

MENTAL HEALTH AWARENESS MONTH

By Christie Lueth, CSW-PIP, QMHP

May is Mental Health Awareness Month. This is a national movement that has been observed since 1949. Mental Health Awareness Month was started by the Mental Health America organization in order to raise awareness and educate the public about mental illnesses. One in five Americans may be diagnosed with a mental health condition in any given year. This year, more than ever, it is important to recognize how promoting mental health can influence and improve our daily lives. Southeastern plays a key role in supporting individuals and families that are impacted by a mental health condition through service delivery and providing resources, advocacy, and education. During this month, please take the time to talk about self care, to seek support, to educate yourself on mental wellness, and to have open conversations about ending the stigma related to mental illness. Remember, we are all in this together. Please see tips for maintaining mental wellness during the COVID-19 outbreak.

TIPS FOR MAINTAINING MENTAL WELLNESS DURING THE COVID-19 OUTBREAK



Keep a daily routine as much as possible.



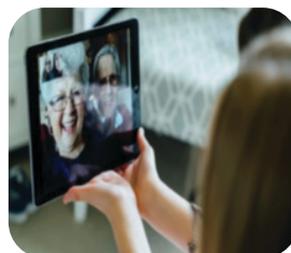
Take time to unwind and do some activities that you enjoy.



Maintain a healthy diet, exercise regularly, and get plenty of sleep.



Take advantage of outdoor activities while maintaining all local safety and social distancing guidelines.



Stay connected with others using technology such as social media, video chats, phone calls, or texting.

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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





Join the Recovery Runners for a virtual walk on Saturday, May 30, 2020

- **Event Start Time:** 11:00 AM
- **Route Distance:** NAMI Walks Your Way
- **Location:** Virtual
 - Participate in NAMI Walks through social and live feeds

Why We Walk

To promote awareness of mental health and reduce stigma by sharing stories and walking together

To raise funds for NAMI's mission of advocacy, education, support and public awareness

To build community and let people know they are not alone

NAMI WALKS YOUR WAY SOUTH DAKOTA: A VIRTUAL EVENT

Information from www.namiwalks.org

On May 30th, NAMI Walks will be a virtual experience and joined by NAMI Walks across the country. NAMI Walks Your Way means what it sounds like: participants get to make NAMI Walks their own. You can walk a 5K—through your neighborhood, around your backyard, on your treadmill. Or you can do something else meaningful and fun to celebrate our virtual walk day.

What participants are doing on May 30th:

- Walking 3,500 steps for a 5K their way
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike

Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag [#NotAlone](#) and [#MentalHealthForAll](#).

Together we can make May 30th a day to remember - *Mental Health for All: A National Day of Hope.*

ADOLESCENT PROGRAMMING

By Nicole Robideau MSW, LCSW-PIP, QMHP

Greetings from the Summit Counseling office! We have stayed quite busy this school year as we continue to provide school-based, home-based, outpatient and now telehealth services to clients in Minnehaha, McCook, Lincoln and Turner counties. We currently have 32 therapists providing counseling for a total of 2,500 children and their families in our catchment area. We have many outpatient groups that we continue to offer. Anger Replacement Training (ART) group for adolescents ages 11-17 is a 10 week/30 hour course offered twice yearly at Southeastern. Moral Reconciliation Therapy (MRT) and Dialectical Behavioral Therapy (DBT) groups are offered ongoing for adolescents at our Summit location. Additionally we offer an ongoing Dialectical Behavioral Therapy (DBT) group held at Whittier Middle School. Southeastern is part of the Project AWARE grant offering Systems of Care services to two areas: Whittier Middle School in Sioux Falls and the Bridgewater/Emery school district. This partnership is going quite well as we work to help connect families with needed resources in their communities and surrounding communities. Southeastern is looking forward to expanding telehealth services as part of the next initiative with Project AWARE.

Summit also has an adolescent Substance Use Disorder (SUD) team. The adolescent SUD team is comprised of trained therapists who complete screenings or assessments on referred students to provide the best recommendation for each student. Screenings are completed on students with minimal substance use and have a recommendation for educational services provided either through our prevention program groups or on an individual basis. Assessments help diagnose students with a potential substance use disorder and allow the therapist to find the best course of treatment for these students. Currently Southeastern provides Level I.0 treatment services through individual sessions or through our adolescent DBT program as a group based therapy. This school year the adolescent substance use disorder team has served over 200 students and families with screenings and assessments.

DRUG, DUI, VETERANS AND MENTAL HEALTH SPECIALTY COURTS

By Tina McCorkell, MBA

Southeastern Directions for Life was recently awarded a \$2,500 Spot Grant from the Sioux Falls Area Community Foundation (SFACF) Community Funds to help provide incentives to the participants of the following specialty courts: Drug, DUI, Veterans and Mental Health Court. Southeastern partners with Minnehaha County to provide substance use and mental health treatment to the participants involved in the specialty courts.

The specialty courts are post-plea and designed to help those battling with addiction or mental health disorders and their related criminal offense. They are voluntary programs available to moderate risk or high need individuals with felony level offenses. Participants in the courts must be willing to adhere to the court rules, which includes regular appearances in court before a judge, frequent and random drug testing, substance use disorder counseling in individual or group settings, mental health counseling and case management, psychiatric services and medication management, educational classes, a system of behavior modification based on incentives and sanctions, and intense community supervision by the court teams.

The goal of specialty court model is to reduce recidivism and decrease the amount of contact that participants may have with the criminal justice system by providing participants with intensive probation, substance use and mental health treatment, vocational support, case management and other life tools. Each problem solving court has structured phases and commencement criteria that participants work through in order to graduate from the program. All programs operate with a team of agencies who work together for service integration and collective treatment planning within our community.

Court models recognize that changing addictive behavior requires constant vigilance, motivation, reinforcement and treatment to prevent relapse and promote change. Incentives are utilized by the courts to help motivate and encourage participants to continue to work hard and participate in their treatment. A participant may be given an incentive for their positive progress and/or good behavior. Incentives may include applause, acknowledgement from the judge, progression in the court program, decreased court attendance and decreased supervision. Thanks to the Sioux Falls Area Community Foundation and the Spot Grant, incentives such as bus passes, gas vouchers, gift cards for groceries, food and other daily living necessities can also be given.

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

- Robert Morris
- Jeffrey Stevens
- Robert Oliver
- Peder Malchow
- Daniel Stevens
- Sam & Betty Speier
- William L Roberts
- Steven and Patricia Lindquist
- David and Barbara Ohme
- Bill Townsend
- Scott and Mari Cross
- Shawn and Lisa Van Gerpen
- Robert and Kristine O'Connell
- John and Debra Scott

- Joan Giebink
- Craig and Rhonda Lindees
- Sharon and Mark Olson
- John Davis - Stephanie Miller Davis Memorial Fund
- David and Pamela Marburger
- Shirley Dunlap
- Linda Hoppe
- Maggie Fink
- James and Shirley Dunlap
- Tru Fam RC - Joe
- Louise Drewes
- Mary Forsberg
- David and Pamela Marburger

MEMORIALS

- Lucille M. Kascoutas Memorial
- Todd Loftesness Memorial

CORPORATE

- The Barrel House
- Hansen Manufacturing Corp.
- Sands Dry Wall
- Davenport, Evans, Hurwitz & Smit, LLP
- Irvine Construction LLC
- Lewis Drug