Christmas at New Horizons

The Watertown Intermediate School 6th Grade GATE class visited New Horizons in December and brought presents. Mrs. Soucy and her class enjoyed activities and snacks with the crew at New Horizons before heading back to school.
A Note From the CEO...

Thank you to everyone who came out to our annual Human Service Agency Foundation fundraiser on January 17. Our attendance made for a fun night of engaging music and entertainment despite Mother Nature making it difficult for some travelers. Foundation money is allocated for making building repairs, assisting clinicians in tuition assistance when returning to school to further their education and providing money for our Dreams Come True program that is dedicated toward providing financial assistance for those served by New Horizons and residents in our Transitional Residence or Serenity Hills. Examples of dreams we have made come true include allowing a New Horizons individual to go to the Black Hills to see Crazy Horse monument; and purchasing appliances for a person served by our transitional residence who was moving into the community. As a nonprofit agency, money donated to our foundation is extremely helpful to our agency for both our large expenses and for our clients. I am thankful we live in a generous community where people give to foundations and to people less fortunate.

A few times I’ve been told, “many people don’t even know what HSA does.” I would like to think the reason is simple and it is because those people have never needed us. And that is actually wonderful news. That would mean those individuals have never needed counseling, psychiatric medication, addictions services, detoxification or prevention information. It would also mean they do not have a family member with a developmental disability. I think we all tend to not pay attention to resources or services until we need them.

We want anyone reading this to know, we are here and we are here to help with life’s struggles. If you have a family member who has a developmental disability and needs support, employment or housing, we are here. If you or anyone you know is struggling with depression, anxiety, post-traumatic stress, or bipolar, we are here. If you know of someone who needs help coming to terms with his/her drug or alcohol use, we are here. And sometimes, we don’t need a major diagnosis to seek help. Sometimes, we just need someone to listen to us, validate or confront us and help us get back on track in our life. If so, we are here.

Does the stress of farming have you feeling tired, worn out, or angry?

We know that times are tough for you and want you to know you are not alone. We have resources available to help you through the tough times.

Your mental health is just as important as your physical health.

If you or someone you know is feeling depressed, anxious or just plain exhausted, give us a call.

We are here to help.
Human Service Agency
123 19th Street NE
PO Box 1030
Watertown, SD 57201
Phone: 605-886-0123
1-800-444-3989

Christmas at New Horizons Cont’d

People served by New Horizons enjoyed a bountiful Christmas thanks to the generous gifts from the Watertown Community and the leadership of Josh Weyh. Weyh established a Go Fund Me account solely for the purpose of spreading a little Christmas cheer.
**Aggression Replacement Training**

By: Stephanie Traversie, MS, LPC, QMHP

South Dakota’s former Governor initiated changes to the manner in which juveniles and their delinquent choices were managed. What evolved was the Juvenile Justice Reinvestment Initiative. This new initiative included multiple theoretical modalities that are Evidenced Based practices with a focus on reducing recidivism. One in particular is called Aggression Replacement Training (ART). It is a cognitive behavioral intervention that focuses on training individuals between the ages of twelve to eighteen years old how to cope with their aggressive and violent behaviors. This is a group format that is led by a trained Mental Health Professional.

There are thirty sessions that occur in a group setting. This group can occur in an office setting or in school setting, which is three times per week for ten weeks. There are three specific components to this model. They include:

1. **Skill Streaming**—This focuses on teaching prosocial behaviors wherein modeling, role-playing, performance feedback, and transfer training occur.
2. **Anger Control Training**—This focuses on teaching participants what NOT to do in situations where youth act aggressively in response. Youth will learn to: identify their triggers, identify cues, use anger reducers, use reminders, think ahead, and use self evaluation.

3. **Moral Reasoning Training**—This is the cognitive component of ART as it relates to: problem situation, moral maturity, remediating moral development delay, and consolidating moral maturity.

ART is primarily focused on establishing repetitive learning techniques to teach kids healthier ways to manage their impulsiveness and anger.

If you know someone that you feel might benefit from this program, please contact the Human Service Agency at 605-886-0123 to learn more or to schedule an evaluation.

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**NEPRC**

The Northeastern Prevention Resource Center (NEPRC) helps to build and sustain prevention strategies across Northeast South Dakota. In existence since the mid 1980s, the NEPRC has a lengthy history of leadership in the prevention of alcohol, tobacco and other drug use as well as the prevention of suicide and violence. NEPRC promotes evidence-based programming to build safe and healthy schools, communities, and families.

The NEPRC serves as the primary training and technical assistance provider to schools, individuals and 5 community coalitions in NE South Dakota, including Watertown Healthy Youth, which is also a program of the Human Service Agency.

The NEPRC maintains a resource library featuring thousands of up-to-date DVDs, curricula, games, activity books, displays, and presentations to support and build evidence based programming around the topics of alcohol, tobacco, other drugs, mental health, suicide, and more. Education opportunities are available to parents, schools, agencies, and community leaders. The NEPRC also distributes a monthly newsletters about training opportunities and the latest research in the field.

In 2019, the NEPRC provided over 80 trainings from which over 2100 adults and youth received valuable information in regards to substance abuse, mental health, and suicide. They added over 40 new materials to their resource library. Over 30 individuals utilized the NEPRC resource library, checking out over 195 items.

In January 2020, the NEPRC awarded their first “Friend of the NEPRC Library” award to Susan Arvidson, Mental Health Case Manager with the Human Service Agency. Susan checked out over 50 items from the resource library in 2019.

To learn more about the NEPRC, the prevention library, or trainings, visit www.humanserviceagency.org/NEPrevention or contact neprc@humanserviceagency.org or (605) 884-3524. Like us on Facebook www.facebook.com/NEPRC_HSA or follow us on Twitter www.twitter.com/NE_Prevention to stay informed.
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 pm 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 Write:

Kari Johnston
Human Service Agency
P.O. Box 1030