

**There is hope,  
even when  
your brain tells  
you there isn't.**

- John Green



# Annual Report

September 14, 2024

## Mission Statement

Empire Mental Health Support is committed to serving individuals with a mental illness diagnosis and their families. We will also advocate for an improved system of care.

# Major Accomplishments

## Message from the President

As the president of a nonprofit organization in the Empire Area that fills a unique need for individuals and consumers who either live with a mental illness or are a family member of someone who cares for someone with a mental health diagnosis, it is our goal to be the strongest voice in the Empire Area for support, education, and advocacy while seeking equality and erasing the misperceptions of mental health disorders.

We hope you will join us through each step in our endeavors as we become a welcome pillar in our community.

*Thank you for choosing Empire Mental Health Support!*

# Program Accomplishments

## Education

Educating the general public and our members is an important part of the work of Empire Mental Health Support. We continue to seek opportunities to present information about mental illnesses and our efforts to improve the lives of those who are touched by one of these medical conditions.

Training for law enforcement officers about the realities of living with mental illness is important. Empire Mental Health Support collaborates in the Crisis Intervention Training (CIT) for Sioux Falls officers. Classes are held in the Spring and Fall each year. Typically, 20 -25 officers attend this 40-hour class. Consumers and family members participate as panel members to help the officers learn first person stories of the impact mental illness has had on their lives. CIT helps officers learn ways they can support the people they encounter who are experiencing an exacerbation of their symptoms.

Currently Facebook and Mail Chimp are the primary methods of distributing information about mental health issues and support for those whose lives are impacted by mental illness.

Informational brochures continue to be distributed to community partners for sharing with individuals they serve.

The newest program, Roadmap to Wellness, Empire Mental Health Support is offering will be rolled out in September 2024. The 6 hour class is for caregivers of someone who lives with a mental illness diagnosis. It will help participants understand mental illness, ways to communicate with their loved one when things are not going well, the importance of self-care (without feeling guilty) as well as how to be strong advocates when their loved one needs some assistance in this area.

## Support

Empire Mental Health Support offers an information and referral phone line that is staffed Monday through Friday during normal business hours.

Care Meetings for Peer Support were held twice a week - Mondays and Fridays. The Friday group is offered as a hybrid in-person, or via Zoom meeting for people who are

not able to attend in person. Volunteer facilitators have offered more than 500 hours of peer support this past year.

Care Meetings for Family Support meet weekly in-person and via Zoom for those unable to attend in person. Family members from Sioux Falls and nearby communities who are unable to join in person are able to join via Zoom. Volunteer facilitators have offered more than 500 hours of peer support this past year.

The ability to offer more support groups is dependent on having more people offer to become trained support group facilitators.

Empire Mental Health Support is developing training for new support group facilitators.

## Advocacy

In the Sioux Empire more than 43,550 adults will have a diagnosable mental illness in a given year; 8,400 adults live with serious mental illness diagnoses.

Advocacy efforts included:

1. Attending and presenting at the Mental Health Court
2. Attending the Public Transit Advisory Board meetings to advocate for public transportation that meets the needs of people with mental illness
3. Participated in the Sequential Intercept Model for helping people receive services rather than becoming incarcerated
4. Offered support for the upcoming relocation of Southeastern Behavioral Health's Community Support Services program, including the addition of 55 apartments, to 11<sup>th</sup> Street

Areas in need of improvement:

1. Access to effective and affordable treatments
2. Reliable public transportation to all mental health providers in Sioux Falls
3. Decent and affordable housing
4. Supported housing

Members of the board of directors participate in:

1. Monthly Suicide Prevention Task Force. Last year 202 South Dakotans died by suicide. Much of our outreach and education efforts are intended to help people receive the mental health help they need to live fulfilling lives in the community

2. Monthly Nonprofit Exchange where local nonprofits gather to learn from one another
3. Faith Community Nurses meetings

## Outreach

Board members have been attending Sioux Falls Chamber of Commerce Ribbon Cuttings and Monthly Mixers to introduce the attendees to EMHS. Members also participate in community outreach activities such as tabling events at festivals. These outreach activities have touched the lives of nearly 2,000 citizens.

1. Sioux Falls Chamber of Commerce Ribbon Cuttings and Monthly Mixers
2. Annual fundraiser for Avera Behavioral Health Center
3. Tabling at Sioux Falls Pride event
4. Raised awareness at the Suicide Prevention Taskforce "Messages of Hope" by holding signs at the corner of 41<sup>st</sup> Street and Minnesota Ave.
5. Tabling at Juneteenth Celebration
6. Tabling at Meldrum Park
7. Tabling at Levitt at the Falls
8. Tabling at Emerson Park
9. Tabling at Hayward Park

# Financial Support

Empire Mental Health Support relies heavily on the generosity of individuals to support the ongoing work of education, support and advocacy to improve the lives of people affected by mental illness. Individual donations, whether in a check written once a year or when one is able, remembrance of a loved one with a memorial, or seeking a donation from a business you regularly use are ways you can help assure the organization is able to meet the growing and ongoing needs in the community. Using your personal story to secure donations always works better than generic stories. Small unrestricted educational grants from PhRMA have given us funds to purchase necessary supplies and materials for our operation.

## Donors September 1, 2023 to August 31, 2024

Arends, Wayne & Phyllis  
Arends, Wayne & Phyllis in  
memory of Kollette Austad  
Austad, Dean & Cheryl in  
memory of Kollette Austad  
Butler, Debra  
Chesley, Karen  
Common Ground  
First Presbyterian Church  
Fuller, Dr. William & Gail  
Hass, Lowell & Sharyl  
Ketcham, Betty

Knudson, Vickie in honor of  
Vanessa Carlson  
Lipp, Delores & Jeff  
Yarbrough  
McAllister, Lanelle in honor of  
Lynette Lauch  
Nostvick, Laura  
O'Brien, Judie  
PhRMA  
Spader, Duane & Elaine  
Sprout, Michael  
Taylor, Charles  
Vern Eide Motor Cars  
Wintersteen, Audrey

Dancing With the Sioux Falls Stars  
Avera Health  
Billion, Deb & John  
Corcoran, Deanna  
Dacotah Insurance  
First Lutheran Church  
Hofmeister Jones Funeral Home  
Holleman, Sandra  
Kayser, Tony & Katie  
Palmer, Kari  
Sova, Paul & Jil  
Swenson, Lindsey  
Swenson Wealth Management  
The Lynda B. Advantage

# Dancing with the Sioux Falls Stars

## Corporate Sponsors

Ballerena Dance Studio

DeWitt Designs

First PREMIER Bank/PREMIER Bankcard

First Presbyterian Church

Gunderson's

Hander Plumbing and Heating

Northwestern Mutual

Plains Commerce Bank

Senproco/Groomer's Choice

Southeastern Behavioral Health

The Event Company

The Helpline Center



# Financial Report

September 1, 2023 through August 31, 2024

<b>Empire Mental Health Support</b>	
<b>Statement of Financial Position</b>	
<b>As of August 31, 2024</b>	
	<b>Total</b>
<b>ASSETS</b>	
<b>Current Assets</b>	
<b>Bank Accounts</b>	
10000 First Bank & Trust	5,353.48
<b>Total Bank Accounts</b>	<b>\$ 5,353.48</b>
<b>Other Current Assets</b>	
Uncategorized Asset	-24.01
<b>Total Other Current Assets</b>	<b>-\$ 24.01</b>
<b>Total Current Assets</b>	<b>\$ 5,329.47</b>
<b>TOTAL ASSETS</b>	<b>\$ 5,329.47</b>
<b>LIABILITIES AND EQUITY</b>	
<b>Liabilities</b>	
<b>Current Liabilities</b>	
<b>Credit Cards</b>	
22000 Capital One	266.58
<b>Total Credit Cards</b>	<b>\$ 266.58</b>
<b>Total Current Liabilities</b>	<b>\$ 266.58</b>
<b>Total Liabilities</b>	<b>\$ 266.58</b>
<b>Equity</b>	
32000 Unrestricted Net Assets	14,506.45
<b>Net Revenue</b>	-9,443.56
<b>Total Equity</b>	<b>\$ 5,062.89</b>
<b>TOTAL LIABILITIES AND EQUITY</b>	<b>\$ 5,329.47</b>
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<b>Empire Mental Health Support</b>	
<b>Profit Loss</b>	
<b>September 2023 - August 2024</b>	
	<b>Total</b>
<b>Revenue</b>	
4102 Membership	0.00
4102.1 Membership Dues	-246.58
<b>Total 4102 Membership</b>	<b>-\$ 246.58</b>
4200 Grant Income	500.00
4300 Contributions	0.00
4300.1 Unrestricted donations	9,850.85
4300.2 Donation with membership	88.51
4300.3 Donation in memory/honor of	1,155.00
<b>Total 4300 Contributions</b>	<b>\$ 11,094.36</b>
4400 Dance fundraiser	751.94
4400.1 Sponsorships	20,447.50
4400.2 Ticket sales	25,496.93
4400.3 Donations	2,440.00
<b>Total 4400 Dance fundraiser</b>	<b>\$ 49,136.37</b>
4409.1 Reimbursement	170.00
<b>Total Revenue</b>	<b>\$ 60,654.15</b>
<b>Gross Profit</b>	<b>\$ 60,654.15</b>
<b>Expenditures</b>	
5000 Board of Directors	0.00
5000.4 D & O insurance	744.00
<b>Total 5000 Board of Directors</b>	<b>\$ 744.00</b>
5100 Administration	0.00
5100.1 Rent	6,000.00
5100.11 Administration - other	329.88
5100.12 Internet	637.81
5100.2 Postage	93.30
5100.3 PO Box rent	176.00
5100.4 Telephone	558.11
5100.6 Business Liability Insurance	331.00
5100.7 Office supplies	111.74
5100.8 Equipment purchase	33.32

5100.9 Nonprofit report to S.O.S.	20.00
<b>Total 5100 Administration</b>	<b>\$ 8,291.16</b>
5300 Marketing	0.00
5300.3 Membership costs	362.75
5300.5 Website -online expenses	349.27
5300.6 Supplies	208.90
5300.7 Brochures - marketing materials	268.00
5300.9 Other Business Expenses	224.00
<b>Total 5300 Marketing</b>	<b>\$ 1,412.92</b>
5400 Fundraising/Development	0.00
5401 Dance fundraiser	0.00
5401.1 Event Planning and Production	34,620.50
5401.2 Venue Expenses	17,566.80
5401.4 Dance - other expenses	846.63
5401.5 Marketing - dance	311.76
5401.6 Raffle	5,215.00
<b>Total 5401 Dance fundraiser</b>	<b>\$ 58,560.69</b>
5403 Development expenses	50.00
<b>Total 5400 Fundraising/Development</b>	<b>\$ 58,610.69</b>
5600 Program expenses	0.00
5600.5 Meeting support	192.55
<b>Total 5600 Program expenses</b>	<b>\$ 192.55</b>
6100 Outreach/Education	0.00
6101.2 Event fees	244.52
6101.3 Materials	6.36
6101.6 Other expenses	8.80
<b>Total 6100 Outreach/Education</b>	<b>\$ 259.68</b>
<b>Total Expenditures</b>	<b>\$ 69,511.00</b>
<b>Net Operating Revenue</b>	<b>-\$ 8,856.85</b>
Other Expenditures	
Reconciliation Discrepancies	-0.01
<b>Total Other Expenditures</b>	<b>-\$ 0.01</b>
<b>Net Other Revenue</b>	<b>\$ 0.01</b>
<b>Net Revenue</b>	<b>-\$ 8,856.84</b>
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# Empire Mental Health Support

## Board of Directors

September 2023 - September 2024

Debra Butler, President

Jerry Zeigler, Vice President

Phyllis Arends, Treasurer

Debra Piper, Secretary

John Baxter

Barbara DeVos

Michael Hanson

Laura Nostvick

Katie Schmaus

Michael Sprout