

## MENTAL HEALTH AWARENESS MONTH

By Christie Lueth, CSW-PIP, QMHP

May is Mental Health Awareness month. One in four individuals may have a diagnosable mental health condition in any given year. Mental illness does not discriminate and is more common than people realize. It has an impact in our communities, families, and personal lives. Only 41% of people living with a mental illness utilize mental health services each year, which is why raising awareness is important. There are many factors that prevent people from seeking help, such as stigma, lack of community awareness, limited education regarding resources, and that people may not know how to respond when symptoms are present.

If a mental health condition is left untreated, it may contribute to other problems in life like poverty, homelessness, addiction, or suicide. Recognizing the signs and symptoms can be vital to a person's well-being, and can be life changing and life saving. One small thing each person can do is start the conversation to shift the language from illness to wellness. Mental illness is often associated with distress and/or problems functioning in social, work or family activities. Whereas, mental wellness has a focus on well-being, health, and hope to increase the ability to better cope with stress to lead to happier and more productive lives. Mental health professionals, advocacy groups like NAMI, families, and individuals living with a mental health condition are working together to stop the stigma against mental illness. May is a month to remind us that it's okay to get the support you need.

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## COMPANY INFO

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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. Cayman St.  
Sioux Falls, SD 57107  
605-271-8540



Join the Recovery Runners on

**MAY 18<sup>TH</sup> 2019**

for this annual family event to raise funds  
and awareness to help change perceptions  
about mental illness.

**WHERE:** Sertoma Park, Sioux Falls

**CHECK-IN:** 8:00 AM

**WALK STARTS:** 9:30 AM





## CHILDREN AND ENGAGING IN PLAY

*By Celeste Uthe-Burrow, LPC, LMFT, EDD*

Every adult can remember a time in their childhood when they engaged in some type of play activity. Maybe the activity was playing with toy figurines, dressing up in play clothes, engaging in make-believe or playing a game of kick ball or tag, one is reminded of the joy and positive feelings that play induces for an individual. When we become teenagers and eventually adults we leave behind the activities that once gave us joy and satisfaction and find other activities that are similar (hobbies, sporting activities, dance lessons, etc.) to fill the void that leaving play behind brings into our lives.

Play for children involves much more than enjoyment. It is the way in which they act out their emotions, test their ability to be successful or experience defeat and most importantly, it is the way they learn how to navigate the world and interact with others. It promotes the development of cognitive reasoning, emotional regulation, physical endurance and social interaction. In other words, play is essential to the healthy development of all children.

In recent years, play has been a topic of research regarding its importance and the negative impact children experience when time isn't set aside for children to participate in free play. The American Academy of Pediatrics (2007) made recommendations for pediatricians to discuss with families the benefits of free play. This encouragement came from the growing number of children presenting with depression, anxiety and health issues related to non-activity and play.

Mental Health professionals have undertaken the job of bringing play into the therapeutic setting by providing play therapy. This type of therapy has proven to be the most effective way to help children ages 0-12 deal with mental health issues before they become chronic and impact their life as an adult. Children cannot express their inner turmoil in the same manner that adults can.

Through a child's play, the toys become their words and the play becomes their language. Play therapists work with children in a play setting by watching the themes of their play, creating a safe environment in which they can work out their frustrations and challenges and helping them to identify and develop the strengths that is inherent in each child.

Theraplay is an approach to child and family therapy for building and enhancing attachment, self-esteem, trust in others and joyful enjoyment. Families are taught games and activities to enhance their interactions and build the capacity of each family member to become a cohesive family unit that can withstand the many challenges life can present.

Play therapy and Theraplay are currently being offered at Southeastern Behavioral Health through a partnership with South Dakota State University. Southeastern Behavioral Health has five therapists that have been trained through South Dakota State University's Counseling program and are currently providing play therapy and Theraplay services. This partnership titled South Dakota Early Childhood Collaboration was awarded a five year, \$2.2 million grant through SAMHSA for the purpose of providing play therapy services in urban and rural areas and increasing the number trained play therapists in the state of South Dakota. Through this grant, therapists are able to go into Early Childhood classrooms, home daycares, a family's home and the school setting in order to provide play therapy services. Currently these services are being provided in Head Start classrooms in Brookings, Watertown, Madison, Flandreau, Baltic and Garretson. The goal of the grant is to make services available to all children and families regardless of location.

Those seeking more information or wanting play therapy or Theraplay services are encouraged to call Southeastern at 605-336-0510.

# DIAMOND IN THE ROUGH SOCIAL

## DIAMOND IN THE ROUGH FUNDRAISER

By Debbie Faini, MS

Southeastern Directions for Life entered into an agreement with Minnehaha County Public Defender's Office approximately 2 years ago and The Alternative Sentencing Program was created. This program is designed to reduce incarceration costs by maximizing the community based services in lieu of incarceration. It provides a resource for clients with mental health and/or chemical dependency concerns. Southeastern provides case management and mental health/chemical dependency evaluations to individuals in the jail and in the community. Since the development of this program, recidivism rates have decreased. This allows individuals to be active members of the community and receive the help they need. Since Southeastern provides this service at no cost, The Diamond in the Rough Fundraiser was created in partnership with Minnehaha Country Club. Several community donors came together to make this fundraiser happen. In kind services included designing invites, developing a promotional video, and many silent auction items were donated. The venue, food, and entertainment were donated by the country club and other private donors. The main purpose of the fundraiser was to promote Mental Health and Chemical Dependency awareness in our community. A special thank you to Faini Designs for their continued support to Southeastern.

## PARENT TESTIMONIAL

"My son sees Dr. Shawn Van Gerpen through Outpatient Services at Southeastern Behavioral HealthCare. Ensuring that my son gets the best mental health services is one of the most important things to me as a mom. When I met Dr. Van Gerpen, I knew he would be a good fit for my son. Due to my son getting older, I really wanted him to be able to connect with someone and know that this person will be there for him as he goes through his teenage years. After my son's first appointment he seemed happy and satisfied. He was also relieved that he would be seen by Dr. Van Gerpen for the next 4 plus years during his adolescent years. As a parent, I am very relieved that my son will be getting the best continuity of care through the Outpatient Services at Southeastern. The nurses are efficient when my son needs a refill of his medications. The nurses are so quick at getting scripts signed and sent to the pharmacy to be filled, especially when I'm in a time crunch. Overall, I am very satisfied with the services my son receives and am lucky we are able to be a part of the agency."



### 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 behavioral well-being of children, adults and families and in turn strengthen our community.

#### Individuals

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

#### Corporate

- Howalt & McDowell Insurance
- Lloyd Company Management
- Faini Designs Jewelry Studio
- Eide Bailey

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## COFFEE SHOP AT EDUCATION AND INTEGRATION

*By Sonya Herbert, MA*

The idea of the coffee shop at Southeastern Behavioral HealthCare's Integration and Education Program came out of a student's need for a job skill goal. Along with the coffee shop, the students have developed their own library which is housed at the Daily Grind Coffee Shop.

The Daily Grind is run by 5-7 students and gives them the opportunity to run a small business. Students learn "on the job" skills such as how to take orders, run a cash register, and make change. Students also make and deliver coffee orders. The school favorite is Peanut Butter Hot Chocolate and Mocha Latte. The remainder of the week, students can make their favorite coffee, latte, or tea using the Kurieg.

The Student Library and Daily Grind are accepting donations to help keep this project growing:

- ☪ Coffee pods
- ☪ Tea pods
- ☪ Flavored Syrups  
*(Caramel, Vanilla, Hazelnut, and Raspberry)*
- ☪ Books
- ☪ Magazines  
*Technology on Your Time*  
*ZooBooks*  
*Girls World*  
*Sports Illustrated for Kids*  
*Muse*

### THE DAILY GRIND HOURS:

Fridays from  
9:30am to 10:30am

