



Annual Report

September 11, 2021

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 Accomplishment

Empire Mental Health Support received its IRS 501(c)3 designation. Under section 170 of the IRS code this means all donations to Empire Mental Health Support are tax deductible.

Message from the President

Dear members and supporters,

The past year has been busy and productive in spite of the COVID pandemic.

I want to start by thanking those who have worked hard to make a difference within the organization:

Board members: Jerry Zeigler, president; Angy Murphy, vice president; Deb Piper, secretary; Phyllis Arends, treasurer; John Baxter, Sandy Holleman, Bob O'Connor, Beverly Froslic Johnson, and Mark Weber.

Peer support group leaders: Angy Murphy, John Baxter, Susan Zeigler, Bob O'Connor, Roseann Olson, Jerry Zeigler, Ryan Sauby, and Cyndi Morgan Bass.

Family support group leaders: Sandy Holleman, Phyllis Arends and Beverly Froslic Johnson.

Speaker Bureau presenters: Sandy Holleman, John Baxter, Angy Murphy, Deb Piper and Beverly Froslic Johnson.

I congratulate each of them for their dedication, hard work and compassion for helping move Empire Mental Health Support forward over the past year.

During last summer 2020, we worked hard with getting Zoom content out there for our Board of Directors and for our members. We started with coffee via Zoom on Mondays and lunch via Zoom on Thursdays. In October, our first Care Meeting for Peer Support was broadcast on Zoom for Tuesday evenings.

Shortly thereafter, a Monday evening Care Meeting for Peer Support was also broadcast on Zoom. Finally, a Care Meeting for Family Support Meeting began on Friday evenings via Zoom. With the pandemic continuing, this was the best outlet to go.

In May, we had our first face-to-face meeting at Sertoma Park on Tuesday evenings. In August, the second meeting me face-to-face on Monday afternoons at First Presbyterian Church; in July, the Family Meeting taking place at First Congregational Church on Sunday evenings. We were finally starting to make headway!

In March, we continued with Coffee and Conversation as we had when we met under a different organization's name. In September, we are moving it back to the original time of 11:30AM on Mondays. The Tuesday evening group will be moving time and location to 5:30PM at 8905 S. Hidden Pl.

In April, we gave our first presentation about what EMHS to the officers of the CIT training. There we talked about our desire to take care of the symptomatic person in crisis by getting them mental health care over having to spend time in jail. With the new Mental Health Court, we hope this will be possible in most cases.

In May, we stood on the corner of 41st St. and Louise Ave. for Mental Health Awareness Month. There, we held signs to let passersby know we are here and alive as those who live with mental illness whether in themselves or their family members! Sandy Holleman read Mayor TenHaken's declaration for this day.

In July, Angy Murphy gave a speech for the anniversary of the Americans with Disabilities Act. This act helps those with disabilities have easier access to all sorts of services. I know I wouldn't have been able to get my Disabled Veterans license plates without the ADA. Just remember, some disabilities are not as obvious as others, but equal!

At the end of July, we had both the 15 Questions Presentation training in Belle Fourche, which we'll be calling Speakers Bureau in our organization: and our second Group Leaders training. The goal of both these programs is for outreach. The speakers can tell their story at schools, hospitals, boardrooms, etc. The Group Leaders can expand on support meetings for peers and families.

At the end of August and early this month, we had partnered with Lost&Found, another nonprofit that serves young adults 18-24 on campuses to prevent a rise in suicidal ideation, planning, and completion. We are happy to share events with them. We hope to be working with them—and others—in the future!

We were able to show up at Riverfest and the Block Party to tell people what we do. It was exciting! It is our goal to attend as many events as we can in the next year. Such events as Juneteenth, Pride Day, and the Sidewalk Arts Festival would help get our name out there!

One of our goals for the next year is to expand as much as we can. It would be ideal to have meeting in the ten biggest towns in our state in the next two years. It would be wonderful to expand into parts of the surrounding states within 10 years. We feel this would be great for our organization, to prove how strong we are!

We will be working on getting some solid sponsors in the next year. There are so many mental health clinics in this area. Only time will tell. We welcome anyone who has the same ideals we do in growing EMHS into a wonderful resource!

Yesterday, it was World Suicide Prevention Day. September is National Suicide Prevention Month. This is one of our focal points due to the rise of suicide deaths since the beginning of the pandemic. People became unemployed due to either their businesses closing for a time or going out of business completely.

People of color, people of different genders, and children were hit hardest by the pandemic. Asians were victims of aggression because of the origination of COVID-19. Children had to go to school for the first time either masked up or online. Parents, older children, family members, and friends were dying from the virus. A wave of mass depression came over the country.

The social distancing meant we had to stay away from each other. Other than social media, phone calls, or online meetings, there wasn't that person-to-person contact in-person. I can admit I became severely symptomatic during this time. If I didn't have an appointment, there was no reason to get up in the morning really!

There was a time this January when I had suicidal thoughts for the first time in 11 years because of an argument I had with my daughter where she tore me apart as a human being and triggered my trauma. I wrote something on Facebook asking to borrow a gun. A friend noticed it and told me that they turn comments like that to the local authorities. So, I took it down and the thoughts passed.

But enough about me. We would like to see suicide be extinct like some of the fatal viruses humans had to face throughout history! One of the things we can all do is talk to our friends and family members about what's bothering them. An empathetic ear can be the solution in some cases.

Another solution is working towards expanding Medicare, achieving Universal Healthcare, and reforming mental health to the point where care and medication cost the patient little or nothing. This is our primary goal, to have compassion and mental health support for everyone!

Every life is worth living. You are worthy of the air we breathe. You belong here. Thank you for sharing another day with us! If anyone tells you different, tell them you're worth every penny spent!

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 Empire Mental Health Support. In July 2021, five members of Empire Mental Health Support were trained to present the "15 Questions" public education program. The 15 Questions presentation helps audience members understand what real life with a mental illness is really like. It has a dual

benefit of helping the presenter enhance his/her self-confidence. Presentations will be available to civic groups, faith communities, and businesses that would like to improve their understanding of how mental illness affects real people.

The restraints of the COVID pandemic limited opportunities for outreach to the public this past year.

Training for law enforcement officers about the realities of living with mental illness is important. Empire Mental Health Support was invited to participate in the Crisis Intervention Training (CIT) for Sioux Falls officers in Spring 2021. 25 officers learned about Empire Mental Health Support and how it 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 233 people are followers.

Informational brochures were designed and have been distributed to several community partners for them to share 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 Tuesdays - via Zoom until the weather improved. Attendance varied week-to-week.

The Tuesday group began meeting at Sertoma Park and saw an improvement in attendance until road construction caused difficulties getting to the park. The group began meeting in person in the community room at West Briar Commons on Sept. 7th.

The Monday group continued meeting via Zoom through the end of July. Beginning August 2nd the meetings were held at First Presbyterian Church. These were held in-person as well as via Zoom for those unable to get to the church.

Care Meetings for Family Support met weekly via Zoom until July 18th when the group began meeting in-person at First Congregational Church. The group is also held via Zoom for those who are not able to make it to the church. Family members from Watertown, McLaughlin, Brookings, Arlington and Centerville join via Zoom.

Advocacy:

In Sioux Falls more than 30,000 citizens have a diagnosable mental illness in a given year; 8,000 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. As the pandemic eases, members will seek representation in other community task forces/workgroups as the opportunities arise.

Outreach:

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.

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.

Donors June 1, 2020 to July 31, 2021:

Anonymous	Olson, Charlie & Roseann
Arends, Wayne & Phyllis	Ostgaard, Ryan
Austad, Dean & Cheryl	Paul, K-Lynn & Karen
Baxter, Tom & Jackie	PhRMA
Bliss, Norman & Melanie	Piper, Debra
Cunningham, John	Reiss, Tony
Davis, Jordan & Meghan	Schmidt, Anita
DeWitt, James & Sarah	Spader, Duane & Elaine
First Lutheran Church Women	Speirs, Jill
Hass, Lowell & Sharyl	Torney, Kay
Holleman, Sandra	Yarbrough, Jeff
Ketcham, Betty	
Lellelid, Jean	
Murphy, Angy	
Murphy, Lori	
O'Connor, Eileen	
Olson, Anita	

Financial Report

Income	
4102 · Membership	
4102.1 · Membership Dues	<u>130.00</u>
Total 4102 · Membership	130.00
4300 · Contributions	
4300.1 · Unrestricted donations	11,471.70
4300.2 · Donation with membership	110.00
4300.3 · Donation in memory/honor of	<u>25.00</u>
Total 4300 · Contributions	<u>11,606.70</u>
Total Income	11,736.70
Expense	
5000 · Board of Directors	
5000.4 · D & O insurance	<u>744.00</u>
Total 5000 · Board of Directors	744.00
5100 · Administration	
5100.11 · Administration - other	267.13
5100.2 · Postage	11.00
5100.3 · PO Box rent	187.00
5100.4 · Telephone	252.47
5100.6 · Business Liability Insurance	265.00
5100.7 · Office supplies	3.75
5100.9 · Nonprofit report to S.O.S.	<u>25.00</u>
Total 5100 · Administration	1,011.35
5300 · Marketing	
5300.5 · Website -online expenses	119.50
5300.6 · Supplies	40.51
5300.7 · Brochures - marketing materials	<u>440.91</u>
Total 5300 · Marketing	600.92
5400 · Fundraising/Development	
5404 · Other expenses	<u>612.76</u>
Total 5400 · Fundraising/Development	612.76
5600 · Program expenses	
5600.5 · Meeting support	<u>95.46</u>
Total 5600 · Program expenses	<u>95.46</u>
Total Expense	<u>3,064.49</u>
Net Income	<u>8,672.21</u>

Empire Mental Health Support Board of Directors

Jerry Zeigler, President

Angy Murphy, Vice President

Phyllis Arends, Treasurer

Deb Piper, Secretary

John Baxter

Beverly Johnson

Sandy Holleman

Bob O'Connor

Mark Weber