IT’S ALMOST HERE!

NAMIWalks YOUR WAY
South Dakota
Saturday, May 22, 2021

We are so excited about our VIRTUAL event again this year! Walk Day has always been our favorite day of the year, because we get to see so many of our favorite walkers, sponsors, partners, team captains, and friends. We won’t be all together in the park this year, but we can still be together online, with everyone participating in their own way.

Our team captains are doing a fantastic job raising awareness about mental health and the work that NAMI South Dakota does all year long to help people find help and hope.

Would you join us this year and support NAMI South Dakota? We would love to see photos of what you do to celebrate recovery on May 22. Email them to us or use the hashtag #namisouthdakota on your Facebook posts.

Join us as a sponsor, team captain, or volunteer! To register or for more information, visit www.namiwalks.org/southdakota.

Thank you!
Dear Friends of NAMI,

How does Spring make you feel? The longer days, warmer weather, and return to outside activities are here once more. And with COVID vaccinations finally available, we can see progress in the pandemic. All of these things combine to generate feelings of hope, relief, happiness and excitement.

They also have us wondering when we can expect a return to “normal”. It’s hard to know what normal will look like as we move forward, but at NAMI, we plan to remain cautious in order to keep everyone as safe as possible. Our activities will remain online for now. We are doubling our efforts to offer even more to you than in 2020. This year, you can expect more help for students and teachers, as we deliver follow-up activities to Ending the Silence. We’ll expand our presentations and “Lunch and Learns”. We will continue our Connection and Family Support Groups, and our valuable education classes for families. Our conference will be available to everyone at no cost, and a new website will offer more resources than ever before. We’ll continue to partner with others on events and outreach. In addition, you can expect more information on illnesses and treatments, as we delve deeper into these topics on our podcast and website.

Now is a good time to check out all that NAMI South Dakota has to offer. Follow us on Facebook and explore our new website. And it’s a great time to volunteer! We have lots of ways to get involved, and we’re waiting to hear from you.

Thanks for being there for us. We’re still here for you!

-- Wendy Giebink, Executive Director of NAMI South Dakota

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**Why We NAMI Podcast Passes 3,700 Downloads**

We recently recorded Episode #52 of our mental health podcast. It’s amazing to look back and see that we have welcomed weekly guests for a full year. The feedback we’ve received from listeners tells us that many people are looking for new information and inspiring ideas on how to improve their mental health. Of our 3,700 downloads, most are from North America, but we have listeners from every continent. We appreciate all the guests who so willingly shared time with us in the last year. You can find our podcast on our website, Facebook page, or your favorite podcast site. If you have a good idea for a future podcast, you can connect with the producers at whywenamipodcast@gmail.com.

**NAMI SD Board of Directors Seeks Applications**

Board member applications are now being taken by the Nominating Committee of the NAMI SD Board of Directors. The board of directors is responsible for defining the organization’s mission and for providing overall leadership and strategic direction to the organization. The board is seeking applicants with an interest in NAMI and experience in the following areas: finance, fundraising, legal, marketing, business, nonprofits. If you or someone you know is interested in serving on the board, please email namisd@midconetwork.com.

**NAMI South Dakota Conference Update**

The 2021 Annual Conference will be virtual again this year, with NO registration fee. CEUs will be offered for a separate fee for counselors and therapists and social workers. The conference will take place on Zoom on September 30 and October 1. Watch our website for more information!

**NEW WEBSITE!** Check out our new website at www.namisouthdakota.org.
The Link Set to Open in June  

By Mary Michaels

The Link will soon be providing 24/7 access, response and treatment in a safe, therapeutic environment for individuals in the Sioux Falls area who are experiencing non-violent mental health or addiction crisis. Along with addressing immediate needs, The Link will connect individuals and families to appropriate, longer-term services.

There has been a dream for a community triage center for quite some time. As the population of the Sioux Falls MSA grows, so does the need to provide enhanced services to the increasing number of residents impacted by addiction and mental illness. In the Sioux Falls metro area, an estimated 10,387 adults have a serious mental illness, 45,259 have any mental illness and 21,615 have a substance use disorder (SUD). Individuals with mental illness or SUD frequently cycle in and out of the emergency department (ED) or jail, requiring significant time, effort and costs on the part of those entities – as well as law enforcement – for transport and processing.

The Board of Directors, which includes representatives from the City of Sioux Falls, Minnehaha County, Avera and Sanford, recently approved The Link’s Vision, Mission and Values:

- **Vision:** Create a community where hope lives and everyone is respected.
- **Mission:** Empower individuals to seek care and provide a link to services that will help them thrive.
- **Values:**
  - Compassion – Promote hope and healing by focusing on individual needs.
  - Respect – Honor each person wherever they are in their journey.
  - Safety – Create a secure and trusted environment for clients and the community.

The Link will provide care for substance/alcohol abuse as well as for those with mental illness who are not violent in behavior. The target population includes adults in a mental health or substance abuse disorder crisis, regardless of socioeconomic background, who do not meet the criteria for hospitalization. Services include:

- Detox and sobering center
- Psychiatric acute care clinical services
- Assessment for drug and alcohol addiction and co-occurring psychiatric illness
- Initiation and referral to medically assisted treatment
- Recommended addiction or mental health services, or other community-based support services.
The average length of stay for someone in the sobering area is 8-12 hours, and for individuals experiencing an acute mental health crisis, the average length of stay is up to 23 hours. For someone who needs detoxification treatment for substance use disorders, the stay could range from 3-7 days while they are seen daily and encouraged to participate in programming there at The Link. Staff will also recommend an individualized aftercare plan. Avera is the contracted provider for The Link, and services will be provided by Behavioral Health specialists comprised of Advanced Practice Providers, Nurses and Counseling staff. There will also be 24/7 security at The Link to ensure safety for staff and clients.

Learn more about The Link at www.LinkSF.org.
Education:
NAMI Ending the Silence for Parents & Caregivers
Tues May 11th 6pm - 7pm (CST)

Wellness:
Spending Plans for the Budget Savvy
Mon May 3rd 6pm - 7pm (CST)

Education Class:
Panel Discussion: The Importance of Diversity in Mental Health Professionals
Thurs May 13th 7pm - 8pm (CST)

Support Groups:
NAMI CONNECTIONS recurring weekly every Wednesday 5:30pm - 6:30pm (CST) every Thursday noon - 1pm (CST)

Wellness:
BINGO! Hosted by NAMI Aberdeen
Thurs May 6th 6pm - 7:00pm (CST)

Support Groups:
NAMI Family Support Group recurring 1st & 3rd Sunday each month 6pm to 7pm

Mental Health Awareness Month
May Virtual Activities

Wellness Week

Wellness: Art Session with Joan Zych
Mon May 17th 6pm - 7pm (CST)

Wellness: Tips to Planting your Garden
Wed May 19th 7pm - 8pm (CST)

Wellness: Meditation with Jay!
Thurs May 27th 5pm - 6pm (CST)

Cooking Class
Thurs May 20th 6pm - 7pm (CST)

REGISTER FOR EVENTS ON THE NAMI SD FACEBOOK PAGE OR AT NAMISOUTHDAKOTA.ORG

FOR MORE INFORMATION OR QUESTIONS EMAIL US AT NAMISD@MIDCONETWORK.COM
In the uncertain times our nation and world are facing, we know that the mission of NAMI South Dakota is even more important. We carry out our work with the help of volunteers, and through the generosity of our donors and sponsors. With your donation, you become a partner in the mission. Thank you for your kind gifts, especially now. We appreciate you.

Every effort has been made to recognize recent donors. If you think there has been an error, please contact our office.

Donations 11/20/2020 through 2/03/2021

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*Mary Finck
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*Denotes monthly giver
Ask us how you can join our Circle of Friends! It’s so easy to make your contribution in this way. Individual donors are the foundation of everything NAMI SD does. We appreciate you so much!

HOW TO BECOME A DONOR: Visit our donation page at www.namisouthdakota.org/donate to make a gift by Pay Pal or credit card. If you would rather donate by check, please make out your check to NAMI South Dakota and mail it to: NAMI South Dakota, P.O. Box 88808, Sioux Falls, SD 57109.

Ask us how to become a monthly donor to make the most of your gift. Planning your legacy giving? We would be honored to be included. Contact us for more information.

NAMI South Dakota is a 501c3 organization. Donations are tax-deductible. THANK YOU!
CONNECT WITH NAMI IN YOUR COMMUNITY:

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CONNECT WITH US:
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