

In This Issue

Greetings..... 2
 NAMI News 3
 Guest Column 4
 NAMIWalks Updates..... 5
 Conference Update 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

Virtual Annual Conference:
 Sept. 24-25

Virtual Annual Meeting:
 Sept. 25

Check our Facebook page and website for other virtual event announcements!

HOPE



On Saturday, May 30, 39 teams of walkers took to the streets and backyards of their communities for our first-ever Virtual NAMIWalks event. The day began with a live-stream performance by our official NAMI SD band, Six Feet Over. Emceed by Walk co-chairs Kelly Bass and Christie Lueth, the event kicked off a full day of celebration and fundraising for NAMI South Dakota. Co-hosts John Williams and Mallory Kloucek added commentary and entertainment. Every few minutes, new photos came into our Facebook page, showing people all over the state celebrating the National Day of Hope for NAMI. Members and friends walked, ran, bicycled, danced, gardened, made chalk drawings, and participated in many other activities designed to raise awareness of mental health conditions and raise funds for the year-round programs of NAMI South Dakota.

The NAMIWalks website stays open until July 31st, so there is still time to enter your donation. To date, our virtual NAMIWalks event has raised \$79,245, or 93% of our goal. We want to thank each of our sponsors and everyone who helped to make our event such a success:

Avera, Southeastern Behavioral Health, Sanford, First Premier, First Bank & Trust, Preferred Printing, Lewis, Jason Foundation, Keystone, Midco, Sands Drywall, First Dakota Title, Carroll Institute, Remedy Brewing Company, Six Feet Over and more!

1 in 5 Adults
 experience mental illness
 each year in the U.S.

1 in 6 Youth
 aged 6-17 experience a mental
 health disorder each year in the U.S.

Walk with us

to raise awareness and funds that support free, top-rated programs and services for our community.

Greetings

Dear Friends of NAMI South Dakota,

We've all been through a spring and early summer like no other. So much uncertainty, so much fear. So much pain. There are no words adequate to describe it, let alone make sense of it. We find ourselves still in that uncertain place with the virus that is ravaging our country and world, and we try to keep hope alive as we learn to live and take care of each other in completely different ways. So many people are risking their own lives to keep others safe, and so many have lost what cannot be replaced. We remember that as we go on together, taking one day at a time. We must each do what we can to prevent further illness and death.

At NAMI SD, we are mindful of our responsibility to our friends, colleagues, and neighbors. We will continue to offer programs of education, wellness, and support, but we will do so safely online. We will wear masks and keep social distance from one another. We care about your safety and hope you will take care of yourselves and others in your community. We will get through this time with compassion and love, and we will get through it together.

We will also take a stand against racism and hatred of any kind, in our world, our country, our state, and our communities. Violence and discrimination against any person or group cannot go unchecked, unnoticed, and unspoken. It's up to all of us to examine ourselves and our lives and remove whatever doesn't make the world a better place. There is no room for willful ignorance and excuses. Change must come from within each of us.

Thank you for standing with us. Your support means the world to us, and we pledge to keep working for you and your loved ones.

-- *Wendy Giebink, Executive Director of NAMI South Dakota*



We're excited to announce that 211 is
now available to **all residents of South Dakota!**

NAMI SOUTH DAKOTA BOARD OF DIRECTORS

Christine Lueth

Tom Silverthorn

Peter Kindle

Scott Stubbe

Michi Hittle

Jon Pochop

NAMI SOUTH DAKOTA STAFF

Director: Wendy Giebink

Member/Donor Management: Alicia Andal

Project AWARE/ETS Coordinator: Mallory Kloucek

Project AWARE Rapid City Coordinator: Golnesa AsheghAli

Education & Outreach Consultant: Marilyn Charging

Walk Manager/Development Consultant: John Williams

Project AWARE Coaches: Jim Kellar and Angela Hyde

NAMI South Dakota Virtual Resources Created Just for You

Connection Support Group (for adults living with mental illness): Zoom meetings are held every Wednesday at 5:30 pm and Thursday at noon. Register here:

Wednesdays:

[https://us02web.zoom.us/meeting/register/tZErc-CrjqgvGNyZziUa5lfazzo388wa0d1C](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZErc-CrjqgvGNyZziUa5lfazzo388wa0d1C)

Thursdays:

[https://us02web.zoom.us/meeting/register/tZ0ud-isqTsvGt0BZO19DzgQ-ucB8AURagv1](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZ0ud-isqTsvGt0BZO19DzgQ-ucB8AURagv1)

Family Support Group (for family members of adults): Zoom meetings are held every Sunday at 6 pm. Register here:

[https://us02web.zoom.us/meeting/register/tZYoceqhrDovG9yrjJBg0mlQT3t8G8m2APPK](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZYoceqhrDovG9yrjJBg0mlQT3t8G8m2APPK)

Story Stitch events are held monthly. Check our Facebook page and website for schedule.

Wellness Events are held monthly. Check our Facebook page and website for schedule.

NAMI Basics and Family to Family classes are coming soon!

Why We NAMI podcast: Listen every Wednesday on Facebook or your favorite podcast channel.

NAMI Presents the TnT Healing Writing Series

June 30, July 16, 26, 31: Writing Better Stories & Living Better Stories

Experience a fun interactive hour of putting pen to paper. In this all-levels-welcome judge-free environment we will practice writing better stories & living better stories. In this session, there is an emphasis on expression, connection, and picking up some new tools for a more enjoyable journey. The class will be taught by author and TnT Healing cofounder Travis Jacobs. Space is limited. Check our Facebook page and website to register.



“Working hard for something we don’t care about is called stress; working hard for something we love is called passion”—Simon Sinek

“What’s Your Passion?”

Maya Angelou once said, “My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style”. As the Education and Outreach Coordinator for NAMI South Dakota, I would like to offer my thoughts and insights on how passion impacts my work and the people we serve. Passion is the energy that fuels our mission here at NAMI South Dakota. That energy comes from the many volunteers, individuals and families who seek out the resources, supports and advocacy that we offer. From my perspective, it takes daily optimism and confidence to sustain the momentum that has allowed us to change direction and deliver programs and services in a new format.

When I first began my work at NAMI SD, I didn’t know much about mental illness or the programs, services and resources that existed to help those in need. My passion to learn as much as I could in a short period has sustained me, and six years later, I have been able to work with hundreds of volunteers, agencies, community leaders across the state and of course the dedicated staff at NAMI SD.

Volunteers are the glue that keep our programs operating. They inspire us to work harder, learn more, do better, and foremost solve problems. When the pandemic hit, I had no idea how it would all turn out. I had always jumped in my car with a full cup of coffee, my GPS set, and an eagerness to deliver training, education and meet face-to-face with our many volunteers and grassroots leaders. They were always glad to see me and our team. Outreach is key to the success of our mission here at NAMI South Dakota and the way we connect and communicate with people has changed somewhat, but in a good way.



We are now using new technology platforms, podcasts, webinars, and Zoom meetings to reach out and deliver wellness programs and share information. But what has not changed is my passion and the passion of my colleagues to fulfill NAMI South Dakota’s mission-- to provide education, support and advocacy for individuals and families impacted by mental illness. I was taught at a young age by my Grandmother that we all have a calling in life. Sometimes you do not always know the path you will take or how long it will take for you to discover that calling.

Your life can take many twists and turns, but my calling was to be an educator—first with students and now with adults. I truly believe this and I welcome any volunteers who want to share their skills and knowledge to come join us here at NAMI SD as we strive to continue our education and outreach efforts with passion, dedication and commitment. It just might be the thing you have always been looking for. For more information, email me at marilyncharging1@msn.com.

Marilyn Charging
NAMI SD Education and Outreach Coordinator

2020 NAMI Walks Your Way Update

To date, we are at 93% of our \$85,000 Goal. Way to go, Team Captains and Walkers! Below is the list in order of Team ranking so far. Our Walk website is open until July 31st, so please get your donations entered or mailed to the office as soon as you can. Visit www.namiwalks.org/southdakota or write to PO Box 88808, Sioux Falls, SD 57109

More updates to come via Team Captain emails, Facebook, Instagram and Twitter.

Recovery Runners	Dana Irvine
NAMI Aberdeen	Brenda Glasford
Our Journey to Wellness	Crystal McCormick
Marilyn's Angels	Marilyn Charging
BHS Butterflies	Kalen Speake
Remembering Belinda	Wendy Giebink
Legacy Financial Partners / Jon Pochop	Jon Pochop
Team Peek	Peter Kropp
Yankton Bridge Builders	Janet Degroot
Brookings NAMI	Nancy Sonnenburg
Chain Breakers	Lauri Jackson
#TeamWalkitOUT	Christie Lueth
Williams' Walkers	John Williams
Believe You Can	Lois Knoke
Watertown Walkers	Lori Enstad
First Lutheran Walkers	Jordan Stone
Sven's Sunshine Steppers	Kay Francis
USD Social Work Elevate	Kelly Bass
SWO Tiospaye	Sierra Wolcott
Jim's Buds	Jim Kellar
Team Emoji	Chris Sweetwood
Strides4Sven	Skye Flores Frausto
It's Dangerous to Go Alone	Ashley Wulf
You Matter	Whitney Beiswanger
Mal's Pals	Mallory Kloucek
Producers of Confusion	Claudia Brende
Carroll Institute's Clumsy Turf Stompers	Jessica Nieman
Augustana Nursing	Karla Abbott

2020 VISION
#WhyWeNAMI
ANNUAL CONFERENCE

2020 NAMI South Dakota Conference Will Be Virtual

Due to the ongoing COVID-19 situation, our annual conference will take place in an online format. Our conference will take place on September 24-25. Keynote and breakout sessions will span two days, with support groups and wellness activities taking place on Thursday evening as always. All conference activities will be FREE OF CHARGE.

We hope the online format will allow even more people to attend this year, and you will still be able to choose which sessions you would like to view. All you will need to attend with video is the Zoom app on your phone, tablet, or computer. Sessions will also be available to access by phone for audio only. CEUs will be offered for social workers and therapists for a small fee.

Registration and speaker details will be coming soon! Please mark your calendars and plan to attend the 2020 NAMI South Dakota Annual Conference.

We'll "see" you in September!

The NAMI South Dakota Annual Members Meeting will take place online on Friday, September 25. Applications for the NAMI SD board of directors are being taken from July 1-28. Please contact the NAMI SD office by email at namisd@midconetwork.com to request an application form.

Thank You to Our Donors

In the uncertain times our nation and world are facing, we know that the mission of NAMI South Dakota is even more important. We carry out our work with the help of volunteers, and through the generosity of our donors and sponsors. With your donation, you become a partner in the mission. Thank you for your kind gifts, especially now. 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 4/17/2020 through 6/30/2020

South Dakota Community Foundation
Miles & Lisa Beacom
Jeannette Stowsand
James Kellar
Valley Queen
Nicholas Kranz
Kathi Mueller
Lewis
First Premier
Genoa Healthcare
Fishback Financial Corporation
George Nikolas
Harriet Scott
Ellen Scholten
Judy Walter
Carol Ness Landsverk
Frontstream
Michael Castle
Charles & Terry Reistad
Lois Bailey
Jean Rave
Your Cause
Network For Good
PhARMA
Delta Dental
Maureen Friesen
Chris Sweetwood*
William & Gail Fuller*
Mary Finck*
Pauline Staben*

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!

*Mary Finck
*William & Gail Fuller *Pauline Staben
*Chris Sweetwood

***Denotes monthly giver**

Ask us how you can join our Circle of Friends!

*Thank
you*

RETURN SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Permit No. 7970
Sioux Falls, SD 57104

OUR LOCAL AFFILIATES:

Rapid City 605-389-6854

Northern Hills 605-723-6044

Huron 605-350-9516

Pierre 605-280-2882

Brookings 605-692-8948

Watertown 605-886-7799

Aberdeen 605-228-5983

Peer Leadership Council 605-238-5766

CONNECT WITH US:

Website: www.namisouthdakota.org

Email: namisd@midconetwork.com

Phone: (605) 271-1871
(800) 551-2531 (Toll Free)

Twitter: [@NAMISouthDakota](https://twitter.com/NAMISouthDakota)

Facebook: www.facebook.com/namisodak