



Southeastern

Directions for Life

1.866.258.6954 • directionsforlife.org



Directions for *Today*.
Directions for *Tomorrow*.
Directions for *Life*.

Vision

Southeastern is committed to providing hope for today, growth for tomorrow, and directions for life.

Mission

Empowering people to discover their directions in life in a changing world.

Southeastern

Directions for Life

Also known as Southeastern Behavioral HealthCare, Southeastern Directions for Life, has a long history of fostering hope, partnering with communities, and promoting growth and wellness for individuals impacted by mental health conditions or developmental delays. Southeastern serves the four- county area of Lincoln, McCook, Minnehaha, and Turner counties. Since 1952, Southeastern has served individuals, families, and communities with dignified service, while responding to meet the changing needs of the community.

Southeastern values lifelong learning, community development, resources that enhance the quality of life, and educating the community on the importance of mental wellness. Southeastern works to build connections within the community to strengthen supportive social systems. Southeastern welcomes change as an opportunity for unified growth.



IT'S OK TO BE YOU

COUNSELING AND CHILDREN'S SERVICES



Provides support to children, adults, and families, offering hope as they work through a wide range of challenges such as stress, anxiety, depression, relationship difficulties, and ADHD. Professional staff utilize evidence-based techniques to help pave the way to motivate individuals and families to become more successful in their own lives and promote transformational change, growth, and hope. Treatment may include psychiatric services, medication management, psychological or psychiatric evaluation, 24 hour crisis assistance, mental health assessments, case management, education, Chemical Dependency (CD) assessments, threat assessments, and individual, family, or group therapy. Counseling and Children's Services are also involved in Drug Court, DUI Court, Vet Court, the Diversion program, Functional Family Therapy (FFT), Dialectical behavior therapy (DBT) groups, Eye Movement Desensitization Reprocessing (EMDR) and liaison services through hospitals, schools, and other community organizations.

OUTPATIENT COUNSELING

Licensed professionals provide therapy to individuals, families, or in a group setting. Services are provided to children and adults who are seeking support due to life stressors.

- Individual and family therapy
- Psychiatry
- Medication Management
- Nursing Services
- 24/7 Crisis Management

HOME-BASED COUNSELING

Individual, group, and family counseling offered within the community setting to eligible families with services designed to assist in the development of a nurturing and stable family environment in which children can grow.

- Psychiatry
- Medication Management
- Education
- 24/7 Crisis intervention
- Psychological or Psychiatric Evaluation
- **SCREENINGS** - mental health and medical dependency
- **FUNCTIONAL FAMILY THERAPY (FFT)** - short-term structured model utilized in family therapy.
- **AGGRESSION REPLACEMENT THERAPY (ART)** - a psycho-educational intervention geared toward adolescents 12-17 years old. Specific cognitive behavioral interventions are incorporated with the goal to help children and adolescents strengthen social skills, moral reasoning, anger management, and to reduce aggressive behavior.
- **Moral Recognition Therapy (MRT)** - a 12 step cognitive behavioral counseling program focused on building moral development in youth. The program is facilitated with MRT trained staff and works with members to evaluate how behavior can influence relationships.
- **EYE MOVEMENT DESENSITIZATION AND REPROCESSING (EMDR)** - therapy used in treatment of various mental health concerns, particularly related to trauma.

EDUCATION AND INTEGRATION SERVICES



Works with individuals with varying needs and abilities throughout their lifespan and recognizes that all individuals have value, meaning, and purpose. Education and Integration empowers people to fully explore their purpose in life and to discover their best self. As a certified Community Support Provider with the South Dakota Division of Developmental Disabilities, Education and Integration has the ability to serve children and adults with developmental disabilities. Additionally, Education and Integration Services is recognized as an approved educational service provider by the South Dakota and Iowa Departments of Education. Education and Integration Services is also accredited by the National Council on Quality and Leadership. Services provided include: psychiatry, nursing, medication management, individual/group therapy, skill building, peer support, and opportunities to connect to the community in meaningful ways.

SPECIAL EDUCATION - a fully accredited school that provides a structured learning environment based on student's needs. Special education services are provided in cooperation with each student's local school district and may be provided as long as students are eligible for services under an Individualized Education Plan (IEP).

ADULT DAY SERVICES - a day program that offers a network of support and skill building. This includes vocational, life skills, social skills training, connecting to the community, and activities.

HOME-BASED SERVICES - outreach services for children or adults living in the community. Services focus on setting and accomplishing personal goals for successful community living and strengthening life skills.

SERVICE COORDINATION - to ensure each person is accessing the services and supports necessary to meet their life goals.

TRANSITIONAL SERVICES - designed to meet the needs of students transitioning from services and supports provided by their local school district to the adult service delivery system.

RESIDENTIAL SERVICES - promotes independence and life skills in a residential setting. Residential managers and direct support staff follow individual treatment plans to support children and adults. There are nine group homes and 2 apartment locations in Minnehaha County.

CONSULTATION SERVICES - offering education, assessment, and support upon request to school districts and other service providers.

COMMUNITY SUPPORT SERVICES



IMPACT

Individualized Mobile Program of Assertive Community Treatment

- Intensive Case Management
- Psychiatry
- Medication Management
- 24/7 Crisis Intervention
- **CLUBHOUSE** - a member driven program that provides a structured learning environment that helps members to build natural supports and connect to the community.
- **EMPLOYMENT CONNECTION** - supports, educates, and guides individuals with a mental health diagnosis to gain job skills through pre-employment training, job search, and placement services.
- **HOMELESS OUTREACH** - identifies individuals that are homeless and have a mental illness to link them to services and promotes stabilization and independence.
- **MOBILE CRISIS TEAM** - a community based approach to provide 24/7 crisis intervention to Minnehaha and Lincoln counties. This professional team consists of case managers and therapist that work directly with law enforcement to keep community members safe and healthy.
- **RECOVERY TEAM** - serves mentally ill adults that have identified co-occurring needs through individual and group therapy. Team members are trained in Chemical Dependency (CD) services and can also provide CD assessments and recommendations.
- **CAYMAN COURT ASSISTED LIVING** - a 24 bed facility that offers a supportive environment for individuals that have a Severe Mental Illness. This “forever home” is a family environment that promotes quality of life for residents and in house mental health services, groups, and activities.
- **FIRST EPISODE OF PSYCHOSIS (FEP)** - an early intervention service for youth and young adults, ages 16-30, that have recently started experiencing symptoms of psychosis.

One of 11 Community Mental Health Centers in SD that serves the SMI (Severely Mentally Ill) population. CSS strives to honor humanity through offering personalized planning tailored to meet the evolving needs of those served. Community Support Services provides a variety of programs in a welcoming environment that empowers individuals to gain skills, build resiliency, prevent hospitalization, and find direction in life. Community Support Services offers case management, psychiatric services, medication management, nursing, Chemical Dependency (CD) Services, CD assessments, mental health assessments, Dialectical behavior therapy (DBT) groups, WRAP (Wellness Recovery Action Plan), therapy, and education/support groups.

CARE

Comprehensive Assistance with Recovery and Empowerment

- Case Management
- Psychiatry
- Medication Management
- 24/7 Crisis Intervention

DID YOU KNOW?

- Southeastern serves Minnehaha, Lincoln, McCook, & Turner Counties.
- 1 in 5 American adults will have a diagnosable mental health condition in any given year.
- Southeastern serves more than 4,000 children, adults, and families each year.
- Southeastern is one of 11 Community Mental Health Centers in SD.
- The Homeless program serves approximately 300 individuals a year.
- Counseling and Children Services offer specialty therapies which include: Functional Family Therapy (FFT), Dialectical behavior therapy (DBT), Eye Movement Desensitization Reprocessing (EMDR), Aggression Replacement Therapy (ART), Moral Recognition Therapy (MRT) Mind-Up, Wellness Recovery Action Plan (WRAP), and Horticulture Dirt Therapy.
- Education and Integration services at the Adult Day Program include art therapy, music therapy, pet therapy, and participation in HorsePower, which adds to meaningful days.
- IMPACT's intense case management includes daily medication runs, assistance to appointments, education on life skills, connecting to resources, and symptom management.
- Community Support Services has an operating Health Home that utilizes a team approach to promote stability and wellness which consists of individuals served, health care providers, mental health professionals, and other identified supports.
- Southeastern Directions for Life partners with community agencies to provide excellence in service delivery and quality of care to children, families, individuals, in schools, workplaces, and the communities.



Southeastern

Directions for Life

2000 S. Summit Ave.
Sioux Falls, SD 57105
605.336.0510
1.866.258.6954
directionsforlife.org

Promoting Hope, Humanity, Growth, Unity, & Purpose

