Greetings .................................. 2
Around the State ...................... 3
In the Spotlight ....................... 4
NAMI News............................... 5
Donations..................6
HB1183 Update............... 7

Why Give?

“I called everywhere. No one else understood what I was going through or was able to give me the kind of help I needed. Only NAMI!”

The holiday season is a time when many people open their hearts to help others in need. As the year comes to an end, we are reminded to support our favorite causes or charities by giving a donation of our time or treasure.

One of the most common reasons given for this expression of generosity is “to pay back” what we ourselves have received. This is certainly true of many donors to NAMI South Dakota. People who appreciate their support groups; families who have been helped by a Family to Family class; parents who found critical information about an illness affecting their child—these are among our many supporters.

Without those donations at the holiday time and all through the year, we would not be able to provide the life-changing help on which so many depend. No other organization does what NAMI does. We’re proud to offer help and hope at no cost to those who are searching for answers and resources.

We care because we’ve been there, and we don’t want anyone to go through it feeling alone. When people reach out, NAMI is there.

That’s a good reason to give this season.

Please help someone else find hope for recovery. Your gifts help train our volunteers and provide materials for programs and education.

Have a happy holiday season, and thank you!
Dear Friends of NAMI South Dakota,

Gratitude... It’s a pretty common theme at this time of year. Here’s what Robert Emmons, a leading expert on gratitude has to say in a Greater Good Essay, “Why Gratitude Is Good.”

“First,” he writes, “it’s an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we’ve received.”

In the second part of gratitude, he explains, “we recognize that the sources of this goodness are outside of ourselves. ... We acknowledge that other people—or even higher powers, if you’re of a spiritual mindset—give us many gifts, big and small, to help us achieve the goodness in our lives.”

Recently, I had an experience with gratitude at a NAMI support group. In the closing activity, the facilitator asked everyone in the room to name something they were thankful for. Many of us incorporate something similar into our Thanksgiving traditions. On this night, I was struck by the fact that each person in the group had just shared one or more of their struggles, some of which were very painful. Using group wisdom and compassion, the others had helped to make everyone feel safe and aware that they were not alone. And in the closing, many of the participants said they were grateful for their NAMI friends.

You’ll find similar scenes all across South Dakota, at NAMI family education classes, in support groups, and whenever NAMI friends gather. We help each other, support each other, and help each other remember that no one is alone, and there is always hope.

I, for one, am truly grateful for the gifts of strength, understanding and compassion that have been given to me by the many people I’ve met through NAMI. Every day, I am reminded that “there are good things in the world.”

-- Wendy Giebink

NAMi South Dakota Board of Directors

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From the Executive Director
NAMI South Dakota Newsletter

NAMI South Dakota 2017 Conference in Spearfish

More than 170 people enjoyed two days of learning and fun in western South Dakota in September. Keynote speakers Dr. Elizabeth Ballard of the National Institute of Mental Health, mental health advocate Dennis Gillan, and author Marya Hornbacher provided thought-provoking presentations. In addition, more than two dozen speakers presented breakout sessions during the two-day event. Thank you to everyone who attended and the volunteers who made it possible. We are grateful to our wonderful sponsors for their support:

Avera South Dakota Advocacy
South Dakota Council on Mental Health Centers AARP of South Dakota SDQuitline

Celebrating 30 Years
Meet one of our newest volunteers:

Mallory has been in recovery from addiction for seven years. She’s worked really hard at her recovery and has received her master’s degree during this time and secured a meaningful job at an organization that she cares deeply about. She also came to terms with her mental illness:

“I have struggled with a mental health challenge all my life, and never allowed myself to talk openly about it until I connected with NAMI and the Ending the Silence program. This program has given me the opportunity to share my journey in recovery, and bring light to a topic that likes to hide in the dark. It has allowed me the time to really experience first-hand how important it is to bring mental health to the conversation and end the silence. Thank you for giving me this opportunity.”

We know that sharing our experiences with others can remind them that they are not alone. Reaching out and sharing our stories through presentations, as well as educating and facilitating support groups are ways in which our volunteers serve their communities. We are so blessed to have all of you.

We have Ending the Silence teams out presenting in schools now. They are making a difference in the lives of students by sharing information about mental health conditions and how to help a friend. Look for new additions and improvements to this program in 2018, as we work to educate school staff members and parents, as well. If you would like to get involved in ETS in 2018, let us know by phone, email or our website: 605-271-1871, namisd@midconetwork.com, www.namisouthdakota.org.
We would love to have YOU as a member of NAMI South Dakota!  
Not a member or want to renew?  
Please visit www.nami.org/Get-Involved/join or give us a call at (605) 271-1871 to have a form mailed to you. Household memberships are $60 annually, individual memberships are $40 annually, and Open Door memberships are $5 annually. Members receive The Advocate magazine and our newsletter four times a year. Our members are a valued part of NAMI South Dakota. They help guide our activities by keeping us informed about issues and needs in their communities. Please join NAMI today!

Annual Holiday Gift Drive

Once again, NAMI South Dakota is gathering holiday gifts for adults, children, and teens who will be spending the holidays at Avera Behavioral Health Hospital. You may drop new, unwrapped gifts off at our office (1601 E. 69th Street, Suite 210) by December 18, or take them to Avera Behavioral.

Suggested gift items are: lotion, socks, fleece blankets, stuffed animals, puzzles, cards, board games, activity or coloring books, books, journals

Thank you for helping us to make the holidays more cheerful for those who are hospitalized. We would like to make this year’s drive our BEST EVER and help patients know that someone is thinking about them. This is a good way to help people learn about NAMI when they return home.

www.namisouthdakota.com
For 30 years, NAMI South Dakota has provided support, education and advocacy to thousands of families and individuals affected by mental illness. This has only been possible with the help of donors like you. With your donation, you become a partner in the mission.

Donations 8/02/2017 to 11/01/2017

- AARP of South Dakota
- Amazon Smile Foundation
- Anderson, Lethe
- Austad, Cheryl (In Memory of Kathy Ross)
- *Benedict, Phillip
- Brechtelsbauer, David and Cathy
- *Butterfield, Harold
- First Chiropractic Center
- *Finck, Mary
- *Fuller, William & Gail
- Giebink, Wendy
- Greene, William
- Jason Foundation
- Keystone
- LSS
- Network for Good
- Ode, Stephanie
- Paul, K-Lynn
- Preferred Printing
- Reisig, Mona
- Scott, Harriet (In Memory of Kathy Ross)
- SD Advocacy
- SD Council of Mental Health Centers
- *Sigler, Myrtle
- Spader, Elaine
- *Staben, Paulene
- *Sweetwood, Chris
- Volunteers of America-Dakotas
- Wintersteen, Glen and Audrey
- Ziegler, Susan

Every effort has been made to recognize recent donors. If you think there has been an error, please contact our office.

Ask us how you can join our Circle of Friends by becoming a monthly donor!

Circle of Friends:

- Benedict, Phillip
- Butterfield, Harold
- Finck, Mary
- Fuller, William & Gail
- Sigler, Myrtle
- Staben, Paulene
- Sweetwood, Chris

How to Become a Donor: Visit the donation page on our website: www.namisouthdakota.org/donate to make a gift by Pay Pal or credit card. If you would rather donate by check, please make out your check to NAMI South Dakota and mail it to: NAMI South Dakota, P.O. Box 88808, Sioux Falls, SD 57109. Ask us how to become a monthly donor to make the most of your gift. Planning your legacy giving? We would be honored to be included.

NAMI South Dakota is a 501c3 organization. Donations are tax-deductible. Thank You!
Department of Social Services Provides Funding to Communities for Mental Health Crisis Services

PIERRE S.D. – The Department of Social Services (DSS) has awarded funds to support crisis response services throughout the state.

The crisis grants are a result of the Task Force on Community Justice and Mental Illness Early Intervention recommendations and HB 1183, which Gov. Dennis Daugaard signed into law this year. The funds are aimed at helping entities establish new crises response services and expanding existing services.

“Supporting communities in their efforts to divert individuals with mental illness from the criminal justice system was a primary goal of the task force,” said state Department of Social Services Secretary Lynne Valenti. “This funding will help us accomplish that goal and help individuals with mental illness receive the support they need.”

The following entities were awarded funding:

- Behavior Management Systems received $28,722 to support the Crisis Care Center, which provides services to individuals experiencing a behavioral health crisis.
- Lewis & Clark Behavioral Health Services received $35,173 to support the telehealth delivery of mental health evaluations, along with trainings focused on crisis intervention with the Charles Mix county jail.
- Minnehaha County received $18,750 to support local meetings with stakeholders and national experts on jail diversion programs. The grant money will also fund collaborative planning efforts for building a comprehensive crisis response infrastructure and related training.

For more information about behavioral health services, please contact DSS Division of Behavioral Health at 605-773-3123, or online at dss.sd.gov/behavioralhealth/.
OUR LOCAL AFFILIATES:

- Rapid City 605-389-6854
- Sioux Falls 605-610-7226
- Pierre 605-280-2882
- Yankton 605-661-2223
- Aberdeen 605-228-5983
- Northern Hills 605-723-6044
- Huron 605-350-9516
- Brookings 605-692-8948
- Watertown 605-882-2254
- Consumer Council 605-238-5766

CONNECT WITH US:

- Website: [www.namisouthdakota.org](http://www.namisouthdakota.org)
- Email: namisd@midconetwork.com
- Phone: (605) 271-1871 (800) 551-2351 (Toll Free)
- Twitter: @NAMISouthDakota
- Facebook: [www.facebook.com/namisodak](http://www.facebook.com/namisodak)