marijuana may get lower grades, loss of academic motivation, poor attendance, and low classroom participation.



Decreases your ability to concentrate and maintain attention

THC may negatively affect your ability to concentrate and be able to focus your attention on one thing.



Increased risk of mental problems

Regular THC use greatly increases your risk of schizophrenia, a severe mental disorder with symptoms such as hallucinations, paranoia, and disorganized thinking.



Difficulty thinking, problem solving, and learning

Marijuana may impair your ability to learn new things, problems solve, or do more complex tasks.



Increases depression and attempted suicides

Using marijuana may place yourself at a high risk of experiencing depression and more likely to attempt suicide in young adulthood.



May increase your anxiety and panic attacks

The impact of THC on your brain can make you anxious or increase your anxiety to a higher level than you had before.



Increases risk of hallucinations and paranoia

Some people may experience symptoms like being separate from reality, experience visual or auditory hallucinations and delusions.



Decreases motor coordination and balance

Marijuana negatively affects the cerebellum which controls muscle movements and controls your balance.



Impaired driving

Driving while impaired by THC (or by any substance) is dangerous. THC negativity affects a number of skills required for driving, such as reaction time, coordination, or concentration.

PREVENTING YOUTH SUBSTANCE USE

What Adults Need to Know



www.OneChoicePrevention.org

- click on any image for more info -

1 KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE

Most teens do NOT use alcohol, nicotine, marijuana, or other drugs*



2 BE BRAIN DEVELOPMENT SAVVY



The developing brain is uniquely vulnerable to substance use: 9 in 10 adults with a substance use disorder started drinking, smoking, or using other drugs before age 18*

4 TALK EARLY AND OFTEN

Prevention is not a single conversation; look for teachable moments and communicate the clear expectation of no use as the health standard for youth



3 BE SUBSTANCE SAVVY

For teens, all substance use is related: using any one substance dramatically increases the likelihood of using other substances*



5 ACT QUICKLY IF YOU SUSPECT SUBSTANCE USE

Substance use puts teens at risk for many negative outcomes; help them make healthy choices and get support when you need it



SUBSTANCE USE PREVENTION IS A HEALTH PRIORITY

The health standard of no substance use for teens is similar to other health standards like using seat belts, wearing bicycle helmets, exercising, getting enough sleep, and supporting mental health self-care

References: [1] Levy, et al., 2020; Levy, et al., 2018 [2] Gogtay, et al., 2004; National Center on Addiction and Substance Abuse at Columbia University, 2011 [3] DuPont, et al., 2018

ZYN and Other Nicotine Pouches

What Parents and Caregivers Need to Know



What is ZYN?



- ZYN is one brand of oral nicotine pouches. Each pouch is filled with crystalized nicotine powder, flavoring, and additives that is placed in the mouth between a user's gum and lip. Nicotine enters the bloodstream quickly after dissolving in the mouth.
- Other popular brands of pouches include Velo, On!, Rogue, Grant, Juice Head ZTN, Lucy, among others.
- ZYNfluencers are social media influencers who promote ZYN products. In early 2024, Phillip Morris's #ZYN reached 700 million views on TikTok alone.
- With nicotine pouches, there is no smoke, vapor, or even smell. That means they are discreet and easy to conceal.
- "Many nicotine pouch products, including ZYN, have not received authorization from the Food and Drug Administration (FDA) to be sold in the US. This means they are on the market illegally."
(American Lung Association)
- While most youth DON'T use substances, nicotine is often the first substance youth try. Nicotine pouches like ZYN are increasingly becoming the delivery method of choice because it is perceived to be "safer" than either traditional cigarettes or vapes/e-cigs. This is not true!

NO SMOKE DOES NOT MEAN NO RISK

Where do youth get these products?

Gas Stations, Convenience Stores, Delis, Bodegas, and the Internet

Smokeless Tobacco/
Dipping Tobacco/Snus

ZYN Nicotine Pouches

Cigars

Cannabinoid/THC Products Derived from Hemp

E-liquid Capsules for Vapes/E-cigs

Nicotine pouches are sold alongside an array of other nicotine and hemp-derived products.

Traditional Cigarettes

Nicotine pouches offer a wide array of flavors, many of which are enticing to youth:

- Berry
- Cherry Ice
- Chill
- Cinnamon
- Citrus Burst
- Dragonfruit
- Lemon Spritz
- Mango Flame
- Orange Ice
- Peppermint
- Purple Grape
- Strawberry Ice
- Tropic Breeze
- Urban Vibe
- Watermelon



NEPRC
NE PREVENTION RESOURCE CENTER
Human Service Agency

Keeping our Kids SAFE & HEALTHY

What can look like candy can harm your child.
What you need to know to keep kids safe.

Kids learn from the environments that they grow, live, learn and play; and with access to technology, they are learning more than ever, at an earlier age.

With an increase of access & availability (both social & retail) in regards to alcohol, nicotine, vape, delta, and marijuana products, we are seeing use at younger ages which can impact brain development, decision making, and dependency.

Not only are our youth being targeted with advertising, but there has been an increase in the number of vape shops, medical marijuana dispensaries, and the availability of alcohol and nicotine sold at convenience and grocery stores in our community.

If we want to keep our kids safe, adults need to:

- **Be Aware** of the severity of these new products that are accessible to youth.
- **Educate** ourselves on these products (SCAN the QR code).
- Ask ourselves: **WHY** are industries making and marketing these “adult products” (referred to as copycat products) to look and taste like things appealing to our youth.



★★★★★
If you enjoyed this content & want to learn more, please scan the QR code. Thank you!



JUST BECAUSE IT'S SOLD IN A COLORFUL PACKAGE, DOESN'T MEAN IT'S SAFE:

- ◆ Think about anyone who may mistake the package for candy - kids & adults.
- ◆ This may sound silly but storing it in a locked drawer or cabinet is best. Think back to when you were a kid - a cookie jar on top of a fridge is no match for a sweet tooth.
- ◆ Read the label. Look at the serving size. If you have concerns or questions - ask.

KIDS ARE MAKING BETTER CHOICES - EVEN AGAINST ALL ODDS

As a society we are making it more challenging; life is not as simple as it once was & we cannot compare youth today to when “we were growing up”.

Youth are being faced with an overwhelming amount of synthetic and high potency products, new technology and social media that is a “super peer” influence.

The majority of our kids are thriving & resilient - even with the risk factors they are exposed to.

SO NOW WHAT? WE ALL PLAY A ROLE

Parent/guardian, teacher, trusted adult, neighbor, coach... We can work together for the health and safety of our kids. [drugfree.org/article/prevention-tips-for-every-age](https://www.drugfree.org/article/prevention-tips-for-every-age)

- Talk about rules & expectations about substance use. Make it an ongoing conversation, and use current events.
- Teach and model healthy coping, decision making & resistance skills; and good habits even when faced with adversity/challenges.
- Look for ways to engage and encourage youth to feel connected to their school, faith community, neighborhood.

For more information, contact NE Prevention Resource Center at 605-884-3524 or neprc@humanserviceagency.org

2024-2025 Redfield SADD Chapter and Project SUCCESS

update!

SADD

We started the school year off with 17 middle school students and 8 high school students signing SADD. Students were busy this year with volunteer opportunities and numerous activities.

Here are some the highlights for the year!

-The start of the school year brought with it SADD's Back to School Bash which was in August. This event was open to any students interested in being a part of SADD.

-In September SADD students held the seatbelt assessment. This involved reminding people to wear their seatbelts by holding signs and keeping a tally of those who did and didn't.

-Red Ribbon Week, a drug prevention week was recognized by handing out Red ribbons to students and staff. There was an information table in the hallway. SADD students also volunteered at Redfield's Harvest Fest.

-A Prevention Education/Project Success tree was placed at the Spink County Courthouse just in time for Christmas!

-Throughout the school year SADD students volunteered at many concession stands and also assisted in bagging for Nutrition Mission.

-SADD students were also present at many of the resource tables throughout the year.

-Ten SADD students attended the Regional SADD conference in Brookings at the end of March. It was a great learning experience and the highlight of the year for many of them!

-SADD Students are also planning to attend the National SADD Summit in Atlanta, Georgia in July.

A Hello Summer party will finish off our year. The 5th grade students will be invited to come and find out what SADD is all about and any other student in 6th-12th grades who would be interested in joining SADD will also be invited.

Project Success

The Redfield Public School worked with the Spink County Coalition staff to teach Project Success in the classrooms. These classes contain information, games, and videos in a format that promotes healthy and positive choices. Classes were held in the 7th & 9th grades from September until March and included topics like drugs and alcohol abuse, making safe choices, and student /teen issues. Project Success staff were on hand during Redfield Public School's Post Prom Party. Staff spoke with students about the dangers of drugs and alcohol while playing games and using the driving simulators

Pride Surveys were completed in early February. Lots of helpful data is gathered from these surveys each and every year that assist us in our programming plans for the following year.



