

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

- John Green



# Annual Report

September 9, 2023

## 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

Empire Mental Health Support received a grant from the Sioux Falls Area Community Foundation to help fund a branding and marketing initiative. This grant gave the opportunity to hire a

professional to guide the board members through the decision-making that goes into deciding how the organization will be presented in the community. We now have a new website, brochures, posters, Mail Chimp program as well as images to use going forward.

Dancing with the Sioux Falls Stars is returning on October 7, 2023. This event serves the dual purposes of raising awareness about our organization and raising funds to support ongoing efforts to achieve our mission.

## 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.

### 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 Watertown, McLaughlin, Brookings, Arlington and Centerville 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.

### **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

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:**

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.

Empire Mental Health Support became members of the Sioux Falls Chamber of Commerce this year to increase its visibility in the community.

## **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, 2022 to August 31, 2023:

Anonymous	Hofmeister Jones Funeral	
Arends, Wayne & Phyllis	Home	
Avera	Kayser, Tony & Katie	<u>Baxter, Robert &amp; Maithri</u>
Biersbach, Richard & Lois	Ketcham, Betty	in honor of:
Billion, John & Deb	Morgan Bass, Cyndi	John Baxter
Bliss, Norman &	Murphy, Angela	<u>Fink, Marcia</u> in memory of
Corcoran, Deanna	Murphy, John & Lori	Marvin Fink
Butler, Debra	Peters, George	<u>Taylor, Charles</u> in memory of
Cunningham, John	PhRMA	of Dorothy Hoffman
Dacotah Insurance	Piper, Debra	<u>Arends, Wayne &amp; Phyllis</u> in
DeWitt, James & Sarah	Rector, Matthew	memory of:
Fink, Maggie	Severance Beer, LLC.	Dr. David Bean
First Lutheran Church Women	Sova, Paul & Jil	Vonnie Moos
Fuller, Dr. William & Gail	Swenson Financial	Nigussie Bulti
Hanson, Michael	Taylor, Charles	
Hass, Lowell & Sharyl	Vern Eide Motorcars	
Hearnen, Kelly	Wilson, Terry & Jenelle	
Holleman, Sandra	Wintersteen, Audrey	
	Zeigler, Susan	

# Dancing with the Sioux Falls Stars

## Corporate Sponsors:

Northwestern Mutual Financial Services	Plains Commerce Bank
Southeastern Behavioral Health	Senproco/Groomers Choice
First Bank & Trust	First Presbyterian Church
Think 3D Solutions	Jeremy Aguinaga
Cornerstone Bank	Hander Plumbing and Heating
Grand Prairie Foods	

## Financial Report

September 1, 2022 through August 31, 2023

	<u>Sep '22 - Aug 23</u>
<b>Income</b>	
4102 · Membership	
4102.1 · Membership Dues	125.00
Total 4102 · Membership	125.00
4200 · Grant Income	11,000.00
4300 · Contributions	
4300.1 · Unrestricted donations	11,607.93
4300.2 · Donation with membership	540.00
4300.3 · Donation in memory/honor of	165.00
4300.4 · Corporate Contributions	496.27
Total 4300 · Contributions	12,809.20
4400 · Dance fundraiser	
4400.1 · Sponsorships	10,000.00
4400.2 · Ticket sales	1,416.25
4400.3 · Donations	3,550.00
4400 · Dance fundraiser – Other	2,446.50
Total 4400 · Dance fundraiser	17,412.75
4600 · Stipend for speaking	305.50
<u>Total Income</u>	<u>41,652.45</u>
<b>Expense</b>	
5000 · Board of Directors	
5000.3 · Board relations	30.79

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

5000.4 · D & O insurance	744.00
Total 5000 · Board of Directors	774.79
5100 · Administration	
5100.1 · Rent	6,000.00
5100.10 · Business development	50.00
5100.11 · Administration – other	10.00
5100.12 · Internet	545.00
5100.2 · Postage	62.79
5100.3 · PO Box rent	176.00
5100.4 · Telephone	429.66
5100.6 · Business Liability Insurance	285.00
5100.7 · Office supplies	19.15
5100.8 · Equipment purchase	99.96
5100.9 · Nonprofit report to S.O.S.	10.00
5100 · Administration – Other	19.00
Total 5100 · Administration	7,706.56
5300 · Marketing	
5300.4 · Postage	24.00
5300.5 · Website –online expenses	5,827.75
5300.6 · Supplies	38.04
5300.7 · Brochures – marketing materials	300.00
5300.8 · Capacity Building	5,250.00
Total 5300 · Marketing	11,439.79
5400 · Fundraising/Development	
5401 · Dance fundraiser	
5401.1 · Event Planning and Production	17,453.37
5401.2 · Venue Expenses	2,500.00
5401.3 · Ticketing expenses	1,499.00
5401.5 · Marketing – dance	25.00
Total 5401 · Dance fundraiser	21,477.37
Total 5400 · Fundraising/Development	21,477.37
5600 · Program expenses	
5600.1 · Brochures, flyers, etc.	53.25
5600.5 · Meeting support	234.28
Total 5600 · Program expenses	287.53
6100 · Outreach/Education	
6101.2 · Event fees	138.46
6101.3 · Materials	19.77
6101.6 · Other expenses	0.00
Total 6100 · Outreach/Education	158.23
Total Expense	41,844.27
<u>Net Income</u>	<u>-191.82</u>

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

# 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