2017 Annual Conference Comes to Spearfish

Individuals, family members and mental health professionals from all across South Dakota will gather at the Holiday Inn Convention Center in Spearfish on September 28-29 for NAMI South Dakota’s Annual Conference. Attendees will enjoy dinner together on Thursday and breakfast and a lunch buffet on Friday, as well as the always popular talent show on Thursday night. Several community partners and vendors will be present in the hotel concourse to share information with everyone.

We are fortunate to have three wonderful keynote speakers with us this year. Award-winning author Marya Hornbacher will share a story of success, healing and strength from her personal perspective and that of 1000 others whose experiences will be chronicled in her next book.

Dr. Elizabeth Ballard, a clinical psychologist and researcher at the National Institute of Mental Health, will explore recent research into suicide prevention and promising trends for treatment.

Motivational speaker Dennis Gillan has an extraordinary story of perseverance and recovery. His story promises to encourage listeners to help reduce the stigma surrounding mental illness and empower them to continue on their own personal journey towards recovery.

In addition, twenty breakout sessions on a variety of timely topics will challenge attendees to consider new ideas and current best practices in mental illness treatment and mental health recovery. By request, several speakers living in recovery will share practical tips and ideas with others.

You will be inspired by our 2017 presenters and all those you will meet at the conference. Don’t delay—register now to attend the 2017 Annual Conference by mailing the form on page 7. You can also register online at namisouthdakota.org.
Dear Friends of NAMI South Dakota,

Saturday, May 20, 2017 dawned with some of the worst weather in our 14-year history of the NAMI Walk. However, gusty winds, cold temperatures and persistent rain did NOT dampen the spirits of the walkers and runners who came from all across the state to support us. Lots of hot coffee, rain ponchos and laughter cheered us on, and our faithful community partners provided education and activities. Mr. Twister entertained the kids, and our favorite Star Wars characters once again led the Walk. What a wonderful day!

What you may not realize is that hundreds of hours of preparation go into our signature event each year. Walk Manager John Williams and his Team Captains work hard to motivate walkers and to bring the fun to our “Party in the Park.” Thank you to everyone for your enthusiasm and tireless support of our programs that bring hope and help to thousands of individuals and families in South Dakota. Your efforts make it all possible, and we couldn't do it without you.

See you in Spearfish!

--- Wendy Giebink

---

<table>
<thead>
<tr>
<th>NAMI SOUTH DAKOTA BOARD OF DIRECTORS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicole Burger</td>
</tr>
<tr>
<td>Jill Furan</td>
</tr>
<tr>
<td>Shirley Gross</td>
</tr>
<tr>
<td>Scott Stubbe</td>
</tr>
</tbody>
</table>
Annual Leaders Retreat Builds Bonds Among Peers

In July, local affiliate leaders from Aberdeen, Brookings, Pierre, Sioux Falls, Rapid City, and Northern Hills gathered for the third annual weekend retreat in Chamberlain. Leaders participated in group activities and learned from each other as they tackled such topics as: volunteer recruitment and retention, budgeting, fundraising, promoting NAMI Signature Programs, wellness activities, youth engagement, re-affiliation timelines, building community partnerships, and more.

Affiliate Activities Brought NAMI Together This Summer

Members in Aberdeen, Brookings, Watertown, Rapid City and Huron met with state leaders for food, art and fun.

Ask us how you can get involved in your local NAMI affiliate today! Peer support helps recovery.
NAMI Aberdeen is on a roll! This dedicated group of volunteers has spent almost two years building up their local NAMI affiliate. They now have a community partner, Northeastern Mental Health, and host monthly meetings open to everyone. With new volunteers trained, their Family Support Group is a regular source of strength for members and friends of NAMI. Three volunteers completed training to bring NAMI Ending the Silence to middle and high schools in the area. Members participate in various community events, raising awareness about mental health. NAMI Aberdeen also hosts NAMI Night at the Red Rooster in an effort to reach out to the community and promote wellness activities. Thank you to all of the volunteers and supporters of NAMI in Aberdeen.

NAMI South Dakota trained new presenters in Ending the Silence in August. Six lead presenters and six young adults will now help educate youth about mental health. ETS gets kids talking about warning signs and how to help a friend. Contact the NAMI South Dakota office to bring this program to middle and high schools in your community.

Volunteer Leaders Needed

**Family to Family** training for teachers will be held August 26-27.

Volunteers are needed to expand this vital education program in a community near you.

**Family Support Group and Connection Support Group** training for facilitators will be October 21-22.

Find out how you can be trained in these programs:

(605-271-1871) or namisd@midconetwork.com.
Help Us Increase Membership in 2017!
Not a member or want to renew?

Please visit namisouthdakota.org 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. 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, and they help us carry out our mission by supporting us financially. Please join NAMI today!

NAMIWALKS 2017 Update
Our 2017 Walk raised $79,265 for mental health education and support in South Dakota.

Thank you to our 32 teams, countless Walkers, runners, and our wonderful sponsors:

- Avera
- National Sponsor: Alkermes
- 211 Helpline
- Tallgrass, Caribou Coffee
- Sanford Psychiatry & Psychology
For 35 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.** Thank you!

Donations 4/21/2017 to 8/01/2017

- Armitage, Gerald
- Benedict, Phillip
- Butterfield, Harold
- Clark, Meredith
- Dakota Counseling Institute
- Farm Credit Services of America
- Finck, Mary
- Fink, Maggie
- Fuller, William & Gail
- Hass, Sharyl
- Kuefler, Lisa
- Midco Foundation
- Moser, Deborah
- Neff, Steve & Nancy
- Network for Good
- Olson, Roseann (In Memory of Valerie)
- Piper, Debra
- Sigler, Myrtice
- Silverthorn, Thomas
- Staben, Paulene
- Sweetwood, Chris
- Tieszen, Stacey
- US Bank Foundation
- White, Roger

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:

- 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](http://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!**
2017 NAMI SD
Conference Registration

Enclosed is my registration for the NAMI South Dakota annual conference to be held September 28-29, 2017 at the Spearfish Holiday Inn Convention Center.

Name: __________________________

Organization: __________________________

Address: __________________________

City/State/Zip: __________________________

Phone/email: __________________________

_____ I am enclosing payment for the conference ($100.00)*new ($110.00 if postmarked after September 1, 2017)
Registration fee includes breaks, dinner on Thursday, and breakfast and lunch on Friday.

_____ I am enclosing an additional $25.00 payment for CEU’s (Fee for CEUs must be paid in advance)

_____ I am applying for a stipend/scholarship (separate application required)

_____ Please bill my organization (arrangements made in advance)

Make checks payable to: NAMI South Dakota
Mail to: PO Box 88808, Sioux Falls, SD 57109

Hotel rooms are available at a special rate of: $84.99. Call the Spearfish Holiday Inn Convention Center at 605-642-4683 and mention the NAMI Conference to get this rate. Call by August 28, 2017 to ensure availability.
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)