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Calendar of Events

September 25: Helpline Center

October 1: Candlelight Vigil

October 5: Pastoral Care Toolbox Workshop

November 4: Dancing with the Sioux Falls Stars

Board of Directors

Mary Beth Fishback,
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Phyllis Arends, executive director
605-610-7226
info@namisouxfalls.org
www.namisouxfalls.org

The NAMI Sioux Falls public education program meets **from 7:00 to 8:00 p.m. on the 4th Monday of selected months at 1601 E. 69th Street. # 105.** *The meeting is open to the public and offered free of charge.*



Public Education Meetings:

NAMI Sioux Falls works tirelessly to address the many needs of our members as well as the general public. Recently we distributed a Survey Monkey questionnaire to get input about the public education meetings we offer. 23 people responded and indicated that meetings are best held on Monday evenings during the months of September, October, February, March and April.

Because the speakers donate their time and expertise it is important that meetings are held when people are most likely to attend.

If you are interested in helping find topics and speakers, please contact the NAMI Sioux Falls office.

September 25th meeting is by Janet Harvey. Janet will provide information about the many services and supports offered by the **Helpline Center**. You are not alone. Every day people turn to 211 for information and support – whether financial, family, health, or disaster-related. The call or text is free and confidential

Thank You

[Sponsors of Dancing
with the Sioux Falls](#)

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Trailways

Sanford Health

Southeastern

The Event Company

Donors

April 1 to July 31, 2017

Baskin, Carolyn	Network for Good
Bithos, Marianne	PayPal Giving Fund
Citizens State Bank	S.F. Storm IFL
Clift, Susan	Stubbe, Scott
CNA Worldwide Operations	Thrivent Financial
CTE Human Services	Trinity Lutheran Church
Cunningham, John	Wal Mart
Friesen, Marlyn & Maureen	Weber, Krystal
Geraets, Jerry & Anney	Wintersteen, Glen & Audrey
Haufschild, Robert & Shari	Arends, Wayne & Phyllis in honor of Glen & Audrey
Heiser, Dennis & Joyce	Wintersteen
HOSA, O'Gorman Chapter	Arends, Wayne & Phyllis in memory of Kathy Ross
Lellelid, Jean	DeBerg, Betty in memory of Ruth Howe
Lindenberg, Mary	Raven Industries in honor of Jerry Hiebert
Martinec, Kathy A.	
Moss, Harlan & Pat	
Murphy, David	
Norgaard Insurance Agency	

*The need for NAMI grows
more and more every day.*

Thank you to the **Thrivent
Financial** members who
designated their contributions to
support the work of NAMI Sioux
Falls.

Thank you to the following
agencies for supporting NAMI
Sioux Falls programs:

First Christian Reformed Church

First Congregational Church

First Presbyterian Church

Grace Presbyterian Church

SF Veterans Administration

St. John's Lutheran Church

Support Group Information

Connection Recovery Support groups are led by trained individuals who are in recovery themselves. They understand your daily challenges and can offer encouragement and support. All groups are confidential. You can share as much or as little personal information as you wish. www.nami.org/connection

Groups are currently held:

Sundays at First Congregational Church, Minnesota Ave. at 11th Street from 6:00 to 7:30 p.m.

Mondays at First Congregational Church, Minnesota Ave. at 11th Street from 11:30 to 1:00 p.m.

Tuesdays at First Christian Reformed Church, 2901 E. 26th Street from 6:30 to 8:00 p.m.

Thursdays at First Presbyterian Church, 2300 S. West Ave. from 4:00 to 5:30 p.m.

Family Support Groups - are led by trained family members. They offer encouragement and support.

First and Third Sunday each month from 6:00 p.m. to 7:30 p.m. at St. John's Lutheran Church,
1912 W. 13th Street

Second and fourth Sunday each month from 6:00 p.m. to 7:30 p.m. at First Congregational Church,
Minnesota Ave. at 11th Street www.nami.org/fsg.

Recovery Month 2017

JOIN THE VOICES FOR RECOVERY STRENGTHEN FAMILIES AND COMMUNITIES

Oftentimes, individuals who experience a mental and/or substance use disorder feel isolated and alone. Yet, every year millions of Americans experience these conditions. It's important that we offer support to individuals facing mental and/or substance use disorders. In fact, we need to create environments and relationships that promote acceptance.

National Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2017

Support from families is essential to recovery, so it's important that family members have the tools to start conversations about prevention, treatment, and recovery. Too many people are still unaware that prevention works and that mental and substance use disorders can be treated, just like other health problems.

Individuals who embrace recovery achieve improved mental and physical health and form stronger relationships with their neighbors, family members, and peers. We need to make more people feel as though recovery is possible.

Mental and/or substance use disorders affect people of all ethnicities, ages, genders, geographic regions, and socioeconomic levels. They need to know that help is available. These individuals can get better, both physically and emotionally, with the support of a welcoming community.

Families and communities can find hope and spread the message that recovery works by celebrating the annual National Recovery Month (Recovery Month), an initiative sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services (HHS). www.recoverymonth.gov

Opportunity to Support NAMI Sioux Falls



NAMI Sioux Falls selected as a Non-profit of Choice for the New First Bank & Trust Campaign!

What if funding NAMI Sioux Falls were as EASY as switching banks? For a limited time, First Bank & Trust is welcoming new consumer checking customers by making a \$200 donation to one of 30 non-profit organizations, and NAMI Sioux Falls is one of those organizations! If you've thought about switching to First Bank & Trust, now is the time to do it! Choose **NAMI Sioux Falls** when you switch for good today! See full details at

www.SwitchingForGood.com.

Educational Classes Being Offered in September

The 12-week **Family to Family** class will begin Tuesday, September 5th and goes from 6:00 to 8:30 p.m. every Tuesday evening until the end of November. Students will be accepted until September 19th.

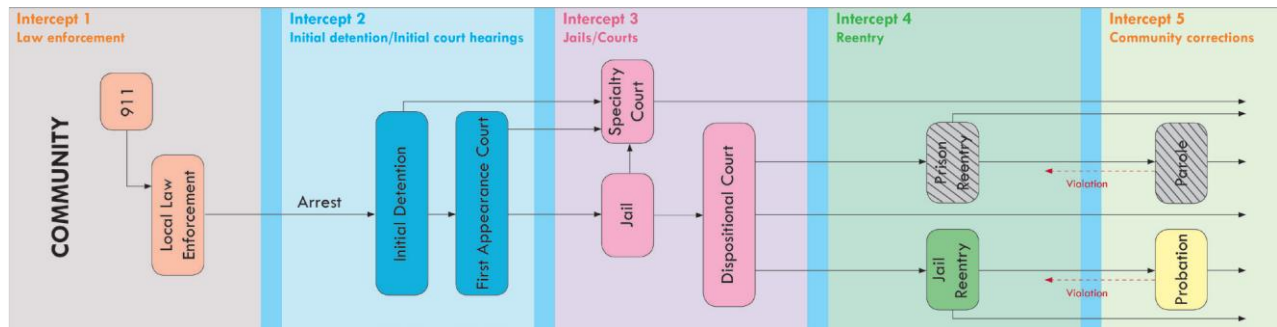
This 12-session program helps family members and caregivers of persons living with a mental illness understand the causes and origins of the illness, how to communicate when the illness is not well-controlled, self-care, advocacy, and more.

NAMI Basics will begin in mid-September. Dates and time TBD.

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. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties prior to age 13.

Contact Anney Geraets at programs@namisiouxfalls.org or 605-610-7226 for more information or to register.

Sequential Intercept Model Mapping



The Sequential Intercept Model (SIM) is a tool that enables communities to create coherent strategies to divert people with mental and substance use disorders from the criminal justice system. The mapping process associated with SIM (see Figure 1) focuses on five discrete points of potential intervention, or “intercepts” (Munetz & Griffin, 2006):

- Intercept 1: Law enforcement;
- Intercept 2: Initial detention/first court appearance;
- Intercept 3: Jails/courts;
- Intercept 4: Reentry from detention into the community; and
- Intercept 5: Community corrections, probation, and parole.

Much has been written about four of these intercepts. For example, the Crisis Intervention Team model has been disseminated broadly as a strategy to improve law enforcement interventions at Intercept 1. Mental health courts, drug courts, and other treatment courts have become an increasingly common part of the judicial landscape and define much of the conversation at Intercept 3. Reentry from jail or prison, Intercept 4, has become a core topic in general discussions regarding correctional policies at the federal,

state, and local levels. SAMHSA's SSI/SSDI Outreach, Access and Recovery) (Dennis & Abreu, 2010) ease reentry on release from jail or prison.

And while many communities lack much in the way of resources at Intercept 5, a literature has emerged that discusses specialized probation as a strategy to ensure longer community tenure (Skeem & Manchak, 2008).

While each intercept presents opportunities for diversion, Intercept 2 may hold the most unexplored potential. This is because it is at Intercept 2 (initial detention and first court appearance) that the vast majority of individuals who come into contact with the criminal justice system appear. Many of these individuals have a mental illness and co-occurring substance use disorders; these are the individuals whom communities often try to divert. Read more at:

<https://store.samhsa.gov/shin/content/SMA15-4929/SMA15-4929.pdf>

September

Public Education

Presentation:

Helpline Center

by

Janet Harvey

Mon. Sept. 25

7:00 – 8:00 p.m.

Ending the Silence

NAMI Ending the Silence (ETS) is a 50-minute mental health awareness program for high school age youth. Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. NAMI Ending the Silence instills a message of hope and recovery and encourages teens to reduce stigma and end the silence surrounding mental illness.

How Does the Program Work?

- Presented in health, science or psychology classes, youth groups, clubs and after-school programs.
- Delivered by a trained two-person team, one of whom is a young adult living in recovery with a mental health condition.

- Includes presenter stories, educational slides, videos and discussion
- Provides teens with resources and tools to help themselves, friends or family members who may be experiencing symptoms of a mental health condition.

On August 12th six people, Phyllis Arends, Anney Geraets, Wendy Giebink, Mallory Flanigan, Hannah Risty and Jill Turbak, from NAMI Sioux Falls were trained to bring this presentation to local schools.

NAMI Sioux Falls Program Coordinator, Anney Geraets is working with local schools to schedule presentations. If you would like to schedule one in your school contact Anney at programs@namisiouxfalls.org or 605-610-7226