

## VPD participates in crisis training

By Rob Nielsen  
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The Vermillion Police Department (VPD), Yankton Police Department (YPD) and other agencies spent last week introducing the Crisis Intervention Teams training program to their officers with the help of several area organizations.

VPD Sgt. Jacy Nelsen said the program is intended to assist officers in dealing with situations involving mental health. "Law enforcement is making a move towards this type of training to educate officers further about mental illness, developmental disability disorders and (so on) so officers are better equipped to handle crisis moments that people are involved in," Nelsen said. "It's focused largely on the communication abilities and being able to work with individuals in those crisis moments to hopefully find a positive outcome and a positive relationship between law enforcement and those individuals."

Elements of the training included sessions on mental illness, veterans affairs and mental disorders affecting veterans, medications, site visits in both communities — including trips to the Yankton Homeless Shelter, Lewis & Clark Behavioral Health, the Human Services Center (HSC) (also where training was held) and the University of South Dakota — active listening de-escalation techniques, suicide prevention, dealing with adolescents and children, trauma, drug abuse, drug court, issues with aging critical incident management and role-playing where actors helped officers apply the lessons they'd learned in the course. Culture, hearing issues and testimony from individuals and families who have dealt with mental illness were included.

VPD Lt. Michael Burgeson said a desire to boost the abilities of both departments led to last week's program. "This came about because of the forward thinking of both Chief (Brian) Paulsen and Chief (Matt) Betzen in Vermillion," Burgeson said. "Without their insight on where we're going and where we need to be and the changes in our society, we wouldn't be doing any of this."

Nelsen said she had some experience with the training along with VPD patrol officer Randy Crum. "Randy and I actually attended CIT training in Sioux Falls back in February," she said. "That was something that came across Chief Betzen's desk at some point, he thought it looked like a good idea and sent us. When we got back and he started seeing the use of it, that kind of helped spur Chief Paulsen and his discussion to take this on. Both departments are on board to bring this as fully into our

departments as we can so that we can benefit our officers as well as the community in being able to handle any type of situation."

But Crum said the program goes beyond law enforcement.

"The big part about CIT is it's a community project — it's not just law enforcement," Crum said. "It's setting up contacts within the community to get these people in crisis support after we have contact with them."

Other entities involved in the training session included the Clay County Sheriff's Department, Yankton County Sheriff's Department, representatives of the Department of Defense and the state Department of Developmental Disabilities. Agencies that helped coordinate the training included National Alliance on Mental Illness-Sioux Falls (NAMI), HSC, Lewis & Clark Behavioral Health and Yankton Area Mental Wellness, Inc. (YAMWI) and the various agencies involved.

Burgeson said he believes the training sessions will become a regular addition to both departments.

"What I anticipate is that next year, we're going to do it in March again in Vermillion," he said. "Then we'll do it in September so we have all of our sworn officers trained between Yankton and Vermillion. Then, what I'd imagine, is it will be a once every two years for new officers, new hires and people that need to get the training."

He added that the training not only brings officers up to speed on dealing with mental issues, but also gives VPD and YPD personnel an opportunity to work together.

"This just reinforces Chief Paulsen's and Chief Betzen's philosophy on joint training, joint operations and joint ventures between the two departments," he said.

Nelson said the training was received positively and will help strengthen their abilities going forward.

"I think everybody who went through the class recognized the importance of it and the positive relationship it builds between the police department and community organizations that interact with mental illness and disabilities on a daily basis," she said. "It's also very vital to those individuals who need the help, especially in their moments of crisis. If we can build a positive relationship with them during their worst moments, it builds a better relationship overall, even later, because then they know we're a resource that can help them and continue to bring them help."

You can follow Rob Nielsen on Twitter at [twitter.com/RobNielsenPa](https://twitter.com/RobNielsenPa) and D/. Discuss this story at [www.yankton.net/](http://www.yankton.net/)

# 90th State championship chess tournament held in Vermillion

By Angela Morrow  
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Vermillion Chess Club hosted the 90th South Dakota State Championship Chess Tournament last weekend.

Sixteen players from around South Dakota competed for the State Chess Championship trophy. The players participated in each round scoring points based on the United States Chess Federation ranking system.

Lyle Hanson of Rapid City claimed the title.

He was the only player not to lose any matches during the tournament and only recorded a slight blemish — one draw in the final round — while winning the first four rounds.

South Dakota Chess Association is the main sponsor for the tournaments. They provide funding and approve the venue chosen to host each tournament.

National Master Nels Truelson started playing when he was five. Truelson said his older brother, the neighborhood champion, taught him to play. After nine years of trying, Truelson beat his brother for the first time.

"You only really learn in this game" Truelson said, "When you lose."

Mark Hansen faced his greatest defeat Saturday when a mistake cost



The state chess tournament was held in Vermillion this past weekend.

Lyssa Henrich/For The Plain Talk

him the match. Hansen has played for the Vermillion chess club for the last 20 years.

Jill Likens and her husband traveled to Rapid City, Kansas City, Kansas, Denver, Colorado, and Phoenix, Arizona, playing, directing and helping

with chess tournaments. One of their most memorable tournaments was on their way to the Opryland resort in Nashville, Tenn.

"In every airport we stopped in" Likens said, "There were kids sitting on the floor playing chess."

## Getting fit at the Wellness Center

By Angela Morrow  
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The University of South Dakota Wellness Center is currently offering several camps and programs to help members achieve their fitness goals.

There is a "Drench Boot" camp, which is designed to help members get a jumpstart on fitness.

Every Monday and Wednesday morning, a certified personal trainer guides participants through a combination strength training, cardiovascular training program.

"These training tactics are designed to target specific muscle groups," Rheannon Bowman, USD Wellness Center fitness coordinator, said. "(These groups) build strength as well as target fat loss."

Participants start with a pre assessment before starting the six-week program and finish with a final assessment to see the progress they made.

The camp is open to all USD students and gym members for a \$60, registration fee. This camp runs until Oct. 29, but a similar boot camp will run over the holiday break.

Another program to consider is the "Biggest Loser."

It is designed for those interested in getting back into shape, changing eating habits, losing weight, and over all lifestyle changes. Participants are given Biggest Loser T-shirts and put into teams.

"There will be weekly weigh-ins, activity logs and nutritional tracking," Rheannon Bowman said. "They will all be under the direct supervision of a Certified Personal Trainer."

There are morning and afternoon sessions and both groups meet on Friday to face off in a friendly competition. The program has a \$90 registration fee and is open to public participation.

Another program offered is the "Fitness Challenge."



The University of South Dakota Wellness Center is the scene for plenty of opportunities to get into shape.

Lyssa Henrich / For the Plain Talk

It is a \$5, eight-week program alternating cardiovascular and strength works to give participants a variety in their daily workout.

Participants are introduced to new equipment and earn points to win a gift card.

The Cycling and Velocity Boot Camps were cancelled due to a lack of participation. The Cycling Boot Camp was an early morning camp that combined body-sculpting exercises with a

cardiovascular cycling fitness routine. The Velocity Boot Camp was a combination of High-Intensity Interval Training, interval training and circuit training mentored by a Certified Personal Fitness Trainer.

For more information regarding current wellness camps and projects as well as future ones contact Bowman at 605-677-8817 or at [fitness@usd.edu](mailto:fitness@usd.edu) or [Rheannon.Bowman@usd.edu](mailto:Rheannon.Bowman@usd.edu)

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Superintendent Mark Froke attended the awards ceremony in Pierre, accepting the grant on behalf of the school district.

Gov. Dennis Daugaard served as the main speaker at the ceremony, held in the capitol building. Among those attending the presentation were District 17 State Sen. Tom Jones (D-Viborg) and District 17 State Reps. Ray Ring (D-Vermillion) and Nancy Rasmussen (R-Hurley).

Froke later told the Vermillion school board that the module project will benefit all parties.

"That's a win-win situation for the district and also the partner that will be working with, Builders Choice," the superintendent said. "Builders Choice will be providing materials for

us to build living units and also give us guidance in building these units."

In the process, the students come out winners as they gain electrical, carpentry and plumbing skills, Froke said. He pointed to the benefits of the public-private partnership.

"Builders Choice, Inc. will be a vital partner in helping to prepare students for viable jobs after graduation or education beyond high school," he said at the time.

"We're excited about this opportunity to partner with our local business and industry to help develop a future workforce as well as to help students gain employment skills."

The Vermillion school board heard an update on

the CTE project during an August meeting. Froke provided more details on the construction of the building that will house the project work.

This week, Pier said the project remains on track. The students are finishing requirements so they can start work immediately when the construction site is ready.

"The dual credit option for the students is coming together. Tools and equipment for the new program are all secured and ready," he said.

"Students currently enrolled in the program are finishing up the required safety training and are anxious to get started with the hands on part of the course."

In turn, Builders Choice

is ready for action, Pier said.

"Builders Choice is all ready to go with their part of the project with supplies, materials, and training," he said. "They are waiting on us to finish our (site preparation)."

After months of planning and preliminary site work, all parties are anxious to start constructing the module, Pier said. The final product could find its way to any of a number of housing sites.

"At this point, I would say things are all coming together and falling into place to make the program a success," he said.

You can follow Randy Dockendorf on Twitter at [twitter.com/rdockendorf](https://twitter.com/rdockendorf). Discuss this story at [www.plaintalk.net](http://www.plaintalk.net).

### 4 S.D. schools receive national honor

PIERRE (AP) — Four South Dakota schools have earned national recognition from the U.S. Department of Education for gains in academic achievement. South Dakota's Blue Ribbon schools are: Howard Elementary School in Howard; Medary Elementary School in Brookings; O'Gorman High School in Sioux Falls; and Timber Lake High School in Timber Lake. The public schools selected for the honor are nominated by the chief school officer in each state and private schools are nominated by the Council for American Private Education.

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