

## SDCA REPORT FOR THE 2018-2019 FISCAL YEAR

Please use the same form to report on throughout the year.

Please complete and send to

[sdca.counseling@gmail.com](mailto:sdca.counseling@gmail.com)

Name of Person Reporting and Position: Heidi Evers, Interlakes President

### Goals/Objectives for the 2018-2019 Fiscal Year:

- 1) Increase membership
- 2) Increase number of people that attend quarterly meetings
- 3) Alternate social/fun activities with at least one educational activity.
- 4) Gabe (past-president) is willing to conduct an educational activity using narrative therapy that we thought we could combine with fun “Wine and canvas”- type activity.

### Accomplishments from Board retreat (7/31/19) to...

*First Quarter (Oct/Nov meeting): The executive committee met this summer and identified some goals for the year and identified a tentative plan for activities. We will have our first member meeting on 10/23/18 and will enlist their ideas as well. Our first meeting will be our fall social welcoming SDSU students to ask questions and potentially join our chapter.*

*Second Quarter (Jan/Feb meeting): Our first member meeting for the year was held on 10/23/18. Our theme was “Fall Social” and it was held at SDSU. We had a good turnout, and answered questions that members/potential members had. Discussed opportunities available as a member of all of the Counseling organizations. Encouraged involvement at local and State level. Enjoyed Pie and SDSU Ice Cream. We are working out details for our coming meetings- one will be a Narrative Exercise/Canvas Event (a takeoff on “Wine and Canvas”). More details will be coming. Our membership numbers are going up slowly as the year progresses, as is typical in our organization.*

*Third Quarter (Conference meeting): This was an exciting quarter in Interlakes! We hosted a “CE and Canvas” event at Wooden Legs Brewing Company on March 29th, 2019. This was a wonderful evening of sharing with other professionals, laughing, learning and enjoying each other’s company. There were 20 of us at this event-- Woo hoo for Goal 2 and 3 and 4! We also learned of some very talented artists in this group of Counselors! As of April 3rd, 2019, we have 31 members- which is up from 27 in June, 2018. This is a steady progress on Goal 1! We have also entered a team in the Brookings Step Forward to Prevent Suicide Walk which will be held April 27th. There are several Interlakes members walking both for our team, and other teams. We are excited to attend and see old and new friends as we host this year’s SDCA Conference next week!*

***End of Year Report:***

**2018-19 was a great year for Interlakes. We were successful in increasing our membership by about 15% over previous year. The most successful event of the year was the CE and Canvas event at Wooden Legs. We had some attendees from other Chapters that even asked to “steal our idea” to take it back to their Chapters. In our last quarter, we attended the Annual SDCA conference in Sioux Falls. Our chapter co-hosted with Lewis and Clark this year and we had a great turnout of Interlakes members helping out at Registration table, as well as helping with decorating for the banquet and setting up for the silent auction. We had a meeting at the conference and there were great discussions regarding ways to continue to expand our membership. We would like to especially reach out to community mental health centers to encourage them to come to meetings/get involved. There was discussion about potentially hosting a meeting in Watertown or closer to them, since our area now includes Watertown.**

**Plan to Accomplish Goals/Objectives to be accomplished by next board retreat (6/30/19): Overall, we made good progress on all of our goals this year. There is continued work to do to increase membership and encourage the many counselors in our area that are not involved to join us!**

**Items you would like added to the agenda for the upcoming board meeting: ?? see above-continue to expand awareness about Interlakes Chapter of SDCA and importance of getting involved!**