

Introducing Southeastern's Vision, Mission, and Core Values

By Christie Lueth

The employees and partners of Southeastern Directions for Life are connected through the agency's purpose...its Mission. Through our work, we have a great impact in the daily lives of individuals served. Our roles influence, not only, individuals, but family systems, communities, social justice matters, and ultimately, us. Our role is a big responsibility. We are supporters, educators, and advocates that carry out the overall purpose of the agency. Southeastern recently updated their Mission and Vision statements to better reflect the services the agency provides. Southeastern serves individuals with varying abilities, needs, and life experiences. Throughout our many programs we focus on individual's strengths and goals to help people find their directions in life.

The purpose of a Mission statement is to let the community and employees know who we are and what we do. A Vision is the larger goal and purpose. It is what the agency hopes to provide overall. Core values support the Vision and Mission. These values are to be used as a guide to reach the goals we have set. They are the core of who we are as a community agency. Core values help administrators develop and implement policies. They help clinicians when deciding what technique or theory is most effective with their client. They help direct care staff to choose the best approach to connect with individuals. Core values help all of us make ethical decisions and keep us grounded in our purpose. Core values are what the agency uses as its foundation for quality care. Please find the new vision, mission, and core values below. Southeastern uses these core values as a guide to service and how we interact with individuals, families, and the community at large.

Vision:

Southeastern is committed to providing hope for today, growth for tomorrow, and directions for life.

Mission:

Empowering people to discover their directions for life in a changing world.

Core Values of HOPE:

- Humanity
- Growth
- Unity
- Purpose

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COMPANY INFO

SOUTHEASTERN

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

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



MAY IS MENTAL HEALTH MONTH

1 IN 5

AMERICAN ADULTS WILL
HAVE A DIAGNOSABLE
MENTAL HEALTH
CONDITION IN ANY
GIVEN YEAR

MENTAL HEALTH
MATTERS FOR
EVERYONE.



Join the NAMI South Dakota Mental Health Walk on Saturday, May 20th at Sertoma Park in Sioux Falls, SD. When you walk with NAMI, you join the movement to raise awareness of mental illness and raise funds for our mission to help individuals and families right here in our region.

Support Southeastern's Recovery Runners team for the NAMI Walk on Saturday, May 20th, 2017.

Check-in at 8:00am

Walk at 9:30am

Register and Donate at

namiwalks.org/southdakota
Search Recovery Runners

SOUTHEASTERN DIRECTIONS FOR LIFE: A Personal Story!

At Southeastern, our goal is to help individuals live their best lives while managing their mental health. Psychiatry Services are sponsored in part by the United Way. The following success story is one of many that make our work so rewarding.

"I was referred through my work to Southeastern for counseling sessions almost 3 years ago. I started to have symptoms of psychosis when I was working with a therapist and case manager and was referred to the First Episode of Psychosis (FEP) program at Southeastern. When I got sick, I wasn't able to do much. I lost my job, lost my boyfriend and had to move back home. I ended up being hospitalized and then started working with the FEP program. Through this program I'm able to see my psychiatrist once a month and work closely with my doctor and nurse to manage my medications and symptoms. My doctor takes the time to talk to me and get to know me, and knows me well enough to know if there are any changes in my symptoms or mental health. Since I started meeting with my psychiatrist and being a part of the FEP team my thoughts have gotten better and I'm not as scared of my symptoms anymore. Because of the help of my psychiatrist, Therapist, and Employment Specialist I was able to get the help and support that I needed to become more independent again. I'm feeling more comfortable with my self and more confident and I have started driving again, I'm working part-time, I'm exercising and I've even started seeing someone!"

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.

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

New Therapies at Southeastern



ART: Aggression Replacement Training

ART is a multimodal, psycho-educational intervention designed to alter the behavior of chronically aggressive adolescents 12-17 years of age. It is a cognitive behavioral intervention program to help children and adolescents improve social skill competence and moral reasoning, better manage anger, and reduce aggressive behavior. It was developed by Arnold P. Goldstein, Ph.D., Barry Glick, Ph.D., and John C. Gibbs, Ph.D.

Three specific components are emphasized: Skillstreaming, Anger Control Training, and Moral Reasoning Training. The program consists of a 10 week, 30 hour intervention administered to groups of 8-12, no less than 4, participants. Three sessions are held weekly, one in each of the three components. Repetitive learning techniques teach participants to control impulsiveness and anger, resulting in more appropriate behaviors. Guided group discussion corrects anti-social thinking.

Three therapists from Summit location were trained in January 2017. More news to come regarding referral process and start date, session dates, location, time.

MRT: Moral Reconciliation Therapy

MRT is a twelve step cognitive-behavioral counseling program focused on building moral development. The focus is on seven basic treatment issues: confrontation of beliefs, attitudes and behaviors, assessment of current relationships, reinforcement of positive behavior and habits, positive identity formation, enhancement of self concept, development of frustration tolerance and development of higher stages of moral reasoning.

Members of the group are asked to look at the consequences of their behavior and how it impacts their relationships with family, friends and the community. This will be an open group with members at different levels of progress at any given time. Group members are expected to hold each other accountable as they move up the 12 different stages. There is no set time frame of completion for the program, but it could take as few as 12 weeks.

Two staff from our Summit location are trained in MRT. We are currently accepting referrals for group and are working on possibly bringing this concept into a school setting. Dates and times are TBD.

PROM NIGHT SUCCESS!

November 11, 2016 was "Prom Night" for people who attend Southeastern's Education and Integration Program (E&I). The suggestion for a Prom came from one of our students who noted that since he attends our E&I school he had never had the chance to go to Prom. Staff suggested that he write up a proposal, complete with a budget and activities, and submit it to our CEO. He quickly gained approval for the event and we went into planning mode. Staff and clients formed a Prom Committee, prom dresses were donated by staff from all agency programs, staff and clients shopped the "Dollar" stores for decorations, and a staff from the Summit office volunteered to take photos.

On November 11, 2016, staff and people supported transformed the Adult Program building into an "Under The Stars" theme complete with a picture booth and a grand entrance. Many of the decorations were created by clients. A roast beef dinner was provided by the agency, music was selected by clients from their playlists and an anonymous donor made sure that there were bingo prizes for everyone. Clients (and a few staff) danced, played bingo, and enjoyed a roast beef dinner. It was a great night thanks to one individual who had an idea and was willing to turn his idea into reality.



Agency Milestones

We would like to acknowledge our wonderful staff on their anniversaries. We appreciate each one of you and admire your dedication to helping those in our community.

January

Karen Chesley (5 years)
Kristin Melbye (5 years)

February

Tam Kerl (29 years)

March

Doris Anderson
(29 years)

Southeastern Wish List

On behalf of the people we serve, thank you for considering a donation. Your generosity is very much appreciated. A gift of toys, games or activity supplies can make a big difference to the children in our programs. Listed below you will find items needed to enhance our program. **For more information about donations, please call 605-336-0510 or drop off at 2000 S. Summit Ave, Sioux Falls.**

Big Items

- Clothes Dryer
- Clothes Washer
- Microwave
- Piano keyboard
- Pool table
- Foosball Table
- Outdoor playground equipment
- Small couch or love seat

Small Items

- MP3 Player
- Noise canceling headphones
- Headphones(regular)
- Air popcorn popper
- Digital timer
- Small dome tent
- Books & Books on cd
- Disney DVDs
- Craft items
- Fusible beads
- Bracelet loom
- Games - Uno, Candyland

Sensory Room Items

- Floor mats-different textures
- Rocker boards
- Climbing apparatus
- Jogging trampoline with a bar
- Climbing tunnel
- Lazer stars projector
- Blackout curtains for windows
- Bubble mirrors
- Little Christmas lights
- Wagon
- Push carts
- Big pillows