SOUTH DAKOTA
PREVENTION RESOURCE CENTERS

Prevention as a Way of Life

State-Tribal Opioid and Methamphetamine Prevention Summit
Friday, November 7
Jana Boocock, MSW, CAC, CPS

What brought you here today?

Scan the QR code

OR

Join at menti.com

Code: 7396 0662

What is Prevention?

Prevention is a proactive, systematic process that promotes health, safety, and well-being by reducing risk factors and building protective factors **before problems occur.**

It involves sustained, evidence-informed actions that change behaviors, environments, and conditions that contribute to harm.

Prevention Vs. Treatment

Prevention

- Prevention helps people develop the knowledge, attitudes, and skills they need to make good choices to change harmful behaviors.
- Prevention professionals work with groups, communities, states, and entire populations.
- Prevention professionals wait years to see results for their actions.

Treatment

- Treatment for substance use disorders is designed to help people stop alcohol or drug use and remain sober and drug free.
- Treatment professionals work with individuals who have been diagnosed with a substance use concerns.
- Treatment professionals see lives change daily.

Core Principles of Effective Prevention

- ✓ Proactive, Not Reactive
- ✓ Comprehensive and Evidence-Based
- ✓ Skill-Building and Capacity Development
- ✓ Consistent and Long-Term
- ✓ Cultural and Contextual Relevance

Quiz Question

How much can every $1 spent on prevention save in medical costs?

A. $6

B. $20

C. $65

D. $120

Quiz Answer

How much can every $1 spent on prevention save in medical costs?

A. $6

B. $20

C. $65

D. $120

In July 2020, NIDA reported that every dollar spent on substance use prevention will save up to $65 in medical costs.

Source: NIDA. 2023, March 23. Preventing Drug Misuse and Addiction: The Best Strategy

What Works in Prevention

What Works

- Multi-session, skill-building programs
- Social-emotional learning and positive youth development
- Restorative and supportive environments
- Fact-based, strengths-focused education
- Collaboration and data-informed planning

What Does NOT Work

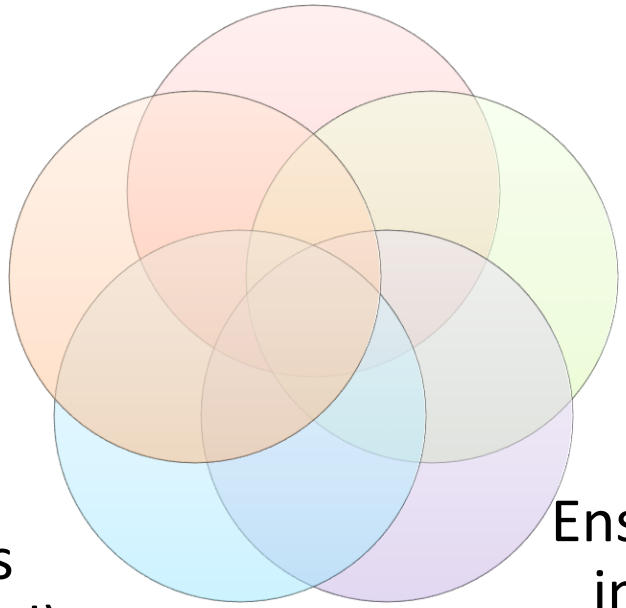
- One-time events
- Scare tactics or “Just Say No” messages
- Zero-tolerance approaches
- Myths and misinformation

  Working in isolation

The Most Cost-Effective Approaches

Target populations at increased risk

Address multiple risk and protective factors



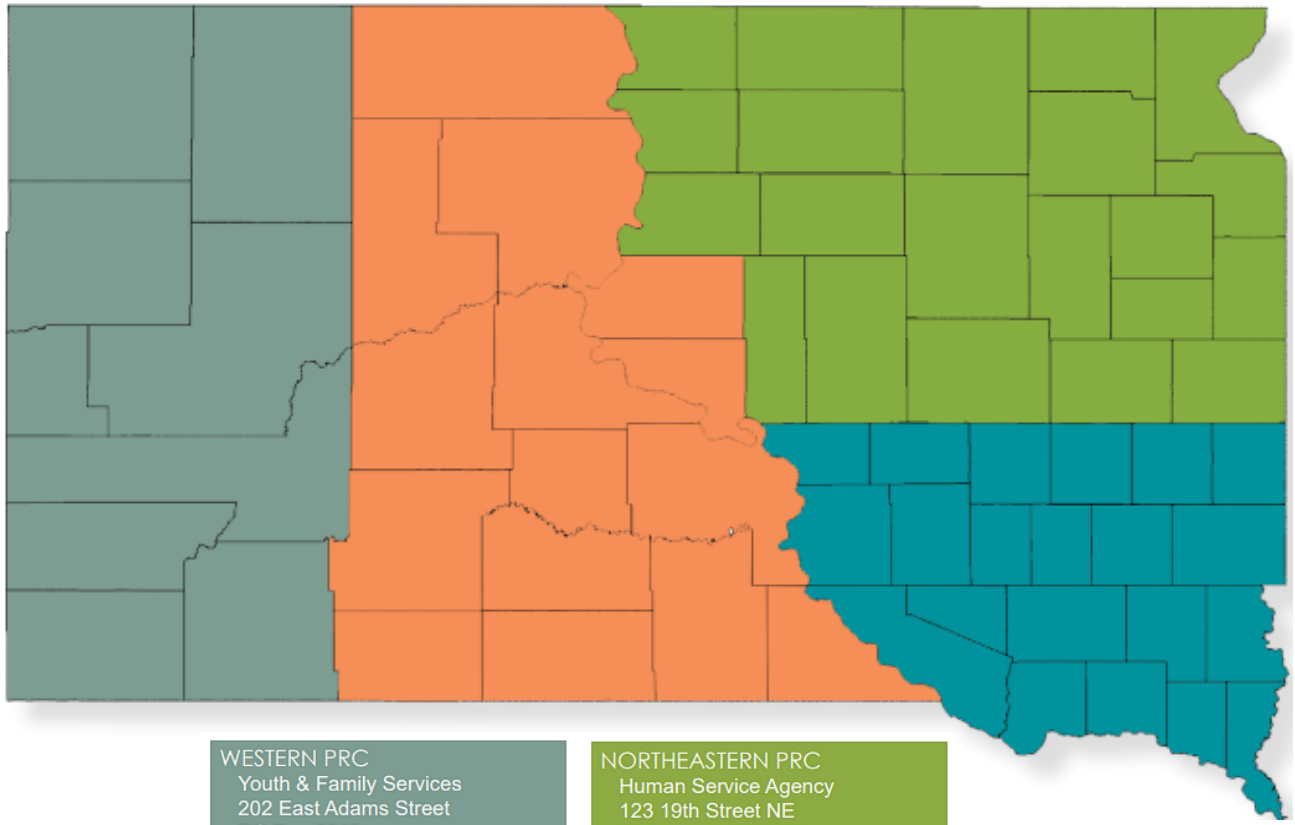
Use evidence-based programs

Start interventions early (childhood)

Ensure high-quality implementation

South Dakota's Prevention Network

PRCs connect schools, coalitions, and local leaders with resources that work.



WESTERN PRC
Youth & Family Services
202 East Adams Street
PO Box 2813
Rapid City, SD 57701
605.342.1593

NORTHEASTERN PRC
Human Service Agency
123 19th Street NE
Watertown, SD 57201
605.884.3516

CENTRAL PRC
Capital Area Counseling Service
2001 Eastgate Avenue
Pierre, SD 57501
605.224.5811

SOUTHEASTERN PRC
Volunteers of America, Dakotas
1310 W. 51st Street
PO Box 89306
Sioux Falls, SD 57109
605.444.6342

Prevention Works Best When We Work Together

- Collaboration bridges systems: schools, health care, justice, and community.
- Shared data and communication reduce duplication and increase impact.
- Prevention is stronger when goals, resources, and successes are shared.

Prevention Grows Through Relationships

- Strong relationships are the foundation of prevention.
- Youth engagement, mentoring, and peer leadership matter.
- Safe, connected communities protect against multiple risks.
- Everyone benefits when people feel seen, valued, and supported.

Learning and Improving Through Evaluation

- Measure outcomes that reflect well-being — not just reduced problems.
- Use both data and stories to show impact.
- Evaluate what’s working and adjust as needed.
- Success means stronger, safer, more connected communities.

Making Prevention Last

- Build local leadership and prevention skills.
- Integrate prevention into policies, schools, and workplaces.
- Plan for funding and capacity beyond grants.
- Support staff wellness — caring for helpers sustains prevention too.

Putting Prevention Into Practice

- Identify one prevention strength in your community.
- Choose one area for growth or improvement.
- Connect with your regional Prevention Resource Center for support.

Together for Health, Safety, and Well-Being

- Prevention is a long-term investment in people and communities.
- Small, consistent actions build lasting change.
- When we work together, prevention becomes part of everyday life.

What is one small action you can take to strengthen prevention in your community?

Scan the QR code

OR

Join at menti.com

Code: 7396 0662

SOUTH DAKOTA
PREVENTION RESOURCE CENTERS

Western PRC

Bill Elger
welger@youthandfamilyservices.org
Laisha Ramirez
lramirez@youthandfamilyservices.org
605-342-1593

Northeastern PRC

Dodi Haug
dodih@humanserviceagency.org
Stephanie Kinnander
stephaniek@humanserviceagency.org
(605) 884-3516

Southeastern PRC

Kerri Cox
k.cox@voa-dakotas.org
Audrey Simmons
a.simmons@voa-dakotas.org
(605) 444-6333

Central PRC

Jana Boocock
jana.boocock@cacsnet.org
Paula Tronvold
paula.tronvold@cacsnet.org
(605) 224-5811