



HUMAN SERVICE AGENCY

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Fall 2017

THE UMBRELLA



Behavioral Health

New Horizons

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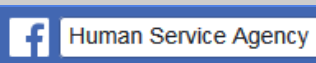
Mon-Thurs 8 AM—8PM

Friday 8 AM—5 PM

For more information contact

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CRISIS INTERVENTION TRAINING COMPLETED

The Human Service Agency, partnered with the Codington County Detention Center and with many community providers to present the annual Crisis Intervention Training for law enforcement and correctional officers. This training is a nationwide training that entails community providers from the Beacon Center, Veteran's Administration and other counseling agencies. The training educates law enforcement officers and correctional officers how to de-escalate individuals suffering from a mental illness. It teaches them how to have patience and develop a dialogue for assessing suicidal ideation and danger to others. It also introduces new officers to the resources within each community to assist them in any interaction with individuals needing help for a mental health or behavioral health crisis.

Research has shown communities where officers are trained have reported fewer unnecessary arrests of individuals with mental



PICTURED ARE THE MARK ARNESON ROLE PLAY WINNERS FOR THE CIT CLASS: JULIE GALLISETH FOR MOST IMPROVED, CHAD GAMBER FOR MOST NATURAL AND SHERIFF BRAD HOWELL.

illness. Individuals experiencing a mental health crisis have also reported interactions with law enforcement as being much gentler and helpful. The past training marks the fourth year of annual trainings in Codington County, third in the state to only Minnehaha and Pennington who have been doing this for several years.

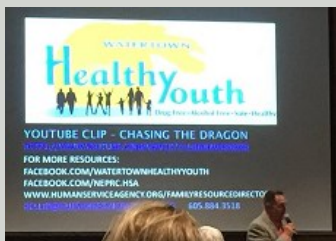
WHY HOSTS COMMUNITY MEETING

The Watertown Healthy Youth (WHY) coalition hosted a community meeting on Prescription Drugs, Binge Drinking and Illegal Drug Use on October 23rd at LATI. The program featured an expert panel and a local community member, Lucas, speaking on his addiction and recovery.

Here is part of his story:

"I am a lifelong South Dakotan. Like many in the community, I was raised by a great family in a small town. I was active in sports and in my church. None of the so-called telltale signs of future substance abuse were present. In fact, I had never even seen marijuana until after high school. Growing up, I couldn't fathom why anyone would ever use drugs, let alone continue to use them when the destruction in their lives was evident. Until I found myself addicted to prescription pain killers, afraid and unable to stop. In my ten years of sobriety, I have found happiness beyond my wildest dreams. A loving wife, two amazing children, close relationships with friends and family, and most importantly, freedom. Freedom in the physical sense and in the spiritual sense. As the saying goes, "The truth will set you free."

WHY plans to host more events like this in the future.



FROM THE DESK OF THE CEO . . .

Someone recently asked me what I thought of the year old initiative in juvenile justice called Functional Family Therapy, or FFT. I responded by saying it works great - with some families. I added that there is no one therapy intervention that works with every person or family. Just as no one anti-depressant medication works with every depressed person, new initiatives are never going to be the silver bullet that cures every problem.

Human beings are complex and the problems presented to behavioral health professionals are equally complex. When we discuss a mental health diagnosis like depression, it is always emphasized that depression needs to be seen as a spectrum of symptoms; every person has some but not others and there are degrees of intensity or severity within each symptom. One way of conceptualizing this is to visualize a mosaic work of art with many, many pieces of art creating an overall picture.

Another new initiative currently being rolled out in South Dakota is to identify people



DR. CHARLES SHERMAN

with behavioral health issues who are jailed. The belief is that we have many people who land in jail due to their behavioral health issues such as chemical dependency or mental health issues. The next assumption is that if we can identify these people and get them engaged in therapy of some type we can help them address their issues and avoid a revolving door of legal problems which land them in jail. This seems logical and in fact, noble. It is, however, not a silver bullet.

Here's why. First, there are degrees of severity with these identified problems. Some are very difficult to treat. Second, this assumes the people will be open to and cooperate with intervention for their problems. Many are not and will not follow through. Probably a large percentage.

Some people will benefit from various initiatives we attempt. Some people will not. Some will achieve a modicum of help which may or may not improve their lives. It is important for us to remember that people are highly complex and there is no one intervention which solves every problem. However, we can't disregard a particular approach to helping people just because it didn't work. FFT is only one tool in our tool kit of interventions. There are other family therapy approaches, using different techniques. There is also individual therapy and a large number of individual therapy techniques, which may or may not be helpful. People and their problems are highly complex and there is no magical solution that will help every situation.

FOUNDATION OFFERS SCHOLARSHIP PROGRAM

The Human Service Agency (HSA) strongly encourages employees to pursue additional formal education in an effort to further their licensing credentials that are directly related to their employment.

To further these objectives, the Human Service Agency Foundation has created a scholarship fund for employees of HSA. A maximum of \$15,000 will be available for scholarships each year. A maximum of \$500 is available for each request. Up to \$1000 per fiscal year is available to full time employees who have been employed by HSA for 1 year prior to the request for a scholarship. The scholarship fund must be used for classes that are directly related to further-

ing their skills related to their employment. Each employee is eligible for a maximum of \$2000 of scholarship funding.

If approved for the scholarship funds, the employee will need to complete the course and then submit a transcript, certificate of completion or other documentation to the COO to be filed in the employee's personnel file. A check will then be issued to the employee in the amount of the cost of the course up to a maximum of \$500.

NDEAM EVENT/MAYOR'S AWARD CEREMONY HELD

The NDEAM event / Mayor's Award Ceremony was held October 17, 2017 at Lake Area Technical Institute.

This is a yearly event to recognize and award various businesses and persons who have done outstanding work with, or for people with disabilities.

Mayor, Sarah Caron attended and presented the following awards:

Jesse Fish received the award for Outstanding Employee with a Disability Award.

Enma Lemus received the award for Outstanding Citizen with a Disability Award.

Koehn Manufacturing received the Outstanding Employer Award.

Nancy Hoops received the Distinguished Service Award.

Jane Yerigan received the Outstanding Transition Services Award.

The Event was hosted by New Horizons and The Division of Rehabilitation Services.

Lunch was prepared by Nutritional Services/New Horizons.

Thank you to Stacey Watt, Nutritional Services and everyone else who assisted with the Ceremony/Luncheon .



PICTURED (LEFT TO RIGHT) ARE MAYOR SARAH CARON; ENMA LEMUS, OUTSTANDING CITIZEN WITH A DISABILITY; JANE YERIGAN, OUTSTANDING TRANSITION SERVICES AWARD; NANCY HOOPS, DISTINGUISHED SERVICE AWARD; JESSE FISH, OUTSTANDING EMPLOYEE WITH A DISABILITY; AND JEFF KOEHN OF KOEHN MANUFACTURING, OUTSTANDING EMPLOYER AWARD.

HIGHLIGHTS FROM THE 2017 STAFF PICNIC . . .



THE SERVICES OF HSA

Outpatient Mental Health

Psychological Testing & Evaluations
Individual and Family Counseling
Domestic Violence Group
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
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

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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 p.m. 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, CALL OR
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