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NAMI SOUTH DAKOTA

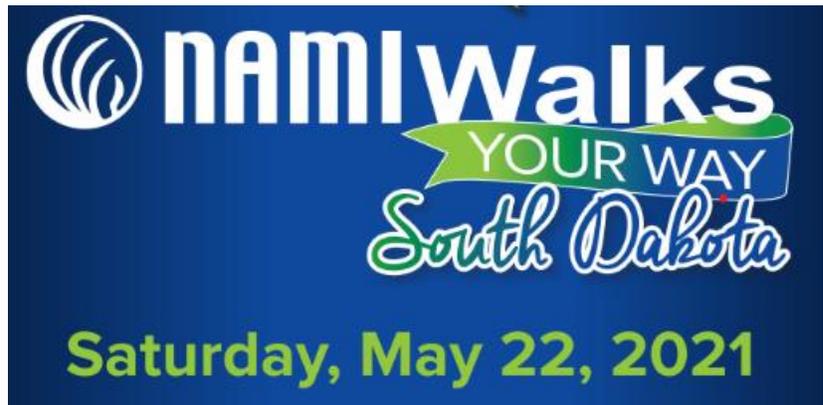
is the state’s voice on mental illness. Through education, advocacy and support, we strive to provide hope for individuals with mental illness and their families.

On the Calendar

NAMIWalks Your Way: May 22
 Annual Conference: Sept. 30-
 Oct. 1



NAMIWalks Your Way is Coming in May



Last year we rolled out our first entirely **virtual NAMIWalks Your Way South Dakota event** where participants took part *their way--* choosing activities like walking on a treadmill or in their neighborhood, practicing yoga, or painting. This year, NAMIWalks South Dakota will once again be a virtual event **on May 22**, with a livestreamed opening ceremony and other engaging activities.

In 2021, we continue to bring our life changing support, education, and advocacy to those in need across our state. And those needs are rising. 1 in 5 adults in the U.S. experience mental illness in the average year. And now, 1 in 3 adults report experiencing symptoms of anxiety or depression. **Help us keep pace with the rising need for mental health care.**

Join us as a sponsor, team captain, or volunteer! To register or for more information, visit www.namiwalks.org/southdakota.

Thank you!

Greetings

Dear Friends of NAMI,

As I write this message, we are a little over a month into 2021—a New Year, indeed—the beginning of what we all hope will be a new start after the pain and trauma of 2020. While it seems like we should congratulate ourselves on making it through, we are all grieving people who did not survive, and none of us has been unchanged by the events of the past year. While time passing will heal some wounds, we will feel the effects for years to come, and we are still not out of the woods with the pandemic.

We applaud all of you for your efforts to stay safe—masks, social distancing, hand washing, and all those virtual visits with loved ones and friends that tried our patience and made us long for physical contact. Please keep doing what we know works! As the vaccines begin to roll out, we must still be vigilant. As the sign on my window still reads, “Stay Strong.”

One benefit of the restrictions of 2020 is that we at NAMI SD successfully transitioned all our programs, old and new, to an online format. That gave many people the chance to take part virtually, and we know for some people, it was the first time. In fact, our support groups drew over 500 people to join by Zoom, and we held both NAMI Basics and Family to Family classes online. Our podcast, *Why We NAMI*, was downloaded over 3000 times, and we held dozens of wellness activities and virtual presentations to youth and adults.

YOU, friends, helped make all this possible. Because of your faithful attendance, memberships, donations, and friendships, NAMI thrived in 2020 so that we could help even more people than ever before. Thank you! We will always be grateful for your messages of support and help as we worked many hours to learn how to do everything differently. You encouraged us and gave us strength.

We promise to keep working to reach more people in this new year. Please let us know how we’re doing and tell us how we can help you. We are still all in this together. If you haven’t yet taken part in one of our online activities, this newsletter is full of information for you. Please check us out!

View my video message here: <https://www.youtube.com/watch?v=ijpeR8Eq5eM>

-- Wendy Giebink, Executive Director of NAMI South Dakota

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NAMI News

Meet Our Newest Board Member

In December 2020, Dr. Kelly Bass was welcomed to the NAMI South Dakota Board of Directors, filling out the remainder of the term of a departing member. With twenty years of providing service to clients of all ages in the mental health setting, Kelly directs the Master of Social Work program at USD. He has worked with NAMI in Aberdeen and has served as NAMIWalks co-chair for the past three years. He shares, "My goal is to help NAMI South Dakota grow and continue to impact community awareness and decrease inequity." Welcome, Kelly!

NAMI HelpLine Extends Hours to Meet Demand and Increase Access to an Essential Service

The NAMI HelpLine has extended its hours and is now open from 10:00 a.m. till 8:00 p.m., ET by phone 800-950-NAMI (6264) or email at info@nami.org.

This extension is necessary to meet the increased demand for HelpLine services since the outbreak of COVID-19.

The NAMI Helpline, a cornerstone of NAMI, is there for you each and every day.

HelpLine information and referral resources are available 24/7 when you visit www.nami.org/help and access the NAMI HelpLine Knowledge Center and the NAMI Resource Library.



NAMI HelpLine

New extended hours
M–F, 10 a.m.–8 p.m., ET
800-950-NAMI (6264)

Guest Column

Making NAMI Relevant in Pandemic Times

Can you believe that it has been almost a year since NAMI programs and groups have gone virtual? As NAMI Aberdeen adapted to the change with the virtual realm of things – no community fun wellness activities, members determining their interest and comfort in doing the ZOOM thing, worrying that our community will have ‘forgotten’ about NAMI Aberdeen, etc. – our advisory board felt it was important for us to connect monthly, if nothing else - to greet each other, and know that we are all in this mental health movement together.

I went into our last monthly NAMI Aberdeen affiliate meeting, feeling a little ‘in the dumps’ as I felt like our presence of NAMI Aberdeen is becoming lost through this year of COVID. However, after having some good conversation with the few NAMI members that continue to ZOOM each month, I came to a wonderful realization -WOW, we are ‘not falling into the woodwork’! NAMI Aberdeen is alive and well, despite COVID! Even though we continue following NAMI national guidelines of no person-to-person events, we are proceeding with “Wiping Out the Stigma’ by the following activities:

- Engaging with Aberdeen Police Department regarding programs/grants of possible interest
- Developing and distributing NAMI Aberdeen business cards to agencies that give specific info on our affiliate, along with NAMI SD virtual happenings
- Leading a virtual NAMI Basics class for NAMI SD
- Distributing NAMI ‘goodie’ bags (consisting of brochures, info on virtual activities, and various NAMI promo items) to organizations in the community
- Radio announcements about NAMI virtual programs and support groups
- Planning a virtual event for National Mental Health Awareness Month for all NAMI SD affiliates

And best of all – Starting to plan a “Comeback from COVID Celebration” to be held **whenever** we can hold it. By planning this event, it gives us **HOPE** that we will someday be able to meet in person.

This list of NAMI Aberdeen activities is in no way intended to be ‘gloating’ of what all we do, but possibly to give other groups suggestions of what can be possible during this time we are living in. We would love to hear what you are doing in your community. Hope to see you soon on the wonderful virtual events sponsored by NAMI South Dakota.

Cindy Kirschman, NAMI Aberdeen team lead

Advocacy Updates

With the South Dakota Legislature in session, it's important for NAMI SD and other advocates to address issues that affect people living with mental health conditions. The NAMI SD staff has been engaging with lawmakers and advocates alike. (Listen to our Why We NAMI podcast with Disability Rights South Dakota director Tim Neyhart, airing February 17, for information.)

Here is a list of the 2021 bills we are following:

SB173: revise certain provisions related to competency hearings

SB144 make an appropriation to provide for a crisis stabilization unit and to declare an emergency.

SB186 make an appropriation for behavioral and mental health service support in crisis stabilization and to declare an emergency.

SB96: revise certain provisions regarding the use of telehealth technologies.

SB87: exempt health benefit plans sponsored by nonprofit agricultural organizations from insurance regulation.

HB1063: make an appropriation to contract for mental health insurance for certain first responder organizations and to declare an emergency

HB1064: make an appropriation for and the establishment of peer support and critical incident stress management training for first responder organizations

HB1075: limit directives and incentives for extreme risk protection orders and to provide a penalty

HB1077: provide for licensure by endorsement for certain licensed professionals and occupations

HB1151: create a peer support services program

NAMI SD is joining with several other advocacy groups to take part in Disability Day at the Capitol. Click here for a video: <https://youtu.be/rsCX05daQdA>



Education:
 NAMI Ending the
 Silence for Parents
 & Caregivers
Tues Feb 16th
6pm - 7pm (CST)

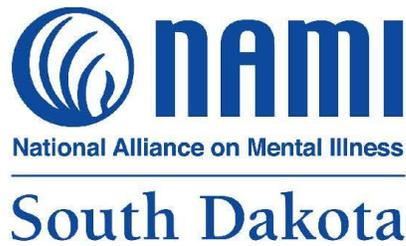
Wellness:
 **your Pet
 Party & Fashion
 Show**
 Fri Feb 12th
 6pm - 7pm (CST)

Education Class:
**NAMI Ending
 the Silence
 for Parents &
 Caregivers**
 Tues March 3rd
 6pm - 7pm (CST)

Wellness
Story Stitch
 Thurs Feb 18th
 6pm - 7pm (CST)
 Thurs March 4th
 6pm - 7pm (CST)

Wellness:
**Travis Jacobs
 Finding Words in the
 Backwards World of
 Grief**
 Tues Feb 23rd
 6pm - 7:30pm (CST)

Support Groups:
 NAMI Family to Family
 recurring 1st & 3rd
 Sunday each month
 6pm to 7pm



**FEB - MARCH
 VIRTUAL
 ACTIVITIES**

Wellness:
**Laughter Yoga
 with Jill Johnson**
 Sun Feb 28th
 2pm - 3pm (CST)

Wellness:
 **St. Patty's Day
 Themed
 GAMENIGHT!**
 Thurs March 18th
 6pm - 7pm (CST)

Support Groups:
NAMI CONNECTIONS
 recurring weekly
 every Wednesday
 5:30pm - 6:30pm (CST)
 every Thursday
 noon - 1pm (CST)

**REGISTER FOR EVENTS ON THE
 NAMI SD FACEBOOK PAGE OR AT
 NAMISOUTHDAKOTA.ORG**

FOR MORE INFORMATION OR QUESTIONS
 EMAIL US AT NAMISD@MIDCONETWORK.COM

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 11/20/2020 through 2/03/2021

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Marlys Thompson
Wendy Giebink
Marilyn Charging
Jeannie Cecil
Christie Lueth
Alicia Andal
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Sands Drywall
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*Mary Finck
*William & Gail Fuller
*Pauline Staben

***Denotes monthly giver**

Ask us how you can join our Circle of Friends!

We would like to thank everyone who contributed to the South Dakota Day of Giving 2020.

We also appreciate the many responses to our Annual Appeal. Your donation helps us continue our programs in 2021. Thank you!

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!**

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Huron 605-350-9516

Watertown 605-886-7799

Pierre 605-280-2882

Brookings 605-692-8948

Aberdeen 605-228-5983

Peer Leadership Council 605-238-5766

CONNECT WITH US:

Website: www.namisouthdakota.org

Email: namisd@midconetwork.com

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

Phone: (605) 271-1871
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