NAMI South Dakota Conference Goes Virtual

Join us for two full days of conference presentations on September 24th and 25th. Ten breakout sessions and three keynote speakers are featured, along with a special showing of the HBO documentary, “Ernie and Joe: Crisis Cops”. We are so excited to share all our conference has to offer.

This year, registration is FREE. Everyone can take part in the sessions on their computer, laptop, tablet or phone. Sessions will be held on Zoom, and it’s even possible to call in by phone without video. After registration, you will also be able to access any sessions you missed in the video archive on our website.

Register now at https://namisouthdakota.org/annual-conference/.

Thank you to our sponsors: Avera, Sanford Health, Southeastern Mental Health, Jason Foundation, Inc., Human Service Center, SD Council of Community Behavioral Health.
#WhyWeNAMI: How the Vision Shapes Us for Days Like These

For over 30 years, NAMI South Dakota volunteers and staff have been guided by a sustaining mission of providing education, support and advocacy to individuals and families affected by mental illness. Our enduring vision has been of a world in which people are free from discrimination and enabled to live life to the fullest. We envision the day when mental illness is viewed—and treated—like any other illness, and everyone who needs it has access to quality care.

In this time of a dangerous global pandemic that has changed the way in which we live, how does NAMI’s vision stand up in the face of fear?

It helps to remember our history. The foundation of hope and help was laid over time, with the talents of many people who shared a goal of recovery and better life. NAMI volunteers offered tools and education, listened and encouraged, applauded success, provided opportunities to give back, and connected people in meaningful ways.

NAMI South Dakota’s board, staff, and volunteers are still working toward the vision that was inspired in us decades ago. Our vision guides us in our work and prepares us for a future we can’t yet see.

These are uncertain times, and we don’t know what the future holds, but we have a foundation to build on. Our mission tells us what to do, but the vision provides a roadmap of where we want to go, and a picture of what it will look like when we get there.

More than ever before, mental health must be valued, and our work is important. NAMI South Dakota’s vision can sustain us when we are in it for the long haul.

Stay strong, friends.

-- Wendy Giebink, Executive Director of NAMI South Dakota

Greetings
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 on our webpage or Facebook.

**Family Support Group (for family members of adults):** Zoom meetings are held every other Sunday at 6 pm. Register on our webpage or Facebook.

**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! Register on our webpage.

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

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**DUE TO COVID-19, ALL NAMI SOUTH DAKOTA ACTIVITIES ARE HELD ONLINE FOR YOUR SAFETY. WE WILL KEEP OUR WEBSITE UPDATED WITH A LIST OF ACTIVITIES AND INFORMATION ABOUT HOW TO REGISTER.**

www.namisouthdakota.org

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Support Group leader training will take place virtually on October 24-25th. If you have an interest in leading a support group and you have the lived experience of having a mental health condition or a family member who lives with one, please contact Marilyn Charging for an application. Support groups are more important than ever as we all deal with the stresses of our lives in 2020. Leading a group is a meaningful way to help others.

Marilyn Charging: (605) 670-3250
The NAMI South Dakota Annual Members Meeting will take place online at 8:00 am Central time on Friday, September 25. Current members can access the meeting here:

Join Zoom Meeting
https://us02web.zoom.us/j/84041272444?pwd=M2JCZTRINWRNeWJTb3dnWTNJMUs3dz09
Meeting ID: 840 4127 2444
Passcode: swv42G
One tap mobile
+19292056099,,84041272444#,,,,,0#,,452460# US (New York)
+13017158592,,84041272444#,,,,,0#,,452460# US (Germantown)
Dial by your location
+1 929 205 6099 US (New York)
+1 301 715 8592 US (Germantown)
+1 312 626 6799 US (Chicago)
+1 669 900 6833 US (San Jose)
+1 253 215 8782 US (Tacoma)
+1 346 248 7799 US (Houston)
Meeting ID: 840 4127 2444
Passcode: 452460
Find your local number: https://us02web.zoom.us/u/kehaLYLARa

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. NAMI Basics helps parents and other family caregivers of children to understand the illnesses that are causing those behavioral difficulties, and the critical role families play in the treatment of those illnesses. NAMI South Dakota will offer its NAMI Basics Education Program for the Fall season beginning October 5, 2020. It will be held on October 5th, October 14th, October 19th, October 26th, November 2nd and November 9th. This course will be offered virtually. For more information go to: namisouthdakota.org to register.
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 7/1/2020 through 9/15/2020**

Molly Quinn  
Sioux Falls Area CASA Program  
Jennifer Hoesing  
John & Johnson  
SD Council of Community Behavioral Health Centers  
Human Service Agency  
Jason Foundation  
Keystone  
PhARMA  
Avera  
Sanford Health  
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PhARMA  
Jeanette Stowsand  
Dr. & Mrs. Giridhar  
Jean Lellelid  
Marj Anderson  
Elaine Spader  
Judy L Karen  
Lois Knoke  
Jim Rudolph  
Barb Hawk  
Sioux Falls Area Community Foundation  
St. John’s American Lutheran Church  
Wayne Lilly  
Diana Glover  
Chris Sweetwood*  
William & Gail Fuller*  
Mary Finck*  
Pauline Staben*  

**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](http://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:

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:

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Facebook:  www.facebook.com/namisodak