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Celebrating America's 250th

The individuals served by New Horizons had a BLAST celebrating Independence Day together! The festivities were filled with smiles, laughter, great company, and plenty of patriotic spirit.

The celebration included an outdoor picnic, a variety of fun yard games, and, of course, a water balloon fight that brought plenty of laughs. It was a wonderful opportunity for everyone to spend time together, enjoy the summer weather, and make some fun memories.

The celebration continued on July 3 when the New Horizons crew had the chance to participate in the Lake Kampeska Boat Parade. A heartfelt thank-you to Chad Christianson for providing our group with such an extraordinary opportunity! Everyone had a fantastic time soaking up the sunshine, enjoying the beautiful lake, and taking in the excitement of the parade.

From picnic tables to boat waves, the New Horizons crew made the most of the holiday weekend. We are grateful for the opportunities to get out into the community, enjoy new experiences, and create meaningful memories together!



Naloxone Distribution



Pictured NEPRC Prevention Coordinator Dodi Haug and Prevention Specialist Stephanie Kinnander with Milbank Area Hospital Avera's Meredith Junker.

Opioid overdose isn't something that happens "somewhere else." It affects families, friends, and neighbors across South Dakota. That is why having life-saving tools like naloxone (Narcan) readily available is so important. Naloxone can reverse an opioid overdose within minutes and give someone a second chance at life.

Through partnership between HSA's Northeast Prevention Resource Center, Emily's Hope, and SD DSS Division of Behavioral Health, naloxone is becoming more accessible in our communities.

Free naloxone for personal use is now available at the Faulkton Area Medical Center Emergency Room, Faulkton School District, Milbank Area Hospital Avera Emergency Room, Grant County Courthouse, Coffee Cup Fuel Stop in Summit, Brookings Ivy Center, Sanford Webster Medical Center Emergency Room, Sanford Clear Lake Medical Center Emergency Room, and HR One Stop in Waubay.

Community members are encouraged to carry naloxone, especially if they know someone at risk of an opioid overdose. Anyone can help save a life by recognizing the signs of an opioid overdose, including:

- Slow or no breathing
- Unresponsive

- Blue-gray lips or fingernails
- Pinpoint pupils
- Gurgling or choking sounds
- Limp body

If you suspect an overdose try to wake the person and call 911 immediately. Follow the dispatchers instructions, and administer naloxone if available. Keep the person breathing if possible, place them on their side to prevent choking and stay with them until help arrives.

More information about recognizing and responding to an overdose, visit www.letsbeclearsd.com/prevention/reverse-overdose.



HUMAN SERVICE AGENCY
Helping People Achieve

Mental Health Walk-In Appointments

Walk in for support — no appointment needed

 Available During the Following Times:

Monday at 2 PM	Michelle
Tuesday at 2 PM	Shae
Wednesday at 2 PM	Michelle
Thursday 2 PM	Shae

First come, first serve

 Walk-in appointments are available for individuals seeking mental health support, brief assessment, and help getting connected to services.

 Human Service Agency
123 19th St NE
Watertown, SD 57201
 (605) 886-0123

You are not alone.
We're here to help.

Please check with the front desk for availability and additional details.

CARE Program Makes the Most of Summer



The CARE program at Human Service Agency kept the summer full of fun, adventure, and plenty of memories! From exploring local

attractions to enjoying the great outdoors, clients had several opportunities to get out, try new things, and spend time together.

The season kicked off with a group trip to Storybook Land in Aberdeen. The group traveled down the yellow brick road, explored fairy-tale-themed activities, and took a cruise around Wiley Park Lake on some spectacular bicycles. There was plenty to see, do, and enjoy along the way!

In August, the next adventure took the crew camping at Joy Ranch. The group packed in a full day of activities, including horseback rides around the arena, wagon rides through the hills, swimming in the lake, and plenty of traditional camping fun. The change of scenery offered a great opportunity to relax, explore, and enjoy the outdoors together.

Whether it's a day trip, an afternoon outdoors, or a weekend camping adventure, the CARE program is all about creating opportunities for clients to connect, experience new things, and enjoy their community. This summer was certainly one to remember—and there's no telling what adventure will be next!



From the Canopy — Executive Director Kari Johnston

You may notice that we have changed the name of our newsletter from *The Umbrella* to *The Branch*. We believe this better reflects the work we do at HSA and the role we play in our community. Branches provide support, offer shelter, help others grow and reach new heights, and connect different parts of a tree to create strength and stability. They also carry many leaves, representing the wide range of programs and services that make up the Human Service Agency. Together, these branches and leaves symbolize our shared commitment to supporting individuals, families, and the communities we serve.

September has been busy with 3 very important observances for HSA: Direct Support Professionals Week, Suicide Prevention Awareness Month, and National Recovery Month.

Direct Support Professionals (DSPs) are unsung heroes of the helping profession. They provide direct care and support to people with intellectual and developmental disabilities in their homes, communities, and through the New Horizon's Day Program. DSPs help each person to

improve their quality of life by working alongside them and their supports to achieve their goals. They may provide medical care, employment assistance, and opportunities to experience things such as exploring places they might not otherwise have the opportunity to visit. DSP's often work overnight, assist with heavy lifting, and caring for several people with varying needs. We deeply appreciate the dedication, care, and compassion our DSPs provide each day. Their work makes a meaningful difference in the lives of so many people.

September also brings awareness to suicide, the lives it has taken, and the lives it has touched. Our Glacial Lakes SAFE Coalition has once again dedicated held their annual awareness walk: Live in the Path of Hope. This walk is impactful and emotional every year. It brings together individuals and families affected by suicide while honoring those who have lost their lives to suicide. Each year, the people in attendance may change, but the common ground they share remains evident: remembering, supporting one another, and spreading hope.

We also support National Recovery Month, a time to recognize the strength, courage, and resilience of people who are working through recovery. At HSA, we know that recovery doesn't look the same for everyone and it rarely happens because of one person, one program, or one organization. Instead, recovery is often built from many small pieces: a supportive conversation, a safe place to turn, a new coping skill, a caring provider, a family member who doesn't give up, or simply someone willing to listen. We are fortunate to play a small piece in the journey of the people we support.

Finally, we begun using our new wing at HSA and our growth and expansion have already filled every new office we added to Behavioral Health. We hope this is a sign that increased awareness of behavioral health is helping to reduce the stigma surrounding seeking help and encouraging more people to reach out when they need support.

As we say goodbye to summer, we hope you are finding the transition to shorter days and back-to-school routines as stress-free as possible.

Serenity Hills Takes Recovery Outdoors



This past summer, residents at Serenity Hills experienced both healing and outdoor recreation, proving that

recovery is not just about hard work, it is about rediscovering the joy of living. We continue with our therapeutic groups and daily recovery work, but made the effort to connect with nature and build life skills.

A highlight of the summer was the therapeutic recreation program, which was made possible thanks to a partnership

with the SD Dept. of Game, Fish and Parks. By removing financial barriers and providing instruction and supplies, GF&P and Serenity Hills staff gave residents a chance to discover healthy and sober hobbies they can carry with them.

Through these activities, residents practiced recovery principles in real-time:

- **Mindfulness:** Fishing offered residents a quiet space to practice patience, emotional regulation, and grounding in a calm environment.
- **Focus and Distress Tolerance:** Archery instruction challenged participants to channel their energy, building concentration and focus toward a specific target.

- **Teamwork and Connection:** Group campfire cooking required active communication and problem-solving resulting in a meal and shared camaraderie in what seemed like a remote setting.

Residents also participate in arts and crafts regularly being involved in activities such as tie-die, painting of pictures/rocks, coloring, diamond art, participating in community events, etc. Most recently our residents walked and ran in the Glacial Lakes SAFE Suicide Prevention Awareness Event.



The Services of HSA

Outpatient Mental Health

Psychosocial Assessments
Individual and Family Counseling
Psychiatric Evaluations & Med Mgmt

Children, Youth, & Family Services

Individual and Family Therapy
Adolescent DBT Group
Adolescent MRT Group

CARE

Med Management
Case Management
Peer Led Groups
Employee Assistance

Addictions Services

Individual and Family Counseling
Couples Counseling
Group Counseling

Serenity Hills

Halfway House for Men
Detoxification
Crisis Stabilization (Serenity Cove)

NE Prevention Resource Center Watertown Healthy Youth

Transitional Residence

Community Support Provider

Day Program
Employment Services
Residential Life
Project Skills
Community Services

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 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, visit:

www.humanserviceagency.org/donations

or scan this QR Code.

