

## SD NAMI CONSUMER COUNCIL TELECONFERENCE

June 1, 2007

Present: Secretary Louise Stapert, Treasurer Kim Shorers, Duane Laufman, Sandy Peterson, Lois Knoke, Jim Simbeck, State-Tina Manning.

#1. Louise gave the welcome and chaired the meeting. Mark and Bill were unable to be on the call.

#2. Tina was on another conference call. A general discussion of drop in centers was held until she was able to join. Louise asked how other drop in centers were funded and ran.

Sioux Falls has a “clubhouse” model. It is known as the 5<sup>th</sup> Street Connection. Kim said that it was funded through the state based on the number of people that attend. It is part of the Southeastern Behavioral HealthCare.

The Zambrano Drop In Center in Huron has been operating for three years. It is run by the Community Counseling Services. Case manager Lynn Patterson is the supervisor. Consumers do work such as run the snack shop and supervise the Center. They are paid minimum wage. Sandy reported they have activities such as walking groups that meet three times a week. She leads one of the groups. Their goal is to promote a healthy lifestyle. They are starting a Pilates group that will meet twice a week. Huron has a Body Garden Center, which is like the Curves Program, that is used to promote weight loss. This consists of a group of exercise machines that is done in a 30 minute time frame to music. The Center pays for 48 visits with an instructor. Consumers are given a 10 day free trial to see if they would like it. The Center has an activities committee. They have had Yahtzee , pool, and dart tournaments. Fundraisers are done through Team Council. A group of 4 or 5 people handle this. Before United Way starts their fund drive, Team Council members approach businesses and individuals about donating. Duane reported this can take quite a bit of time. Individuals are paid twenty-three cents a mile for driving their own vehicles. Huron doesn't allow consumers to drive because of insurance issues.

The Aberdeen Drop In Center opened about two and a half years ago when the Day Program shut down to allow case workers to concentrate on consumers in the 11 county area outside of Aberdeen. Consumers were allowed to utilize the former Friends space if they would run it. Louise Stapert, Program Coordinator, is an employee Northeastern Mental Health Center, serves as a liaison between Friends Drop In Center and Northeastern Mental Health Center. Once weekly groups are conducted by a therapist/caseworker on learning and accepting who we are. Monthly bingo games and picnics (weather permitting) are held. Coffee and snacks are available. There are weekly trips to the grocery store. Pop is sold to raise funds. Raffles and a food booth have also been held.

#3. Lois made a motion to approve the minutes and Duane seconded.

#4. Old business:

A. In Our Own Voice grants have not been announced yet.

- B. Thirty-nine thousand dollars was raised during the NAMI Walk. This fell \$21,000.00 short of the \$60,000.00 goal. Approximately 350 people participated. Kim reported he had raised \$120.00. He asked family and friends to support him, and a lawyer gave him \$20.00. The people who raised \$100.00 or more were going to be taken out to dinner.

#5. New Business:

- A. Lois reported she and Sandy Olson went to Pierre May 9<sup>th</sup> for a Clinical Management Team meeting. These meetings are for developing recovery ideas.  
As a result of this meeting, the State NAMI Convention will add another half day to train consumers to help each other. There is a consumer group that is coming that will train the afternoon of the 10<sup>th</sup> and the morning of the 11<sup>th</sup>. This is not the NAMI CARE Group training. That is a separate program. The NAMI Conference will be jointly held with the State to cut down costs. More information on the convention will be coming out in the NAMI Newsletter.

#6. Tina asked that the minutes and the agenda be turned in to her earlier.

#7. The next meeting will be held on Wednesday, July 11<sup>th</sup>.

Lois made a motion to adjourn and Duane seconded.

Respectfully submitted,

Louise Stapert, Secretary  
SD NAMI Consumer Council