

In This Issue

News to Use.....1
 Greetings.....2
 NAMI News3-6
 Thank You7



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

South Dakota Day of Giving:
 December 1

Orchestrating Change:
 December

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



**Bonus “Good News” Edition
 of the NAMI SD Newsletter**

With all the changes of the year so far, we’d like to highlight a few of the good things that are happening. Read on for some inspiration, and please remember that the volunteers, staff, and board of directors of NAMI South Dakota are here for you. We have a growing lineup of online resources, including classes, presentations, wellness activities, films, panel discussions, support groups, and much more. During this time of physical distancing, we are helping you to stay connected, stay informed, and stay well.

Thank you for your friendship and support.
 We are all in this together!

Greetings

Thank you for checking out this bonus edition of the NAMI South Dakota newsletter. Like everyone else, we never could have imagined the profound changes we have experienced due to the global pandemic. We left our office on March 14th with the intention of returning within two weeks. As of today, the calendar on the wall still waits for someone to change it to a new month. Everything we did at NAMI SD was upended and had to be changed, and quickly. But our incredible board of directors, staff, and volunteers jumped in to make those changes possible. Today, I am proud to say that we have worked together and exceeded our goals.

Here is a partial list of what YOUR support made possible:

- A brand-new **WhyWeNAMI** podcast was launched, with 27 weekly episodes broadcast over all of the most popular listening sites. This informative, 30-minute show introduces listeners to timely mental health topics and fascinating guests. It's been downloaded over 1000 times and has reached people all over the world, but especially right here at home in South Dakota.
- **NAMI Connections and NAMI Family Support Groups** are held online each week, led by people who have walked the same walk and are willing to share their care and wisdom with others. Many consider these groups a lifeline during this time of isolation.
- **NAMI Basics and Family to Family** education classes are completing their Fall series. The demand has been so great that we are already scheduling Spring sessions.
- "**NAMI Nights**" have gone virtual! The addition of Zoom meetings has allowed us to host more than two dozen Wellness Activities of all kinds.
- An all-new, **2020 NAMI South Dakota virtual conference** made its debut! Over 200 people registered for our first FREE online conference, and many more accessed the sessions on our website after the event. Don't miss these great sessions at www.namisouthdakota.org.
- **Public education presentations** have gone virtual, too, as we offer help to businesses, faith communities, and organizations who are looking for new ways to help their constituents with mental health.
- **NAMI Walks Your Way** was an online success, with more participants than ever! Our Team Captains were social media stars this year, as they led their teams in fun and fundraising.
- Many **Ending the Silence** presentations have been held online for students, teachers, and parents. We didn't miss a beat with this program during the early days of the pandemic. Teachers were given online toolkits to help students navigate mental health challenges in the crisis, and we provided thousands of mental health activities to students at summer lunch programs all across the state.
- More than a dozen new volunteer teachers and facilitators have been certified as we learned to navigate online training. Now we can train volunteers as we need them and have them ready to go online quickly.

As you can see, we have been blessed in so many areas. THANK YOU for your ongoing support! We will need you in 2021, as we move forward to create even more pathways of help and hope.

-- Wendy Giebink, Executive Director of NAMI South Dakota

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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 repeating in 2021! Register on our webpage.

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



On September 24-25, NAMI South Dakota held the very first FREE virtual Annual Conference. Over 200 attendees enjoyed three keynote presentations, numerous breakout sessions, and a documentary film screening. We're grateful to everyone who helped make this event a success, including producer Mynelly Perez, Skye Video, and our dedicated staff and board of directors. Sponsors included Avera, Sanford, Southeastern Directions for Life, Keystone, Jason Foundation, Janssen Neuroscience, Human Service Agency, SD Dept. of Social Services, and the SD Council of Community Behavioral Health.

Virtual Crisis Care is a partnership between Avera eCARE and the South Dakota Unified Judicial System, in collaboration with local law enforcement and local mental health care providers. Pilot funding is provided by The Leona M. and Harry B. Helmsley Charitable Trust.



When the Solution is Local, Everyone Wins

New program provides rural communities access to crisis response services

Did you know that mobile crisis teams are now available in many rural counties across the state? As of mid-September, a new and innovative program called Virtual Crisis Care is up and running in 18 sheriffs' offices and is also being used by probation programs in the northwestern part of the state.

Virtual Crisis Care equips law enforcement officers with iPads that connect to mental health professionals at Avera eCare. When law enforcement is called to an emergency that might involve a mental health crisis, the deputy can connect the person in crisis with a mental health professional at their home or wherever the individual is at the time. The mental health professional can help with de-escalation, stabilization, and safety assessments.

"We've long known the value of crisis response teams, but it's been next to impossible to do in rural areas given time, staffing and budget constraints," Roberts County Sheriff Barry Hillestad said. "Now, we can bring the crisis team to rural communities and have a mental health professional available at the touch of a screen."

This program is beneficial for many reasons. First, it may allow the person experiencing the crisis to remain at home, avoid unnecessary medical costs, and face no disruptions to their school, work, or caregiving responsibilities. Virtual Crisis Care also connects the individual to local mental health services for follow-up care. Second, it helps law enforcement avert unnecessary mental health holds; fewer mental health holds means they can spend more time in their community instead of on the interstate.

"We are now able to connect quality, professional and certified caregivers with our residents experiencing a mental health crisis," said McPherson County Sheriff Dave Ackerman. "A good percentage of our residents will do well knowing someone cares about them. With a plan for services and follow up with a provider, many would do much better remaining in their homes."

The Virtual Crisis Care pilot program is available in the following counties:

Virtual Crisis Care Pilot Locations		
Sheriff's Offices		Fourth Judicial Circuit Probation
Brookings County	Faulk County	Butte County*
Clay County	Jerauld County	Corson County
Beadle County	Lawrence County*	Dewey County
Butte County*	Lyman County	Harding County
Campbell County	McPherson County	Lawrence County*
Codington County	Meade County*	Meade County*
Custer County	Pennington County	Perkins County
Davison County	Roberts County	Ziebach County
Day County	Walworth County	

**Counties with Law Enforcement and Probation Coverage*

New Advisory Work Group Formed in Sioux Falls

After weeks of planning and local Listening Post sessions, a group of community members has come together to help prioritize mental health needs and brainstorm potential strategies for NAMI South Dakota programming in Sioux Falls. This group will meet monthly for one year with NAMI SD staff and board members and provide guidance and a local voice to help fulfill our mission of education, support and advocacy for individuals and families affected by mental illness.

This follows the same process of community involvement we utilize in our outreach efforts and programming in affiliate communities.

Thank you to our valued partners, Avera, Sanford, and Southeastern Directions for Life for their continued support and help.

NAMI South Dakota members who live in Sioux Falls are invited to submit ideas to the work group as we move forward in this important venture.

It is important to remember to take care of our brains and each other. Our communities across the state are taking the initiative to do just that! Community groups in Milbank and Watertown are using Facebook to connect and educate people.

“The Moving to Wellness in Milbank group was started as a small group of community members wanting to help make a change and give supports to other community members. After a few meetings, we decided to make a go of it and try to do some different things in the community. We wanted to have a place where we could share information that people could see without leaving their house - and Facebook came to mind. We decided to start a page to offer encouragement and promote the activities that we are doing. We chose to go with wellness because everyone needs wellness in their lives and wanted to share different tips on the multiple dimensions of wellness: emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental. We continue to share different tips and ideas along with happenings around the community and state. We feel like it is a good place to start and a place where people can reach out if they need something. With the social media world, we really felt like we needed some sort of presence and this was an easy start for us and very cost effective.” – Heidi Wellnitz



“Glacial Lakes SAFE coalition has focused on suicide prevention over the past 5 years. This fall, members decided that we needed to be more proactive and focus on mental wellness, and to let others know they are not alone. We know having support from others is so powerful.

Encouraging Wellness in Watertown Facebook group is to share wellness tips, resources, information and events that relate to mental health. We are hoping by creating this group it will engage more people and will be an outlet to share helpful resources, people to ask questions of where to get local resources and hopefully link people to help. And hopefully help people feel more comfortable in talking about mental health and reduce the stigma, and to know they are not alone, that others do have the same questions, feelings, thoughts, etc. We wanted to do something that was encouraging and resourceful; to let others know we hear them.”

--Kelli Rumpza

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 9/30/2020 through 11/10/2020

Your Cause
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Cory Berg
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Dan and Kathy Loveland
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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!

Mark Your Calendars for Tuesday, Dec. 1st

The South Dakota Day of Giving

We will be on Facebook, Instagram and Twitter for 24 hours as we invite you to help us “Orchestrate Change” for mental health in South Dakota.

Watch for updates on social media the entire month of November!

Find out more here:

<https://www.southdakotagives.org/about-2>

And get ready to help “Orchestrate Change” with NAMI South Dakota and the South Dakota Symphony Orchestra!



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| Website: www.namisouthdakota.org | Twitter: @NAMISouthDakota |
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