Top 10 Reasons to Walk for NAMI

1. It’s our big day to celebrate hope and recovery. Many people go for years without knowing hope, but we live it every day.

2. 1 in 5 South Dakotans will experience a mental health condition each year, but only half will receive treatment. Your example can give others the courage to ask for help.

3. The NAMI Walk is our only fundraiser of the year and provides more than a third of our funding for education and support programs.

4. The money raised by our walkers and sponsors helps people in each of our nine local affiliate communities and beyond.

5. We are growing! This year we will bring a new Signature Program for teens to South Dakota.

6. NAMI helps people of all ages, because mental illness affects everyone.

7. One hour of your time will have an effect that lasts for years.

8. The Walk starts at 9:30 am and ends at 10:30. You can sleep in a little, have your coffee with us, and still get to graduation and other events.

9. You don’t have to go to Disney World to meet Storm Troopers!

10. It’s finally Spring! We waited all winter for a sunny day in May.

Our 14th annual NAMI Walk is Saturday, May 20 at Sertoma Park in Sioux Falls. Registration 8 am, 5K run 8:30, Walk 9:30. If you can’t make it, please donate at www.namiwalks.org/southdakota.
Dear Friends of NAMI South Dakota,

Have you ever wondered what all the fuss is about each May when we promote the NAMI Walk?

First of all, May is national Mental Health Awareness Month, and the Walk is our way to bring attention to this issue. We know many people don’t know much about mental illness. That’s unfortunate, because 1 in 5 of us will experience it first-hand, and all of us know someone who is affected. We remember the days when mental illness was a secret in many families, and the stigma surrounding it still exists.

We also celebrate hope and recovery on the third Saturday in May by walking together. People from all over South Dakota come to Sioux Falls, and, rain or shine, we walk. Everyone has a reason for being there.

I spend the morning in the picnic shelter with people who are unable to do the Walk, but who come out to be with us. So I usually walk the route the day before, by myself or with our Walk Manager, when I can think about my reasons for walking. I also think about the runners and walkers who will be at the park bright and early on Walk Day, each of them carrying hope for those who have none.

I walk in memory of my sister, Belinda, who lived with mental illness for most of her adult life, but wasn’t diagnosed until age 40. She was brave and hopeful, and her memory inspires me every day.

I also walk for my family. Like many others, we’ve had our share of challenges, but today we are stronger because of them. Today we are healthier; today we are braver. Today we are hopeful. Today we know we can help others because of what we’ve been through and what we’ve learned.

May is about hope, because we are no longer alone, and recovery is possible.

So each May, NAMI Walks! We hope you’ll join us. If you can’t be at the park, you can be a “virtual walker” by donating online at www.namiwalks.org/southdakota or by sending in your contribution by July 20.

Thank you!

-- Wendy Giebink

---

**NAMI SOUTH DAKOTA BOARD OF DIRECTORS**

Nicole Burger  Priscilla Stevenson
Jill Furan  Tom Silverthorn  Stacey Tieszen
Shirley Gross  Steve Lindquist  Robert Giebink
Scott Stubbe  David Braun  Chris Sweetwood
Paula Brown  Lois Knoke
Journey to Wellness with NAMI SD

NAMI Rapid City and Northern Hills gather to paint at the Dahl Arts Center.

NAMI affiliates find the arts enhance our lives and recovery. In April, NAMI Aberdeen hosted their third “NAMI Night at the Red Rooster Coffee House” with a free meal, coffee and concert by NPR Tiny Desk Contest winner, Gaelynn Lea of Duluth, Minnesota.

2017 Mental Health Day in Pierre

Volunteer Leaders Training

NAMI South Dakota trained new Family and Connection Support Group facilitators in Rapid City in April. Congratulations!

We are planning upcoming trainings for each of our signature programs: In Our Own Voice, Connection, Family to Family, Basics and Family Support Group.

Find out how you can be trained in these programs:

(605-271-1871) or namisd@midconetwork.com.
NAMI Huron is making a difference in their community. With a growing membership, this local affiliate is doing their best to raise awareness and educate others. Each month features a member and community meeting, with activities ranging from mental health speakers to game night. In partnership with Community Counseling Services, NAMI Huron members are leading the way in advocacy and education. Recently, they hosted an educational forum for the community, and they are raising funds to sponsor NAMI SD Conference registrations for their members. This spring, NAMI Huron was the recipient of a $911.00 fundraising effort by HOSA (Health Occupation Students of America) members of Iroquois High School. Congratulations!

Spotlight on Volunteers: RoseAnn Olson

RoseAnn Peterson Olson recently presented In Our Own Voice for her church in Arlington, SD. She is pictured here with Pastor Johnson during April’s Mission of the Month event. RoseAnn is an active IOOV presenter and a state trainer, and helps teach law enforcement classes. The following is a poem written about her by Charlie, Chance and Annie:

Why did RoseAnn go to Alabama?
Surely not for fortune or fame
She was chosen to go
To pass on the flame.

To give someone hope
To lessen their despair
To strengthen their reason
To keep on in prayer.

They are just ordinary folks
Who want to be seen
As normal people
With an abnormal gene.

It’s because of their chemistry
They feel and behave that way
Not because they want to
It’s that darned DNA.

They can’t just pull on their boot straps
And make it all go away
The reasons are more complex
And likely to stay.

These people are not alone
They are gaining more hope
They are learning much more
On how to live and cope.

Maybe someday
The illness will disappear
No more pain
And no more tears.

Until then RoseAnn
Will continue to teach
Maybe one more person
She can reach.

To tell them they are not alone
To help them realize
That they are beautiful people
In God’s caring eyes.

That’s why RoseAnn
Went away so far
To comfort a soul
To help heal a scar.
NAMI South Dakota Newsletter

Spring 2017

Member Mixers Continue Across South Dakota

NAMI South Dakota members and friends in Sioux Falls and Pierre have held gatherings to celebrate 30 Years of Hope and Recovery in 2017. In February, NAMI Rapid City and NAMI Northern Hills members gathered for pizza and conversation with NAMI staff and leaders. Member mixers continue in Watertown on May 12th at Immaculate Conception Church from 4:40-6:00 pm. NAMI Huron members are planning their event at Ravine Lake on July 18. Look for upcoming member events in your community. We want to meet you!

Membership Matters!

Not a member or want to renew?

Please visit namisouthdakota.org/join or give us a call at (605) 271-1871 to have a form mailed to you. Membership rates will increase in July as required by the national Board of Directors. Family memberships will be $60 annually, individual memberships will be $40 annually, and Open Door memberships will be $5 annually. Look for more information on membership levels and rates in our next newsletter.

Register Now for the 2017 Annual Conference

NAMI South Dakota’s Annual Conference will be held on September 28-29 in beautiful Spearfish, SD. Please plan to join us again this year as we gather to teach, learn, grow and support each other. This year’s theme is Celebrating 30 Years of Hope and Recovery.

Keynote speakers are:

Dr. Elizabeth Ballard, a researcher from National Institute of Mental Health, who will be presenting on suicide prevention

Dennis Gillan, mental health advocate and speaker, who will present on his family’s experience with suicide www.dennisgillan.com

Marya Hornbacher, author and assistant professor at Rowan University, who will present on her lived experience of bipolar disorder and eating disorder www.maryahornbacher.com

Twenty breakout sessions will cover other topics of interest. Online registration begins soon at www.namisouthdakota.org, or you may call or email for a registration form. CEU’s will be offered for counselors and social workers. Sponsorship opportunities are still available. A limited number of scholarships will be available. Contact us for a scholarship form.
Ending the Silence is the newest NAMI South Dakota Signature Program, beginning in 2017. We are currently seeking adult and young adult presenters to bring this critical program to youth.

Helping middle and high school students understand mental illness makes a big difference. We can teach them about the warning signs for themselves and their friends. NAMI Ending the Silence helps raise awareness and change perceptions around mental health conditions.

Through this free classroom presentation, students get to see the reality of living with a mental health condition. During the 50-minute presentation, a young adult living with mental illness and a family member tell their stories about mental health challenges, including what hurt and what helped.

**Why Ending the Silence Matters**

- 1 in 5 kids experiences a mental health condition; only 20% of them actually get help
- About 50% of students ages 14+ with a mental health condition will drop out of school
- Suicide is the second-leading cause of death for 15-24 year olds
- The earlier the better: early identification and intervention provides better outcomes

The discussion gives students the rare opportunity to ask questions about mental health challenges to people who have lived it. The presentation’s message of empathy and hope encourages students to actively care for themselves and their friends. It also teaches them it’s okay to talk about what they’re feeling. NAMI Ending the Silence covers:

- Early warning signs
- Facts and statistics about youth and mental health conditions
- When, where and how to get help for themselves or their friends
- When it’s not okay to keep a secret

**What People are Saying**

“I’m really grateful and glad that you talked to us. I often feel very alone or weird because many kids my age don’t understand. But now I’m sure they would be more supportive of me.” -Student

“It is amazing what just one day, one talk, can do. You never really know what’s going on in the brain of any particular student.” -Teacher

If you would like to find out about being trained to present Ending the Silence, call us at 605-271-1871 or email namisd@midconetwork.com.
Thank you to those who made donations this quarter. With your help, NAMI South Dakota is able to fulfill its mission of providing support, education and advocacy for families and individuals affected by mental illness. With your donation, you become a partner in the mission.

Donations 1/16/2017 to 4/20/2017

Abbott, Karla (In Honor of Bryan Abbott)
Amazon Smile Program
Amert Construction
*Armitage, Gerald
Auer, Helen & George
Austad, Cheryl
*Benedict, Phillip
*Butterfield, Harold
Cannon, Donna
Clift, Susan
DeBerg, Betty (In Memory of Ruth Howey)
Dosch, Terrance
*Finck, Mary
Flynn, Sarah
Friesen, Marilyn & Maureen
*Fuller, William & Gail
Giebink, Erin
Giebink, Dr. Robert
Glover, Diana (In Memory of Ronald Glover)
Gross, Shirley
Hansen, Cindy
Kracke, Lorraine (In Memory of Wade Johnson)
Kropuenske, LeRoy
Lilly, Wayne
Lipp, Delores
Mitch, Jennifer
Network for Good
Reisch, Nancy & Paul
Rust, Leola
SD Psychiatric Association
*Sigler, Myrtice
Speirs, Jill
*Staben, Paulene
*Sweetwood, Chris

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!

Circle of Friends:

Armitage, Gerald
Benedict, Phillip
Butterfield, Harold
Finck, Mary
Fuller, William & Gail
Sigler, Myrtice
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!
OUR LOCAL AFFILIATES:

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

CONNECT WITH US:

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