Sunshine on Walk Day!

NAMIWalks 2019 was a spectacular event, with plenty of sun and excitement. Runners, walkers and team captains came out to Sertoma Park in Sioux Falls to support NAMISD and promote awareness for mental health. When the final tally was recorded, over $85,000 was raised to help end stigma and provide mental health education to South Dakota communities. We are very grateful to everyone who helped in this effort, including our sponsors:

- 211 Helpline
- First Dakota Title
- Happy Dog Kennels
- Huron Regional Medical Center
- Hy-Vee
- Karl’s Appliances
- Massage Envy
- NuStar Foundation
- Valley Queen Cheese Factory, Inc

Top Individual Fundraiser: Janet DeGroot; Top Walk Team: Yankton Bridge Builders; Most Team Walkers: SEBH Recovery Runners; Top New Team Captain: Tyler Godwin; Most Improved Team: Avera Behavioral Health Butterflies; Most Improved Team Captain: Lois Knoke
Dear Friends of NAMI,

Summer days fly by faster every year. At NAMI South Dakota, we finish up the busy NAMIWalks season and head straight into last-minute details for the annual conference. In the meantime, our outreach activities are in full force all summer long. We hope you have had a chance to catch up with us or one of our affiliate groups at an event near you. Please stop by and say hello when we are out and about in your community. Our volunteers love to take those opportunities to talk with you.

2019 has also been a time of reflection and thinking ahead, as both the national and your state NAMI organizations have finalized strategic plans which begin in 2020. As a NAMI state organization, we want to be in alignment with NAMI’s plan as we move forward in South Dakota. We think we have captured NAMI South Dakota’s unique needs and priorities in our strategic plan. Look for more information about our NAMI South Dakota 2020-2022 Strategic Plan in the fall newsletter.

As we remember two dear friends of NAMI, Glen Wintersteen and Harold Butterfield, I’d like to invite each of you to get involved with your local NAMI affiliate this year. These two men dedicated themselves to giving help and hope to others. We have many opportunities for you to serve, too. Give us a call—we’ll find something to fit your schedule and interests. Even if you don’t live in one of our affiliate locations, you can help your community become healthier. We’re happy to help you when you’re ready to begin.

Read on for more NAMI news, and please join us in Pierre for our conference in September. Register today!

-- Wendy Giebink, Executive Director

Recovery art by Joan Zephier for our annual conference

NAMI SOUTH DAKOTA BOARD OF DIRECTORS

Nicole Burger          |         | Christine Lueth
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NAMI South Dakota is On the Road

Summer brings outdoor festivals and fairs to South Dakota, as well as many other gatherings. NAMI staff and volunteers take these opportunities to get out and meet people. Some events we have attended include: Rapid City Pride and Jazz Fest in Sioux Falls.

Marilyn Charging attends NIMH Outreach Partners Event

Legislative Task Forces Study Mental Health

The South Dakota legislature established five separate mental health task forces for 2019. The first meeting of the SCR 2 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, met in Pierre on July 19. 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. Future meetings will be announced on this site.
Registration is now open for the annual NAMI South Dakota conference, to be held this year at the Ramkota Hotel and Event Center in Pierre, SD. CEUs are available for social workers, drug and alcohol counselors, and marriage and family therapists. People living with mental health conditions, family members, mental health providers, and all those interested are invited to attend the conference on September 19-20.

Keynote speakers are:

**Dr. Cindra Kamphoff**
Dr. Cindra Kamphoff is a keynote speaker and author who is a high performance coach for leaders, businesses and championship teams. Cindra published her first book in September titled ‘Beyond Grit: Ten Powerful Practices to Gain the High Performing Edge’ which is an Amazon Bestseller. Cindra also works with the Minnesota Vikings where she works individually with the players to help them train their minds.

**Dr. Jeff Riggenbach**
Jeff Riggenbach PhD is a best-selling author, speaker, trainer and coach who has devoted the past 20 years of his life to helping individuals with personality dysfunction. He trained with the Beck Institute of Cognitive Therapy and Research in Philadelphia to develop a specialized treatment program for individuals with Borderline Personality Disorder. Jeff has presented in all 50 United States, and serves as faculty for educational institutes in Canada, Australia, and South Africa.

**Diane Dillard-Broadnax, MSW**
Diane has worked as a licensed clinical social worker in the Washington, D.C. area for more than 30 years in healthcare management, hospital and community-based services and mental health research. She is currently a lead clinician for a branch at the National Institute of Mental health providing screening and consultation services, recruiting patients for clinical trials focusing on novel treatments for refractory depression. She recently won an award for exemplary performance in recruiting and community outreach initiatives for the branch groups, high schools, communities, and mental health service providers.

In addition to these presentations, the conference will include numerous breakout sessions, information tables, support groups, and wellness events. Register at [www.namisouthdakota.org](http://www.namisouthdakota.org).
Recovery: Everyone Has a Hand in It

2019 NAMI South Dakota Conference Registration

Enclosed is my registration for the NAMI South Dakota annual conference to be held September 19-20 at the Ramkota Hotel and Event Center, Pierre, 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, 2019)
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. Call the Ramkota Hotel at 605-224-6877 and mention the NAMI Conference. Call by 8/19/2019 to ensure availability.
Scholarship Application
2019 NAMI South Dakota Conference
September 19-20, 2019 in Pierre, SD

To be considered for a scholarship to assist with expenses for attending the 2019 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, 2019

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, 2019. If you are chosen for a scholarship, you will be notified by September 10, 2019.

☐ 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 19, 2019. 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 2019 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!
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 5/2/2019 – 7/30/2019 (In addition to the many wonderful NAMIWalks donations)

GRACO
Network for Good
Anonymous Facebook Donations
Your Cause
Dean and Cheryl Austad in Honor of Kollette Austad
Michael Castle
Roseann Olson in Memory of Dr. Lyle Christopherson
Mr. & Mrs. Allen Schmidt
Elaine Spader
Valley Queen Cheese Factory
Audrey Wintersteen in Memory of Glen Wintersteen
Rachel Kissinger in Memory of Glen Wintersteen
Susan Redlin in Honor of Kaay Bowman Shaw
Gate City Bank in Memory of Harold Butterfield
Charles & Terry Reistad
Chris Sweetwood*
Harold Butterfield*
William & Gail Fuller*
Mary Finck*
Pauline Staben*
Myrtice Sigler*

*Denotes monthly giver

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!

Special You
You are precious, yes you are.
You are actually a shining star!
God created you
to be exactly who you are to me.
And if anyone tells you different,
don’t take it as it was meant.
For that person is
just having a bad day and
wants it to be relayed.
So go ahead and smile,
For you are worthwhile.

To all of NAMI by Jacinta Konechne
OUR LOCAL AFFILIATES:

- Rapid City 605-389-6854
- Sioux Falls 605-610-7226
- Pierre 605-280-2882
- Watertown 605-882-2254
- Aberdeen 605-228-5983
- Northern Hills 605-723-6044
- Huron 605-350-9516
- Brookings 605-692-8948
- Peer Leadership Council 605-238-5766

CONNECT WITH US:

- Website: www.namisouthdakota.org
- Email: namisd@midconetwork.com
- Phone: (605) 271-1871 (605) 228-5983 (Toll Free)
- Twitter: @NAMISouthDakota
- Facebook: www.facebook.com/namisodak