



Annual Report

September, 2022

Empire Mental Health Support 2022 Annual Report
PO Box 88631, Sioux Falls, SD 57109
737 W. 10th Street, Ste. 103 Sioux Falls, SD 57104
605-359-0995

Mission Statement

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

Major Accomplishment

EMHS moved to physical office space at 737 W. 10th Street #103 in February 2022. This provides consistent space for meetings and support groups.

Message from the President

Dear members and supporters,

In the past year, Empire Mental Health Support (EMHS) grew to be a major asset for our community. We leased office at the end of January where peer and family support group meetings can be held. This was a big change for all of us and is a step in the right direction. Shortly after we opened our office the board members attended training on how to be a more effective organization. Since then, we have been working on marketing our brand, writing grants, and physically getting the word out about who we are, what we do, and how we will work toward a brighter future for those individuals and their families who live with mental illness.

We made appearances at Stand Up for Women Veterans, the CIT Training for law enforcement officers, Pride Day, and Juneteenth. Some of our board also attended the local Mental Health Court.

We just started having three peer support meetings a week, and feel it is important for our community to make meetings more available. We are hoping to attract the Southeastern Behavioral crowd and those who live in the downtown area. Someday, we hope to have seven peer meetings a week in Sioux Falls and at least one meeting in our ten largest communities. Peer support groups allow a level of acceptance, understanding, and validation not found in many other personal relationships. By sharing one's own lived experience, peer support volunteers and workers help people to develop their own goals, create strategies for self-empowerment, and take concrete steps towards building fulfilling, self-determined lives for themselves. It is a place to vent what someone

is going through. It is a place where someone can learn about their illnesses through others who have been there. It is confidential, so no one needs to know who was there in the peer support group and why. In June, we celebrated our second year as a nonprofit organization. I can't believe it's been two years already! With a lot of hard work and dedication, the board, the members, and the donors have helped us grow in our labor of love to help the mental health community. We are working on reinstating *Dancing with the Sioux Falls Stars*. This will be an enterprising fundraiser for us. In July, the new 988 helpline was enacted, bringing more support for mental health for those in crisis. Veterans can press 1 just like the old number, but with fewer digits!

Now that life and society is getting back to a norm we can be comfortable with, the year in front of us is filled with hopes of growth and prosperity for the Empire Mental Health Support organization. We are working on being a trusted resource to turn to in the state. Our board is strong. We hope to receive grants so we may expand into hiring an executive director. We are two years into our existence. With having three peer support meetings, a larger presence in the community, and a family support meeting, we plan to be around a long time! Now, let's keep on celebrating by getting to know each other!

Thank you and best regards,
Jerry Zeigler, president

Program Accomplishments

Education

Educating the general public and our members is an important part of the work of EMHS. 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. EMHS has been invited to participate 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 is the primary method of distributing information about mental health issues and support for those whose lives are impacted by mental illness. At this time 282 people are followers. We are in the process of setting up Mail Chimp as a way to keep members and supporters updated with the growth of Empire Mental Health Support.

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

Support

EMHS 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 Zoom meeting for people who are not able to attend in person. A third in-person meeting was added after Labor Day. Volunteer facilitators have offered more than 525 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 Watertown, McLaughlin, Brookings, Arlington and Centerville join via Zoom. Volunteer facilitators have offered more than 525 hours of peer support this past year.

Advocacy

In Sioux Falls more than 32,000 citizens have a diagnosable mental illness in a given year; 8,400 adults live with serious mental illness.

Areas in need of improvement are:

- Access to effective and affordable treatments.
- Reliable public transportation to all mental health providers in Sioux Falls.
- Decent and affordable housing.
- Supported housing. (how is this different?)

Members of the board of directors participate in the local 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.

Outreach

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Board members have been attending Sioux Falls Chamber of Commerce Ribbon Cuttings and Monthly Mixers to introduce the attendees to EMHS. Members also participated in community outreach activities highlighted in the Message from the President. These outreach activities have touched the lives of nearly 2,000 citizens.

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. We have recently subscribed to Grant Station through the South Dakota Nonprofit Network to assist us in our efforts to secure capacity and program building funds.

Donors September 1, 2021 to August 31, 2022:

Anonymous	First Lutheran Church	PhRMA
Arends, Wayne & Phyllis	Women	Schmaus, Katie
Austad, Dean & Cheryl	Hass, Lowell & Sharyl	Schmidt, Anita
Baxter, Tom & Jackie	Holleman, Sandra	Spader, Duane & Elaine
Biersbach, Richard & Lois	Lipp, Delores	Taylor, Chuck
Blackbaud	Megill, Harold estate	Wintersteen, Audrey
Butler, Debra	Murphy, Angy	Zeigler, Jerry & Susan
Cunningham, John	Murphy, Lori	Zeigler, Sharon
	Network for Good	
	O'Connor, Eileen	

Financial Report

September 1, 2021 through August 31, 2022

Income

4102 · Membership

4102.1 · Membership Dues 115.00

4102 · Membership - Other 0.00

Total 4102 · Membership 115.00

4200 · Grant Income 0.00

4300 · Contributions

4300.1 · Unrestricted donations 15,104.00

4300.2 · Donation with membership 280.00

4300.3 · Donation in memory/honor of 630.00

Total 4300 · Contributions 16,014.00

Total Income 16,129.00

Expense

5000 · Board of Directors

5000.2 · Board development 270.00

5000.4 · D & O insurance 0.00

Total 5000 · Board of Directors 270.00

5100 · Administration

5100.1 · Rent 4,500.00

5100.11 · Administration - other 0.00

5100.12 · Internet 260.26

5100.2 · Postage 22.60

5100.3 · PO Box rent 166.00

5100.4 · Telephone 382.68

5100.7 · Office supplies 331.85

5100.8 · Equipment purchase 1,322.17

5100.9 · Nonprofit report to S.O.S. 10.00

5100 · Administration - Other 1,108.66

Total 5100 · Administration 8,104.22

5300 · Marketing

5300.4 · Postage 23.20

5300.5 · Website -online expenses 498.43

5300.6 · Supplies 36.64

5300.7 · Brochures - marketing materials 13.19

5300.8 · Capacity Building 0.00

Total 5300 · Marketing 571.46

5400 · Fundraising/Development

5403 · Development expenses 154.92

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5404 · Other expenses	—	<u>0.00</u>
Total 5400 · Fundraising/Development		154.92
5600 · Program expenses		
5600.3 · Meals		0.00
5600.5 · Meeting support		155.94
5600.6 · Lodging	—	<u>0.00</u>
Total 5600 · Program expenses		155.94
6100 · Outreach/Education		
6101.2 · Event fees		115.00
6101.3 · Materials	—	<u>43.75</u>
Total 6100 · Outreach/Education		158.75
6500 · Advocacy		
6500.1 · Legislative session	—	<u>40.00</u>
Total 6500 · Advocacy	—	<u>40.00</u>
Total Expense	—	<u>9,455.29</u>
Net Income	—	<u><u>6,673.71</u></u>

Empire Mental Health Support Board of Directors

Jerry Zeigler, President

Angy Murphy, Vice President

Phyllis Arends, Treasurer

Beverly Johnson, Secretary

John Baxter

Debra Butler

Sandy Holleman

Bob O'Connor

Katie Schmaus

Deb Piper, Secretary