



National Alliance on Mental Illness

nami | South Dakota

2017 Annual Report



NAMI SOUTH DAKOTA

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www.namisouthdakota.org

Who We Are

NAMI South Dakota is the state chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health advocacy organization.

The mission of NAMI South Dakota is to provide education, support and advocacy to individuals and families impacted by mental illness.

We accomplish this by equipping and empowering local volunteer leaders to be the voice on mental illness in their own communities, using their lived experience and rigorous training to deliver NAMI signature programs. Peer-led classes and activities provide help and hope to those living with mental illness and their families, and public awareness presentations educate the general public and eradicate stigma.

We provide training and support for local leaders, and outreach to underserved communities and groups. We advocate for better treatment and access on a statewide level, and work to educate governments, employers, health providers, school systems and faith communities.

We are supported in this mission and work by the efforts of hundreds of volunteers, donors, state and community partners, and faith communities.

Our Staff and Board of Directors

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NAMI Signature Programs



NAMI Basics is a class for parents and other family caregivers of children and adolescents who have either been diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.



NAMI Ending the Silence is an interactive presentation that helps teens to learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.



NAMI Family-to-Family is a class for families, partners and friends of individuals with mental illness. The course is designed to facilitate a better understanding of mental illness, increase coping skills and empower participants to become advocates for their family members.



NAMI In Our Own Voice is a presentation designed for the general public to promote awareness of mental illness and the possibility of recovery.



NAMI Family Support Group is a peer-led support group for family members, caregivers and loved ones of individuals living with mental illness. Participants gain insight from the challenges and successes of others facing similar circumstances.



NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. The groups meet on a bi-weekly, weekly or monthly basis. By sharing experiences in a safe and confidential setting, members gain hope and develop relationships. NAMI Connection encourages empathy, productive discussion and a sense of community.

NAMI SD 2017 Program Highlights

NAMI South Dakota offers six Signature Programs of education and support for people of all ages across South Dakota.

In 2017, we started a new program called **Ending the Silence**, a 50-minute classroom presentation for middle and high school students. We trained 12 presenters and taught hundreds of young people how to help themselves and their friends. In 2018 we will expand the program to reach parents, students, and teachers in additional school districts.

We conducted **Basics** and **Family to Family** education classes in 6 communities, helping family members and caregivers learn how to take care of themselves and their loved ones.

Support groups for family members and people living with mental illness were held in 10 communities, providing weekly hope and help for people who need to know that someone understands.

Our **In Our Own Voice** presenters also educated groups all across South Dakota, helping to decrease the harmful stigma against mental illness.

We spent many days on the road in 2017, visiting these affiliate communities and holding community meetings in an effort to support our volunteers and learn what communities need.

All in all, our Signature Programs reached nearly 2,500 people, and our outreach efforts and referral services helped many others.



NAMI Walks 2017

NAMI Walks 2017 was held on May 20 at Sertoma Park in Sioux Falls. Despite the cold and rainy weather, more than 150 walkers and runners attended our 14th annual event. Our Walk raised \$79,265 for NAMI programs this year. Thank you!



We would like to thank our 2017 Walk Sponsors for their generous support:

Avera  National Sponsor: Alkermes

						211 Helpline
					Tallgrass, Caribou Coffee	
			Sanford Psychiatry & Psychology			

Annual NAMI South Dakota Conference

More than 170 people enjoyed two days of learning and fun in Spearfish 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 would like to thank our sponsors for the conference:



South Dakota Advocacy

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

South Dakota Department of Social Services



Our Nine Local Affiliate Groups

Our Signature Programs of education and support would not be possible without the efforts of our nine NAMI South Dakota affiliate groups. Volunteers in each of these communities answer phone calls, provide help and referrals, conduct community awareness activities and provide classes and support groups. Donations to NAMI SD support programs in each affiliate.

NAMI Aberdeen * NAMI Brookings * NAMI Huron * NAMI Pierre * NAMI Northern Hills * NAMI Rapid City * NAMI Sioux Falls * NAMI Watertown * NAMI Yankton

NAMI South Dakota Activities

NAMI South Dakota volunteers and friends come together each year during legislative session in Pierre for Mental Health Day at the Legislature. We also hold an annual Affiliate Leaders Retreat in Chamberlain each July. We are represented at conferences and health fairs across the state, and we hold NAMI Night wellness activities in various communities.

The infographic consists of four vertical panels, each with a circular image at the top and a list of activities below. A white brushstroke graphic is at the bottom.

- Annual Conference**
 - Education
 - Support
 - Encouragement
- Programs**
 - In Our Own Voice
 - Connection
 - Family Support Group
 - Family to Family
 - Basics
 - Ending the Silence
- Advocacy/Awareness**
 - Mental Health Day
 - Statewide Mental Health Groups
 - Newsletter
 - Website/Social Media
 - Community Meetings
- NAMI Walks**
 - Awareness
 - Encouragement
 - Celebration