



# Annual Report

**December 7, 2015**

## Mission Statement

The mission of NAMI Sioux falls is: To provide education, support and advocacy for individuals and families impacted by mental illness (brain-based disorders). We strive to effect positive change in our local mental health system, and increase the public and professional understanding of mental illness.

## Program Accomplishments

The three tenets of NAMI are Education, Support and Advocacy. These three things are accomplished through the efforts of dedicated volunteers throughout the Sioux Empire.

### **Education:**

Educating the general public and our members is an important part of the work of NAMI Sioux Falls. This is accomplished by providing a monthly education and support meeting as well as presentations to civic and other community groups and organizations.

**1) In Our Own Voice** is a presentation given by two adults in recovery to educate the public about life with one of these medical conditions. 14 presentations have been given to more than 175 people in Sioux Falls. There are currently 4 active presenters in Sioux Falls. Presentations are given in colleges, churches, mental health centers and other civic groups. In Our Own Voice is the best anti-stigma program that exists. Presentations are given without cost to the requesting organization.

**2) Family to Family** has been deemed an Evidence Based Practice, which proves what families have known for 20 years: Family to Family WORKS! Family to Family is a 12-week series of classes for family members, offered without charge to those attending. The course teaches

family members the knowledge and skills needed to understand and cope with their loved one's illness. Classes are held 2 to 3 times each year, including at the Sioux Falls Veterans Administration Center. NAMI has a Memorandum of Understanding with the Veterans Administration to bring the Family to Family program to its family members whose lives are affected by mental illness. In 2015, 2 classes were held at the Veterans Administration hospital. There were 25 family members who completed the classes. NAMI South Dakota held a training for new Family to Family teachers in 2015. We have an additional 4 teachers to help increase the reach of this program.

We also have trained teachers who are working to bring Familia a Familia to the Hispanic community.

**3) Compartiendo Esperanza** is a public education program for the Latino community designed to raise awareness and reduce stigma surrounding having a mental illness. It consists of a two-person team presenting short workshops to groups from within the Hispanic Community. Compartiendo Esperanza will be a natural lead-in to de Familia a Familia, the Spanish-language version of Family to Family.

**4) NAMI in the Lobby** is a joint venture with the Avera Behavioral Health Center to help patients and family members learn more about NAMI programs and support groups. The Avera Behavioral Health Center offered us a place in the lobby to have an informational table available. We currently have six volunteers trained to staff the informational table as their schedules allow.

5) A "**Mental Health Ministry**" class was taught by Rev. Barbara Wangsness and Phyllis Arends at the Sioux Falls Seminary during the January Term. The class is intended to help those ministering to individuals living with mental illness and their family members gain a deeper understanding of how mental illness impacts the family life and how they can improve their ministry efforts.

**6) Informational tables** were available at eleven events in Sioux Falls this past year. Approximately 450 individuals stopped for information during these opportunities.

**7) Public education** presentations were given to fourteen different groups throughout the year. Some groups were very small, but all were engaged and interested in NAMI Sioux Falls programs.

### **Support:**

NAMI Sioux Falls offers an information and referral phone line that is staffed Monday through Friday during normal working hours. We average more than 500 calls each year. Most of these

are from family members seeking support, education and appropriate services for their loved one. More frequently the calls have a theme of discontent with the services that are/are not available in the Sioux Falls area. There are requests for specialized services and most practitioners list numerous areas they practice in. We have a particular need for targeted services for childhood illnesses, including complementary and alternative approaches to treat the symptoms children are experiencing. There is also a need for supported housing to help adults with serious mental illness remain living in the community rather than a group home or assisted living facility. Employers need education about mental illness and its impact on their business. Family members whose loved one is not doing well have greater difficulty concentrating and often have lower productivity while on the job. Individuals living with mental illness are great employees when the business understands the symptoms and educates their staff about working with someone who has one of these medical conditions. There is a strong need for supported employment.

Peer support is one of the main reasons NAMI was founded. Having the ability to meet and visit with people who have “walked in my shoes” helps those who are struggling with an illness or have a family member living with mental illness.

**1) NAMI Connections** is a recovery-focused peer support group, offered at no-cost to attendees, that offers respect, understanding, encouragement and hope for adults living with a mental illness. Groups were held twice a week in Sioux Falls. Due to attrition of facilitators, this dropped to weekly earlier in the year. NAMI South Dakota held a training recently and an additional 4 facilitators were trained to help keep the group vibrant in Sioux Falls. We continue to seek more individuals in recovery to lead Connections groups.

**2) Family Support Group** is a, confidential and safe group, offered at no-cost to attendees, of family members helping other families who are living with mental health challenges. In the Family Support Group, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges. NAMI South Dakota conducted a training recently and an additional 4 facilitators were trained. We now offer the Family Support Group every week.

### **Advocacy:**

In Sioux Falls more than 30,000 citizens have a diagnosable mental illness in a given year; 40,000 adults live with serious mental illness. Approximately 35 percent of SD students aged 14 and older living with serious mental health conditions who receive special education services dropped out of school in 2006-2007 school year. This is the highest dropout rate for children in any disability group. The numbers reveal a much higher rate of mental illness than has been

recognized by the general public. Much work needs to be done to help these citizens achieve their highest level of recovery.

NAMI Sioux Falls works closely with NAMI South Dakota to make system-wide changes that will improve the lives of those impacted by mental illness.

**1)** NAMI Sioux Falls continues to work with local law enforcement and Southeastern Behavioral HealthCare to provide **Crisis Intervention Team (CIT)** training. CIT is a community collaboration and results in improved outcomes for the individual in crisis as well as for the officers involved. The objectives are:

- to reduce inappropriate admissions to the hospital, jail and detox
- improve access to after-crisis follow-up and mental health and substance abuse treatment
- improve service integration and coordination among agencies and providers to help patients better navigate complex systems
- improve awareness about and access to services to assist people in entering the healthcare system for mental health and substance abuse services prior to the crisis state

One training was held in 2015. The second training had to be cancelled due to staff changes at the SFPD. Additionally, NAMI Sioux Falls members have presented personal stories and helpful suggestions for handling an adult experiencing mental health symptoms during the CIT training held at the SD Penitentiary.

**2)** NAMI Sioux Falls is collaborating with Minnehaha County and the City of Sioux Falls to bring the **Stepping Up Initiative** to our community. The Stepping Up Initiative is designed to help people who live with mental illness remain in the community with appropriate services rather than being incarcerated.

**3)** NAMI Sioux Falls is part of the **Charis Ministry Partners Healthy Rides** initiative designed to help individuals who need transportation to health related appointments. This came about when SAM stopped bus service to the Avera Behavioral Health Center. Charis Ministry Partners Healthy Rides contracts with **Project CAR** to provide the transportation.

**4)** NAMI Sioux Falls is part of the **Rural Sioux Empire Coalition for Youth** and the **Suicide Prevention** task force. These groups work collaboratively to find ways to improve the lives of children and adolescents and decrease the number of children who choose to use illegal substances and who die by suicide.

5) NAMI Sioux Falls is represented at both the **Sanford and Avera Faith Community Nurse** groups to give them tools and resources as they work with individuals and family members whose lives are affected by mental illness.

6) NAMI Sioux Falls is a member of the **Sioux Empire Homeless Coalition**, working together to help the members have resources to address the mental health needs of those they encounter who are not permanently housed.

7) NAMI Sioux Falls is part of the **Sioux Empire Systems of Care Collaborative** to improve the outcomes of children who are living with a serious mental health condition. In conjunction with this initiative we are part of a larger Community of Care Collaborative to work with statewide systems that deal with chronic medical conditions.

8) Phyllis Arends facilitated a **Smarts for Advocacy** training in Pierre the evening before Mental Health Day at the Legislature in February. Smarts for Advocacy equips attendees with tools they can use when they contact local officials. It helps them formulate “their story” and then use those components when they speak in person or via phone or email.

### **Outreach:**

Midcontinent Communications aired the NAMI Public Service Announcements: “Brighter Day” 261 times in August and 227 times in September. They aired “Peace and Quiet” 268 times in August and 236 times in September. The PSA included contact information for NAMI Sioux Falls.

## **Mental Illness Awareness Week**

In 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of NAMI's efforts to raise mental illness awareness. Since then, mental health advocates across the country have joined with others in their communities to sponsor activities, large or small, for public education about mental illness.

MIAW coincides with the National Day of Prayer for Mental Illness Recovery and Understanding (Oct. 6) and [National Depression Screening Day](#) (Oct. 8.)

Mental Illness Awareness Week is recognized in Sioux Falls with a Candlelight Vigil and Walk on Sunday of MIAW. The event begins with a short scripture service, followed by a program of inspirational stories and messages as well as terrific music. Approximately 80 people attended the event. Noticeably absent were people from the mental health community.

## Monthly Meeting Information

January	Finding a Therapist by Brian Eclov, EdS
February	Human Trafficking by the Junior League of Sioux Falls
March	Meeting was cancelled because the speaker was unable to present at the last minute
April	Substance Use and Mental Health Issues for Women by Leah Rath, MA
May	No meeting – Memorial Day
June	Civil Rights of Persons Living with Mental Illness by Kevin Kolinier, US Attorney Office
July	Live Well Sioux Falls by Mary Michaels with the City of Sioux Falls
August	Anxiety: Understanding It, Assessing It and Doing Something With It by Dr. Roy Conrad
September	Co-Occurring Mental Illness and Substance Use Disorders by Kim Questad, MS from Carroll Institute
October	Meeting was cancelled due to a medical emergency of the presenter
November	Investigative Reporting by Mark Walker, reporter for the Argus Leader
December	No meeting due to Christmas

## Financial Report

	Sep 30, 15
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Checking/Savings</b>	
First Bank & Trust	11,715.0
	8
<b>Total Checking/Savings</b>	11,715.0
	8

	11,715.0
<b>Total Current Assets</b>	<u>8</u>
<b>TOTAL ASSETS</b>	<u>11,715.0</u> <u>8</u>
<b>LIABILITIES &amp; EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	<u>0.00</u>
<b>Total Current Liabilities</b>	<u>0.00</u>
<b>Total Liabilities</b>	0.00
<b>Equity</b>	
<b>32000 · Unrestricted Net Assets</b>	19,058.3 0
<b>Net Income</b>	<u>-7,246.86</u>
<b>Total Equity</b>	<u>11,811.4</u> <u>4</u>
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<u>11,811.4</u> <u>4</u>

## Financial Support

NAMI Sioux Falls relies heavily on the generosity of individuals to support the ongoing work of education, support and advocacy to improve the lives of people affected by mental illness. Individual donations, whether in a check written once a year, as a monthly deduction from a checking account, remembering a loved one with a memorial or setting up an endowment fund at the Sioux Falls Area Community Foundation are the lifeblood of NAMI Sioux Falls.

Ways that NAMI Sioux Falls members can **contribute** to the financial success of the organization include: making a regular donation, and telling friends and business contacts of the positive ways your life has been affected by NAMI programs and support.

**1) Operation Helpful Smile**, a program of the local **HyVee** stores, brought in \$1,896.56 this year. This event generally happens during the month of July. One week your donations at the

cash register are given to NAMI Sioux Falls. This is another easy way to give, and your donation is doubled (up to a certain amount) by HyVee vendors.

**2)** NAMI Sioux Falls was chosen to be the beneficiary of “**Downtown Gives**” during the 2015 Holiday Season. Individuals purchase a coupon book and the proceeds are donated to NAMI Sioux Falls.

**3)** NAMI Sioux Falls held its first annual **Dancing with the Sioux Falls Stars** event on Saturday November 7<sup>th</sup> at The District. It was attended by more than 300 people. Six local celebrities paired with local dance professionals for an evening of great entertainment. The Event Company was hired to organize the fundraiser and music was provided by Goodroad. The financial report will be included in the 2016 Annual Report.

Corporate sponsors for Dancing with the Sioux Falls Stars:

First Bank & Trust, Date Night Dance Company, Dance Ballroom and Studio, Balleraena Dance Studio, The Event Company, Southeastern Hair Design, AARP, Bel Brands, House Master, McAreavey Farms, McGreevy & Associates, Sanford Health, Thrivent Financial, Renee Christensen, and Risk Administration Services.

## **Donors October 1, 2014 to September 30, 2015:**

Ahrendt, Randy & Sandy; Anonymous; Arends, Wayne & Phyllis; Armitage, Gerald; Baxter, Blackwelder, Denise; Tom & Jackie; Castle, Michael; Cecil, Jeannie; Clift, Susan; Fink, Marvin & Maggie; Friesen, Marlyn & Maureen; First English Lutheran Church; Hass, Lowell & Sharyl; Hoiland, RoseMary; Holleman, Sandra; Home Federal Bank; Kittams-Lalley, Janet; Kramer, Dan & Kathy; Larson, Maryalice; McCarty, Roger & Marcia; Moser, Deb; Moss, Harlan & Pat; Murphy, David; O'Connor, Eileen; Ode, Bruce & Stephanie, One Hundred + Women Who Care; Paul, K-Lynn & Karen; PhRMA; Piper, Debra; Ross, Ryden, Carole; Kathy; Schmidt, Leland & Bridget; Spader, Duane & Elaine; Teeman, Patricia; Wangsness, Barbara  
Arends, Wayne & Phyllis in memory of Jeff DeZeeuw and Dorothy Donohue  
Barrell, Jeannine in memory of George Barrell  
Drexler, Russell & Jennifer in memory of Shannon Geraets  
Julsrud, Harald in memory of Shannon Geraets  
Kohn Family Trust in honor of Barbara Wangsness  
Manfred, Marya in memory of Maryanna Manfred  
Penticoff, Michael & Marilyn in memory of Shannon Geraets  
SF Housing Employee Club in honor of Carole Ryden  
Wilson, Terry & Jenelle in memory of Gail Hierholzer  
Wintersteen, Glen & Audrey in memory of Edith Matthies & Jerry Claussen

Your support helps NAMI Sioux Falls continue its efforts to improve the lives of people in the Sioux Empire who are affected by mental illness. The demand for programs continues to increase. We need your support to help us meet this ever-growing need.

Donations are tax-deductible because NAMI Sioux Falls is a 501c3 charitable organization.

## **Additional Information**

October 31, 2014 NAMI Sioux Falls has 93 paid memberships. Using the factor of an average of 2.5 people per household we would have 232 members. Considering there are at least 30,000 people in the Sioux Empire directly impacted by mental illness we have a membership of less than 1% of this population. NAMI as a national organization has been struggling with “Do we remain a membership organization?” Or are we evolving into a different structure?

NAMI Sioux Falls is working toward re-affiliation with NAMI. This is a process of reviewing the business operations as well as programmatic operations of the organization. Information about requirements is available at [www.nami.org/excellence](http://www.nami.org/excellence) . The Board adopted a Resolution to Re-affiliate and have forwarded this document to NAMI South Dakota for consideration.

## **NAMI Sioux Falls Board of Directors**

Mary Beth Fishback, President

Tom Fishback, Treasurer

Carol Scholten, Vice President

Mary Thill, Secretary

Paula Lain Smykle

Jennifer Miklos

Krystal Weber