

MAJORITY RULES:

TAKE A STAND AGAINST DESTRUCTIVE DECISIONS



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The meaning behind SADD

By Elizabeth Fixsen

SADD was founded in 1981 in Wayland, Massachusetts as Students Against Driving Drunk. In 1997, SADD expanded its mission and is now known as Students Against Destructive Decisions. SADD continues to encourage students to abstain from alcohol and drugs. SADD also encourages prevention from all types of destructive behaviors and attitudes that harm young people. The mission of SADD is to empower young people to successfully confront the risks and pressures that challenge them throughout their daily lives. SADD's mission is accomplished through student-run chapters in schools and peer-to-peer education. SADD gives students a sense of belonging and equips them with resiliency, leadership, and advocacy skills to carry with them throughout life. The Redfield SADD chapter held its first event



in 2007. The chapter had its first official year during the 2008-2009 school year. Any middle school or high school students that commit to making positive choices can join SADD. Throughout the year, SADD members attend meetings and work on various projects to educate peers about the importance of prevention from destructive attitudes and behaviors. High school students have the opportunity to mentor middle school students in a classroom setting. This is known as Reality Check. Middle school students can attend a lock-in held in the spring to learn more about SADD and

see what it is like. High school students lead the lock-in. Throughout the year, SADD members also have the opportunity to attend various trainings and conferences to gain leadership skills. They can then use those skills to give back to their chapter and community. SADD is an important organization because it is inclusive to all students and creates fellowship between students who choose to abstain from alcohol, drugs, and destructive behaviors. SADD continues to empower students today and will continue to empower them for many years to come.

Coalition receives grants to help in the fight against destructive decisions

The Spink County Coalition is using the following five grants to improve the Redfield community and help in the fight against destructive decisions:

• Underage Alcohol Prevention Grant

The Underage Alcohol Prevention Grant is an \$87,000 grant from the SD Department of Social Services and Behavioral Health. The grant will be used in the Students Against Destructive Decisions program (SADD) in Redfield. The money will be used for monthly meetings, activities, a steering committee, conferences, the Reality Check program and TATU (Teens Against Tobacco Use).

• Opioid Grant

The Opioid Grant is a nearly \$4,000 grant from the SD Department of Social Services and Behavioral Health. The grant money will be used to purchase opioid abuse prevention curriculum for 6th grade students in the Redfield School District. It will also be used to help prevention efforts at the Community Memorial Hospital and in the community.

• Tobacco Grant

The Tobacco Grant is \$20,000 provided by the SD Department of Health to be used to review and revise tobacco policies in the area, advertise those policies, put out information on the consequences

of tobacco use in newsletters, newspapers, and social media, and purchase and post new signs around town concerning tobacco use and the presence of tobacco in certain vaping products. The grant will also be used to assist health teachers, faculty, and medical providers with resources for educating youth and young adults on nicotine cessation and Quitline.

• Community Innovation Grant

The Community Innovation Grant is \$10,000 provided by the SD Community Foundation. The grant money will be used to support local farmers and ranchers. Some of the money has been put towards a summit that will be held this weekend (March 14th) from 9a.m. to 4p.m. at the Redfield School. The summit focuses on mental health support for farmers, ranchers and their families.

• Highway Safety Grant

The Highway Safety Grant is \$25,000 provided by the SD Department of Public Safety. The money will be used to help prevent "drunk, drowsy and distracted driving." The Spink County Coalition will be purchasing a driving simulator with the funds. The simulator will enable students to have lifelike experiences of impaired driving and become aware of the dangers.

Make your future bright by choosing to stay drug free.



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Redfield, SD 57469
(605) 472-0193

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605-472-0775

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Appel Oil

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(605) 472-0136

REDFIELD HIGH SCHOOL STUDENTS ANSWER:

What do you think are some of the most common “destructive decisions” teenagers are making today?

• Distracted and unsafe driving, a lot of students use their phones, specifically Snapchat, while operating a vehicle. I also believe speeding is a big concern

–*Macy Fliehe, Grade 11*

• Developing bad habits, such as smoking and vaping. They do not take their education seriously, and they do not think of their future and how this will affect them

–*Anonymous*

• Vaping, and reckless driving –*Anonymous*

• Probably smoking and drunk driving

–*Kory Kraft, Grade 11*

• Using drugs and alcohol –*Anonymous*

• Some of the most common “destructive decisions” are vaping, drinking, suicide and depression.

–*McKinley Haskell, Grade 9*

• Vaping, alcohol, and reckless driving –*Anonymous*

• Going to parties and vaping –*Justine Jacobs, Grade 9*

• I think the most common destructive decisions that teenagers make are smoking, vaping, and driving in unsafe ways –*Anonymous*

• Vaping and drinking –*Anonymous*

• I think that at this age, the most destructive decision that teens are making is wanting to be popular or fit in. I hear lots of things as I go through my day. I know that kids go to parties on the weekends, I know that they drink or vape at most of them. I know that some kids are smoking weed too. They do this because they think it makes them ‘cool’ or ‘popular’. It sounds cliché, but it is the truth. Popularity is good at the time, but it inevitably leads to your downfall. — *Anonymous*

I think that some are smoking, drinking, and doing drugs –*Abree Taylor, Grade 12*

Doing drugs and drinking a lot –*Anonymous*

Doing drugs, and drinking often –*Anonymous*

Drugs, cutting, smoking, alcohol, and pregnancy –*Mercedes Yada, Grade 10*

Alcohol and weed smoking –*Anonymous*

I think vaping is the most common decision teenagers are doing today –*Anonymous*

Drinking and Partying –*Anonymous*

Vaping, drinking, smoking –*Anonymous*

I think some ‘destructive decisions’ teenagers are making today are vaping, smoking, and drinking –*Anonymous*

If you were to have a personal motto on why you stay drug free, what would that motto be?

I hold high standards for myself, using drugs is below my standards, and I value myself and my education and future

–*Macy Fliehe, Grade 11*

I have seen my family struggle with tobacco use, and how addictive it can be, I do not want that for myself –*Anonymous*

I would say ‘drugs are bad kiddos!’ –*Anonymous*

My motto is “life is happy being drug free”

–*McKinley Haskell, Grade 9*

Drugs cost a lot of money, and I have better things to spend that money on –*Anonymous*

My worth is more than drugs –*Justine Jacobs, Grade 9*

Hugs, not drugs!

–*Anonymous*

I don’t really have a motto, it is more of a personal thought... in order for me to have a good future I must first make good decisions whilst in the present –*Anonymous*

Never, will I ever, make destructive decisions –*Abree Taylor, Grade 12*

Being drug free keeps you healthy –*Anonymous*

Once you start, you can’t/won’t be able to stop even if you think you can –*Anonymous*

Stop and think! Care about your body! Don’t harm yourself!

Love yourself! –*Mercedes Yada, Grade 10*

Think about how these things can impact your life, and the decisions they control –*Anonymous*

Be tough! Don’t start the bad stuff! –*Anonymous*
You have your whole life

ahead of you, why ruin it by partying for one night? –*Anonymous*

I like having pink lungs and a happy liver –*Anonymous*

Think. Don’t drink –*Anonymous*

Do things you like, because happiness is the best ‘drug’ you can have –*Anonymous*

**MAKE WAY FOR A GOOD FUTURE,
LEAVE DRUGS BEHIND AND SAY NO!**



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**Build a Better Future,
Say No to Drugs**



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HOMES & REMODELING
605-460-2317

FDA shares lab analysis on lung injuries associated with the use of vaping products

With continuing cases being reported of severe respiratory illnesses, 42 deaths in 2018 linked to vaping, and 47 in 2019, the Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) have been working to pinpoint the causes. Following is a lab analysis from the Food and Drug Administration concerning recent cases.

FDA Preliminary Lab Analysis (From www.fda.gov)

To date, the FDA has received over 1,300 samples from 31 states and one territory with roughly 1,090 of these samples connected to patients. These samples have been collected directly from consumers, hospitals, and state offices. They have included vaping devices and products containing varied levels of liquid as well as packaging and other documentation. Many samples have contained little to no liquid, which limits the number and types of tests that can be conducted on each submission. The FDA has not found one product or substance that is involved in all of the cases; how-

ever, we do know that THC is present in most of the samples being tested. The following is a snapshot of lab activities most relevant to the samples containing THC, as of the date noted. As of Feb. 12, 2020, 843 of the 1,090 samples connected to patients (77%) have undergone some level of testing and additional testing is likely to be conducted on many of these products. 511 of these samples have been found to contain THC

50% of the THC products have been found to contain vitamin E acetate as a diluent. The concentration of vitamin E acetate determined in a subset of these samples has ranged from 23% to 88% 29% of the THC products have been found to contain another diluent such as medium chain triglycerides The FDA labs are also doing work to focus on connecting the analysis of samples to particular patients with assigned CDC case numbers. As of Feb 12, 2020, approximately 677 samples are directly linked to 95 patients with CDC case numbers and samples from 93 of these patients have been analyzed.



73% of these 93 patients were connected to products containing THC.

Of these:

81% of cases included products with vitamin E acetate as a diluent

32% included products with aliphatic esters as diluent (e.g., triglycerides)

9% included products with polyethylene glycol as diluent

It is important to stress that identifying any compounds present in the samples linked to patient cases is but one piece of the puzzle and will not necessarily answer questions about causality, which

makes ongoing work critical at both the state and federal levels. Every day the FDA and partners are gathering more information and seek to use that information to better understand the relationship between any specific products or substances and the reported illnesses. Importantly, the variations of use patterns, products or substances reportedly used and the samples being tested may mean there are multiple causes of these injuries.

“When everything seems like an uphill struggle, just think of the view from the top.” — Unknown

**GET DRUG USE UNDER
LOCK AND KEY...
SAY NO!**



**DRUG ADDICTION HOTLINE:
1-877-779-8036**

SPINK COUNTY SHERIFF'S OFFICE

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DECISIONS**



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Say **NO** to drugs
and
YES to a new floor!*

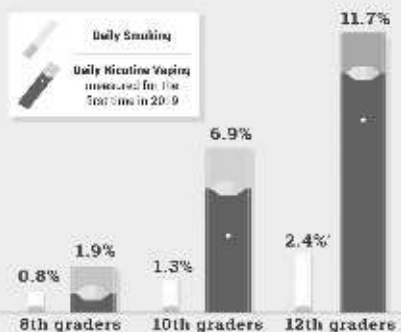


**CARPETS PLUS
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DEDICATED TO EXCELLENCE

NIH MONITORS CURRENT TEEN DRUG USE TRENDS

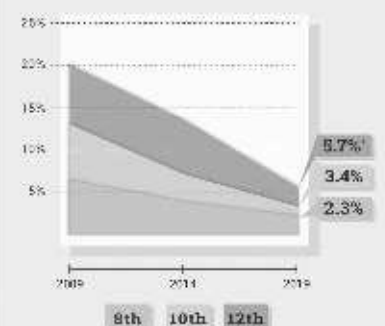
TOBACCO AND NICOTINE: VAPING THREATENS PROGRESS

NICOTINE – DAILY USE



*Significant decline from 2018 (3.6%)

CIGARETTE SMOKING (PAST MONTH) DECLINES OVER PAST TEN YEARS



*Significant decline from 2019 (7.5%)

TO VIEW MORE RESULTS ON VAPING VISIT:

<https://www.drugabuse.gov/related-topics/trends-statistics/infographics/monitoring-future-2019-survey-results-vaping>



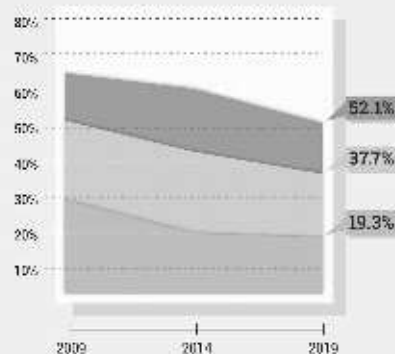
NIH
National Institute
on Drug Abuse

DRUGABUSE.GOV

ALCOHOL USE CONTINUES ITS DECLINE

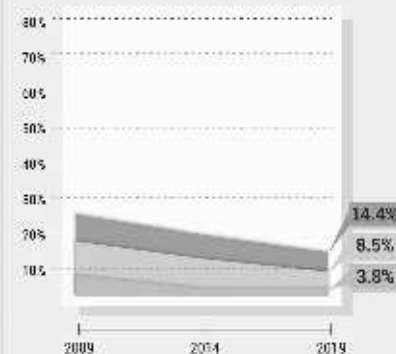
PAST YEAR ALCOHOL USE

Significant long term decrease in all grades



BINGE DRINKING*

Significant long term decrease in all grades



*5 or more drinks in a row in the past two weeks



NIH
National Institute
on Drug Abuse

DRUGABUSE.GOV

In the figure above, vaping is shown to be a threat in the fight against nicotine use.

Nicotine – Daily Use Daily Smoking

8th grade	0.8%
10th grade	1.3%

12th grade	2.4%*
*Significant decline from 2018 (3.6%)	

Daily Nicotine Vaping

8th grade	1.9%
10th grade	6.9%
12th grade	11.7%

Cigarette Smoking (Past Month) Declines Over Past Ten Years

8th grade	2.3%
10th grade	3.4%
12th grade	5.7%*

*Significant decline from 2018 (7.6%)

In the figure above, alcohol use is shown continuing its decline. There has been a significant long-term decrease in alcohol consumption in all grades.

Alcohol use 2019

8th grade	19.3%
10th grade	37.7%
12th grade	52.1%

Binge Drinking* 2019

8th grade	3.8%
10th grade	8.5%
12th grade	14.4%

“Sometimes we motivate ourselves by thinking about what we want to become. Sometimes we motivate ourselves by thinking about who we don’t ever want to be again.” —Shane Niemeyer

Be “You-nique,”
Say No to Drugs!



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MEATS



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Say No To DRUGS.

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BE WISE,
MAKE GOOD CHOICES,
SAY NO TO DRUG USE.



REDFIELD DAIRY QUEEN

472-1426

Road to Recovery:

Following is a list of local organizations that help with recovery from drug and alcohol addiction. They also help those affected by addictive situations.

REDFIELD COMMUNITY MEMORIAL HOSPITAL

111 West 10th Ave
Redfield, SD
57469
(605) 472-1110

THREE WISE WOMEN COUNSELING

1005 W. 1st Street, Suite 2
Redfield, SD 57469

- Tonya Jungwirth LPC-MH, (605)460-1616, Licensed Professional Counselor-Mental Health
- Anne Jockheck LPC, (605)450-1111, Licensed Professional Counselor
- Marcia Robinson, Licensed Addiction Counselor (605) 450-6031

COMMUNITY COUNSELING SERVICES

357 Kansas Avenue S.E.
Huron, SD
57350
(605) 352-8596

AVERA ABERDEEN ADDICTION CARE CENTER (FORMERLY WORTHMORE)

1206 S. Main Street
Aberdeen, SD
57469
(605) 622-5800

Underage drinking statistics:

From www.sadd.org

During the past month (30 days), 26.4% of underage persons (ages 12-20) used alcohol, and binge drinking among the same age group was 17.4%. [SAMHSA]

Alcohol use remains extremely widespread among today's teenagers. Nearly three quarters of students (72%) have consumed alcohol (more than just a few sips) by the end of high school, and more than a third (37%) have done so by eighth grade. [NIDA]

Past-month alcohol use rates declined between 2002 and 2008 for those ages 12-13 (4.3% to 3.4%), 14 or 15 (16.6% to 13.1%), 16 or 17 (32.6% to 26.2%), and 18-20 (51.0% to 48.7%). [SAMHSA]



Among race demographics, whites had the highest percentage of underage (ages 12-20) past-month alcohol use (30.4%). Asians had the lowest rate at 16.1%. [SAMHSA] In 2008, 56.2% of current underage drinkers (ages 12-20) reported that their last use of alcohol oc-

curred in someone else's home; 29.6% reported that it occurred in their own home. [SAMHSA] Among underage drinkers (ages 12-20), 30.8% paid for the alcohol the last time they drank - including 8.3% who purchased the alcohol themselves and 22.3% who gave

money to someone else to purchase it. Among those who did not pay for the alcohol they drank, 37.4% got it from an unrelated person of legal drinking age; 21.1% received it from a parent, guardian, or other adult family member. [SAMHSA]

What We Are Doing About It: SADD chapters have access to an array of underage drinking prevention programs that include activities that engage and educate the school, the community and parents. Some SADD students serve in an advisory capacity with other national groups working to reduce the instances of underage drinking.

— www.sadd.org

**Write yourself the
best future available,
SAY NO TO DRUG USE.**



**“The first step towards getting
somewhere is deciding you are not
going to stay where you are.”
— Unknown**

**PRESCRIPTION MEDICINE = OK, WHEN PRESCRIBED
BY YOUR PHYSICIAN.
ILLEGAL DRUGS = BAD
(COCAINE, METH, ECT.)**

SAY NO TO ILLEGAL DRUG USE

Randall Pharmacy

Redfield, SD • 472-1810

Prescription drop box available for unused medications.

Current Marijuana use and trends

Marijuana use is more common among older adolescents than younger youth. In 2016, the following percentages of young people reported using marijuana at least once in the past month:

*Five percent of students in 8th grade,
Fourteen percent of students in 10th grade,
Twenty-three percent of students in 12th grade, and
Twenty-two percent of college students and young adults.*

Unlike drinking alcohol or smoking tobacco, current marijuana use among adolescents has increased in the past 10 years for students in 12th grade. Current substance use is defined as having used the substance (e.g., alcohol, tobacco, or marijuana) in the last 30 days.

National Youth Violence
Prevention Week
March 30 - April 3, 2020


March Awareness Days

- National Women and Girls HIV/AIDS Awareness Day (3/ 10)
- Brain Awareness Week (Mar 16-22)
- National Native American HIV/AIDS Awareness Day (3/20)
- National Drug and Alcohol Facts Week (Mar 30-Apr 5)
- National Youth Violence Prevention Week (Mar 30-Apr 3)

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(605) 460-1596

*Don't let the past
steal your present.*



Redfield

FOOD CENTER
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be the friend that helps.**

1-800-662-HELP (437)

STAND UP TO DRUG CRIME

Project Standup is a project that allows anyone who sees illegal drug use to report it anonymously.

Project Stand Up:

You have the power to stand up to drug crime. Report any illegal drug use in your community by anonymously texting your local police department.

Your identity is 100 percent protected. By reporting drug users, you are helping to save their lives and keep our community safe. South Dakotans who use illegal drugs face losing:

- *Their driver's license
- *College loan or scholarship eligibility
- *Professional license eligibility
- *The ability to enlist in the military
- *Job possibilities
- *Their freedom
- *Possibly their life

**TO SEND AN ANONYMOUS
TIP, TEXT:**

“Drugs” to 82257

SADD CONFERENCES COMING UP...

Redfield SADD students will be attending the Northern Lights SADD Conference in Fargo, ND March 22-24 and the South Dakota SADD Conference March 27 in Watertown. Le Ann Wasmoen and Cassie Metzinger will also be taking six students to St. Louis from June 24th to July 3rd for the National SADD Conference.

Randall Pharmacy MedDrop Box

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Just drop in your unwanted medications for safe and secure disposal.



- Prescriptions
- Over-the-counters
- Patches
- Ointments
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* No trash, needles, syringes, aerosols or illicit drugs



**BE ALL
YOU CAN BE,
GO DRUG FREE.**

**ACE
Hardware**

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Redfield, SD**

**STAY DRUG FREE AND
BE THE BEST YOU COULD BE**



**Community Memorial Hospital
& Redfield Clinic**

Community Memorial Hospital
111 West 10th Ave.
Redfield SD 57469
605-472-1110

Redfield Clinic
1010 West 1st Street
Redfield SD 57469
605-472-0510

www.redfieldcmh.org/redfield-cmh

*“Drugs are
the enemies
of ambition
and home,
and when we
fight against
drugs, we are
fighting for
the future.”
— Bob Riley*