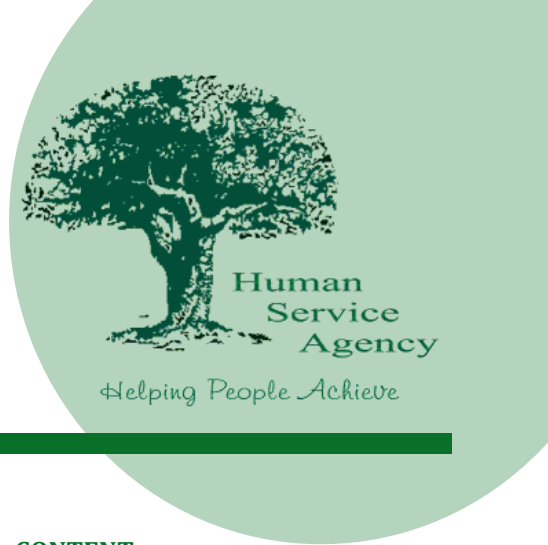


The Umbrella



WINTER 2023

New Horizons Christmas 2023



New Horizons participated in the Winter Wonderland put on by the Watertown Optimist Club. New Horizons has been doing this for the last 3 years. This year, a new display was constructed with a theme of "Minions". Each year you can find our display at the Winter Wonderland that runs the day after Thanksgiving until the weekend after Christmas at Stokes Thomas Park.

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Human Service Agency

 Human Service Agency

123 19th Street NE
PO Box 1030
Watertown, SD 57201
1-800-444-3989
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www.humanserviceagency.org

Mon-Thurs: 8 AM—8 PM
Friday: 8 AM—5 PM

For more information contact
Kari Johnston, Executive Director
Karij@humanserviceagency.org

Holiday Blessings

Christmas was extra special this year thanks to some very generous donors. There were anonymous donors who picked names up and went shopping for people who do not have family or do not have the opportunity to spend Christmas with family for various reasons. Terex gathered a wish list items from a large group of people and then Terex employees chipped in and purchased presents for people as well. Some family members of HSA staff wanted to help and bought a whole house presents. Lastly, there was a generous donation from someone to payoff some lunch accounts for people. Thank you cannot express our gratitude enough for each and every generous donation. Those donations made the holidays extra special and put smiles on faces.



SUICIDE PREVENTION—A COMMUNITY EFFORT

At Christmas time, Benchmark Foam believes in the importance of giving back. Every year, their team donates to a local charitable organization in the name of our ownership group. "By giving back to a community that helped our owners, by way of our company, settle its roots firmly in the Watertown area, it's our token of appreciation for the commitment they've had in our team and our home."

This year, Benchmark Foam gladly contributed to Glacial Lakes SAFE (Suicide Awareness For Everyone). The Glacial Lakes SAFE is a coalition facilitated through the Human Service Agency and is dedicated to empowering the Glacial Lakes community to prioritize mental health and to de-stigmatize suicide, crisis, and mental health conditions.

Kelli Rumpza, Glacial Lakes SAFE Coordinator, is pictured with Benchmark Foam owners who were honored to present the check to Glacial Lakes SAFE. Thank you to Benchmark Foam employees and owners for their generous contribution to our community!



This past fall, Glacial Lakes SAFE also revealed a new logo and momentum to serve the entire community with their mental health and wellness journey. Glacial Lakes SAFE is calling on partners and the community to address mental health stigma and support individuals in their wellness journey by sharing Glacial Lakes SAFE's new branded materials and messages that are available to anyone.



GLACIAL LAKES SAFE
Suicide Awareness For Everyone



To access the free resources and information, go to:
www.humanserviceagency.org/glsafe

This project was financially supported by the Watertown Area Community Foundation and the South Dakota Department of Social Services, Division of Behavioral Health.



Helping People Succeed at “Helping People Achieve”



We are long overdue in getting our publication to you and for this, I apologize. The changes we are experiencing at HSA provide many excuses for not getting this done,

but it is primarily the never ending challenges we seem to experience in our day to day operation that has also led to the delay. We are heading into 2023 with extreme hope that our new building for the Appropriate Regional Facility is completed by spring in order to provide more services for our community and those surrounding counties.

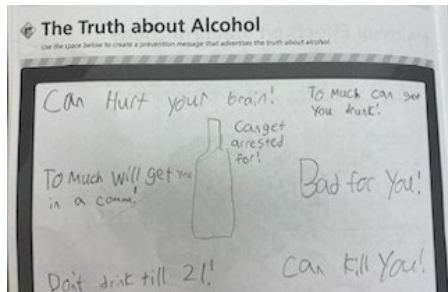
The new year is always exciting: full of new

hope, goals and resolutions. One goal at HSA is to become and remain 100% fully staffed. We are unique in that our career opportunities vary from behavioral health clinicians, to prevention staff, to support staff, to residential staff to maintenance staff. Since 2020, we have increased our benefits by offering free health insurance for single coverage, 401k with company match, significant time off, sign on bonuses, referral bonuses, and many other benefits to make employment at HSA more attractive. What we do have in common across all programs of the agency, is that we are here to serve people, to help people meet their own personal goals, and to help them live their very best life. We accomplish this goal as a team and hopefully have fun doing it. Since the world shut down in 2020,

securing a workforce appears to be tough everywhere. However, above all of our benefits HSA offers, we pride ourselves on respecting the work our staff do and supporting them to do it. Because we want to be pro-active, we recently contracted with Think 3D out of Sioux Falls. They are a consulting agency who help to improve work culture, enhance teamwork and provide leadership training. We want staff to know we support them in their mission to improve their culture, their team and their own leadership abilities.

If you are seeking a fun and rewarding place to work, please don't hesitate to check out our openings at www.humanserviceagency.org and click on career opportunities as well as complete an online application.

Prevention in Schools



Middle School students from Henry, Estelline, and Castlewood have wrapped up a 10-session *Too Good For Drugs* curriculum. Students learned how to set reachable goals; make responsible decisions (Stop, Think, Act, Reflect); develop healthy relationships; identify and manage emotions; & communicate effectively. They also learned about how alcohol, nicotine, marijuana and other drugs affect the teenage brain and body. For more information on bringing this curriculum to your school, contact dodih@humanserviceagency.org



Elementary GATE Students Bring Christmas Cheer to New Horizons

CeCe Soucey from the Intermediate School brought her GATE students to New Horizons as part of their Caring Project.

The GATE program is a Gifted And Talented Education program. The gifted program is designed to offer academic opportunities and educational services to students.

These students, because of their academic aptitude, require additional academic services beyond what is offered within the regular classroom and curriculum.

Students from 3rd - 6th grades in all 6 public schools and 3 private schools participated the Caring Project for New

Horizons. The 6th grade gifted students wrapped 4 boxes of gifts for the people supported at New Horizons.

On the afternoon of Wednesday, December 21st, the 5th grade GATE students brought the gifts to New Horizons. They did a stocking craft, played BINGO and socialized with people. Then they handed out the gifts.

The gifted students were able to see the wonderful reaction that the people showed when receiving socks, gloves, markers and other gift items.

The students said it was one of their best days at Gate.



THE SERVICES OF HSA

Outpatient Mental Health

Psychological Testing & Evaluations
Individual and Family Counseling
Psychiatric Evaluations & Med Mgmt

Children, Youth, & Family Services

Individual and Family Therapy
Functional Family Therapy
Adolescent MRT Group

CARE

Med Management
Case Management
Peer Led Groups

Addictions Services

Individual and Family Counseling
Couples Counseling
Group Counseling
Consultation and Education
Referral

Serenity Hills

Halfway House for Men
Detoxification

NEPRC

Watertown Healthy Youth

Transitional Residence

Developmentally Disabled

Day Program- Alternatives to Work
Day Program - Production
Employment Connections
Employment Services
Residential Life
Project Skills

Conflict Free Case Management



Non-Profit
Organization
U.S. POSTAGE
PAID
Watertown, SD 57201
Permit #688

«First Name»«Last Name»

«Or Current Resident»

«Address»

«City», «State» «Zip»

THE HUMAN SERVICE AGENCY FOUNDATION

AN INVESTMENT IN THE FUTURE

The Human Service Agency is a private, non-profit organization served by a Board of Directors representing the communities served by the Agency. The Board of Directors meets at 5:30 pm on the last Monday of each month.

THE DIVISIONS OF THE HUMAN SERVICE AGENCY ARE:

**New Horizons and
HSA Behavioral Health**

The Human Service Agency Foundation was established to promote the long-term financial strength of the Human Service Agency. Charitable contributions and bequests to the Foundation are administered by recognized financial experts for the benefit of the Agency's programs. The Foundation provides, at no cost to the individual, confidential assistance for those considering charitable giving as a part of their long range financial planning.

For More Information, visit

www.humanserviceagency.org/donations or scan this QR Code

