

HUMAN SERVICE AGENCY



Help For Life's Biggest Problems

THE UMBRELLA

*HSA Behavioral Health
HSA ATCO*

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FROM THE DESK OF THE CEO

"There is no better exercise for strengthening the heart than reaching down and lifting up another."

Lifting up others is what we strive to do at HSA. It is a privilege to be a part of this "organization of caring individuals". That is my definition of who HSA is. In all parts of this large and complex system, from Serenity Hills Halfway House and Detox facility to ATCO supportive services, you will find people caring for others.

I recently gave a short presentation to the latest Leadership Watertown class. I always enjoy giving presentations and explaining all the services provided by HSA. Almost uniformly, people are impressed to learn of the breadth of services found in this multifaceted organization.

Recently, we were honored to host a tour by Representative Herseth-Sandlin. Her visit to HSA gave us an opportunity to demonstrate some of the services that we offer to people coming to HSA for assistance. Her tour of HSA also provided her with an opportunity to explain the challenges she faces in the House as she works toward helping South Dakota citizens. I think I speak for all of our employees when I say thank you Congresswoman for taking the time to learn about all we do and for listening to our concerns.

As we move forward into a new fiscal year, HSA's dedicated and committed employees continue to search for ways to meet the many needs and desires of the people we serve. Helping people achieve is our theme and lifting up another is part of our mission.



Representative Stephanie Herseth-Sandlin and Aid Steve Dohlmier tour ATCO with guide Joe Hysel.



***HSA is an equal opportunity
provider and employer.***

BEHAVIORAL HEALTH

NEW FACES in Behavioral Health

The Northeastern Prevention Resource Center has a new face. Brandy Jensen joined us in August as the new Tobacco Prevention Coordinator, replacing Janelle Wishard. Brandy was very active at the University of South Dakota in the field of alcohol, tobacco and other drug prevention. She comes to us with a masters degree in Interdisciplinary Studies with an emphasis in Alcohol & Drug Abuse Prevention.

Josh Seesz is a new employee in our outpatient department. Josh comes to us with a master degree in Social Work. Originally from Milbank, Josh will work out of our Milbank office two days a week, traveling to Watertown the other three days. He works with adults and adolescents in our outpatient department. Having completed an internship at a veteran's hospital in St. Louis, he brings experience working with veterans.

New to our Children's Services department is Gertrude Larson. Gertrude recently completed her masters degree in psychology from American International College. She counsels elementary age children and will be starting an anger management group for this age range next month. She travels to Sisseton one day per week to serve our adolescent and elementary population in that area.

The Children's Department continues to serve families in our community utilizing the Systems of Care approach. This practice empowers families to make positive changes by operating from a strength-based approach and bringing together many partners in the community. Responsible for navigating this team approach is case manager, Dawn Sikkink. Prior to coming to the Human Service Agency, Dawn worked with children with emotional needs at Children's Home Society. She obtained her bachelors degree in sociology from Southern Illinois University.

Carrie Dylla joined the outpatient staff in February 2007. A certified physician's assistant, Carrie primarily serves the adult clientele in her psychiatric practice. Carrie gained experience in the field of psychiatry during her family practice at Brown Clinic and will be supervised by Dr. Bob Giegink.



Brandy Jensen



Gertrude Larson



Josh Seesz



Carrie Dylla

SERENITY HILLS

Serenity Hills has made multiple changes. Deb Hamer has taken over as the manager of Serenity Hills, while continuing to serve as the addictions manager. This merger has enabled us to better serve our clients. In making this change, we have added new groups as well as developed a case manager position to help clients transition to the community upon discharge. In cooperation with the police department, the number of individuals being served by our detox facility has increased. Another improvement to our detox facility is the capability to observe clients with a history of self harm behaviors by using a TV camera.



TRANSITIONAL TRAINING Program

In July, the Human Service Agency applied for and was awarded a grant from the South Dakota Council on Developmental Disabilities to implement a Transitional Training Program. The program will be similar to that of the Project Skills Program; however, it will not include a paid wage incentive. It will be similar to a volunteer program. It will have more of an emphasis on transitioning into actual employment. The program will be run through the Employment Services department, due to their current connections with local employers.

This program will enable people to learn more specified skills that will benefit them in many ways. First, volunteering in the community promotes social integration and allows the person to build a natural support network. Second, this allows the person to display their skills to potential employers. By volunteering their time and skills, they are marketing themselves for the possibility of future employment. If the employer is not able to hire that particular volunteer, they will most likely be able to provide a reference or referral for employment for another employer. Being a volunteer will also teach valuable skills in an actual employment setting, which can be added to resumes and applications.

The concept behind this program is that the people involved in it will create their own social capital and - ideally - be able to assist or provide their own job development someday.

SELF-ADVOCATES for Change Year 2

Erik Brubakken, Jamie Norvell and their support person, Cyndi Spieker, are currently involved with Self-Advocates for Change Year 2. Erik, Janie and self-advocates from Pierre, Rapid City, Spearfish and Sioux Falls have received training in Pierre and through teleconference calls. Most recently, they participated in teleconference training with Wanda Seilor, the director of South Dakota's Division of Developmental Disabilities, who explained services in our state and the new opportunities that are being researched and piloted.

The self-advocates from each city and their support person will be meeting with other local self-advocates to determine issues that people with developmental disabilities want addressed. Each group will choose one issue to focus on and develop an action plan on how to address the issue.

Outside of providing training to self-advocates on how to actually impact their own communities for the better, the other goal of the group is to be able to spread self-advocacy throughout the entire state, not just in a few select cities and towns. The members of the Self-Advocates for change Year 2 will present their finding to the DD Council at the end of the year.

Greetings from the retirement homes!

We have had an eventful couple of months! We ended the spring season by visiting all of our family and friends' graves to pay our respects around Memorial Day. Since then, we have enjoyed the warm weather by having picnics at home and at the lakes and parks. We also have cooled off by making homemade ice-cream! The 4th of July bash at one of the homes was the place to be for those that could make it. Lots of food and fun. We've also enjoyed cheese tasting with grape juice. We also attended a Luau at another home.

We had much traveling this summer. Some of the places visited were: Prairie Village, Arabian Horse Show in Brookings, Water Ski Show in Sioux Falls, Great Plains Zoo in Sioux Falls, Bramble Park Zoo in Watertown, the Butterfly House in Sioux Falls, Potato Days in Clark, and smaller trips around the area, Webster (the big museum), Wilmot, Kranzburg, Milbank and Big Stone City.

Music was a large part of the summer also. We enjoyed in-house entertainment (singing and guitar) along with Tuesday night concerts at the lake and Friday night concerts in town.

On some of our not so busy "down time" we enjoyed reading the news, having coffee, movies and popcorn, taking walks, drawing and writing poetry. We have submitted one of the poems by Rick Lee for your enjoyment.

I'm a winner today

*Because you
helped me
yesterday*

*So I can do it
today*

*Things are ok
today.*

- by Rick Lee

Human Service Agency

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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 p.m. on the last Monday of each month.

**THE DIVISIONS OF THE HUMAN SERVICE AGENCY ARE:
HSA ATCO and
HSA Behavioral Health**

Office hours are from 8:00 a.m. to 5:00 p.m., Monday through Friday. Help for mental health or chemical dependency emergencies is available at all times by calling 886-5841 or 800-444-3989

The Human Service Agency Foundation – An Investment In The Future

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, Call or Write:

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