

NAMI BASICS

By Karen Chesley



Southeastern employees from 5th Street were fortunate to have mental health trainings provided by NAMI SD and NAMI Sioux Falls earlier this year. Instructors Jim Keller and John Williams presented the NAMI Basics curriculum to our staff members. This interactive training taught us about brain development, classifications of diagnoses, early identification in children, problem solving skills, navigating through the schools and juvenile justice system, and provided information about resources available to the public.

The trainings were educational and beneficial. Thank you NAMI for your continued support and partnership with Southeastern!

INTRODUCING NEW WAYS TO SUPPORT SOUTHEASTERN

By Tina McCorkell

Southeastern is excited to announce that you can now support us when you shop on Amazon through AmazonSmile. All you have to do is select Southeastern Behavioral Healthcare as the non-profit organization that you would like to support, and when you shop through AmazonSmile, Amazon will donate 0.5% of your eligible purchases to Southeastern!



Southeastern will be participating in South Dakota's Day of Giving on #GivingTuesday, Tuesday, December 3rd. Like and follow us on Facebook to find out how you can support Southeastern!



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



AN UPDATE FROM ON TRACK SD

By Andrea Heronimus

The On Track SD program at Southeastern Directions for Life has been going strong since 2016. On Track SD is often referred to as FEP because it is an early intervention program tailored for individuals between the ages of 16-30 who are experiencing their first episode of psychosis or FEP. This might mean they've had some unusual thoughts, felt paranoid or afraid, or may have heard or seen things that others don't. They may also begin to withdraw from their family and friends. Often times, these symptoms begin when a young person is away at college and may cause a lot of worry, fear, and anxiety about the future for both the young person and their family. We work with our clients and their families for an average of 1-3 years, depending on their needs, to provide a variety of services including education and support. The goal of the program is for our clients to understand and manage their symptoms, as well as to provide them with the skills needed to achieve their own goals for school, work and interpersonal relationships.

Our On Track SD Program has seen a number of successes over the last 3 years. The majority of the clients who are active in our program are working, attending school, or both. It has been amazing to witness some of the young people that we work with as they have come out of their shells, so to speak, and their personalities have emerged after their symptoms were under control. Two of these clients have become good friends while working toward GED completion and both have aspirations to go on to college. We have also witnessed some of the family members of our clients develop friendships through attending our family support group. In the past six months, we have had three clients who have successfully completed the program. The first of these "graduates" just recently got married and another of our graduates has now been living on his own for over a year and has maintained full-time employment for nearly two years. Our third recent graduate from our program had already successfully completed college prior to working with us, but had

become anxious and withdrawn. He is now more self-confident, has developed some great friendships, and is active in the community. We excited to see what this next year has in store!

If you would like more information on this program or have a potential referral, please contact Andrea Heronimus or Melissa Tauer at 605-336-0503 or send us an email at ontracksd@southeasternbh.org.

EMPLOYER SUPPORT OF THE GUARD AND RESERVE

By Amy Wirth

On March 22nd 2019, Shannon Schroeder-Six was presented with the ESGR (Employer Support of the Guard and Reserve) Service Member Patriot Award. This award reflects the efforts made to support service-members through a wide range of measures including flexible schedules for Drill and Annual Training, time off prior to and after deployments, caring for families, and granting leaves of absences if needed.



SOUTHEASTERN GARDEN UPDATE

By Amy Hollingshead

The Southeastern Garden elicits a wide range of emotions from wonder, curiosity, peace, tranquility, to joy and happiness. When we look at wellness, there are many aspects which the garden can encompass from mindfulness, learning, physical exercise, sense of purpose, connection to spirituality and socialization.

The Southeastern Garden can be beneficial to anyone, including staff at Southeastern. We recently had staff appreciation lunches out at the garden, which allowed time for staff members to see first hand the benefits of being in the garden. Seeing the beautiful flowers, strolling in the garden, or feeling the soft Lamb's Ear are all comforting activities. There are many herbs in the garden such as lavender, sage, dill, fennel and rosemary which smell wonderful, and a sniff of any of those herbs can be a wonderful sensory exercise. The next time you are in the garden, I encourage you to try it!

Feel free to experience the wonderful scents and view the beautiful flowers as you walk through the labyrinth. This can be a calming and beautiful walk which can lead to greater mental clarity. There is also a nice swing to sit on near the entrance to relax at and enjoy. If you stroll through the wild flower beds, it will give you a chance to see and experience some of the natural flowers native to South Dakota.

There have been studies done to show that the soil itself has microbes that are natural anti-depressants. Along with this, being out on in the sunshine will allow for Vitamin D to permeate your skin, which can help with depression as well. Not to mention that there are many mindfulness opportunities with your senses. When it comes down to it, you don't need an excuse to go visit the garden, just come out and see for yourself the wonderful benefits of being in a garden first hand! Just in case you haven't gotten a chance to visit, it is located right behind Lewis Drug off 69th & Louise. Hope you enjoy!



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

- Rita Sorenson
- Laura Davis Keppen
- Jim Wright
- McKenzie Grimm
- Annie Roman
- Amy Sondag
- John Gasahl
- Laura Merola

Corporate

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PRESENTS

DIAMOND
IN THE
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SOCIAL

TO PROMOTE AWARENESS FOR MENTAL HEALTH & CHEMICAL DEPENDENCY.

LOCATION: MINNEHAHA COUNTRY CLUB	DATE: NOVEMBER 7TH, 2019	TIME: 6:00 PM
SOCIAL/SILENT AUCTION DINNER BRIEF PROGRAM	TICKETS: \$50 EACH OR TABLE OF 8 FOR \$350 TO RSVP, PLEASE CALL OR TEXT 605-360-9200	

BENEFITING :  Southeastern
Directions for Life

MINNEHAHA COUNTY PUBLIC DEFENDER
MENTAL HEALTH COMMUNITY PARTNERSHIP