Cure Stigma Campaign Begins

May is Mental Health Awareness Month, and NAMI has unveiled their new Cure Stigma campaign. “Stigma is dangerous for the millions of Americans affected by mental health conditions. It causes people to feel ashamed for something that is out of their control, prevents them from seeking help, and even takes lives,” said Mary Giliberti, CEO of NAMI. "Although stigma is a virus that anyone can be exposed to, we do have a cure, and that is compassion and understanding. We need to talk openly and raise our voices, so we can put an end to the fear and shame, and cure stigma once and for all.”

Please take time to visit www.curestigma.org and take the quiz.
Dear Friends of NAMI South Dakota,

It’s NAMIWalks time again! For fifteen years, NAMI South Dakota has been promoting this annual awareness and “friend-raising” event. To some, it might seem old hat by now. For others, 2018 will be their very first Walk, and the first time they will experience mental illness being talked about openly by people celebrating recovery.

The other day I was talking with someone about NAMIWalks. We agreed that it is important to raise funds so we can keep helping people in communities all across the state. We discussed stigma busting, and how the Walk helps people understand that mental illnesses are illnesses like any other. But then this friend said something that will always stick with me:

“NAMIWalks is important because it lets us know, one day a year, that we MATTER. We matter to other people, not just our families. Our struggles matter, and so do our triumphs. We can walk together and be proud, because this day, this Walk, is important. We exist—we matter.”

This will be my 6th Walk, and I still get just as excited about it as the first time. Every year, rain or shine, we meet friends old and new. Every year, there are happy smiles and looks of quiet relief at being among those who understand.

NAMIWalks shows people like you and me that their story matters. This day never gets old if we remember that.

Please join us on Saturday, May 19 at Sertoma Park in Sioux Falls. The Walk starts at 9:30, but come early to get registered and enjoy good music and coffee.

If you can’t join us at the park, please support us by making a donation online on our Walk webpage: www.namiwalks.org/southdakota. It’s easy, safe and fast.

Thank you!

-- Wendy Giebink, Executive Director

NAMISOUTH DAKOTA BOARD OF DIRECTORS

Nicole Burger Priscilla Stevenson Lois Knoke
Jill Furan Turbak Tom Silverthorn Stacey Tieszen
Shirley Gross Steve Lindquist Robert Giebink
Scott Stubbe David Braun Chris Sweetwood
Christine Lueth Dee Le Beau-Hein
New Publications Available at NAMI

Any health condition requires monitoring and planning for emergencies. For families living with mental illness, emergencies can be unexpected and frightening. Unfortunately, it's not always easy to find information on what to do. NAMI has a new publication available to download, titled "Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency". This guide provides important, potentially life-saving information for people experiencing mental health crises and their loved ones. It outlines what can contribute to a crisis, warning signs that a crisis is emerging, strategies to help de-escalate a crisis, available resources and more.

In the pages of the Crisis Guide, you'll find:

- Understanding mental health crises
- Preparing for a crisis
- What to do during a crisis
- What to do following a crisis
- A sample crisis plan

In addition, NAMI has created infographics that can be printed and shared with others. These printable resources are a great way to spread awareness about what to do in a crisis.

- [Warning Signs of a Mental Health Crisis](#)
- [What to Do in a Mental Health Crisis](#)
- [Preparing for a Crisis](#)
- [Making a Crisis Plan](#)
- [What to Do if You Suspect Someone is Thinking About Suicide](#)

Please visit [www.nami.org](http://www.nami.org) to see all of these helpful resources for your family and friends.

The new video and curriculum for In Our Own Voice is finally here! NAMI South Dakota will offer training for new presenters on Saturday, June 16, in Sioux Falls. Applications are available from your local affiliate leader or the NAMI SD office. All new presenters must complete an online component FIRST, then the in-person practice and training. If you are interested, don’t delay, as this is the only training we will have in 2018.

If you would like to be trained or learn more about In Our Own Voice, let us know by phone or email: 605-271-1871 or namisd@midconetwork.com.

Current presenters must complete an online refresher course. Contact us to get started!

IOOV is the best anti-stigma tool we have at NAMI. Telling your story is a great way to help others and yourself at the same time.
On May 19th, NAMI South Dakota will host the 15th Annual NAMIWalks event at Sertoma Park in Sioux Falls. The theme this year is “Be a #StigmaFree Champion.” Walk teams are being formed now at www.namiwalks.org/southdakota. Individual walkers can register there, also, and people can donate to the walk online even if they cannot participate in the walk.

The goal is to raise $80,000 for education and support programs for the more than 150,000 South Dakotans who are affected by mental illness. The 36 Walk Teams raised 87% of the goal by May 7th. Please register today! Donations will be accepted until July 20.

Walk Day is our day to celebrate wellness. We will have live music, Caribou Coffee and snacks, superhero characters, face painting and balloon animals and games for the kids. Honorary Walk Chair Mrs. South Dakota International, Jill Turbak, will lead the Walk.

15th Annual NAMI Walks South Dakota
Sertoma Park, 49th & Oxbow, Sioux Falls
Registration begins at 8:00am
5K Run at 8:30
Walk begins at 9:30

SAVE THE DATE!
NAMI South Dakota Conference: The Power of Connection

The 2018 Annual Conference will be held in Watertown on September 27-28. Please join us for two days of learning and inspiration. Three keynote speakers and 20 breakout presenters will help us explore how the connections we make with others can enhance our health, wellness, and impact on our communities. Registration will be available soon on our website and in our July newsletter. Presenter applications are still available by contacting namisd@midconetwork.com.

Announcing New Ending the Silence Training

Applications are now being taken for presenters to share mental health education with middle and high school youth, teachers and parents. Please contact us to learn how you can help young people learn about mental health and how to help themselves or a friend. Training is online with group practice following. You do not need to be an experienced public speaker.
Update on 2017 Legislative HB1183 Implementation

DOC Trains All Staff on Effective Mental Health Interventions

The South Dakota Department of Corrections (DOC), in collaboration with the Department of Social Services Division of Behavioral Health, has trained all of its prison staff in two nationally recognized interventions—Mental Health First Aid and Dialectical Behavioral Therapy.

“Taking care of people with mental illness in our prisons has been a top priority for the DOC,” said Secretary Denny Kaemingk. “Over the past year we have been able to make a substantial investment in training our staff and are now better able to help people manage their illness.”

*Mental Health First Aid* is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis until professional help is available.

*Dialectical Behavioral Therapy*, known as DBT, targets problematic behaviors by improving a person’s ability to better regulate emotions, tolerate distress or conflict, and communicate effectively with others.

Deputy Warden Jennifer Stanwick-Klimek presented on the DOC rollout of these two trainings at the January 4, 2018 meeting of the *Oversight Council for Improving Criminal Justice Responses for Persons with Mental Illness*. This oversight council is legislatively appointed to monitor the implementation of the provisions within HB 1183 (2017). This legislation includes training resources for law enforcement and requires mental health training for stakeholders across the criminal justice system, including probation officers, judges, defense attorneys, and jail and prison corrections officers.

HB 1183 requires that officers within any state prison receive training on recognizing the signs and symptoms of mental health problems and defusing mental health crises. It also necessitates further training at least once every four years. Not only has DOC met the initial training requirement, but it has a plan to ensure officers are re-certified in Mental Health First Aid every three years. “After this training, staff are much better prepared and make more educated decisions,” Deputy Warden Stanwick-Klimek said.

Greg Sattizahn, State Court Administrator and oversight council chair, acknowledged the DOC’s training accomplishment. “I applaud DOC’s commitment to improving outcomes for individuals with mental illness; this is a solid step toward implementation of this important legislation,” Sattizahn said.

The National Institute on Mental Health (NIMH) has information on teen depression and other topics. You can download this and other brochures at [www.nih.nimh.gov](http://www.nih.nimh.gov).

Thank You to Our Donors

For 30 years, NAMI South Dakota has helped 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 2/01/2018 to 4/30/2018

AmazonSmile Foundation
Austad, Cheryl M.
Butterfield, Harold*
Finck, Mary*
Fuller, William & Gail
Kranz, Diane In Memory of Timothy Kolbeck
Madison, Linda R.
Network For Good Employee Matching Program
Pillatzki, Cindy A.
Rust, Leola M. In Memory of Don Rust
Sachs, Don & Mary
Sigler, Myrtrice*
Staben, Paulene*
Sweetwood, Chris*
Tieszen, Stacey M.

- Denotes Monthly Donor (Please consider joining these supporters in making your donation on a monthly basis. It's easy—ask us how.)

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!
7th Annual Mental Health Awareness Day

Thursday, May 17, 2018

5:00 to 6:30 p.m.
Main Street Square

Free Food • Live Music • Inflatables for the Kids
Beverages provided by Coca-Cola Bottling
Company of the Black Hills

7:00 p.m.
Elks Theatre - Kevin Hines Speaker

Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker and suicide prevention advocate who reaches audiences with his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder (19 years of age) he attempted to take his life by jumping from the Golden Gate Bridge.

2018 Awareness Day Event Sponsors

Addiction Recovery Center
Behavior Management Systems
Catholic Social Services
City County Alcohol & Drug Community Health Center
Elks Theatre
Ellsworth AFB Mental Health
Front Porch Coalition
Helpline Center
Lutheran Social Services
Main Street Square
Manlove Psychiatric Group
Midwest Marketing, LLC
NAMI South Dakota
Regional Behavioral Health Service Member Support of SD
Sioux San Mental Health
Va Bh Health Care System
Youth & Family Services

All Events Are Free