

In this issue >>>

- *Welcome CEO Jennifer Quigley*
- *Mental Health Month*
- *Special Olympics USA Games*
- *CCBHC*



Southeastern

Directions for Life

SPRING 2026 ISSUE

Southeastern Directions for Life

2000 S Summit Avenue
Sioux Falls, SD 57105
www.southeasternbh.org
605-336-0510 or 1-866-258-6954

Departments

Counseling & Children's Services

2000 S. Summit Ave.
Sioux Falls, SD 57105
605-336-0510

Community Support Services

600 S Cliff Ave.
Sioux Falls, SD 57104
605-336-0503

Education & Integration Services

500 E. 54th Street N.
Sioux Falls, SD 57104
605-335-8956

Cayman Court

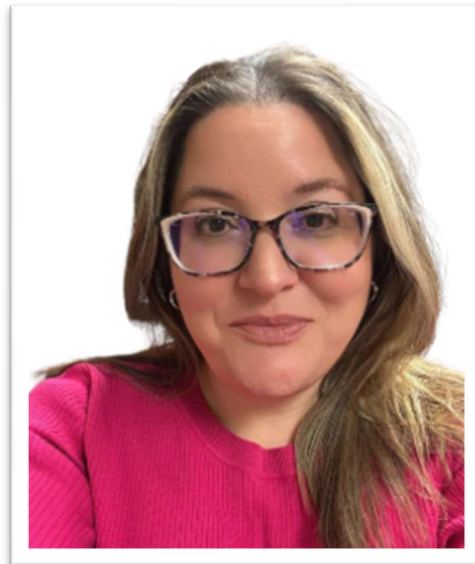
4101 W. Cayman St.
Sioux Falls, SD 57107
605-271-8540



facebook.com/SoutheasternDirectionsForLife

Welcoming Our New CEO

After 22 years of dedicated service to Southeastern Behavioral Health, our CEO, Kris Graham, is retiring. We extend our deepest gratitude for her vision, compassion, and unwavering dedication over the years. We are pleased to welcome Jennifer Quigley as our new CEO. We are confident that under her leadership, Southeastern Behavioral Health will continue to grow, evolve, and expand its positive impact. Please join us in thanking Kris for her extraordinary contributions and in extending a warm welcome to Jennifer as she begins this exciting new chapter with our organization.



Jennifer Quigley, MBA, holds an Associate's degree in Criminal Justice, a Bachelor of Science in Sociology, and a Master of Business Administration with an emphasis in Healthcare Management. She brings more than 25 years of combined experience across developmental disabilities, criminal justice, and mental health, offering a uniquely comprehensive perspective on complex systems of care.

Mental Health Awareness Month

May is Mental Health Awareness Month, a time dedicated to uplifting conversations, building connections, and supporting one another. Now is the perfect opportunity to refresh something just as important, our mental health.

At its heart, Mental Health Awareness Month is about creating space for caring and understanding. It's a reminder that it's okay to talk about how you're feeling, whether that's with a close friend, a family member, or a trusted therapist. These conversations help break down stigma and make it easier for others to share their own experiences. Just as importantly, this month encourages us to celebrate the way we care for ourselves and those around us.

Mental wellness doesn't have to come from big changes. Often, it's the small, consistent actions that make the biggest difference. Enjoying time outdoors in the fresh air, reconnecting with friends or family, or simply taking a quiet moment to pause and recharge. These simple habits can help reduce stress and improve overall well-being.

This May, consider making mental wellness part of your everyday routine.

- **Stay connected to friends and family.** Reach out for coffee, a walk, or even a quick phone call, connection helps us feel supported and understood.
- **Make sleep a priority.** Aim for a consistent schedule that works for your lifestyle. Quality rest is important for both mental and physical health.
- **Try a relaxing activity.** Meditation, listening to music, reading, journaling, or simply sitting outside, find what helps you unwind and make time for it.
- **Eat healthy, regular meals.** Staying hydrated and fueling your body with balanced nutrition can positively impact your mood and energy levels.
- **Get regular exercise.** Even a short daily walk can boost your mood, reduce stress, and improve overall well-being.

Mental Health Awareness Month is about celebrating resilience, compassion, and the strength found in your support system. By taking small steps to care for ourselves and looking out for one another, we help build a healthier, more connected community. Neighbors check in on one another, families stay closely connected, and local organizations continue working to make resources more accessible and welcoming for all.

Whether it's community events, support groups, or wellness programs, these efforts help create an environment where people feel comfortable reaching out and offering support without fear or judgment. When we take care of ourselves, we strengthen our communities, and that's something worth celebrating!

Donations

Southeastern is in search of the following new or gently used items. Donations can be dropped off at 2000 S Summit Ave. Sioux Falls, SD 57105

- Personal Hygiene Items (new)
- Craft Supplies
- Books
- Board Games
- Playing Cards
- Puzzles
- Dish Soap
- Socks for men and women
- Yard Games

Donations can also be made on our website via PayPal.

What is a CCBHC Certification?

Southeastern is working toward becoming a Certified Community Behavioral Health Clinic, a federal credential given to community mental health centers that meet a high standard of care for providing comprehensive behavioral health services.

The goal of the CCBHC designation is to make mental health services more accessible, consistent, and person-centered, especially in rural areas.

Special Olympics-USA Games

Josh, a person supported at Southeastern Directions for Life, has been selected to represent South Dakota at the 2026 Special Olympics USA Games! This is a huge accomplishment and a proud moment for Josh, his supporters, and our entire community.

Josh began receiving services with Southeastern Directions for Life in 2015, while attending school in the Canton School District, and his journey since then has been nothing short of inspiring. Over the years, Josh has shown dedication, determination, and a true love of competition through his involvement in Special Olympics. He has participated in a wide range of sports, including softball, bowling, powerlifting, basketball, and track and field, always giving his best and pushing himself to grow as an athlete.



Earning a spot in the Special Olympics USA Games is no small feat. Josh applied for the team and was ultimately selected by a committee; an achievement that reflects his hard work, commitment, and passion for sports.

The Special Olympics USA Games will take place June 20–26 in Minnesota and will be an unforgettable event. The games will bring together 4,000 athletes, 1,500 coaches, 10,000 volunteers, and more than 75,000 fans from all 50 states. Through the power of sports and inclusion, the Special Olympics USA Games aim to spark change, break down barriers, and transform lives and communities across the nation.

We are so proud of Josh and all that he has accomplished. Congratulations, Josh! We'll be cheering you on every step of the way as you represent South Dakota on the national stage!

Some of Josh's friends from Southeastern will be heading to Minnesota to support him during the games! Keep an eye on our Facebook page in June for updates on how Josh's team is doing.

For more information on the USA Games visit:
<https://2026specialolympicsusagames.org/>

Thank you!

Southeastern is so grateful for all of those who donate to our organization! With your support, we can continue to provide services that enhance the emotional and behavioral well-being of children, adults, and families and our communities.

INDIVIDUAL DONORS

- ✦ Craig & Rhonda Lindes
- ✦ Daniel Murphy
- ✦ Dave & Barb Ohme
- ✦ Dave Timpe
- ✦ Dr. Chris & Erin Stanton
- ✦ John Davis and Kris Graham
- ✦ Judith Roberts
- ✦ Kari Shanard-Koenders
- ✦ Michael & Melissa Digatono
- ✦ Richard & Lois Bierschbach
- ✦ Stephanie Schultz
- ✦ Steve Lindquist
- ✦ Shirley Dunlap
- ✦ Parnell J & Dorothy Donohue
- ✦ Pamela & David Marburger
- ✦ Jay & Stephanie Goldhorn
- ✦ Wayne & Phyllis Arends
- ✦ Laura Davis Keppen Family Fund
- ✦ Mike Buse
- ✦ Sam & Betty Speier Fund

CORPORATE DONORS

- ✦ Avera
- ✦ CNA Surety
- ✦ Century Business Products
- ✦ Federal Home Bank Loan of Des Moines
- ✦ First Dakota National Bank
- ✦ First Premier Bank
- ✦ GF Advertising
- ✦ Interstate Office Products
- ✦ Keloland
- ✦ Kiwanis Club
- ✦ Lewis Drug
- ✦ Marsh & McLennan
- ✦ Minnwest Bank
- ✦ Sands Drywall
- ✦ Workplace I.T. Management

Email List

We now have the option of sending our newsletter to your email! Simply scan the QR code and complete the form to add or update your information. Share the link with family or friends that may want to hear what we are up to.



We look forward to hearing from you!



Directions for Life

2000 S Summit Avenue
Sioux Falls, SD 57105