

THE GARDEN PROJECT

By Amy Smith, MA, LAC

I am excited to announce this year we have a new program starting - a Garden Group! Our mission statement is Transforming lives through the connection of people and plants utilizing therapeutic horticulture techniques and goals to improve quality of life and wellness. The garden group is a therapeutic horticulture program developed to assist our clients in a variety of ways. These can include, but are not limited to reducing isolation, increasing socialization, working within a group cooperatively, making decisions, problem solving and developing a healthy coping skill. We are hoping this will assist our clients with developing empowerment and increasing their self-esteem.

Deb McClintock and I facilitate this group. We meet three days a week for two hours each day. We have clients meet us at our 5th Street location and take vans out to the location behind Lewis on 69th St. Lewis has graciously allowed us to utilize this space behind their building and have played an instrumental role in the development of this project. There are a total of 14 garden beds, 12 raised beds and 2 taller beds that are closer to waist high. We are planting a variety of vegetables, fruit and herbs, including cucumbers, tomatoes, watermelon, strawberries and many more plants. We have made the space welcoming by arranging the raised beds in a sun shape and placing picnic tables with umbrellas in the middle to create a place for participants to gather. Members have worked hard on planting various plants and seeds. In the few sessions that we have had, we've discussed what it's like for a plant to be transplanted and the stresses it creates. Members have been able to connect this back with their lives and how change can affect them. We've had members share that it gives them pleasure to feel like they have accomplished something. Working outside and doing something physical adds enjoyment and creates a connection with others.

In addition to the three gardening groups, we also have complimentary groups. These groups include an education group, an art therapy group and a cooking group facility. The education group focuses on learning about plants, bees,



flowers and different gardening techniques. The art therapy group focuses on a connection between art, mindfulness, therapy and gardening. The cooking group is a way to utilize food gathered from the garden to make inexpensive, simple and nutritious recipes clients can bring home and make. I am excited to be a part of this opportunity and can't wait to see what this growing season will bring both to the garden and most importantly to the participants!

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COMPANY INFO

SOUTHEASTERN

2000 S. Summit Ave
Sioux Falls, SD 57105
www.southeasternbh.org
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



THE HOSMAN TEAM: A Personal Story!

Many of our clients at the Adult Day Program (ADP) start their day with a greeting from Dave or Julie Hosman. Dave and Julie are a stabilizing influence at the Adult Day Program and the clients who attend the program consider them to be part of their extended family. There are clients at ADP who came to live at Southeastern as children and Dave and Julie have become important figures in their adult lives. Their positive influence on the lives of the people we support, both at a personal and professional level, has contributed to the success of our clients. These individuals are more independent than they could have ever imagined when they came to Southeastern and are grateful for Julie and Dave.

Dave and Julie Hosman began working at Southeastern almost 20 years ago. That career decision would change their lives in a way they couldn't have imagined. Their work relationship grew stronger over time and eventually led to marriage.

Both Dave and Julie are long term employees who maintain a work/home life balance. Spending so much time with a spouse might be difficult for some, but Dave and Julie truly love it. For them it is harder to leave work at work than to leave their marriage at home. Dave and Julie are committed to their marriage, but also committed to their work. By keeping their working relationship very professional, they are able to focus on the needs of their clients.

Dave and Julie first met in passing when they worked as Education Assistants in adjacent classrooms at Southeastern. Later their paths crossed more directly when Dave began working with Julie in Home-based services. Because Dave was new to the position Julie was training him and this gave them the chance to really talk to each other and realize they had a lot in common. Fast forward to 19 years later and they will be celebrating their 14th wedding anniversary this October.

Dave and Julie both agree that their secret to a healthy work/home life balance is communication and being able to separate from their work once they are at home. Everyone at work knows Dave and Julie are married, but this doesn't define who they are. They are able to maintain their own personalities in their own positions, they just happen to be a couple who works side by side. Their ability to be a team makes them even better at what they do.

Dave and Julie are a strong work unit and it only makes sense the strong balance they give each other would translate into a successful relationship outside of work.



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
- Citi Bank
- Workplace Technology
- CNA Surety
- Artisan House Galleries
- Koch Hazard Architects
- Irvine Construction
- WMC contracting
- Professional Engineers Group

Individuals

- Kari Shanard-Koenders
- Joan Giebink
- Dave & Barb Ohme
- Craig & Rhonda Lindes
- Joan Clark
- Scott & Mary Cross
- Harlan & Susan Henke
- Stacy Vietmeier
- William & Denise Ladwig
- Julie Kafka
- Dr. Shawn & Lisa VanGerpen

SOUTHEASTERN PARTNERS WITH AREA SCHOOLS

Southeastern Directions for Life has been a partner with the area school districts for many years. This partnership has allowed the students in Sioux Falls and the surrounding area to receive counseling at the school they attend. Currently, we are in every elementary, middle school and high school in Sioux Falls. This partnership also extends to Lincoln, Turner and McCook counties. We are able to accomplish this with our SED funding, which is provided by the S.D. Department of Social Services to serve children experiencing emotional and behavioral problems. Families are involved after the child has been identified as being in need of services. Southeastern Counselors see approximately 1000 children in area schools each year.

The importance of these services is significant. The Surgeon General's report on Children's Mental Health (2001) indicated that approximately 20% of children and adolescents have an emotional disorder and that 5% have a severe mental health disorder. In an educational setting, mental health issues will affect concentration, memory, on task behavior, judgment and problem solving abilities. It is important to remember that a child experiencing problems may not qualify for special education services, but Southeastern Counselors are able to assist many children and families through our school services.

Services may begin after a simple process involving the school counselor, the child in need of services and their families. When a problem is identified, a referral form and releases are completed. Southeastern Intake staff will then set up a time to meet with the family to review eligibility criteria for SED funding.

Once the intake is completed, a counselor is assigned. The student is then able to be seen by the counselor at the school. Students and families can also receive services at home or at the Southeastern Counseling Offices. If appropriate, psychiatric services are also available to both the family and the child. Southeastern's Counselors are all Master's-level professionals trained in mental health and/or chemical dependency. Both individual and group counseling are available to children and their families. Crisis coverage is also available 24 hours a day.

We value our partnership with area schools and are grateful to the Department of Social Services for making the funds available to serve all of the children who qualify for our services.

For more information about our programs please call 336-0510 or visit our website at www.southeasternbh.org.



VOLUNTEER OPPORTUNITIES

By Sonja Herbert, Special Education Teacher

- Do you like to play basketball?
- Do you like to build things?
- Do you like muscle cars?
- Do you like playing video games?
- Do you play an instrument?

If you answered "yes" to any of these questions, then we need your help. I am a teacher at Southeastern's Education and Integration Program. I am truly blessed to be involved in the lives of some talented, fun, caring and gifted students. I know students at E&I that would enjoy spending time with a volunteer who may share the same interests. For our students, it would be a tremendous gift if you could share an hour of your time once a week.

If you are interested, please call 335-8956. Your gift of time would make a difference in the life of a child who would benefit from a positive adult role model.





**2000 S Summit Ave
Sioux Falls, SD 57105**

PLAYGROUND NEEDS

By Heidi Hewitt, Education Service Coordinator

The E&I program serves 94 adults and children with developmental disabilities. We provide day, residential and home based services. Twenty five of these individuals attend our school. During their school day children are supported in the areas of academic, social/emotional development, communication, life skill(s), employment and community involvement. Our program not only supports families in Sioux Falls, but from surrounding communities as well. Some students are with us for years; others transition back to their districts, as they progress through our program and less support is needed.

All of our students need an appropriate outlet for exercise throughout the day. Physical activity is a key ingredient to improving focus and curbing impulsivity. We have found that physical activity increases our students ability to cope with stress, helps to foster friendships and decreases anxiety.

Our goal, as a school, is to raise funds over the next year ranging from \$15,000-\$20,000 to update our current playground equipment to meet the mental and physical needs of our students. Your donation will allow our students to be able to take meaningful breaks throughout their day and maintain our goal of providing quality services.

We appreciate the generous support we receive from our donors and their willingness to enhance our program to enrich the lives of the students we serve. Many thanks!