2018 NAMIWALKS is Best Ever

In spite of the challenging weather, the 2018 NAMI Walks was a huge success. Nearly 275 people showed up to support our mission and the 40 Team Captains who knocked it out of the park this year with their fundraising. Our goal of $80,000 was cleanly surpassed by the morning of Walk Day and we have continued to receive donations online and in person. To date we are at $90,531!

A big shout out to all of our new and returning sponsors. We couldn’t do what we do without them. We would also like to recognize our Walk Chair, Jill Turbak and our 5K Run Chairs, Mallory Flanigan and Jason Koistinen.

We will be having a Post Walk Celebration for Team Captains on July 19th to recognize the hard work and diligence of our fundraising leaders and award prizes in various categories. Food, fun, a community art project and a sneak peak at the 2019 Walk! RSVP to John at namiwalksouthdakota@gmail.com. Thank you!
Dear Friends of NAMI South Dakota,

We’ve truly been blessed. Each month brings new opportunities to make a difference, and to advocate for issues you care about. All over South Dakota, we are meeting new partners and people excited about mental health education and support. Communities are working with us to build awareness that helps dispel the stigma of mental illness.

At NAMI, we never take that for granted. We are grateful for our sponsors and other donors who make it possible to grow and expand. We’ve recently been given another grant opportunity that will open new doors for NAMI members as they develop peer-led recovery supports in their communities.

We know that good relationships are the way we move forward with our mission. We know that partnerships allow us to do the work that matters for individuals and families affected by mental illness. And we know that our volunteers are the heart and soul of NAMI all across the state.

From our board and staff, thank you. We appreciate everything you do.

-- Wendy Giebink, Executive Director

Because of NAMI programs, I found where I could learn more about my M.I. and feel understood!

NAMI SOUTH 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
NAMI News

NAMI SD Receives Bush Foundation Grant

NAMI South Dakota is pleased to announce that it is a recipient of a 2018 Bush Foundation Community Innovation grant award. This project entitled “Moving from Illness to Wellness” will impact the Northeast region of South Dakota and the communities of Aberdeen, Milbank, and Watertown. This is a two-year project with a total award of $193,648.00.

As a deeply rural state, South Dakota faces challenges in providing the community-based supports needed for individuals and families impacted by mental illness. NAMI South Dakota proposes to determine how a handful of rural communities that have a shared geography can work together to tap into each other's strengths and resources and assist one another in building strong community-based support services.

NAMI South Dakota Executive Director, Wendy Giebink says, “We are thrilled to have the opportunity through this grant award to build on the strengths of our volunteer leaders in the NE region of the state and explore how we can collaborate and strengthen our mental health support system. We have an incredible group of individuals positioned to create positive changes in their communities by working to decrease stigma and increase access to services and wellness activities. We hope to learn a great deal from this project and use the information to assist other communities across our state.”

NAMI South Dakota Board Election Planned

NAMI South Dakota is accepting applications for their board of directors. The board is seeking candidates with experience in finance, fundraising, marketing, strategic planning and communication to help further the work and mission of the organization. Please contact the office at namisd@midconetwork.com to request an application. All applications must be received by July 28. The nominating committee will prepare ballots to be sent to members in August.

NAMI SD Program Trainings Update

NAMI Ending the Silence training is now available online. We need new presenters so we can be ready to reach students when school starts this fall. Call today!

NAMI In Our Own Voice new presenter training has been rescheduled for September 15. Learn how to tell your story to help others.

NAMI Family Support Group and NAMI Connection facilitator training will be October 12-14. Help others feel acceptance by leading a group in your community.

NAMI Family to Family teacher training will be August 10-12. Apply today!

NAMI Basics teacher training is August 24-26. These classes provide vital information and hope to families.

Applications are available from your local affiliate leader or at namisd@midconetwork.com.
Our annual educational conference will feature these keynote speakers:

**CSM Tom Satterly:** Tom Satterly is a highly decorated combat veteran, having served in the Army 25 years, the last 20 in the US Military’s most elite Tier One unit, Delta Force. He has been involved in, and led, some of our nation's most important campaigns.

The Oscar Winning 2001 film: Black Hawk Down portrayed some of the devastating losses and triumphs Tom and his teammates personally experienced during the longest sustained firefight since Vietnam. As a member of Delta Force, he has been deployed countless times and led hundreds of missions. Beyond Tom's proven experience of leadership and critical decision making skills in high-risk environments, he continues to fight and win his own "silent war" off the battlefield after coming within seconds of taking his own life and becoming a statistic.

His innate strengths of courage, perseverance, and "can do" attitude has saved his life countless times. His courage and willingness to speak openly and honestly of his mental and emotional struggles have saved the lives of others who believed they had to hide their weaknesses, suffer in silence and make it alone or not at all. He is an excellent example of bravery and survival on the battlefield of life. He understands completely now what kind of guts it takes for a warrior to raise his hand for help.

Tom is the co-Founder and President of All Secure Foundation, a non-profit organization and VP of Development for a military contracting firm. He is a public speaker with a new mission to help veterans who feel isolated in their struggle know that they are not alone. He is committed to raising awareness of Suicide and PTS. His intention with his foundation is to call on those who have a heart to serve those Veterans who have already served with courage and integrity, and to fund scholarships for those who cannot afford treatment for their various challenges.

**Annie Meehan:** Annie is a speaker and an award winning author based in Minneapolis, MN. After starting her career in corporate America, she is a powerful, successful motivational speaker with heart and determination that awakens her audiences to action. Annie is also the author of four motivational books, including *Be the Exception* and the inspirational journal *Paths, Detours, and Possibilities*.

**Dr. D. Isum Ward, MD:** Dr. Ward was a Clinical Genetics Fellow at Johns Hopkins / NHGRI Consortium. He was recently recruited to Sioux Falls, SD by Sanford Health and will be starting work there at the end of August. He is a pediatrician by primary training and recently finished training in clinical genetics at Johns Hopkins University. The principal focus of his career is the genetics of psychiatric illness both in adults and children. His aim is to establish a paradigm for genetic research in psychiatric disorders.

In addition, twenty breakout sessions will be offered on a variety of mental health topics such as: Functional Family Therapy, Telemental Health, Adverse Childhood Experiences (ACE’s), South Dakota Suicide Prevention, Finding Community in Imperfection, Vagus Nerve Dysfunction, SD Division of Behavioral Health, Ending the Silence, 8 Dimensions of Wellness, The Therapeutic Value of Hope and Optimism, and much more.

Please join us in Watertown this year to learn more about mental health and to connect with others. You'll take home ideas and tools you can use long after the conference is over.
Thank You to Our NAMIWalks Sponsors

First Dakota Title Company
Williams Insurance Agency
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Keystone
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Sands Drywall
First Premier
Helpline Center
Peter Finger

First Bank and Trust
Pierre Indian Learning Center
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Valley Queen
Sanford
Sanford Psychiatry and Psychology
Preferred Printing
Southeastern Directions for Life
Choices Recovery Services
Health Partners

We are grateful to our 2018 NAMIWalks sponsors for their support. Our Team Captains and walkers did an outstanding job of raising awareness and funds this year. Team Captains and sponsors are invited to a post-Walk Celebration on July 19 at K Restaurant in Sioux Falls, 5-7 pm.
Enclosed is my registration for the NAMI South Dakota annual conference to be held September 27-28, 2018 at the Ramkota Hotel and Watertown Event Center, 1901 9th Avenue SW, Watertown, SD.

Name: __________________________________________________

Organization: _____________________________________________

Address: ________________________________________________

City/State/Zip: ____________________________________________

Phone/email: _____________________________________________

_____ I am enclosing payment for the conference ($100.00)
($110.00 if postmarked after September 1, 2018)
Registration fee includes breaks, dinner on Thursday, and breakfast
and lunch on Friday.

_____ I am enclosing an additional $25.00 payment for CEU’s
(SD Counselors and Marriage and Family Therapists, Social Workers, and Drug and
Alcohol Counselors continuing education units have been requested.)
(Fee for CEUs must be paid in advance)

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

_____ I am enclosing a student registration fee ($50) ________ (name of college)

_____ 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: $99.99. Call the Ramkota Hotel at 605-886-6127 and mention the NAMI Conference to get this rate. Call by 8/27/2018 to ensure availability.
Scholarship Application  
2018 NAMI South Dakota Conference  
September 27-28, 2018 in Watertown, SD

To be considered for a scholarship to assist with expenses for attending the 2018 NAMI South Dakota Conference, please complete this form and mail it to: NAMI SD, PO Box 88808, Sioux Falls, SD 57109  
This application must be received by: September 1, 2018

NAME: ____________________________________________  Male ____ Female ____  
ADDRESS: ____________________________________________  
CITY/STATE/ZIP: _________________________________________  
PHONE NUMBER: _________________________________________  
EMAIL ADDRESS: _________________________________________

Scholarships are chosen by lottery. No scholarships will be awarded prior to September 1, 2018. If you are chosen for a scholarship, you will be notified by September 12, 2018.

☐ I need a hotel room for Thursday night.

☐ I need a wheelchair accessible room: _____ No _____ Yes

☐ I am getting a ride from ________________________________.

☐ I will be driving my own vehicle. ________________________ will be riding with me.

☐ I am willing to provide a ride in my vehicle for someone from my community.

☐ I have special dietary requirements: ________________________________

☐ I understand I must pay for my own meals, except for those covered in the registration fee.

☐ I understand the scholarship covers only the registration fee and lodging for the night of September 27, 2018. NAMI South Dakota will make hotel reservations for scholarship recipients.

☐ I understand that the hotel rooms are double-occupancy (single/private rooms are not available). I would like to have ______________________ as my roommate. If no roommate is listed, I understand one will be assigned.

☐ I understand the hotel property is non-smoking.

☐ I agree to attend all sessions of the 2018 NAMI South Dakota Conference.

☐ I am a member of NAMI South Dakota (required).

If you are not a member of NAMI South Dakota, please complete a membership form prior to submitting this scholarship request. (www.namisouthdakota.org or request one from namisd@midconetwork.com or 605-271-1871.)

*A limited number of mileage stipends will be available to scholarship recipients. Please check if needed: ______

Signed: ___________________________ Date: ________________________

A limited number of scholarships are provided through funding from the SD Department of Social Services and generous donors. If your organization can contribute toward your conference expenses, please have them contact us so that we may award you a partial scholarship. Each year, more people are able to attend the conference because of partnerships with our Community Mental Health Centers and local NAMI affiliates. 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 605-271-1871          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/namisdak
          (800) 551-2351 (Toll Free)