In This Issue

Greetings ........................................2
NAMI News........................................3
KOL Creates Heroes.........................4
Affiliate News.................................5
Spotlight ..........................................6
Thank You........................................7

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

NAMIWalks 2019: May 18
NAMI SD Affiliate Leaders
Retreat: July 27-28
NAMI SD Annual Conference:
September 19-20
Mental Illness Awareness
Week: October 6-12
SD Day of Giving: December 3

NAMIWalks 2019 is coming!
You still have time to get your Walk Team signed up or
to register yourself as a walker at
https://www.namiwalks.org/southdakota.
Help us reach our goal of $80,000!

Funds raised for the Walk support NAMI South Dakota’s local
affiliate and state activities and programs. Please plan to attend
the NAMIWalks event at Sertoma Park in Sioux Falls
on Saturday, May 18th. Join us for coffee, snacks, music and kids’
activities. 5K run begins at 8:30 am and Walk begins at 9:30 am.
Come early to register and browse the partner tables.

NAMIWalks is a rain or shine event... but it’s our turn for some
sunshine this year!
Greetings

Dear Friends of NAMI South Dakota,

It’s funny how small things can sometimes become important. More than a year ago, I found these little green rubber ducks in a catalog. About 2 inches tall, they are inscribed with the words “Stigma Free”. We gave them away at health fairs and presentations, and people seemed to like them. In March, one of our NAMIWalks co-chairs saw them and came up with the idea of making them “super hero ducks” to go along with our Walk theme. So we got out the felt and hot glue, and gave a couple of them capes and personas. Hugo Hope Holder and Princess Dreamquacker were born, with bestowed powers to help you keep hope alive and protect your sleep. Since then, at NAMI activities all over the state, Stigma Free ducks have been transforming into heroes. Some help you meditate; others remind you of your beauty or crush negative thoughts. It’s been amazing to watch people create their heroes and share their ducks’ missions. Who would have thought that a little duck could inspire hope and healing?

I guess heroes are where you find them. And sometimes, you can make your own—or be your own.

Hugo will have a permanent place on my desk now, to remind me to look for heroes every day.

--- Wendy Giebink

NAMI South Dakota Newsletter

Spring 2019
Community Innovation Grant Leaders Gather for Second Retreat

Volunteer leaders from Milbank, Sisseton, Watertown and Aberdeen gathered for an all-day workshop in Milbank on March 30th. Strategic plans for each community were presented and discussed, as leaders shared their progress on meeting mental health needs identified in 2018. Group sessions covered topics such as volunteer recruitment and engagement of community partners. The teams are nearing the halfway point of their projects, and will meet again in July and October. The project, titled “Moving from Illness to Wellness”, which is funded by a Community Innovation Grant from the Bush Foundation, will provide a roadmap of strategies that can be followed by other South Dakota communities as they identify their own unique problems and solutions.
Kick-Off Luncheon Brings Out the Heroes

Super heroes of all kinds gathered on March 23rd for the annual NAMIWalks Kick-Off Luncheon in Sioux Falls. Speakers inspired the crowd as Walk Manager, John Williams, coached team captains on how to build their teams and raise awareness. Stigma Free ducks became unofficial mascots for mental health as each attendee created their own “Super Hero Duck.” Door prizes, soup and hero sandwiches added fun to the day. Thanks to ALL of our NAMIWalks Team Captains for being part of our celebration of recovery!
Spring Affiliate News

NAMI Rapid City

NAMI Rapid City is participating in the Annual Mental Health Awareness and Suicide Prevention Day at Main Street Square. The event will be held on May 9th. They had a booth at the Community Services Connection Community Partners Meeting, and have had several meet-and-greet and wellness activities.

NAMI Brookings

NAMI Brookings holds monthly support group and educational meetings. They participated in a Parents and Caregivers Mental Health Symposium.

NAMI Huron

NAMI Huron has been busy with monthly meetings and activities. They are raising funds and awareness for NAMIWalks, and secured a new Walk Sponsor, Huron Regional Medical Center.

NAMI Watertown

The Watertown NAMI affiliate holds Wellness Nights each month at Maple Street Diner in addition to monthly Connection and Family Support Groups. They have presented to Mt. Marty College and the Watertown Ministerial Association. They had a booth at the Community Sexual Assault Awareness Event.

NAMI Aberdeen

NAMI Aberdeen has continued hosting wellness activities, including monthly Chair Yoga at the library. NAMI Nights at the Red Rooster continue on the 3rd Thursday. Monthly affiliate meetings feature education and speakers. They are hosting their first ever NAMI Basics class this spring.

NAM South Dakota Newsletter  Spring 2019
Meet Mallory!

What is mental health? Why is it I don’t talk about my mental health like I do about my physical health? These are the questions that kept popping up in my head after having lunch with a friend of mine who has been open about his mental health. Time will reveal this event will be the catalyst that began my new found awareness on how I view and talk about my mental health. Fast forward two years, and now I find myself at NAMI South Dakota.

My name is Mallory Kloucek, and I recently was hired as the NAMI South Dakota Ending the Silence program coordinator. Thanks to the Project AWARE Grant, I am super excited to be a part of this organization and the program. Before NAMI South Dakota, I was the development manager for Tallgrass Recovery where I helped share in their mission for 6 years. Ever since graduate school I connected to nonprofit work and really enjoy working behind the scenes with programs, operations, and keeping the doors open. As a result of that love, it is where you will find me today.

To give you a little background, I've been a South Dakota resident my whole life. I grew up in a small town just south of Aberdeen. Mental health challenges became a reality for me when I was in high school. At 16 years old I was diagnosed with an eating disorder and before that, experienced a lot of anxiety. I really had no tools on how to talk to people about it. I remember feeling ashamed and scared that if I did talk about it, people would openly judge me. However, I did receive help and I can now say I am living a life in recovery, not just from my eating disorder but substance abuse as well. Once in sobriety from my substance abuse I had no problem talking about what I do to stay healthy emotionally, physically, and spiritually. However, I did not talk much about my previous eating disorder diagnosis. I still felt fear and didn’t want to open up to people about it. I remember listening to others talk about their own struggles with an eating disorder and what they do to stay in recovery. I remember feeling hope and camaraderie because I had those same thoughts. The difference is, I was not talking openly about it. In addition to talking openly about my mental health, I incorporate other wellness activities to help my overall health. I enjoy running. It helps me focus my mind and breath; other activities include meditating, reading, walking my dog Lola, and hanging out with my friends.

By opening up about the struggles AND the celebrations, I have the ability to change how mental health is viewed. If we all stand up and talk about mental health, we have the power to end the silence.
Thank You to Our Donors

The mission of NAMI South Dakota is accomplished by volunteers, through the generosity of our donors and sponsors. With your donation, you become a partner in the mission. Thank you for everything you do for us and those we serve. We appreciate you. Every effort has been made to recognize recent donors. If you think there has been an error, please contact our office.

Donations 1/2/2019 – 5/1/2019

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Ask us how you can join our Circle of Friends!

HOW TO BECOME A DONOR: Visit our donation page at 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. Contact us for more information.

NAMI South Dakota is a 501c3 organization. Donations are tax-deductible. THANK YOU!
OUR LOCAL AFFILIATES:

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Sioux Falls 605-610-7226  Huron 605-350-9516
Pierre 605-280-2882  Brookings 605-692-8948
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