

The Umbrella



WINTER 2024

Binde Recognized with Albert Award



Cindy Binde, LAC, Addiction Coordinator with the Human Service Agency, was recently recognized the 2023 Albert Einstein Award for Outstanding Problem-Solving Court Team member from the SD Problem Solving Courts. This award recognizes someone who has “worked tirelessly to enhance the drug court within their community.”

Judge Carmen Means of Codington County nominated Binde for her work with the local Drug Court. This award is based off an individual’s personal contribution to the team, the impact and quality of their work, and the relationships that they form.

Judge Means noted that Binde is one of the “OG” members of the Codington County Drug Court team, helping it get established in 2013. She is a regular

advocate for expanded treatment services within the community and was instrumental in the development of additional treatment curriculum as she brings decades of substance use treatment experience to the team. Binde is seen as the personification of compassion and hope and is a true advocate for the clients she serves. She provides her clients with solid treatment advice and has been known to regularly reach out to Drug Court graduates to check in on their lives and offer support.

Binde is a graduate of South Dakota State University with a Bachelor of Science degree in Psychology. She obtained her Certified Addiction Counselor and Licensed Addiction Counselor degrees from the University of South Dakota. She joined the Human Service Agency in 2012, but had spent years working in addiction with clients of all ages; including families, group counseling, and aftercare groups. Outside of work, Cindy enjoys walking, swimming, reading, doing puzzles, and spending time with her grandchildren.

The SD Problem Solving Courts are a piece of the SD Unified Judicial System and include Drug Court, DUI Court, Veterans Court and Mental Health Court. Their primary goals are to reduce substance abuse and recidivism among targeted offenders, increase public safety by integrating the criminal

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Human Service Agency

 Human Service Agency

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justice system with treatment and community resources, reduce reliance on incarceration as a means of dealing with substance abuse issues, and increase the number of offenders able to work, parent, and participate in the community.

“We cannot solve our problems with the same thinking we used when we created them,” – Albert Einstein



Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

Imagine a program designed to address the unique needs of students that is convenient, accessible and confidential. A program that focuses on challenges students deal with, sometimes on a daily basis. Examples might include stress and anxiety, resisting peer pressure, decision-making, communication, self-esteem, values, substance abuse and a variety of other topics.

Project SUCCESS is that school-based program. Students refer themselves or they learn of it from staff, parents or other resources. The goal is to reduce factors that put students at risk and at the same time increase protective factors to help them be successful.



Adolescents are continually establishing patterns of behavior that affect both their current and future health. Research shows that students who feel supported are less likely to experience emotional stress, unhealthy behaviors, consider or attempt suicide, use substances or disengage from school.

Parents, like kids, are trying to do more in a single day. Technology, which is supposed to help us save time, sometimes gets to be a frustration and many times we end up packing in even more tasks. Parents today are working longer hours and commuting greater distances to and from work. At times, the ability to manage and bounce back from challenges that surface in daily life gets next to impossible. Sometimes home life can get out of control. Project SUCCESS can help link both students and parents to other community resources as well.

This program is implemented at the Watertown Middle and High Schools. Our two Project SUCCESS coordinators, Hailey Rau at WMS and Michelle Achterberg at WHS, offer the following services:

- Provide students and staff information and resources on current social issues
- Facilitate small group sessions and individual sessions
- Refer students and families to school and community resources
- Work on school wide awareness



- campaigns with youth leadership groups to promote alcohol, tobacco and drug free lifestyles for students
- Classroom education/presentations
 - Provide screenings

Beginning March 2024, an Adolescent Outpatient Treatment group for youth ages 14-18 who are struggling with a substance use disorders will be offered. This group will cover a variety of topics including the physical, psychological, and behavioral effects of drug use, healthy communication skills, managing thoughts about use, relapse, coping with hurdles within recovery, identifying healthy alternative activities, alongside identifying high risk situations. Youth will be required to meet with Michelle first, who is a Certified Addictions Counselor.

Project SUCCESS is funded by federal dollars through grants provided by SD Dept. of Social Services-Division of Behavioral Health and SD Dept. of Health, Watertown Area United Way and Watertown Area Community Foundation. The Watertown Healthy Youth coalition in collaboration with the Watertown School District receives these funds.

New Diversion Program Shows Outcomes

In recent years, the Watertown area seen an increase in underage consumption's for those ages 18-20. As a result, the Watertown Police Department (WPD) called together an underage drinking coalition. With collaboration between the NE Prevention Resource Center (NEPRC), the Watertown Healthy Youth Coalition (WHY), Human Service Agency (HSA), Lake Area Technical College, WPD and the Codington Co States Attorney, prevention education was made a priority through the implementation of the CHOICES program.

Students can choose to take the 5 hour CHOICES class instead of receiving a ticket for their first underage consumption.

Students who choose to attend this course engage in self-reflection and discussion about facts, risks and norms associated with alcohol, while equipping them with the information, strategies and skills to make wise decisions.

The program was initiated during the 2021-22 school year and had 65% of all eligible students complete the program with two students re-offending after having taken the course. Of those who had not taken the course, 10 re-offended. In the 2nd year of implementation, 77% of those eligible have completed the course with only three re-offenses, as opposed to the 10 re-offenders who had not taken the course.

Having seen the success of the CHOICES program, NEPRC, WHY and HSA partnered with the Boys and Girls Club of Watertown Diversion program for the 22-23 school year to offer a similar program for those 17 and under who have received a substance use related offense. This additional program is 4 hours and utilizes the Prime for Life curriculum where they learn about stigma, health and impairment problems associated with substance use, risk factors, and how they can protect the things in life that they value. These programs are in addition to prevention education programming already in process at HSA.

A New Year of Change and Gratitude



We are kicking off 2024 with a huge bang and many changes! The Human Service Agency is excited to implement *My Good*

Life scheduling. In utilizing this format, direct support professionals in our New Horizons houses will work three 12-hour shifts. This format offers our employees so many benefits, such as qualifying for premium pay if they work a weekend day and being able to spend more time with their friends or family or engaged in their hobbies. We did a lot of research before implementing this into our schedule. Aspire, the community support provider in Aberdeen, and LifeScape in Sioux Falls, both reported improvement in employee morale, reduced turnover and consistent care with less transition for people supported. Our goal is to provide support to our employees in every way possible so they enjoy the jobs they do and the people we support benefit from their happiness and job satisfaction.

We have also added an external payroll software company, Paycom, to allow employees to have immediate access to payroll questions and benefits. Staff are able to submit or approve leave right from their phone. They also have the ability to approve each paycheck prior to being paid and have immediate access to their tax information and pay stubs. This new system will help alleviate the work of payroll staff allowing them to dedicate more time to other employee needs and benefits.

This winter we were again reminded that we live in a very caring and generous community. Every year, we seek names from those we provide support to, who might be in need of a Christmas gift. Each person returns a list of five items they would like and members of our community have reached out to fulfill these requests. This year's generous donors included employees from Reliabank, Pivotal Health Solutions, NATE, Farm Credit, the Human Service Agency; members of Salt Studio; Troy and SaLena Engels, Rachel Hanisch and Eric Brewster as well as anonymous

donors. Those who received the gifts live in our group homes, Serenity Hills or participate in group programming. The lists of items requested are rarely luxury items and usually items of need: socks, winter coats, blankets and snacks. We are deeply appreciative for those donors who made lives better by providing these needs and in a very fun manner of getting a gift and getting to open it with their housemates.

We are hopeful 2024 will be your best year yet!



Simply the Best

2023's Excellence in Service/Simply the Best Award Recipient.....drum roll please.....**Hannah Steffan!!!!**



Hannah was nominated because she is kind, thinks out of the box, brings amazing ideas to the students she works with in job class, and she inspires and encourages everyone to

be their best selves. She also worked this summer at group homes and made all their lives better each day.

We contacted the director of the program where Hannah teaches job class at the Watertown School District. Mrs. Soupier was excited to share in the secret and she and the students invited us to surprise Hannah during job class to present her with her award.

Not only did each of her students state she was the best, Mrs. Soupier stated this was very well deserved. The students were excited to present Hannah with a congratulations card they made for her, as they were let in

on the secret....and kept the secret!

They were all very excited to take a celebratory picture with Hannah. Hannah will represent New Horizons at the Simply The Best Award Conference in Mitchell in October where she will be honored along with other Community Support Provider employees throughout SD and receive the Excellent in Service Award.

Congratulations Hannah for your leadership, advocacy, and inspiring and encouraging people to be successful and the best they can be!!

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
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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.

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