

# THE UMBRELLA



Human Service Agency, PO Box 1030, Watertown, SD 57201  
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Winter 2016

## \*\*\*\*\*NEW HORIZONS\*\*\*\*\*

### SIMPLY THE BEST XXIX



Simply the Best XXIX brings together Direct Support Professionals from South Dakota to celebrate their dedication to supporting people with disabilities. It is a celebration and time of recognition for Direct Support Professionals. Simply the Best XXIX includes 2 keynote speakers, a welcome from Governor Daugaard, and Service Excellence Awards are presented during the lunch banquet.

Sharyl Sauer was nominated for a Service Excellence award. The following is her nomination: "Sharyl is complete and thorough with her teachings with people supported. She is not only thorough with teachings, but in people's everyday lives. When working with people supported, she finds the best ways to work with the individual person so they can learn the best. After discovering the best way, she and the person stick with it. She exhibits patience, empathy, kindness, caring, sincerity and simply wants nothing short of the best for our people supported. She goes above and beyond with people. She does wonderfully with teaching people the importance of their thoughts, words and feelings and she is always willing to listen." Sharyl is pictured with Daryl Kilstrom, Executive Director of the CSPs of South Dakota.

### EMPLOYER RECOGNITION LUNCHEON

On November 5<sup>th</sup> New Horizons held their 3<sup>rd</sup> annual Employer Recognition Luncheon. The theme this year was "Watertown Employers - You Rock." Our luncheon was held at the Watertown Police Station. New Horizons' Nutritional Services made the lunch; which consisted of ham and turkey croissants, chips, two salads and cookies. A candy bar was also set up for people to take a cup of candy back to work with them.

Over 50 people from seventeen businesses attended. Employers came, visited with other employers and had lunch. Employment Specialists

Nancy Hoops, Colleen Winge, Chelsea Paulsen, Brooke Bailey and Jamie Folk, Project Skills Coordinator, along Deb Krueger, Community Services Manager, and three persons who are now working in the community, Thad St. John, Joe Morrison and Al Stohr greeted the employers and thanked them for working with New Horizons and for hiring people with disabilities.

Chuck Sherman, CEO and Jodie Marotz, COO also attended the function and were introduced to the Employers who represented the different companies.

Joe, Thad and Al each gave a short speech on what they liked about working in their community jobs. Door Prizes were awarded with Christie Kranz of Hometown Builders winning the grand prize of a flat screen TV. All in all, the banquet was a great success and everyone seemed to enjoy themselves.

Watertown Employers - YOU ROCK!!!!



## FROM THE DESK OF THE CEO...

*Chuck Sherman, Ph.D.*

In January, 2014 the Center for Medicare & Medicaid (CMS) finalized the rules for agencies providing Home & Community-Based Services (HCBS). One provision calls for "Conflict-free Case Management". Case management is currently being done by every Community Support Provider (CSP) in South Dakota like New Horizons. Case management involves assisting people through planning, coordinating, locating, accessing and monitoring services and supports that will result in an optimal quality of life. It is the responsibility of the case managers to serve as advocates for individuals and their family and to help people advocate for themselves.

The goal of "conflict-free" is to eliminate the conflict when the party who determines a person's eligibility also determines the budget for the services to be provided and then also become the agency providing those services. The Division of Developmental Disabilities in South Dakota is proposing a drastic change

to ensure the elimination of conflict. They are proposing to take a significant amount of our current funding which pays for case management and grant those funds to some other agency to do the case management for the people we serve. These case managers are likely to not know the people we serve. Case managers whom people have come to know over many years will be replaced with a stranger.

Such a draconian change may have unknown and unforeseen consequences. Currently, only three CSP's have voiced a possible interest in providing case management to other agencies. There are so many unanswered questions about how this will work that agencies are hesitant to commit to trying to be a case manager for other agencies. The Division originally thought organizations from outside South Dakota would be interested in coming into South Dakota and being case managers. It appears that is not going to happen.

Other states have created other solutions which do not result in a drastic

reduction in funding for current providers. The proposal on the table today carries the risk of dismantling effective treatment corridors, potentially causing served individuals to navigate an additional layer of oversight and management outside of their primary service providers. This flies in the face of other current initiatives that call for healthcare integration and developing seamless care systems.

CMS is aware that in some rural areas there may only be one provider available to serve as both the case management and service provider agency. In these cases, CMS has asked the state to focus on mitigating any possible conflict by providing robust monitoring and oversight with things like quality assurance reviews, easy grievance and/or appeal processes and other review mechanisms.

There are other options which should be explored. A review of what other states have done shows that there is no consensus plan for how to reach conflict-free status.

We have time to develop these other options before the June, 2016 deadline.

\*\*\*\*\*NEPRC\*\*\*\*\*

## SUICIDE PREVENTION

Suicide. It is the most final decision that an individual can make; and happens at a time when the pain is so great that it seen by that individual as the only way to end that pain. Quite often, the person having thoughts of suicide is in a state of ambivalence where part of them wants to live, while the other part wants to die. There are many resources available to those who are in a mental health crisis; and there are many people and agencies who are trying to find other ways to make resources more readily available. In Watertown, the first annual suicide prevention walk was hosted in September. Over 90 individuals participated and raised just over \$4,000. Funds raised will help to support suicide prevention efforts in the Watertown area. There have also been two different trainings being hosted by the NE Prevention Resource Center to address the issue of suicide intervention: Applied Suicide Intervention Skills Training and Mental Health First Aid training.

There are many resources available to someone who is having thoughts of suicide; or dealing with crisis. The Human Service Agency has a person available 24/7 for those dealing with crisis and can be reached by calling (605) 886-0123. There is also a National Suicide Prevention Lifeline 1-(800) 273-TALK (8255); a Lifeline Crisis Chat service available within the United States and territories that can be accessed through the website that is listed below: <http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx>; and a crisis text line that can be accessed by texting START to 741-741. The only solution to this tragic situation is education and spreading the word that help is available to those in need.

## SERENITY HILLS HALFWAY HOUSE

Recovery is considered a long-term process of abstinence. It is a change in the physical, psychological, family, social, and/or spiritual areas.

Many people in early recovery find it difficult to imagine having fun without using drugs or alcohol. It is difficult for the recovering person when the focus has to shift from alcohol and/or drugs to other healthier interests, new ways of coping and increased value of self, others and life. An enormous struggle for anyone in recovery is not knowing how to "play" in a manner that produces positive feelings without their drug of choice. Many addicts spend years thinking about when, where and what they will use to achieve their next "high"; particularly when socializing or attending social events such as parties or weddings. They are stuck with the question of what to do with so much free time when they can no longer use substances and how to attend social events without being intoxicated.

One of the goals of living in a halfway house is to learn and practice new skills and behaviors to develop a balanced lifestyle. Residents experience at least one social outing per month in a drug free recreational activity. Therapeutic recreational interventions play a key role in the development of new skills for a recovering lifestyle.

One of the most productive and popular social events is our annual Halloween Party. Residents start with decorating their doors a few weeks before our party. We have been fortunate to have donated pumpkins so we can have a pumpkin carving/decorating contest. The party includes a meal cooked by our residents, staff-provided treats, contests and ends with a game of Halloween Pictionary created by staff and residents. Despite the rumblings from those who don't want to participate in the beginning, we always find that as the week progresses this event becomes a time of laughter, comradery and realization that it is possible to have a good time sober. It is inspiring to witness the gratitude newly recovering individuals have when they learn they can have fun socially while practicing a sober lifestyle.



*God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.*

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:**

New Horizons 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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