

NORTHERN HILLS

Catholic Social Services- Access to affordable Counseling Services

As a counselor, witnessing the transformation of this young woman over the past year has been truly remarkable. When she first came to me, she was carrying the weight of an abusive marriage and the responsibility of raising three children. The trauma she endured was evident in her demeanor, but her determination to create a better life for herself and her children was apparent. Through our sessions, she confronted the pain and trauma of her past, unraveling the issues she was experiencing. This was not easy and over time, she began to heal. One of the most inspiring aspects of her journey has been her growth as a mother. Despite her own struggles, she has provided her children with love, stability, and support. The impact of the grant funding cannot be overstated in her case. Without it, she would have been unable to afford the counseling services that have been instrumental in her recovery journey. The support provided by United Way of the Black Hills has been a lifeline, offering her the guidance and resources she needed to navigate this trying time in her life.

RAPID CITY

Youth & Family Services, Inc Counseling Center

A twenty-two-year-old female came to the YFS Counseling Center to address symptoms she was experiencing as a result of sexual trauma from a relative.

She had an encounter with the perpetrator when she first started counseling and experienced a rapid increase in symptoms. Through the course of her treatment, she gained a better understanding of trauma and how it impacted her. She was able to recognize her own strengths and identify healthy ways to cope with the symptoms. She was empowered to tell her own story and use her voice to help her community. This young woman came to us with no insurance and limited income. United Way funding allowed her to successfully complete her treatment and improve her life circumstances.

C.O.R.E Freshman Impact

This was an awesome program. Many students came up and thanked us for the program stating how it had made them realize the impact their decisions had on the community and their family. One young lady came up to our keynote speaker and stated: " I had given up on myself, now I know I can make it". Statements like that make every moment of hard work you put into the program very worthwhile.

STURGIS

Meals on Wheels

A senior did not answer her door when the Meals on Wheels driver knocked. The senior had given her permission to bring her meal in previously. When the driver entered the house, she found the senior wedged between her bed and the nightstand, alive but in distress. The driver called 911 and held her hand until the paramedics arrived. During her worst moment, the senior was not alone, was not forgotten.



Shift Garage

Valerie is a mother of 2 special needs children with major medical problems. This has affected her personal and work life while also creating a tremendous financial burden. Multiple times last year the SHIFT Garage worked on Valerie's vehicle before taking trips down to Denver for medical appointments. Thankfully we were able to help make sure Valerie and her kids made it to Denver every time they needed to.

SOUTHERN HILLS

Custer School District- Educators to support mental health in our youth

The grant provided by UWBH has started a remarkable transformation in the way educators perceive and address student behaviors. Through targeted interventions informed by educational neuroscience principles, educators at Custer School District have witnessed substantial progress in student engagement and emotional regulation. The grant has empowered educators to evaluate the cognitive and emotional states of their students, enabling them to tailor interventions more effectively. "Billy", a 3rd grade student with severe anxiety, initially struggled profoundly in the classroom environment. Behaviors included refusal to complete work, fleeing from the classroom and exhibiting disproportionate emotional reactions to minor challenges. With support of his dedicated teacher and the strategies learned, Billy's journey has been nothing short of transformative. Billy now completes his academic work without resistance and is receptive to both positive feedback and constructive criticism. Billy benefits from the collaborative efforts of his support team. The professional development opportunities made possible through the grant have equipped this team with the knowledge and skills necessary to support Billy effectively. Crucially, the grant has facilitated family therapy sessions for Billy's parents. This holistic approach to intervention ensures that strategies employed in the classroom are reinforced and supported within the familial context. The grant has been instrumental in fostering a paradigm shift in how educators approach student behaviors and interventions. With continued support and collaboration, we remain committed to nurturing the potential of every student and fostering environments conducive to their growth and success.

