

MAY IS MENTAL HEALTH MONTH

Live Your Life Well

With increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. Fifty eight % of Americans reported struggling in their lives at the end of 2008, an increase of more than 22 million Americans who reported struggling earlier in the year.

Here, from Mental Health America are 10 specific, research-based tools that can combat stress and promote health and well-being. Review the 10 tools to see which one suits you. Then check out the suggestions for applying them to your life.

Connect with Others

Humans are social animals. We tend to do much better when we feel supported, valued and understood. Here are some ways to build connections

- Join a Book Club, hiking club or other group.
- Enroll in a class.
- Boost existing connections. Commit to a certain amount of time with your loved ones each week

Stay Positive

Thinking negatively can drag down your mood and your health. But don't let that worry you. Experts say you can learn to be less gloomy

- Don't assume the worst.
- Keep a gratitude journal. Record anything that makes you smile.
- Remember your achievements.

Get physically active

Our bodies were built to move, especially when they are pumping out stress-induced hormones.

- Put exercise on your calendar.
- Work out with a friend.
- Really run your errands. Walk faster every time you walk

Help Others

If you help your neighbor, it's good for her, but it's good for you too.

- Volunteer with a community organization.
- Volunteer a smile.
- Tell someone what you admire about them.

Get enough rest

Sleep may seem like a waste when there is so much to do, but you're more likely to succeed at your tasks if you get enough rest.

- De-caffeinate yourself.
- De-stress yourself. Turn off daytime worries by finishing any next day preparations about an hour before bed.
- Avoid Frustration. If you cannot fall asleep after 15 minutes, get up until you feel more tired

Create joy and satisfaction

Go ahead, kick up your heels or just kick back. Feeling good is good for you.

- Pop in a humor CD.
- Do something you loved as a kid.
- Identify the high points of your day.

Eat well

Our bodies and our brains need good fuel to function well.

Eat regularly. Skipping meals can make your blood sugar drop and make you feel irritable

- Snack well. Resist junk food
- Strive for balance. Your brain needs a variety of nutrients to perform functions that affect your mood and your thinking.

Take care of your spirit

Taking care of your spirit means connecting to whatever you consider meaningful and holy, whether that is God, nature, art or something deep within yourself.

- Pray or focus on your notion of God
- Talk with others who share similar spiritual beliefs
- Read inspiring texts for insights that can enrich your life.

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NEWS FROM THE CEO

By Alan Solano

LIVE YOUR LIFE WELL



ALAN SOLANO, CEO

Behavior Management Systems joins the nation in celebrating the 51st annual “May is Mental Health Month.” This year the theme is *Live your Life Well*. It comes at a most opportune time as we all deal with the stresses of life complicated by the economy and the additional burden a loss of employment can create. In fact, 58 percent of Americans reported struggling in their lives at the end of 2008*. This represents an increase of more than 22 million Americans who reported struggling earlier in the year. Although South Dakota is often protected from the ups and downs experienced in other parts of the country, we certainly have seen and felt the effects here locally. As the announcements of various staff cutbacks and facility closures began coming in, concern was growing as to not only the economic effect, but the effect on individuals and families. It is well known that loss of employment can impact stress levels, anxiety, depression, substance abuse and relational violence. Rather than simply reacting, we wanted to do something more proactive that addresses, specifically, the stresses from the loss of a job. Behavior Management Systems is offering FREE of charge, 2 hours of consultation to anyone who has lost their job or has been notified they will be losing their job. This service also applies to immediate family members who are dealing with the

difficulties of an unemployed family member. Realizing the stress and anxiety placed on individuals and families who find themselves in this situation, the 2 hour sessions will help people recognize depression or anxiety, will assist them with coping skills and will provide information pertinent to their circumstances. If you know someone who could benefit from this service, please have them call our Elk Street office at 343-7262.

In celebrating May is Mental Health Month, we do many things to remind the public of the services offered by Behavior Management Systems to improve good mental health. Our cover story tells you step by step the actions you can take to *Live Your Life Well*. From relaxation techniques to journaling exercises to simple ways to get better sleep and improve eating habits, this article offers a wide range of resources to build resiliency and well-being. Also during the Month of May we recognize our providers and those individuals and organizations who further the important role of assisting those dealing with the stresses of life.

I want to invite all of you to join us for the Client and Staff Art Show on Thursday, May 21st at our Mainstream Division. Besides being able to view art and crafts done by our clients and staff you can enjoy a spaghetti feed put on by our Consumer Council. Your support of Behavior Management Systems is deeply appreciated.

Wishing you a terrific Summer

*according to the Gallup-Healthways Well-Being Index

LIVE YOUR LIFE WELL *CONTINUED*

Deal better with hard times

Most of us will face some particularly tough times in our lives, like a loss or divorce. Having ways to cope with these challenges can protect your health and well-being.

- Tackle problems. Instead of worrying, make a list of possible solutions. Pick one and break it into manageable chunks
- Get support.
- Write it out.

Get professional help if you need it

If the problems in your life are stopping you from functioning well or feeling good, professional help can make a big difference. Find names of mental health care providers. Ask your doctor, friends or clergy.

- Prepare a list of questions for a possible provider, like “What experience do you have treating my issue?” and “Do you use a particular approach?”
- Determine your coverage, if you have insurance. If not, you can ask Behavior Management Systems about free or lower-cost services.

FEEL BETTER!

More than 80 percent of people who are treated for depression improve.

You can be well - vibrant, strong, alert and productive

You can feel well – comfortable, confident, gratified and grateful

You can Live Your Life Well



LOST YOUR JOB?

OR KNOW SOMEONE WHO HAS?

STRUGGLING WITH THE STRESS OF ANXIETY RESULTING
FROM DOWNSIZING OR LAYOFFS?

Behavior
Management
SYSTEMS

is offering...

2 HOURS
FREE

consultation to those who
have recently lost their job
(can include family members)

For more information or to schedule an appointment call Anna at 343-7262

SOUTH DAKOTA CORRECTIONS ASSOCIATION

2008 OUTSTANDING SERVICE AWARD



The SDCA Outstanding Service Award for 2008 went to Heidi Stevens from Behavior Management Systems. Heidi has been serving youth at risk and their families in the Rapid City Area since September of 2000. She is a licensed therapist and works closely with the Department of Corrections, Unified

Judicial System and Department of Social Services in serving our community.

Heidi's caseload is primarily adjudicated youth and their families. With those clients often comes much resistance, yet Heidi strives to meet their needs and assists them in becoming successful in their lives. She has been an integral part of involving families into the Systems of Care and Intensive Family Services models.

Heidi began working with teen females who are committed to the Department of Corrections at the STAR Academy in 2003, when she recognized a need for and started a sexual abuse group. The group identifies girls who are victims of sexual abuse and offers them the opportunity to cope with their pain and conquer their fears in a trusted and safe place. Heidi can rise to many challenges. She empowers youth to build on their strengths in order to move forward in their lives. Her primary goal in working with these clients has been to assist them in getting out of the system, to utilize the skills she helped them to learn, and to be independent.

CONGRATULATIONS TO DEB BURINGA

ON A JOB WELL DONE!

Deb Buringa dropped out of high school over 30 years ago. After being told repeatedly that she was not going to amount to anything she decided to prove them wrong by getting her high school diploma. Starting in 2000, Deb began the arduous task of getting that diploma. Due to family obligations and several surgeries, that kept her from her studies, it took her a long time to achieve her goal. In 2008 she not only received the diploma, but she got her class ring as well. "It has made me feel so much better about myself" Deb said. Linda Gross, Clinical Supervisor of our Northern Hills Office said "Deb has been involved with several of our Case Managers here in Spearfish and we couldn't be prouder of her." Our congratulations to Deb for her fortitude in making her life better.



Deb Buringa with her high school diploma

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Thank You!

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Helping People Cope with the Stresses of Life Since 1948

Office Locations

Corporate Office/Full Circle	350 Elk Street • Rapid City, SD 57701	605.343.7262
Mainstream/IMPACT-West	111 North Street • Rapid City, SD 57701	605.343.0650
Northern Hills	623 Dahl Road • Spearfish, SD 57783	605.642.2777
Southern Hills	Canyon View Circle #3 • Hot Springs, SD 57747	605.745.6222

BEHAVIOR MANAGEMENT SYSTEMS OFFERS GROUPS ADDRESSING A VARIETY OF TOPICS.

If you are interested in receiving the newsletter or information concerning groups offered, simply send an email to mskillman@behaviormanagement.org with the word newsletter and/or whatever groups you would like notification of in the subject line. Your email address will not be shared with any other organization or individual and you will receive only the information you request.

Insights BMS Quarterly Newsletter - Published in February, May, August and November, this publication keeps you up to date with the latest in Mental Health information and activities happening at Behavior Management Systems.

Couples Workshop A four session educational workshop for couples.

Anger Management for Adults An eight week therapy/educational group for adults. (Ongoing)

Domestic Abuse Program for Men An on-going 22 week educational/therapy group for men with violent, intimidating, controlling and abusive behaviors.

Relational Violence Group This therapy group is intended for perpetrators of relational violence and is designed to prevent further incidences of violence. Offered in Spearfish.

Personal Best A ten week therapy/educational group for teens age 14 to 17. This group assists teens in making good choices and decisions; they focus on the decision making process, teaching judgment and more reasoning skills, thinking errors and managing stress and anger.

Corrective Thinking An ongoing group for youths 9 -12 and 13 – 18. This group identifies the 5 basic thinking errors and the deterrents to thinking errors. It identifies the 4 characteristics that are essential for change, and the impact on family and friends and the community. (Ongoing)

Women's Group An educational/therapy group for adult women wanting to take more responsibility for integrating body, mind, emotions and spirit to discover meaning and purpose in life.

Managing Higher Functioning Autism for Parents and Children This group is especially designed for parents and their children ages 5 through 11 who have been diagnosed with Aspergers or higher functioning Autism. Next group begins June 16th.

Understanding FASD (Fetal Alcohol Spectrum Disorder) for Parents and Children This 6 week group is designed for FASD children ages 5 through 11 and their foster, birth or adoptive parents.

Keepin' It Cool This group is designed for 6-8 year olds who find managing their anger a challenge.

Festival of Trees Provides information about our only fund raiser which is held annually the weekend before Thanksgiving.

Mending Your Hoop A twelve week Group that assists 13 through 18 year old males and females with addictive behaviors. the group provides a Native American perspective on relevant topics and understanding changes. Next Group begins July 29th and runs through October 14.

Simply send an email to mskillman@behaviormanagement.org with the word newsletter and/or whatever groups you would like notification of in the subject line. Or call Margaret at 343-7262

PROFESSIONAL SERVICES

Professional Services provides outpatient counseling and related services to the general public, as well as specific assistance for the business community.

Individual, group and family outpatient counseling for adults, couples, children and teenagers are available for your needs.

The following represent an overview of the services available through our Professional Services. The services we provide are not limited to the following list but are the most requested.

Anxiety

Attention Deficit Hyperactivity Disorder (ADHD)

Adjustment Issues

Compulsive Gambling

Depression

Marriage, Family & Couples Issues

Relational Violence and Abuse

Teen Issues

Post Traumatic Stress Disorder

Employee Assistance Programs

Management and Staff Trainings

24 hour Emergency Services



**Behavior
Management**
SYSTEMS

In celebration of
May is Mental Health Month,
We are pleased to announce
The BMS Client and Staff Art Show!

The art show is
on its way...
And we need YOU!

**Client and Staff
Art Show & Spaghetti Feed
May 21, 2009
5 -7 pm
111 North Street**



Sponsored by
**Behavior Management Systems
and Consumer Council
Mainstream Division**

**Art work from clients and staff
will be displayed.**

The Spaghetti Feed is hosted by the
Consumer Council. A good will offering is sug-
gested with all proceeds going to fund
consumer's trip to the South Dakota
NAMI Convention in October.

NAMI

The National Alliance on Mental Illness
Support Group

Meets every Saturday at 6PM at
RC Regional Rehabilitation Hospital
Conference Room 1

And each Thursday at 11:30AM
at Mainstream
111 North Street
Rapid City, South Dakota

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