

The Umbrella



SUMMER 2025

Sweet Summer Days

The New Horizons Day Program strives to fill each day with meaningful and fun experiences for the people supported! Earlier this summer, the program spent a beautiful day at City Park, enjoying the outdoors, sharing laughs, and creating lasting memories. One of the biggest highlights of the day was the pontoon rides, and it was clear from the smiles that this adventure was a hit!

A special thank you goes out to Chad Christianson for generously donating both his time and his pontoon. Thanks to Chad, two groups were able to enjoy relaxing, hour-long rides on the water. It was a peaceful, exciting experience that meant a lot to everyone involved.

Planning a day like this takes collaboration and care, and none of this would have been possible without Shahara R., Miranda J., and Barb H. Your teamwork made this day come together beautifully.

We also appreciate Nutritional Services for stepping up to the grill and providing a delicious hot dog lunch for everyone at



the park. And thank you to the Maintenance Team for transporting the grill and ensuring everything ran smoothly on-site.

To all the dedicated staff members who assisted at the lake and helped everyone enjoy the pontoon ride safely and comfortably—your efforts did not go unnoticed. You did an amazing job, and we're incredibly proud of the teamwork and care you demonstrated.

Last but certainly not least, a thank you to Watertown Transit for coordinating with us to ensure transportation to and from City Park. Your partnership is always appreciated.

Here are just a few snapshots from this adventure—we hope they bring a smile to your face like the day did for all of us.

Thank you again to everyone who made this special day possible!

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Human Service Agency

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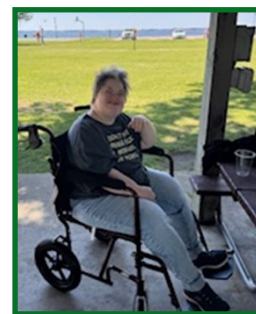
Mon-Thurs: 8 AM—8 PM

Friday: 8 AM—5 PM



Human Service Agency

For more information contact
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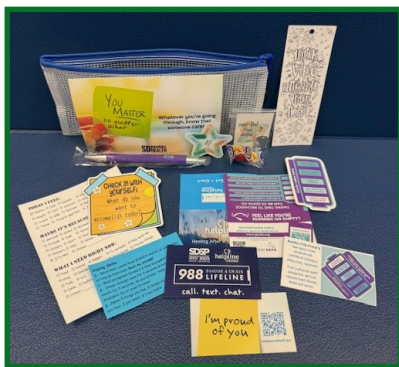


GL SAFE Brings Mental Health Support to Watertown

Thanks to funding from local donations and the South Dakota Department of Social Services' Division of Behavioral Health—through the NEPRC—Glacial Lakes SAFE has been able to bring some much-needed mental health support to schools and community providers around the Watertown area. They've put together three different types of mental health support kits, each designed for different situations—whether someone's in crisis or just working on building healthy coping skills.

Here's a quick rundown of what's in the kits:

Crisis Kit: This one's all about quick, accessible support. It includes a variety of helpful resources that promote the 988 crisis line and other local services. Perfect for when things feel overwhelming.



Pocket Fidget Kit: A small, on-the-go kit filled with calming textures, fidgets, and sensory items to help ease anxiety and bring focus. It's compact enough to toss in a backpack or pocket and includes a link to the HSA website for even more tools and info.

Regulation Kit: Designed especially for school counselors, social workers, and youth providers, this kit features things like calming cards, thinking putty, and other sensory tools to help kids (and adults!) self-regulate when emotions run high.



With more than 50 community-based behavioral health providers and 20 school-based providers in the Watertown area, the goal is to get kits into as many hands as possible.



Back in April, we also had the chance to be part of the Watertown School District's all-staff wellness fair. We shared printed materials, DOE posters, and other resources that educators could take back to their classrooms. All in all, we reached about 200 staff members—giving them tools to support both their students' mental wellness and their own.

In May, during our community "Green Day" event, we handed out fun and meaningful items like bracelets, stickers, and temporary tattoos to raise awareness. We also distributed positivity cards, resource coasters, business cards, and posters—all focused on encouraging mental health and wellness in the community.



NEPRC Providing Critical Opioid Rescue Resource

The Northeast Prevention Resource Center (NEPRC) has partnered with the SD Department of Social Services, Division of Behavioral Health to place Naloxboxes in area communities. A Naloxbox is an Opioid overdose response kit used to increase public access to overdose response tools, provide naloxone storage, increase bystander intervention, reduce stigma for substance use disorders and lower opioid overdose rates.

The wall-mounted emergency units include gloves, naloxone nasal spray, a CPR Breathing mask and instructions for administering the medication and performing rescue breaths.

NEPRC Distributed 92 Naloxboxes to NE South Dakota. If your business or organization is interested in getting a Naloxbox, please contact Dodi Haug at 605-884-3516 or dodih@humanserviceagency.org.



More Growth from Kari Johnston, Executive Director of HSA



We're thrilled to announce that construction is officially underway at the Human Service Agency! In early August, Lloyd

Construction began work on a new expansion that will enhance our facilities and allow us to better serve our clients and community.

This exciting project includes six new offices, an expanded library, a group room, additional storage space

and most exciting: a larger, newly designed Genoa Pharmacy to improve access and care.

In addition to the expansion, we are also updating the front desk area with a modern design to improve client check-in security and overall experience. In

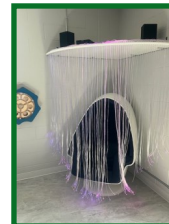


response to growing demand, we're adding additional treatment rooms to support the Spravato treatment for individuals with treatment-resistant depression, many of whom have reported meaningful progress.



Meanwhile, New Horizons has also been experiencing a period of growth and change. We're actively exploring new ways to enhance support for the individuals we serve. This includes increasing community involvement and participating in more social events.

One exciting new addition is our multi-sensory "Snoezelen Room": a calming space designed to help individuals relax and decompress. The name is a blend of the Dutch words



"snuffelen" (to seek/explore) and "doezelen" (to relax). This room offers a peaceful environment filled with soothing lights, textures, and sounds, providing a meaningful sensory experience for those who need a break in their day.



We look forward to keeping you updated as our renovation progresses and our programs continue to evolve.

In the meantime, enjoy the crisp fall air and please don't hesitate to reach out with any questions about our services. We're here to help and support you.

Like, Totally Awesome...80's Dance

The 80's Dance was *totally tubular* — and a huge success! We kicked things off with supper for 41 guests, and then even more people rolled in once the jams started pumping. The dance floor lit up with neon colors, big smiles, and even bigger moves (pretty sure we saw a few moonwalks out there).



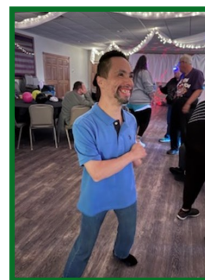
This epic night wouldn't have happened without the amazing crew behind the scenes. Big thanks to our community volunteers who gave

their time and energy to make it all possible. Major shout-out to our Direct Support Coordinators and Community Support Assistants for rocking it with supper lists and money — talk about smooth operators!

And our staff? You all deserve a standing ovation. Angie Storm, Miranda Jorgenson, Kristin Brown, Sarah Mork, and Brooke Spartz — you didn't just pick up extra hours, you picked up the vibe and kept it rolling all night long.

Of course, no 80's party is complete without the *look* — and thanks to Shahara Roe, Corinna Hedman, Sarah Mork, Angie Storm, and Jennie Best,

the Elks was totally transformed. Picture bright colors, festive décor, and a space that screamed "let's dance!" Big thanks also to Bobbie Laframboise and Jeff

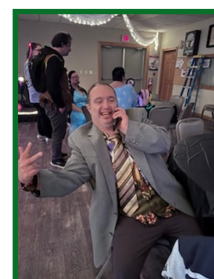
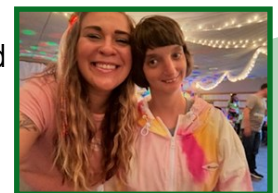


from the Elks for their support. And a special shout-out to the Laframboise family for

securing a grant that brought us the snacks and gifts — the kind of "perks" that made the night feel like a mixtape full of greatest hits.

Finally, to all the staff who helped with hair, outfits, and transportation — you're the real rock stars. You made sure everyone could show up ready to

party like it was 1989. The people supported had an unforgettable time, and it's all thanks to the *rad teamwork* and dedication of so many.



THE SERVICES OF HSA

Outpatient Mental Health

Comprehensive Evaluations
Individual and Family Therapy
Psychiatric Evaluations & Med Mgmt
Evidence Based Group Counseling

Children, Youth, & Family Services

Comprehensive Evaluations
Individual and Family Therapy
Adolescent MRT & DBT Groups

CARE

Medication Management
Case Management

Addictions Services

Addiction Assessments
Individual and Family Counseling
Intensive Outpatient Counseling
CBISA groups
Aftercare Groups
DUI Class

Serenity Hills

Halfway House for Men
Detoxification
Serenity Cove Crisis Stabilization

NEPRC

Watertown Healthy Youth

Transitional Residence

Community Support Provider

(New Horizons)

Day Program
Employment Connections
Employment Services
Residential Life
Community Living and Support
Project Skills

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 12:00 pm on the last Monday of each month at the main agency.

THE DIVISIONS OF THE HUMAN SERVICE AGENCY ARE:

New Horizons

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

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Helping People Achieve

