

## RAISING AWARENESS FOR MENTAL HEALTH

1 in 4 individuals will experience a mental health issue each year, but only 60% of these individuals will seek treatment. There are many factors that prevent people from seeking help such as stigma, lack of community awareness and limited education regarding resources. Kris Graham, CEO, Karen Chesley, Clinical Director, and Melissa Tauer, Assistant Clinical Director were recently featured on Keloland Living to raise community awareness and help break the stigma associated with mental health conditions. Southeastern recognizes the importance of partnering with the community to be a resource that promotes wellness and growth for all individuals facing a mental health issue. Southeastern has been in the community since 1952 and serves about 5,000 clients a year. Southeastern will continue to raise awareness this May for Mental Health Awareness Month during the 2018 NAMI Walk. Please consider joining the Recovery Runners as we support NAMI's mission to provide education, support, and advocacy for individuals and families impacted by mental illness.

### NAMI WALK DETAILS:

Saturday May 19th  
Sertoma Park

Check in is 8:30 with events to start at 9:30



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## COMPANY INFO

### SOUTHEASTERN

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605.336.0510

## DEPARTMENTS

Counseling and Children's Services  
2000 S. Summit Ave.  
Sioux Falls, SD 57105  
605-336-0510 or 1-866-258-6954

Community Support Services  
100 W. 5th Street  
Sioux Falls, SD 57104  
605-336-0503

Education and Integration Services  
500 E. 54th Street N.  
Sioux Falls, SD 57104  
605-335-8956

Cayman Court  
4101 W. Caymen St.  
Sioux Falls, SD 57107  
605-271-8540



## A CLIENT APPRECIATES SUPPORTIVE SERVICES FROM 5TH STREET CONNECTION

Southeastern is dedicated to supporting individuals served. Here is client story about the support he receives from case management, psychiatric services, and being a member of the Clubhouse.

“I started receiving services at Southeastern back in 2008, when I was possibly going to be homeless. I received a case manager, assistance on a lot of things, including help with filling out paperwork for housing. My case manager has helped with taking me to the doctor appointments and with other things that I have needed to do. I see a psychiatrist at Southeastern and I get good services. I’ve seen different psychiatrists since the fall of 2008. My psychiatrists have helped work out different medications that work for me; sometimes it’s a lot of trial and error to figure out which medications will work best. I have depression, not real severe, but moderate. Severe enough though. I also have fairly high anxiety. I have OCD, where I end up counting and recounting, checking and rechecking. That really slows me down on things that I do. That combined with anxiety and depression makes it hard to accomplish a lot. I have trouble concentrating, and may have ADD. My short term memory has kind of dropped off too. Sometimes I forgot what I have said a few words ago. When I play games at Clubhouse it challenges me. I now have to use paper to add up my numbers. My psychiatrist and I are still trying to find the right medication to help me out. We recently changed my bupropion to help with my anxiety and depression. I do labs several times a year to check and monitor my medication levels. I meet weekly with my case manager to pick up medication; she goes to my psychiatry appointment with me and helps me talk with the psychiatrist. She will remember some of the issues that we talked about that I may have forgotten to tell the doctor. I feel that I have a very good case manager right now. I’d rate her equal or better than every case manager I’ve had. My psychiatrist is good. I get counseling and that’s helpful. Clubhouse is great because I can be around people who have similar disabilities. I feel more relaxed with people at Clubhouse. I’m glad I’m a member of that.”



### DONATIONS!

Southeastern is so grateful for all of those who donate to our organization! With your support, we are able to provide services that enhance the emotional and behavioural well-being of children, adults and families and in turn strengthen our community.

#### Corporate

- Howalt & McDowell Insurance
- Lloyd Company Management
- Fiani Design
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#### Individuals

- Joan Giebink
- Julie Kafka
- Marvin & Maggie Fink
- Steve Ciofalo
- Gary & Dianne Jacobson
- Kris Graham
- Joann Kolbeck
- Heidi Hewitt

## INTERNSHIP SUCCESS – A CASE STUDY

*By Caroline Beebe, LPC-MH, QMHP*

What constitutes a successful counseling internship? Depending on the individual, the answer might be a paid internship, the location of the internship, experiencing therapy with a diverse population, the possibility of a full-time position after graduation, a positive working environment, or learning anything and everything you possibly can.

In Fall 2012, I began my internship at Southeastern. A well rounded internship experience was important to me and Southeastern definitely fit that criteria. During my internship, I was based at 5th street and had a great orientation experience being able to shadow groups, individual therapy sessions, and seeing firsthand how to do paperwork. After orientation, I transitioned to co-leading a DBT group, facilitated individual therapy with my own caseload, and learned how to collaborate with other professionals. I engaged in weekly supervision sessions that helped me grow personally and professionally in the counseling field. I also had the opportunity to expand my experience by shadowing groups in the Bridges Program and other children and family services. I enjoyed my internship site, supervisor, and overall experience so much; I applied and was accepted for a full-time therapist position at 5th street.

April 1st was my official five year anniversary with the agency. During these past 5 years, I expanded my clinical experience by working with children and families, facilitating groups at Education and Integration and the Adult Day Program, achieving my LPC-MH licensure and QMHP certification, and increasing skills with the adult population. I became involved with Juvenile Detention Center (JDC) on-call, completed mental health holds, became trained in Eye Movement Desensitization and Reprocessing (EMDR), and so much more. I've learned my passion for the counseling field extends to not only clinical work but organization and training as well. I've been able to grow within Southeastern personally and professionally which has brought me to my current position as Internship Coordinator. In this position, I am able to combine my interests and help beginning counselors determine and explore their idea of a successful internship experience while helping grow the agency and the community through our work. My internship experience became the springboard into a career that I love, and to me, that is the definition of success.

## SUPERVISOR DEVELOPMENT PROGRAM

*By Dr. Kelly Bass, DSW, CSW-PIP, ACS*

Good supervision is a key component developing staff within an ever changing agency environment such as Southeastern. Under the guidance of a trusted, knowledgeable and competent supervisor, a developing therapist's knowledge transforms into real-life interventions that can profoundly affect client's lives for the better.

There is a need for a higher standard in supervision. Southeastern has asked Dr. Kelly Bass to help address the needs of supervisors to ensure supervisor competence through more specialized supervisor training.

Dr. Bass is providing a nine month supervisor development program to Southeastern supervisors that aims to give guidance grounded in research and experience. The 45 hour training provides curriculum that defines the parameters of good supervision, including a strong, trusting supervisory relationship and sound, modern assessment and feedback methods, among others.

Foundation for the training is guided by The Center for Credentialing and Education (CCE). CCE has mapped out nine core areas for supervisors to grasp to become good supervision practitioners. It endorses supervisors at the national level and encourages a lifelong, cumulative process that pays strong attention to diversity and takes into account legal and ethical issues, personal and professional factors, and self- and peer-assessment throughout a supervisors' career. Through this training, any supervisor that completes the entire 45 hours, will have satisfied the initial training requirements to become nationally credentialed as an Approved Clinical Supervisor.

"Supervisors should be constantly thinking about their own world views, about Southeastern's world view, about their own professional status on multiple dimensions and how this intersects with the supervisee's world view, and about how all of this relates to the client's presenting problem," Dr. Bass says.

Access to Center for Credentialing and Education:  
<http://www.cce-global.org/ACS>

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## CHILDREN SERVICES

*By Nicole Robideau, CSW-PIP, QMHP*

Services at Southeastern's Summit location continue to grow as we see a steady increase in referrals to our Counseling and Children's Services programs. Children Services (SED) are provided by Home-based therapists who travel to both schools and homes to meet the needs of our clients. Southeastern currently offers Children Services to all four counties in our catchment area which includes Minnehaha, Turner, McCook and Lincoln Counties, including fifty-six area schools.

Southeastern continues to have a strong partnership with the Sioux Falls School District. In addition to providing counseling services to thirty schools in the district, Southeastern provides social skills groups, Aggression Replacement Training(ART), Moral Recognition Therapy(MRT), Chemical Dependency (CD) screenings, and CD individual and group therapies. We have also worked with the school district to establish a system to offer Threat and Risk Assessments to youth who have been suspended from school.

Southeastern Home-based therapists are planning for the end of the school year transition to ensure that services that are typically provided in the school environment continue to meet the needs of children and their families during the summer months.

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