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NORTHERN PLAINS JUSTICE

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# Seeing hope

Recently, my wife and I were driving home from an evening out. We stopped at a very busy intersection in Sioux Falls for a red light. Just as the light turned green for traffic to go, a small child on a bicycle rode out in front of traffic. I watched the scene play out, seemingly in slow motion, as the child missed three cars, but unfortunately, did not avoid the fourth. An SUV struck the child just a few feet from the curb, throwing the child from the bike. A terrible sight to witness. As awful as that was, what came next gave me hope for our community.

ΑΟΥΑΝΤΑΘΕ

I got out of my vehicle and ran to the child to render first aid. As I attended to the child, another man came over to move the bicycle and parts out of the road. After that, the man saw the driver of the SUV that struck the child, visibly shaking and having a hard time with what just occurred. The man spoke with the SUV driver to calm the person down. Another woman stopped her vehicle to see how she could help. As police arrived and took me aside, this woman stepped in to attend to the child. She was everything you would want someone to be in that situation. She was kind, attentive, and reassuring. She tried contacting parents and stayed with the child until paramedics arrived. By then, a few more people arrived on scene to see if they could help.

The amazing thing about that experience was that none of these people had to get involved. No one knew the child or the SUV driver. They all saw a need and decided to interrupt their own lives to help. In a culture that alltoo-often seems selfcentered, these people were selfless. A group of strangers decided to get involved, formed a team, and supported someone in need. I didn't know anyone at the scene. I may never find out the rest of the story. But I am grateful to have witnessed selfless actions of strangers who were willing to help. To them, I say, "Thank you. Job well done." To the rest of us, I say, get involved. There are needs all around us. We need to lift our heads up from our own path, see those around us, then lend a hand. You just may be surprised at how many are willing to join you, and you will feel a little more hopeful for your community.

#### HOPE ÎN THE HARDEST TIMES by Dan Amert

"Emotions can take us to dark places. It's part of being imperfect humans"

down on us, even when it's no fault very negative situation at a prior job events you've experienced. Then start of our own. Life events such as being attracted media attention. I thought dumped, bullied, or harassed, the death about that bottle a lot during that time. of a family member, losing friends, job Why didn't I do it? I stopped, and I loss, financial problems, bankruptcy, remembered the love my family and medical illness, divorce, and aging, are friends provided. I didn't want them to and tomorrow you can shape! just a few that can weigh us down. Sadly, some people have turned to suicide as them. I looked outside of myself before a solution to relieve themselves of the making any decision. I assessed the pain and the shame.



I've had suicidal ideations about ending my own life. I even had a bottle of the "Doomsday Bottle." I came awfully

There are times where life events crash close to ending my own life after a good experiences, friendships, and experience what suicide would do to consequences of my actions. I don't have the "Doomsday Bottle" anymore. I'm glad I never used it.

> One important thing during difficult times is gaining perspective. When you feel you are at the end, and all you want to do is end own life, STOP! First, ask for help. It's tough for anyone to say, "I need help." but ask for it. You have family. friends, and many local and national resources around you who won't look down on you, judge you, or embarrass you. They'll be grateful you asked for help, and they'll give you hope on the outside when you lack hope on the inside.

life. Find the good. Write down all the to become a better person.

looking at all your future goals and accomplishments you want to achieve. Always keep looking forward because yesterday is over, today you can act,

Third, keep a cheerful outlook to areas where you can improve. Use your resources, both inside and outside yourself, to develop your own identity and realize the great blessing being alive is. When you see only suicide as the answer, remind yourself, there are always other options.

Emotions can take us to dark places. It's part of being imperfect humans. There are times when each day is a struggle not to give up or give in. Is it easy? No. Is it right to not give up? Yes! For me, a stronger faith is being forged in me that keeps me going. I'm helping me to help others, who are in turn helping me become a better person. Find your "North Star" to keep your life in perspective, give you hope and Second, take an inventory of your assurance, and rely on your resources

## CRASH E COURSE

Recently, The National Academies of Sciences, Engineering, and Medicine released a Consensus Study Report on the diagnosis and treatment of traumatic brain injuries (TBIs). The goal of the report is to examine how to best advance care for TBIs and how to better direct research in the field. The are striking: (1) TBI care in the United affected by this condition; (2) highquality care for TBIs requires that it be managed as a condition with both acute and long-term phases; (3) public and professional misunderstandings are widespread with respect to the frequency, manifestations, long-term consequences, and proper detection, treatment, and rehabilitation of TBI; and (4) the United States lacks a comprehensive framework for addressing TBIs.

Key to implementing the Report's patient needs and may be leading to recommendations is rejecting the current practice of labelling TBIs as either mild, moderate, or severe. Such labelling leads to misunderstandings of a diagnosis and potentially to undertreating the condition. second major change is to address four major conclusions of the Report the current wide variability and gaps in care guidance. That can be done States often fails to meet the needs of through education of both providers individuals, families, and communities and patients as well making changes in guidance documents from professional societies.

> Perhaps the most interesting aspect of the Report is that it addresses the systemic challenge of caring for those with a TBI. It's not just a patient issue. The overall health system, including researchers, professional societies, guidance documents, and front-line care providers, needs to change. The current system is not meeting all

worse outcomes for patients than what is possible. Notably absent, according to the report, is a single lead entity to drive collaboration and change.

As a firm that has represented several clients with TBIs, it is great news to see the healthcare industry finally taking notice of this important issue. This Report is certainly a step in the right direction, but changes will take time. Until systemic changes are made, if you or a loved one has suffered a TBI, please continue to be your own best advocate for the care you need. Keep asking questions. Keep seeking answers. And find a treating professional familiar with these issues or bring them to your doctor's attention.

#### NORTHERN PLAINS JUSTICE

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## FAMILY SAFETY FAIR 2022

Northern Plains Justice participated in the Safety Village of South Dakota's Family Safety Fair on June 4th at Thunder Road in Sioux Falls. One of our team members, Dan, provided information and conversation on options if you are hurt in a car crash or a personal injury. Northern Plains Justice supports Safety Village of South Dakota's goals of promoting and learning about safety topics for area families. *The kids attending appreciated candy that was provided!* 

If you want more information on Safety Village of South Dakota and it's upcoming events, check out **https://safetyvillage.org/**.