



CODINGTON COUNTY

# RESTART Newsletter

APRIL 2026

93

DIVERSION  
REFERRALS

308

PEER SUPPORT  
SESSIONS

368

CASE  
MANAGEMENT  
SESSIONS

2,819

HOUSING  
NIGHTS  
PROVIDED

## RESTART PROGRAM SNAPSHOT

From July 1, 2025, through March 31, 2026, RESTART recorded 93 diversion referrals, 368 case management sessions, 308 peer support sessions, and 2,819 housing nights provided. Across the same period, 1,059 units of naloxone were distributed in the community. These figures reflect both direct service volume and the scale of a system that is quickly becoming the primary point of connection for many individuals leaving incarceration or seeking recovery support in Watertown

## KYLE'S STORY

When Kyle was paroled to Watertown, he expected his path would lead back to prison. Instead, a call to RESTART offered a different option. After a relapse, Kyle moved into the men's sober house and began rebuilding his life with the support of peer connections and a recovery community. Over the following months, he earned his driver's license for the first time, secured full-time work, and adopted a dog from the local humane society. Today, Kyle stays connected through daily visits to the drop-in center, focused on consistency, stability, and moving forward.



Kyle's dog at the BSBB drop-in center.

**KYLE**

“

*I've never had any of this. I've never paid a bill in my life, never had my own phone, never had my own car, never had my own dog. This is all new to me.*

”

**BSBB PARTICIPANT**

# IMPACT PROGRAM HELPS INDIVIDUALS BUILD STRONGER FUTURES IN CODINGTON COUNTY



The Codington County Community Services **IMPACT Program (Individuals Making Positive Actions Can Thrive)** is a voluntary, intensive case-management program designed to support individuals involved in the criminal justice system. Many participants also face challenges related to substance use, alcohol dependency, or mental illness, and the program serves as a vital resource to help them overcome barriers and move forward with confidence. Participants meet with a Community Health Worker as needed to stay engaged with services, remain accountable, and build a healthier, more stable foundation for their future.

## CONNECTING PARTICIPANTS TO THE RIGHT SUPPORT

The IMPACT Program links people to essential resources, including:

- Healthcare providers to reduce medical risks and encourage regular care
- Mental health and substance use treatment services
- Basic needs resources such as housing, transportation, and food assistance
- Vocational and educational programs to expand employment opportunities
- Assistance with Social Security and other benefits, when appropriate

Program staff also help individuals with paperwork and appointment coordination to remove common barriers to access.

## BUILDING PATHWAYS TOWARD WELLNESS AND REDUCED RECIDIVISM

By bridging participants with services that help them thrive, the IMPACT Program aims to:

- Empower individuals to make healthy, positive decisions
- Decrease recidivism through strong community-based support
- Promote physical, mental, and emotional wellness
- Create opportunities for participants to lead productive and meaningful lives

The program's holistic approach recognizes that wellbeing is shaped by healthcare access, education, economic stability, neighborhood environment, and community connections.

**LEARN MORE  
OR MAKE A  
REFERRAL**

**Codington County Community Services**

7 West Kemp Ave, Watertown, SD 57201

Phone: 605-882-6286

Fax: 605-882-5243

[www.codington.org/codington-county-community-services](http://www.codington.org/codington-county-community-services)

# INVITE THE PEOPLE YOU SERVE TO SHARE THEIR RESTART STORY

As professionals supporting individuals affected by substance use disorder, you see the courage it takes to begin again and the moments of change that shape someone's recovery. These stories matter. They offer hope to others who are still searching for their own new beginning, and they remind people that transformation is possible.

We invite you to encourage the individuals you work with to share their RESTART story, a campaign created to uplift real voices from the recovery community. Many people underestimate the impact of their journey, but even a brief reflection can show someone else that they are not alone.

Participating is simple and designed to feel comfortable and dignified. What matters most is authenticity and speaking in their own voice. Once recorded, participants can share their video on social media using **#MyRESTARTStory**, and selected stories may be featured on the official RESTART campaign pages.

By helping someone tell their story, you amplify hope and strengthen a community built on real experiences, real challenges, and real victories. Thank you for sharing this opportunity with the individuals you serve. Together, we can elevate the voices that inspire healing, resilience, and new beginnings.

## Sharing Your RESTART Story



### Best Practices for a Selfie Video

*Keep it simple, honest and real:*

- Use natural light when possible (facing a window is great).
- Record vertically, phone held upright.
- Find a quiet place with minimal background noise.
- Look into the camera like you're talking to a friend.
- Keep it steady; use a tripod or lean your phone on something.



### Video Length

- Target 2–3 minutes. Enough to tell your story, not so long people scroll past.
- You don't have to share everything, just a chapter of your journey.



### How to Share

- Post your video on Facebook or Instagram.
- Include the hashtag #MyRESTARTStory.
- We'll be watching for new stories and sharing selected videos on the official RESTART campaign pages after review by our committee.
- You don't have to share everything, just a chapter of your journey.



### What to Talk About (If You're Not Sure Where to Start)

*Here are some prompts to help:*

- What were things like before your "restart"?
- What changed or helped you make a shift?
- What does life look like now?
- What does restart mean to you?

# HUMAN SERVICE AGENCY



**HUMAN SERVICE AGENCY**  
Helping People Achieve

Medication-Assisted Treatment (MAT), also referred to as Medication for Opioid Use Disorder (MOUD) is a comprehensive, evidence-based approach to treating substance use disorders, particularly those involving opioids and alcohol. Rather than relying on a single method, MAT integrates medical treatment with behavioral health services to address both the physical and psychological aspects of addiction. This whole-person approach significantly improves recovery outcomes and helps individuals regain stability in their lives.

At the core of MAT is the use of FDA-approved medications that help reduce cravings, manage withdrawal symptoms, and normalize brain chemistry. These medications make it possible for individuals to focus on recovery without the constant disruption of intense urges or physical discomfort. By stabilizing the body, MAT creates the foundation for meaningful engagement in therapy and long-term healing.

However, medication alone is not enough. Effective MAT programs combine pharmacological support with drug and alcohol counseling. Counseling provides a safe, structured environment where individuals can explore the underlying causes of their substance use, develop coping strategies, and build healthier patterns of thinking and behavior. Through individual and group sessions, clients gain insight into triggers, learn relapse prevention skills, and strengthen their support systems. The HSA program also requires accountability which can mean random UAs or pill counts by our nursing staff.

## CALI

*MAT has changed my life by helping minimize my cravings and giving me the stability to continue my sobriety. It has supported me in staying focused, making healthier choices, and remaining on the road to a better life. Through MAT, I've been able to build a stronger foundation for recovery and move forward with hope and confidence.*

**MAT PATIENT**

In addition to counseling, psychiatric evaluation is a critical component of MAT. Many individuals struggling with substance use disorders also experience co-occurring mental health conditions such as depression, anxiety, or trauma-related disorders. The Human Service Agency requires a thorough psychiatric assessment which allows providers to identify these conditions and develop an integrated treatment plan. When appropriate, medications may be prescribed to address mental health symptoms, further supporting recovery and overall well-being.

By combining medication to reduce cravings, evidence based counseling to address behavioral and emotional challenges, and psychiatric care to treat co-occurring conditions, MAT offers a balanced and highly effective path to recovery. This integrated model not only improves retention in treatment but also reduces the risk of relapse, overdose, and long-term health complications.

Ultimately, MAT empowers individuals to move beyond survival and toward a healthier, more fulfilling life. With the right combination of medical and therapeutic support, recovery is not just possible—it is sustainable.

If you are struggling with opioid or alcohol cravings in your effort to live in sobriety, please contact the Human Service Agency for an addictions eval at **(605) 886-0123**. You can also seek an addictions eval by coming to a walk in evaluation on Monday or Tuesdays at 10:00am or 1:00pm. We recommend coming early as we take the first person who presents for that time slot.

# TRANSITION TO SUCCESS®: A UNIFIED APPROACH TO COMMUNITY CASE MANAGEMENT



Our community is advancing its efforts to address poverty by implementing Transition to Success® (TTS), an evidence-based model that reframes poverty as a treatable, environmentally driven condition rather than a personal failure. With over 25 community members now trained as TTS Coaches, we are strengthening coordination across sectors and improving how we support individuals and families working toward stability.

TTS “redefines poverty from a stigmatized character flaw to a treatable, environmentally-based condition” and provides a standard of care that directly responds to social determinants of health (SDOH) such as housing, employment, education, transportation, and access to healthcare. This mindset shift helps partner organizations work together using consistent protocols and shared measurements to better serve residents.

Each participant works with a certified coach to complete an assessment across 23 SDOH domains, identifying strengths, challenges, and opportunities for support. From this, the client develops a Map of My Dreams, a personalized care plan outlining goals and steps toward long-term stability. With the client’s permission, this plan is shared across partner organizations to ensure coordinated, effective support.

Coaches help clients track progress in areas that directly influence their quality of life, including housing, employment, education, and healthcare. This process empowers individuals to “see where they stand and what needs to be worked on to ensure long-term success.” Clients also build financial literacy and are encouraged to volunteer or mentor others as they advance in their journey.

By adopting TTS across agencies, our community is creating a connected, compassionate system of care—one that recognizes that poverty is not a character flaw, but a condition we can treat together.

## JOIN US ONLINE

In Codington County, recovery isn’t just possible, *it’s already happening.*

We’ve launched RESTART, an effort to share real stories, connect you with local resources, and remind everyone that it’s never too late to start again. Whether you’re worried about yourself, a friend, a coworker, or a loved one, there’s support, and there’s hope. In the first quarter of 2026, we had over 405,207 views of our resources on Meta, 358,275 impressions on Snapchat, 3,632 impressions on YouTube, and 12,444 views on the RESTART page.

These are places to talk about alcohol, cannabis, opioids, and stimulants — without shame, without judgment. Because what feels normal isn’t always harmless.



If you have questions or information to contribute to future editions, please contact **Angie Collignon** at [acollignon@codington.org](mailto:acollignon@codington.org).

