“Recovery: We All Have a Hand in It”
NAMI South Dakota Annual Conference Held in Pierre

NAMI members, guests and friends gathered in Pierre on September 19-20 for our annual conference. Keynote speakers Diane Dillard-Broadnax, Jeff Riggenbach and Cindra Kamphoff inspired and educated the attendees. Tom Roberts gave a special presentation of his children’s book, “A NEW NORM.” Everyone enjoyed a wide variety of presentations by local and state speakers, and three wellness activities on Thursday evening gave those in attendance a chance to get to know each other and try out a new skill.

Thank you to our sponsors: Avera

Capitol Area Counseling Services, SD Community Foundation, SD Council of Community Behavioral Health, Disability Rights SD, Edgewood Healthcare, Jason Foundation, Keystone, Johnson & Johnson, Missouri River Counseling, SD Office of Chronic Disease Prevention, PhARMA, Rising Hope Counseling, SD Dept. of Rehabilitation Services, SD Dept. of Social Services, Transition Services Liaison Project, VOA Dakotas, Wegner Health Sciences Library
Dear Friends of NAMI,

A really wonderful thing started last year. By giving a voice to the state's nonprofits, the South Dakota Day of Giving provided an opportunity for many worthy organizations to raise funds and awareness for their cause. NAMI South Dakota took part with our campaign, “Hope Comes in a Coffee Cup”. Our affiliate volunteers spent the Day of Giving in their community coffee shops, answering questions and giving out information about mental illness and support. Your donations supported a variety of local programs.

This year, on Tuesday, December 3, we will again take part in the event. Here's how SD Gives describes it:

South Dakota Day of Giving returns for its illustrious second year, kicking off at midnight on Giving Tuesday, December 3, 2019 and continuing until 11:59pm that night.

Nonprofit 501 (c)(3) organizations across the state unite to celebrate generosity before the sun comes up and well after the sun goes down by asking their community of supporters to, together, raise as much money as humanly possible.

It's an “all hands on deck” (or shall we say “all cowboy hats on the table?”) approach, where nonprofit staff members and volunteers and donors focus on raising awareness in support of the good work they do.

Look for us on Facebook and in your community again this year! If you can’t visit with us in person, please show your support here: https://www.southdakotagives.org/nami-south-dakota. Giving online couldn’t be easier!

As always, thank you for all you do!

-- Wendy Giebink, Executive Director

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NAMI South Dakota Receives John T. Vucurevich Foundation Grant

NAMI South Dakota is proud to announce that we are the recipient of a grant from the Rapid City-based John T. Vucurevich Foundation. This grant funding will be used to further our work in the Rapid City area, where we are joining with the One Heart Community project to provide peer-led mental health supports to family members and people living with mental illness. We welcome new partners and volunteers to join with NAMI Rapid City leaders and our NAMI South Dakota staff in our classes, presentations and support groups, as well as ongoing wellness activities.

NAMI Basics Classes Held in Milbank

NAMI South Dakota volunteers Lance Johnson, Tamra Peschong and Heidi Wellnitz are conducting the first NAMI Basics class in Milbank this fall. A local group, Moving to Wellness in Milbank, is partnering with NAMI to bring classes and wellness activities to their community.

Jason DeShaw Performs in South Dakota

Montana singer and songwriter, Jason DeShaw, gave a series of concerts in South Dakota, including one on October 8 in Aberdeen. NAMI Aberdeen and NAMI South Dakota were proud to help sponsor Jason’s performance, in which he shares his journey of struggle, hope and triumph with mental illness. Find Jason's music at http://www.thecountryway.com/.
Community Members Enjoy NAMI Night in Sisseton

NAMI Aberdeen members assisted community leaders in Sisseton in planning and carrying out the first community NAMI Night. Nearly thirty people of all ages enjoyed a relaxing art activity and snacks. Volunteers are continuing to explore ideas for wellness activities to share with the community.

Volunteers Honored at NAMI SD Conference

On September 19, NAMI Watertown volunteer, Cindy Hansen, was named NAMI South Dakota Program leader of the year. Cindy is a co-facilitator for the NAMI Connection Support group in Watertown. NAMI Aberdeen volunteer, Cindy Kirschman, was honored as the Affiliate Leader of the Year for 2019. Congratulations to these two dedicated volunteers!

An Ode to Tom Roberts and NAMI South Dakota

By Diane Dillard-Broadnax, NIMH Researcher
(Composed at the NAMI SD Annual Conference)

I woke up before the crack of dawn and got on a flight.  
I wanted to make the afternoon sessions, but I knew it would be tight.  
When I walked through the door, I was still trying to wake up,  
but after talking to so many friendly, committed people, I knew I had to catch up!  
People with passion came from all over the State;  
after having so much fun, I wished I hadn’t been so late.  
I was immediately struck by such kindness and compassion,  
and I've rarely seen such community of spirit in a group of this fashion!  
Reaching out with resources, activities and support, NAMI South Dakota changes lives — so much so that someone helped does not just survive, but thrives.  
Thank you, Tom, for reminding us that we don’t have to curse the dark,  
for it only takes "this little light of mine” to be the spark.

Thank you!
Tornado Damages Avera Behavioral Health Hospital

On the night of September 10, three tornadoes touched down in Sioux Falls, causing damage to homes and businesses. Avera Behavioral Health Hospital suffered severe damage to a portion of its structure, causing patients and staff to be relocated to various places in Sioux Falls and the Human Services Center in Yankton. We are grateful for the quick action of Avera staff and Sioux Falls first responders to ensure the safety of patients and hospital staff. Construction continues on the hospital, and all units are expected to be open in several months. However, many items were damaged or lost in the storm.

NAMI South Dakota will continue its holiday tradition of collecting gifts for the hospital. This year, we are asking our members and friends to donate new items for the use of patients to replace those that have been lost. Suggested items are: fine tip markers, adult coloring books, playing cards, puzzles, and games like Checkers, Uno, and Connect Four. Bring your gifts to the NAMI office by December 18 or deliver to Avera Behavioral any time between now and December 31.

Thank you in advance for your generosity to the patients at Avera Behavioral. We appreciate your help in spreading holiday cheer!

Legislative Task Forces Study Mental Health

The South Dakota legislature established five separate mental health task forces for 2019. Task Force 5, “Increase Community Services and Caregiver Supports”, established to increase the capacity for transitional housing and residential services in communities to keep individuals closer to home and develop caregiver supports, has been meeting in Pierre. NAMI South Dakota Executive Director Wendy Giebink is a member of that task force. Citizens can listen to meetings of all five mental health task forces and read minutes here: http://sdlegislature.gov/Interim/Documents.aspx?Session=2019&tab=Detail.
Support Group Training Planned

NAMI South Dakota will host a combined support group training for facilitators in Sioux Falls on November 15-17. Kari Clark and Kelly DeBoer will lead the training for Connection and Family Support Groups. This rigorous training prepares volunteers to become certified group facilitators in their communities. We are grateful to all those who applied for this training, and we look forward to the work they will do.

Mental Health Day at the Legislature

Save the date! Friday, January 24, 2020

NAMI South Dakota and partnering agencies will host Mental Health Day at the Capitol in Pierre. Please plan to join us and meet your legislators.
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 8/1/2019 – 10/15/2019

Sanford Health
John T. Vucurevich Foundation
Network for Good
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Barb & Eliot Protsch in Memory of Dr. Lyle Christopherson
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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 you can 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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