

GLORY HOUSE NEWSLETTER

contact@glory-house.org

www.glory-house.org

(605) 332-3272

Woman's Alliance Grant

The Woman's Alliance Program, partnered with the Sioux Falls Area Community Foundation, blessed Glory House with a grant for \$3,200 to help cover the cost of Equine Assisted Counseling for women in our residential treatment program. This grant will support Glory House bringing a group of female clients to EAC twice monthly for the next year. Read below for more information on the process and benefits of EAC.

Lyon County Riverboat Foundation Grant

Lyon County Riverboat Foundation is the foundation responsible for charitable giving for Grand Falls Casino. Grand Falls Casino has donated 31.5 million dollars to local non-profits since they opened 13 years ago. This is our second time receiving a grant from them. This money will be used to by 50 monthly bus passes and 200 daily paratransit passes from Sioux Area Metro. This will aid our clients in being able to job search, work, and get to medical appointments.



*The latest in
this month's issue:*

**WOMAN'S ALLIANCE
GRANT**

**LYON COUNTY
RIVERBOAT
FOUNDATION
GRANT**

WHAT'S EAC?

**MENTAL HEALTH
AWARENESS MONTH**

What's EAC?

EQUINE ASSISTED COUNSELING

Equine assisted counseling, sometimes referred to as equine assisted therapy, encompasses a range of treatment that involves activities with horses and other equines to promote physical and mental health. Horses are naturally very intuitive beings, who experience a wide range of emotions which makes them incredible conduits in assisting the processing of complex trauma in humans. Horses have so much more to offer us than just riding. They offer us the opportunity to learn more about ourselves, to dig deep, and to learn how to recognize qualities in them that are present in our own psyche. In doing this, we get to know ourselves, our strengths, weaknesses, and areas needing improvement. Each session, clients come as they are, where ever they may be that day, and the horses meet them with kind eyes, an open heart, and an opportunity for growth. We are thankful to Rock Ranch in Hills, MN for supporting our clients through this journey.

"With my circumstance, my life, the opportunity to participate in EAC brought forth a change in me that I never imagined would be possible. It was a huge turn in my healing journey."

-EAC Client



Mental Health Awareness Month

May is Mental Health Awareness Month. Mental health is just as important as physical health, so we took time this month to educate and celebrate. One of the ways we educated was a weekly email from one of our counselors, Kristen Ganske (LPC, LAC). Here is some information she provided to staff, and perhaps by reading this you can provide support to someone who may be struggling too.

Depression

What does it look like?

- Uninterested in previously enjoyed activities, changes in their sleep patterns (sleeping all day, up all night), isolating, not engaging with friends and family, changes in their eating habits, negative thinking or self-talk, suicidal ideations or self-harm, down/sad mood, not taking medications

What can you do to support someone experiencing depression?

- Validate their feelings, check if they are taking medications, ask them questions or engage them in a conversation
 - Say things like, "How are you doing?" "Glad you are here." "It is good to see you." "Is there anything I can help you with?"

Offer some advice on helpful coping skills they can try

- Journaling, music, art, walking/exercising, meditation, offer the helpline number, 988
 - You can also ask them, "What has helped you in the past when you have felt like this?" If they say nothing, include some of the options for coping skills provided

Strategic Planning Survey

If you haven't had a chance to fill out our strategic planning survey, please use this link to help us gather information. <https://www.cognitofrms.com/SDEventPlanners/GloryHouseStrategicPlanningSurvey>