



New DIRECTIONS

Northern Hills Training Center

www.nhtc.org

Our goal is to help others reach theirs.

Fall 2009

People Centered Thinking Training Continues

Partnering for excellence may be the best way to describe the journey toward **Person Centered Thinking (PCT)** begun by Northern Hills Training Center in January, 2007. NHTC was one of only three South Dakota community-support agencies selected to participate in a state-funded pilot project called “Good-to-Great.” Six NHTC staff, along with staff from two other SD community-support agencies, attended initial trainings with Michael Smull, co-founder and regional trainer for “Good-to-Great” and **Person Centered Thinking**. During the first year of “Good-to-Great” participation, NHTC decided to make a long-term commitment to embrace **Person Centered Thinking** as the foundation of agency culture and philosophy. The “Good-to-Great” project ended and **Person Centered Thinking** was here to stay.

Person Centered Thinking training provides staff with skills and tools to create an agency-wide culture of person-directed support. Some of the tools used include: “Important To/Important For”, “Communication Chart”, and “What’s Working/What’s Not Working.” These communication tools provide staff with strategies designed to build a culture that gradually moves people supported from a **Service Life**, to a **Good Paid Life**, and ultimately to a **Community Life**.

In a **Service Life**, people supported are healthy and safe but there is no guarantee they will be happy. What’s important FOR a person is addressed, but there is no organized effort to address what is important TO that person.

When a person reaches the goal of a **Good Paid Life**, the things that are important TO and important FOR a person are recognized and

are present in their life. They are not only healthy and safe, but are happy. However, their closest relationships are family and/or paid staff with few other community connections.

The ultimate goal of **Person Centered Thinking** is to move people supported to a **Community Life**. They are not only safe, healthy, and happy, but there is an active circle of support and the person is included in the life of the community. The focus is on connecting, building relationships, and natural community supports.

To date NHTC has 110 staff members and five people supported trained in **Person Centered Thinking**. Twenty-five of these trained staff are also certified PCT coaches whose role is to support their co-workers in their efforts to embed these skills into the daily living routines of all people supported. The agency is well on its way to having 85% of staff trained in these skills and strategies. The result will be people supported who are safe, healthy, happy, and connected to the life of our community.



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Message from the CEO...



Northern Hills Training Center (NHTC) has the good fortune of being part of the Spearfish community, again demonstrated by the 9th Annual Chili Feed whereby a few hundred people came by to enjoy an evening of conversation and good chili. This is an opportunity for people supported, NHTC staff, and community members to enjoy time together.

We are fortunate to have this relationship as it is from the community that we acquire our staff, good will, and encouragement. To maximize this relationship, and address what appears to be a downturn in the economic fortunes of our country and state, NHTC is formalizing its volunteer program and is seeking new participants. Chris Davis is leading the charge, seeking and encouraging a cadre of volunteers who are looking for ways to benefit the community.

Nearly two years ago, NHTC implemented a thrift store that is providing employment to people supported, but because of the community response, has found it occasionally has excess product. As a result, clothing and household items are being routinely shipped to Pine Ridge where they are being put to good use. It is a way for NHTC staff and people supported to provide yet another service to the greater community.

And speaking of being on the receiving end of volunteerism, the quilters from Our Savior's Lutheran Church have donated quilts and food to various people supported. We are truly blessed to be able to donate and be the recipients of good will. It speaks well of the community and NHTC's relationship with it. We have become part of the social fabric and essence of the community and we are all better for it.

P.S. Stay tuned for details about the State budget, health care reform, tax increases and other items of concern to you. Communicate your concerns and more importantly, your proposed solutions, to the appropriate authorities.

*Please contact **Chris Davis** at **642-2785 x 243** or **davis@nhtc.org** if you would like to receive the newsletter electronically or prefer to be taken off our mailing list. The newsletter is available on our website at **www.nhtc.org**.*

If you are a member of Facebook, view the NHTC Facebook page by searching for Northern Hills Training Center .

NHTC NORTHERN HILLS TRAINING CENTER

New Directions is published four times a year for friends of Northern Hills Training Center, a nonprofit organization that provides vocational and independent living services to empower adults with disabilities, encouraging all to strive for their ultimate potential in all aspects of their lives. Permission to copy articles granted, when appropriate credit is given. NHTC does not give legal or tax advice. For this information, contact your attorney or tax advisor.

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Housing

1005 Canyon Street 605-717-1005
1015 Canyon Street 605-717-1015
815 34th Street 605-717-8150

Ryan Road Apartments

1620 Ryan Road, 605-717-1620

Hill Street Apartments

Hill Street Main Floor, 605-717-7287
Hill Street Supervised, 605-717-7280

NHTC Recognizes Blue Diamond Award 3 Winners, Employees of the Month



Blue Diamond Award Winners

August
Ashleigh Hoff

September
Karen Steen

October
Tina Hannah, Terri Oravits

*Left: September winner Karen Steen
with October winners Terri Oravits
and Tina Hannah*

Harvard Employee of the Month Winners

August
Donna Rollins (left)

September
Lee Jay Waara (right)



Letters We Like...

To one of our staff members...

My brief visit with you confirmed NHTC's contribution to your community and surrounding area. The work that takes place there (daily) is absolutely remarkable. Best wishes for continued success.

From one of our interns...

Throughout the internship experience I have learned values and traits such as advocacy, confidentiality and respectfulness...Throughout my internship hours I became extremely impressed with the patience and kindness that each service coordinator possesses. I admire the numerous amounts of determination and commitment that each service coordinator provides to each and every one of their clients.

4 Summer and Fall Activities



Advocates for Change Conference

Early on the morning of Thursday, September 10, nine people supported and two staff members traveled to Pierre for the South Dakota Advocates for Change Conference. For two days, the 82 conference participants attended presentations by keynote speakers and smaller breakout sessions. Jackie Juhala shared her “Road to Advocacy” and JoAnne Cleveland presented her experiences with accessibility and how she started her own candy store business.

Advocates for Change will organize a statewide conference every two years. The “People First” organization from Spearfish hopes to attend the national Self Advocates Being Empowered (SABE) Conference in 2010.

“People First” is available for presentations to organizations. To date, they have presented at the Hickory House, the Spearfish Kiwanis Club and are scheduling future presentations.

From left: Eric Bowers, Keaonna Hines, Brielle Riggert, Doug Speirs

Scrubs Camp

On October 10, NHTC and the Black Hills State University Human Services Department partnered in the annual Scrubs Camp on the BHSU campus. Scrubs Camps are one-day learning opportunities designed to allow 9th-12th graders to explore career opportunities in health care and human services fields. Dan Cross, Staff Development Coordinator, represented NHTC at Scrubs Camp.

This was the first collaboration between NHTC and the BHSU Human Services Department. Both groups were pleased with the outcome and the potential for future partnerships.



Hanson Attends Black Hills State

Alisha Hanson attends BHSU as a freshman, with hopes of attaining a Bachelor’s Degree in Mass Communication and Radio Broadcasting.

During her first semester, Alisha is studying Basic Algebra and Basic Reading. She has received help choosing her classes from her counselor and Disability Coordinator.

Alisha hopes to take at least three classes during second semester and will receive help from Vocational Rehabilitation to cover expenses. In addition to going to school, Alisha continues to work at Treasure Island.

Alisha Hanson

Keep Residents, Staff Busy 5



Left: NHTC residents enjoy fishing at Horsethief Lake while Valerie McElroy and Jimmy Simmons enjoy a horse-drawn wagon ride (right).

Horse Thief Lake Hosts Summer Event

Seventy-five people from NHTC traveled to Horsethief Lake to enjoy the outdoors and activities sponsored by Forest Recreation Management and Forest Service personnel. This is the fifth year for this event, and it was fun to see old friends from Black Hills Workshop and the Newcastle RENEW program.

Many 12 inch trout were caught, garnets were panned, people enjoyed riding the horse drawn wagon, listening to cowboy songs and poetry, tattooing, pow-wow dancing, and eating grilled hamburgers and hotdogs. Horsethief Lake is fully accessible to people who use wheelchairs, and the setting near Mt. Rushmore is beautiful.



People Supported Attend CPR Training

On July 30 and 31, fifteen people supported attended a CPR class taught by NHTC medical staff Joanne Nicholas, James Walton, Donna Dowswell and Mackenzie Aalbu. This class did not certify the participants in CPR, as it was not associated with the American Heart Association or American Red Cross.

During a special ceremony on September 1, each participant received a certificate of completion. Class participants included Wendy Addington, Deaette Beere, Patrick Harn, Melissa Heckel, Kristina Johnson, R. J. Kinghorn, Lance Reinert, Gerad Schuldies, J.C. Barba, Michael Foote, Todd Fossen, Amy Haivala, Keaonna Hines, Nick Millard and Lorraine Miner.

6 200 Enjoy Lions Park Summer Picnic

A warm and sunny Friday afternoon in August found over 200 people supported, their families and staff celebrating summer at Lions Park. The picnic had a luau theme which brought out the leis and a few grass skirts. Everyone enjoyed a catered picnic lunch of fried chicken, salads, watermelon and lemonade.

Games were enjoyed and Leland shared his musical talents while playing his guitar.



Laurie Clarke, Bev Clark, Jen Hoisington, Tina Hannah



Leland and his guitar

9th Annual Chili Feed Draws Nearly 500

Nearly 500 people attended the 9th Annual Community Chili Feed, a fundraiser for the Northern Hills Training Center.

Held on October 20 at the W.S. Tretheway Pavilion, the annual event drew 19 chili vendors from a variety of organizations and businesses.

Congratulations to the winners of the Chili Challenge:

- Judges' Choice 1st place – Northern Hills Rent-A-Chef
- Judges' Choice 2nd place – Spearfish Lions Club
- Judge's Choice 3rd place – NHTC Relay for Life
- Hot Tamale – Spearfish Optimist Club
- Best Presentation. – Premier Bankcard
- People's Choice – Premier Bankcard



Enjoying the Chili feed at the Tretheway Pavilion



The Spearfish Lions Club took the Judges' Choice 2nd Place honors

Thank You for Thinking of Northern Hills Training Center

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Thank you to Our Savior's Lutheran Church Quilters for the ten quilts which were donated to people living at Cypress Suites, 1015 Canyon, Ryan Road and Supervised Housing. On occasion, food is also brought to the Canyon Street homes.

Thank you to our donors (August 8-October 5, 2009)

Neighbor (\$1-\$49)

Loretta Velte
Charles Neilson
Robert & Evelyn Delzer
Janet Cudmore
Joanne & Darrell Nicholas
Fred & Priscilla Romkema
John F. & Anne Fillmore
A.F. Delzer & Bertha
Anonymous
William Weisser
Marvin & Diann Mayer

Friend (\$50-\$149)

Sheila Autio
Clara Christensen
Marcella Gunderson
Howard & Elaine Perry
Keith & Julie Chapman
Jytte Bowers
Wayne & Judy Delzer
Spearfish Eye Care Center
Gene & Diane Haivala
Anonymous
Joe & Shannon Amiotte
Deborah Sanford
Dave Donat

Advocate (\$150-\$499)

Edwin Baker
Joyce Harkness
Kelly & Wayne Klein

Builder (\$1000-\$4999)

Knights of Columbus
Virginia Nelson
OSLC Quilters

NHTC Begins Volunteer Program

NHTC has begun a Volunteer Program. We are looking for family, friends and community members who may be interested in leading one-to-one or small group activities with people receiving our services.

The list of possibilities is endless but may include teaching new activities or bringing people supported to community activities. If you are interested in learning more, please contact Chris Davis at 642-2785 x 243 or davis@nhtc.org.

NHTC parent, Lisa Merchen has launched a local parent support group to encourage and strengthen families through education, assistance, networking and referrals to valuable resources.

If you are interested in learning more about the group, please contact Lisa at 605-722-1209 or lisamax@rushmore.com.



Kendra Canaday holding a table decoration made in the volunteer-led craft session.

~ UPCOMING EVENTS ~

November 26	NHTC closed for Thanksgiving
December 18	Christmas Party for People Supported
December 25	NHTC closed for Christmas Day
January 1, 2010	NHTC closed for New Year's Day
January 23	Christmas Party for staff
January 31	33 rd Annual Awards Banquet
February 10	BHSU Fall Career Fair
March	Developmental Disability Awareness Month
March 13-14	Spearfish Optimist Home Show



New Directions

Northern Hills Training Center
625 Harvard Street
Spearfish SD 57783-1897

Non-Profit Organization
U.S. Postage
PAID
Permit No. 51
Spearfish SD 57783



Are We Connecting?

Please let us know if we need to correct or delete your address on our mailing list. Contact Peg at 605-642-2785, ext. 201 or e-mail your address changes to: holmquest@nhtc.org

Northern Hills Training Center

cordially invites you to the

33rd Annual Awards Banquet

Sunday, January 31, 2010 – 11:30 a.m.

at the

Spearfish Holiday Inn and Convention Center

Reservations are \$12.00 each – Please RSVP to 605-642-2785, ext. 201 or return the form below

YES, I/we want to attend the Annual Awards Banquet Sunday, Jan. 31, 2010 at 11:30 a.m.

Name _____

Address _____

City/State/Zip _____

Please reserve _____ seats for me. Enclosed is payment of \$_____ (number of seats x \$12.00)

Return this form and your check by **Jan. 20** to: **CHRIS DAVIS, Northern Hills Training Center**
625 Harvard Street, Spearfish, SD 57783