Official Newsletter for NAMI South Dakota  Winter 2018

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NAMI SOUTH DAKOTA is the state’s voice on mental illness. Through education, advocacy and support, we strive to provide hope for individuals with mental illness and their families.

On the Calendar

NAMI Walks Kick Off Luncheon: March 24, 2018
15th Annual NAMI Walks: May 19, 2018
Annual Conference: September 27-27, 2018

NAMI South Dakota Annual Mental Health Day at the Legislature

February 5, 2018 marked NAMI South Dakota’s 6th annual advocacy event at the state capitol in Pierre. NAMI members from all across South Dakota gathered with our sponsors and others interested in mental health issues. We would like to thank everyone who participated, and especially our sponsors: Avera, The Jason Foundation, LSS, and South Dakota Housing for the Homeless Consortium.
Dear Friends of NAMI South Dakota,

Advocacy is a part of NAMI South Dakota’s mission statement, along with education and support. We are proud that our national NAMI staff is advocating for us and others every day in Washington. Several critical issues are on the table in 2018, many of which could impact people living with mental illness. For example, funding for mental health research at the National Institute of Mental Health is crucial to keep us moving toward better treatments and medications, as well as furthering our understanding of the brain and the causes of illness. Cuts to “Non-Defense Discretionary” (NDD) spending could mean less funding for research.

Also of concern for NAMI are proposals for “entitlement reform” or “welfare reform” that could impose benefit cuts and eligibility restrictions for critical safety net programs that people with mental illness rely on. These include Medicaid, Supplemental Security Income (SSI), SNAP (formerly food stamps) and Section 8 rental assistance.

And of course, freedom from discrimination and access to affordable insurance and parity are always priorities for NAMI. We cannot afford to lose ground in these areas.

As we think about national issues and those that affect us on a state and local level, please keep in mind that our voices count, even—or perhaps, especially—in uncertain times.

Here’s what NAMI has to say: “… We still have work to do, and we need your help. Learn about mental health advocacy. Talk to your neighbors, friends and family about why these issues are important. Find out how you can get involved with your local NAMI’s advocacy efforts.”

To learn more about NAMI’s stance on advocacy and public policy issues that affect adults and children living with mental illness and their families, read the NAMI Public Policy Platform (PDF).

Thank you for standing with us as we advocate for those affected by mental illness.

-- Wendy Giebink

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NAMI News

NAMI Walks 2018 is coming! Our Walk website is now open at www.namiwalks.org/southdakota. Register yourself or a team today! Team captains and those interested are invited to join us for the Kick-Off Luncheon on Saturday, March 24th, 11 am to 1 pm, at Central Baptist Church on Ralph Rogers Road in Sioux Falls. RSVP to 605-271-1871.

SAVE THE DATE!

Our 15th annual NAMI Walk will be held on May 19th at Sertoma Park in Sioux Falls. Runners, walkers, friends and family are all invited to spend the morning celebrating recovery with us. It’s our party in the park—don’t miss the fun!

NAMI has updated its presentation programs, Ending the Silence and In Our Own Voice. Each of these program trainings will now be a combination of online and in-person requirements. All current presenters must take part in a refresher course. We will also be offering training for new presenters in Spring 2018. This is an exciting time to be involved in these programs. If you would like be trained or learn more, let us know by phone or email: 605-271-1871 or namisd@midconetwork.com.
NAMI South Dakota Annual Conference Travels to Watertown

The 2018 Annual Conference will be held in Watertown on September 27-28. Please plan to join us for this educational event featuring national, regional and local speakers. Multiple keynote and breakout sessions are planned on a variety of mental health topics. Registration will be open this spring—watch our Facebook page and webpage for more information. The spring newsletter will contain registration and scholarship forms.

Foundations Support NAMI South Dakota

The South Dakota Community Foundation recently awarded a $10,000 Community Innovation Grant to NAMI South Dakota. This gift will provide volunteer engagement and training activities throughout the state as we expand our program offerings in local communities. We are grateful to the SDCF for their continued support and guidance.

The Mary Chilton Chapter of the Daughters of the American Revolution has honored NAMI South Dakota with a $5000 grant to implement NAMI’s Ending the Silence Program, a school mental health presentation for middle and high school students. We will be conducting presenter training this spring and expanding the program to include presentations for parents and school staff members. We would like to express our thanks to the Mary Chilton DAR Foundation for this gift.

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!
Upcoming Webinars from the National Institute of Mental Health

WEBINAR: MENTAL HEALTH AND DRUG COURTS: WHAT HAVE WE LEARNED?

February 28, 2018, 2:00-3:30 pm ET

This SAMHSA-supported webinar will present experts from research, practice, and criminal justice to explain how mental health and drug courts operate, and the latest findings on their effectiveness in addressing the needs of individuals and families when someone with mental health and/or substance use problems finds themselves involved with the criminal justice system.

https://register.gotowebinar.com/register/8088942507286092289

2018 NIH ALZHEIMER’S RESEARCH SUMMIT

March 1-2, 2018, Bethesda, MD and Videocast

The NIH Alzheimer's Disease Research Summits are key strategic planning meetings tied to the implementation of the first goal of the National Plan to Address Alzheimer’s: to treat and prevent AD by 2025. They bring together a multi-stakeholder community, including government, industry, academia, private foundations, and patient advocates, to formulate an integrated, translational research agenda that will enable the development of effective therapies (disease modifying and palliative) across the disease continuum for the cognitive and neuropsychiatric symptoms of AD. Participants can attend the NIH Alzheimer’s Disease Summit in person or watch via live videocast.


NIMH WEBINAR: DEPRESSION AND TMS

March 21, 2018, 3:00 PM ET

Join NIMH staff scientist Bruce Luber, Ph.D. for a webinar on depression and transcranial magnetic stimulation (TMS). Dr. Luber will discuss depression as a brain disorder, and participants will learn about the old and new approaches to understanding depression, including diagnosis using symptoms versus abnormal brain networks. In addition, the webinar will cover neurostimulation tools, from electroconvulsive therapy (ECT) to TMS; modulating brain dysfunction and enhancing neuroplasticity in depression through TMS; pairing psychotherapy with neurostimulation; and the latest research at NIMH on TMS and depression.

https://nih.webex.com/nih/onstage/g.php?MTID=eff799d6abe2866fada19e61ff5a67e14a (Note the registration link at the bottom of the page and under “Event status.”)
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 11/02/2017 to 1/31/2018

Ahl, Noel (In Memory of Harold Bisch)
Amazon Smile Foundation
Amert Construction Company
Anderson, Lethe
Anderson, Marj
Avera
Bliss, Norman & Melanie
Booze, Opal Joan
*Butterfield, Harold
Charbonneau, Julie
Charron, Doyle J. & Kelly M.
Clark, Kari
Davids, Kathryn M. (In Memory of Harold Bisch)
East River Electric (In Memory of Marvin Fink)
*Finck, Mary
Fink, Margaret (In Memory of Marvin Fink)
Fink, Orin (In Memory of Marvin Fink)
Friesen, Marilyn & Maureen
Frisbie, Shari
Foster, C.L. (In Memory of Harold Bisch)
*Fuller, William & Gail
Giebink, Wendy
Giving Assistant
Gross, Shirley
Grow, Kathy
Hanna, Willis J.
Hanson, Karen K.
Hayward, Audrey (In Memory of Marvin Fink)
Hinckley, Lisa
Holleman, Sandra
Huber, Stacey
Jarratt, Sheri
Jason Foundation
Juhl, Joan (In Memory of Harold Bisch)
Klein, Brigetta
Kranz, Diane
Kuhler Funeral Home (In Memory of Harold Bisch)
Leander, Linda
Lebeda, Charles & Regina
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Loveland, Daniel
Lueth, Christine
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Mann, Donald J.
Miller, Joline
Morrison, Carmen
Nelson, Brian & Joslyn
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Pederson, Brent
Reisch, Nancy R.
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Sage, Megan
Sands Drywall
Schaunaman, Pauline
Schmidt, Leland & Bridget
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Sherman, Geralyn
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Sioux Falls Catholic Schools
Sly, Jacqueline K.
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Specker, Bonnie
Spiers, Mark
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Stevenson, Priscilla
*Sweetwood, Chris
Swenson, Robert
Thompson, Marlys
Turbak, Jill
Wehmeier, John
Weiland, Dr. Todd & Jody
Wintersteen, Glen & Audrey

*Denotes monthly donors
MEMBERSHIP ENROLLMENT FORM
Includes 1 year of membership in NAMI at the local, state, and national levels

NAME ____________________________________ □ New Member □ Renewal
MAILING ADDRESS ______________________________________________________________
CITY/STATE ___________________________ ZIP __________
PHONE __________________ EMAIL __________________
☐ Please send my newsletter via email only ☐ Please mail me a paper copy only ☐ Please send both
I enclose dues for (choose one):
☐ Household Membership = $60.00 annually for up to 10 people living at the same address
Each person is considered a member of NAMI, but only one copy of the newsletter and Advocate
magazine will be sent per household. Please list the full names of all household occupants wishing to
join NAMI:
_________________________________________________________________________________
_________________________________________________________________________________
☐ Individual Membership = $40.00 annually for one person
☐ Open Door Membership = $5.00 annually for one person
This rate is offered for our members with low income or economic necessity. Open Door members have
all the same rights and privileges of members who pay full dues. No proof of income is required.

I enclose an optional donation (choose one or both, if donating):
☐ To support the statewide efforts of NAMI South Dakota in the amount of: $___________________
NAMI SD is a 501(c)(3) non-profit organization. Donations are tax deductible to the extent allowed by law.
☐ To support the efforts of my local NAMI affiliate in the amount of: $___________________
My donation is (if applicable) ☐ in Memory ☐ in Honor of: _________________________________
TOTAL ENCLOSED: dues + any donation(s): $___________________ ☐ Check ☐ Cash ☐ Money Order

MAIL TO: NAMI South Dakota, PO Box 88808, Sioux Falls, SD 57109
Questions? Please call our office at: (605) 271-1871.
If you’d rather, you can become a member online! Go to www.namisouthdakota.org
☐ I’m interested in joining the Consumer Council. Please contact me with more information.
The Consumer Council, which serves as an advisory group to the NAMI South Dakota Board of Directors,
is open to individuals living with mental health conditions. There is no cost for paid NAMI members to
participate.
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:

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