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Southeastern

Directions for Life

Spring 2021 Issue

Southeastern Directions for Life

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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



Counseling and Children's Services

Southeastern's Counseling and Children's Services continues to keep busy with the many services offered to our community. Southeastern provides individual counseling to children in the school setting as well as as homebased counseling with children and families.



Currently, we have 40 counselors that provide school-based counseling to over 1,500 children in the 51 schools within the four-county catchment area that we serve. Our biggest referral source and community partner for the SED program is the Sioux Falls School District (SFSD). Within the SFSD, we work closely with the Bridges Program at Horace Mann Elementary. Our counselors provide individual and family services, as well as social-emotional therapy groups to teach children social skills. The groups assist children with learning emotional regulation skills to assist with various triggers which may arise in the classroom, at home, or in the community.

Our Adolescent Substance Use Disorder (SUD) team implemented a new program called "Catch My Breath" to address the SFSD's concerns of seeing an increase in student vaping. This program has been completed twice at a middle school location with plans to complete another cohort in April. Since implementing this program, the middle school has reported seeing a decrease in vaping incidents and has had zero recidivism with participating students. The Adolescent SUD team continues to remain busy providing screenings and assessments to the SFSD students, completing nearly 175 evaluations during this school year.

For more information on Counseling and Children's Services please contact Christie Lueth at 605-336-0510.

Graduation at E&I

DeLon Van Regenmorter

As summer approaches, the teachers at Education and Integration Services become elated, as it is the time of year that we get to feature the most important event in our student's educational journey – Graduation! This milestone is very crucial for many of our students as it serves as an opportunity to reflect on just how far they have come over the years. "It feels as a sign of relief and accomplishment, I'm happy to know I've come

a long way because I've put in a lot of effort to get to where I am." This was a reflection from one of our upcoming graduates when asked what graduation meant to him. Another student shared, "It makes me feel good, excited, and proud. I know I can do anything...I know I can do it."



Arriving to this milestone looks very different from student to student; no paths being exactly the same. Some of our students are completing their senior year, while others have completed their transitional studies through our Transitional Program and will be aging-out of an individualized education plan (IEP). Ages will range from 18-21 years old. Some students will receive a certificate of completion showcasing their successful efforts to learning. Others may receive their official diploma through their "home" school district or through a dual-registration process set up by Redfield Public School and Southeastern. Redfield's assistance began several years ago, and it allowed students without an educational funding source to be considered as a potential participant for a signed diploma. Talk about a game changer! Since beginning this process, several individuals under the DSS or DOC programs have benefited from this opportunity.

So, what does the big day look like? Regardless of age, ability, or funding source, Southeastern's school personnel strive to make this day as memorable as possible. Usually near the end of June, family and friends gather to watch the ceremony at the school. Our Day Program Coordinator will share inspiring words of praise and thank the students, as well as their support teams, for their commitment to learning. Then, each individual graduating will receive their certificate and a hearty handshake. Many times, there are emotional tears, warm hugs, and various shouts of "Hooray" when students' names are called. Students graciously accept their token of accomplishment and may share their plans for after graduation. When all is said and done, the traditional cap toss is encouraged! Lastly, when participants are dismissed, we head to the common halls and check out each student's open-house set-up. A table with his or her prized possessions, photos, and signature book are displayed. Family and friends love seeing their graduate's display and the students enjoy and appreciate the opportunity to hold this at the school, for all to see! Oh, and we cannot forget the cake! There is always cake.

In the end, graduation at Southeastern is unique. Although the paths vary, each student rose to the challenges encountered with special education. They worked enthusiastically to get to this day. They continued to push forward despite setbacks. They celebrated minor and major success moments. They showed resiliency. They persevered. So, whether you ask a teacher, staff member, parent, or a student, this was never an easy task. But it was always worth it. THEY are worth it!

Congratulations to those who will graduate this year! We are so incredibly proud of you.

For more information about E&I Services, please contact Shelli Williams at 605-335-8596.

NAMI Walk

Dana Irvine, MSW, LCSW-PIP, QMHP

This year, NAMI South Dakota continues to bring life-changing support, education, and advocacy to those in need across our state. Over the last year, those needs have continued to rise. On average, 1 in 5 adults in the U.S. experience a mental illness in a given year. However, after the last year, 1 in 3 adults report experiencing symptoms such as anxiety or depression. Consider helping NAMI keep pace with the rising need for mental health care by joining or donating to Southeastern's Recovery Runners for this annual event.

Last year NAMI rolled out their first entirely virtual NAMIWalks Your Way South Dakota event where participants took part *their way*- choosing activities like walking on a treadmill or in their neighborhood, practicing yoga, or riding their bike. This year, NAMIWalks South Dakota will once again be a virtual event on May 22, with a live-streamed opening ceremony and other engaging activities.

For more information about this year's event or to donate to the Recovery Runners, please contact Dana Irvine at 605-336-0503.



Join the Recovery Runners for a virtual walk on Saturday, May 22, 2021

- **Event Start Time:** 9 AM to 5 PM
- **Event Location:** Virtually Anywhere!!

Participate in [NAMIWalks Your Way](#) through social media or NAMI's Live feeds #NAMISouthDakota #NotAlone

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

Community Support Services

Melissa Tauer MS, LPC-MH, QMHP, NCC

Over the last year at 5th street, we have made several adaptations to our service delivery in order to continue to meet the needs of our clients. Our staff continues to provide medication management, clinical individual and group therapy, and case management. These services may be delivered over the telephone, through telehealth, or in the community using social distancing practices.

Our psychiatry services have continued through the use of telehealth so that the medication management needs of our clients are being met and case managers continue to provide medication delivery for those needing this support.

The Clubhouse program continues to support clients with telehealth, phone support, and has been offering limited in person hours each day. Clubhouse has implemented increased cleaning practices as well as social distancing procedures to ensure the safety of all members attending in person.

As we go forward, safe cleaning practices, social distancing and mask wearing will continue to ensure the safety of our staff and clients as we resume in person appointments with continued telehealth and phone support services.

For more information on services, please contact Melissa Tauer at 605-336-0503

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.

Individual Donors

- Joshua Benda
- Dr. Bhatara
- Shirley & James Dunlap
- Josh Gashal
- Joan Giebink
- Irvine Construction
- David Murphy
- Dave & Barb Ohme
- Mark & Sharron Olsen
- Stephanie Schultz
- David & Bernita Timpe
- Shawn & Lisa Van Gerpen
- Jim Wright
- Kris Graham
- Dr. John Davis

Corporate Donors

- Century Business Products
- CNA Surety
- Eide Bailly
- First Bank
- First Dakota National Bank
- Interstate Office Products
- Iverson Dodge
- Lewis Drug
- Lloyd Companies
- Marsh & McLennan
- Workplace I.T. Management

Now Hiring

At Southeastern, we are committed to a comprehensive employee benefit program that helps our employees stay healthy, feel secure, and maintain a good work/life balance.

The following positions are currently available. If you are interested in learning more about opportunities at Southeastern, please contact HR at 605-336-0510 or email

hr@southeasternbh.org.

- Impact Associate Clinician
- LPN
- Office Support Staff
- Homeless Outreach
- Chemical Dependency Therapist
- Residential Direct Support Professional – FT Overnights
- Education Direct Support Professional
- Residential Assistant
- Residential Assistant – Education & Integration
- Homebased Therapist



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