

THE UMBRELLA

Behavioral
Health
New
Horizons

Human Service Agency, PO Box 1030, Watertown, SD 57201
www.humanserviceagency.org 800-444-3989 605-886-0123

Fall 2011

HSA EMPLOYEE PICNIC

Deb Krueger, Residential Services Manager

The Human Service Agency held their annual HSA Employee Picnic on September 15, 2011. The event was held outside and the weather was perfect (except for the bees!)

What a Fantastic Day!!

The food, the fun, and the entertainment were great and everyone had a good time. Chicken, potato salad, beans, cornbread and cake were served.



The games and entertainment were fun for most, even if they didn't win a prize!

Thank you Maintenance Department for all you did. New Horizons Nutritional Department made the beans, Jello cake, corn bread and beverages. The Jello cake was delicious!

A Special thank-you to the Picnic Planning Committee: Tina Koch, Sheryl Bauer, Sue Brook, Deb Krueger, Char Lindberg, Heather Tobin, Nikki Lentsch, Heather Hedman, Jenn Hemen and Paige Sullivan.



FROM THE DESK OF THE CEO

Chuck Sherman, PhD President/CEO

The opening of the Crisis Room at Serenity Hills is an accomplishment that I personally have wanted to see completed for many years. Without this room, people in a crisis have had to be detained in a jail cell! Imagine what that is like for someone who is very depressed and thinking about suicide; or someone who is having hallucinations and fearful of what they are experiencing. What message do we send to these people?

Now we have an alternative; thanks to the Codington County Commissioners, the Codington County Sheriff, Toby Wishard, and the staff at Serenity Hills.

The Codington County Commissioners funded the cost of remodeling the room at Serenity Hills (SH). It needed to be suicide safe. Sheriff Wishard partnered with us from the beginning, assisted in the policy procedure writing and also supplied some used equipment.

Once the room was completed, policies were written and staff members instructed in the proper procedures. We have asked the staff there to take on this added responsibility without anyone paying us to do so. Thank you SH staff.

Once again, this agency has shown its commitment to helping the citizens of northeast South Dakota.

*****NEW HORIZONS*****

SD ADVOCATES FOR CHANGE ARTS FESTIVAL

Cyndi Houts Spieker, NH Admissions Coordinator/Residential Services Manager

September 16th and 17th, in Aberdeen, there was an inclusive Arts Festival and workshop for people with developmental disabilities. This was originally the brain-child of Dan Cleberg and the Fallout Community, but grew to include South Dakota Advocates for Change.

Four people from New Horizons attended in addition to Mike Grengs; who was part of the group that organized the event and presented at the workshop.

On Friday night, a band played inside at the Red Rooster CoffeeHouse. Karaoke was performed outside following the band's performance.

On Saturday morning members from South Dakota Advocacy for Change presented a workshop on advocacy, self-advocacy and team advocacy. Fun exercises highlighted

people's dreams, who was in control of people's lives, and the importance of strength in numbers.

Following a delicious lunch, the excitement moved back to downtown Aberdeen and the Red Rooster. Activities included a dog show, live music, a karate demonstration, a giant chess game, face painting, making bracelets out of beads, and painting murals on plywood.

The night finished up with karaoke. People from the community and the self advocates who attended this event had lots of fun, met new friends, and learned more about the self advocacy movement in South Dakota. Plans are already underway for another event next year!

NEW HORIZONS FAMILY PICNIC (FALL FROLIC) OCT 23, 2011

Jeff Lindahl, Vocational Services Manager

The 26th Annual Family Appreciation Picnic for New Horizons was held on October 23rd. The theme this year was Fall Frolic. Beautiful table decorations of paper pumpkins and flower bouquets were made by the STAR Program. Several brave participants competed in the Pumpkin Roll Relay. They all received prizes of fresh apples and applesauce.

Hy-Vee catered an excellent meal to around 270 people. The meal was Salisbury steak, cheesy hash browns, green bean casserole, and apple crisp. Assisting Hy-Vee serve this meal were Dr. Sherman, Jodie and

Breanna Marotz, Dawn Vazquez, Tina Koch, and John Birnell.

DJ Jim Packard once again came through with lots of great dancing music. A good time was had by all.

I want to thank all of the staff who assisted in getting people ready, transporting, and assisting people at the picnic. I also want to thank Tina Koch, Dawn Vazquez, and Jennifer Simonton for assisting with everything from setup to tear down. Thank you to Angela Storm for preparing the special diets.

******BEHAVIORAL HEALTH******

SERENITY HILLS

Deb Hamer, CCDCIII, Director, Serenity Hills

Even though I spend a large amount of my life infiltrating the lives of addicts and alcoholics, I had not stepped foot in the AA Gilbert House in Watertown in 13 years. It was surreal as I walked up the steps and saw faces of people that I just knew had lost their way on the path of recovery; but there they were in fellowship, sharing their sobriety dates and HAPPY! There were people I remembered and that remembered me from outpatient treatment or a brief stay at Serenity Hills. Some wanted to make amends to me for things that happened in their treatment programs and secretly, I needed to make amends for my thoughts that they would or had failed at recovery.

A powerful message was brought to me as I watched some receive anywhere from 30 day chips to 32 year chips. The numbers are not the important thing. In this field we need to keep believing that the tools that we provide to someone in the throes of addiction can be used by anyone to succeed when they are ready. We can't give up hope...we need to keep planting seeds to inspire a better life in recovery that may eventually bring them to a place where they can then start their life over. This may be a seed that has to be planted over and over until it finally works.

Moral of the story: DON'T GIVE UP. Rewards are great when you have the resources to do what we do at HSA. What we do makes a difference.

NORTHEAST PREVENTION RESOURCE CENTER

Dodi Haug, CPS

The Watertown Healthy Youth coalition is carrying out a comprehensive approach to address underage drinking among 12 - 20 year olds in the Watertown community. The State Incentive Grant funds that were recently awarded to the coalition will allow them to implement both environmental and individual strategies that include school based programming; community based programming; and identifying laws, policies and ordinances to impact social and retail access to alcohol, as well as addressing social norms of accepting underage drinking.

The coalition will collaborate with the school

district to implement evidence based programming for students in Watertown.

Through increased community engagement and system integration, the coalition hopes to change the community attitude towards underage drinking; that "it's a rite of passage" for kids to drink. The coalition acknowledges the next few years of implementation will be challenging, but also rewarding in the fight for a healthier community.

If you would like to learn more about Watertown's substance abuse prevention efforts, contact Kelli Rumpza at 605-884-3518 or kellir@humanserviceagency.org

******HSA FOUNDATION EVENT******



The HSA Foundation Board of Directors held their annual fund raising event August 26th at the Watertown Event Center. **Deuces Wild – Dueling Pianos** was the featured entertainment.

The crowd was on their feet; singing and laughing for two hours of non-stop fun. After the performance many people commented that "I haven't laughed this much in a long time." and "That was the most fun I've had in years."

The Foundation Board has decided to bring them back next year. Mark your calendar for August 24th, 2012.

Human Service Agency
P.O. Box 1030
Watertown, SD 57201-6030

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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:**

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:

Dr. Charles Sherman
Human Service Agency
P.O. Box 1030
Watertown, SD 57201-6030
(605)886-0123

