

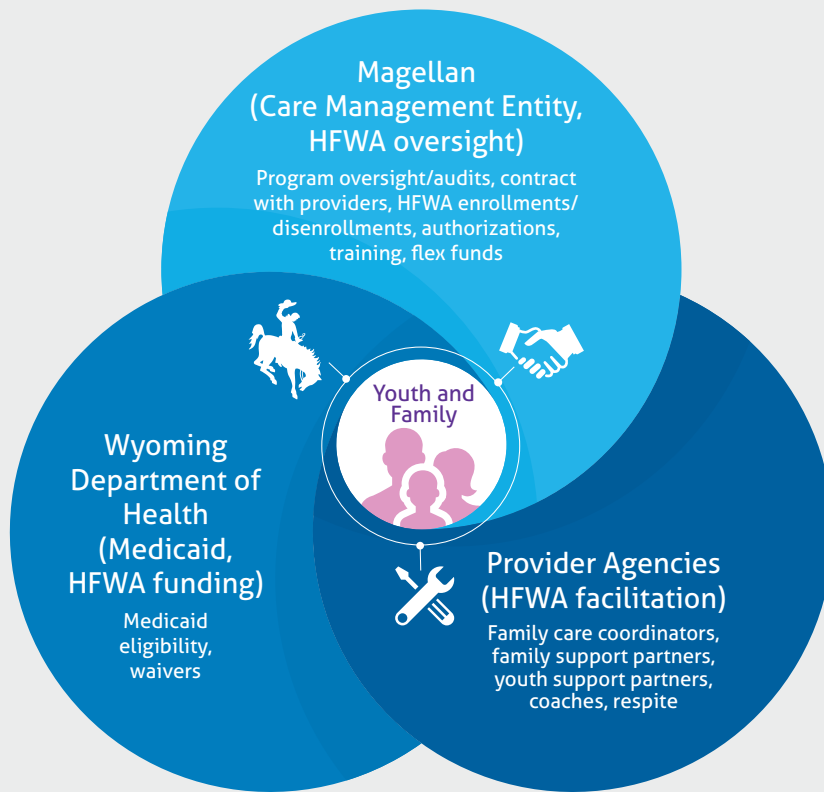


Circle of Strength

Magellan Healthcare, Wyoming's Care Management Entity

What is a Care Management Entity?

Our Wyoming team at Magellan is proud to be your Care Management Entity (CME) for High Fidelity Wraparound (HFWA). A CME manages the HFWA program. Which means we set the rules and provide training for all the people involved in the HFWA process:



Introducing a new, interactive workbook

With you and your family in mind, we have made an all new High Fidelity Wraparound workbook.

This is designed so you can easily follow along with your family care coordinator through the entire process. Our hope is that this will be a useful tool to take notes in, write your plan down and be able to keep with you as a reference long after you graduate.

It can be found at MagellanofWyoming.com under the *More for youth and families* tab!

Tell us what you think and how we can improve this tool by emailing WYQuality@MagellanHealth.com.

Coming your way soon: Our new website!

We will soon launch a new website to replace the one that we have now. The website address will stay the same and site will include the type of information that it always has. But it will be easier to find the information you need. It will also feature an attractive new look.

We will launch this new site in the first few months of 2018. When it goes live, please share your thoughts about it with us. You may email us at Wyominginfo@MagellanHealth.com. We want to continue to improve the experience you have when you visit the site.

You can find our website at MagellanofWyoming.com.

Recognizing and managing stress during the holidays

The holiday season can be a stressful time. Stress is a physical or mental reaction to demanding situations. A certain amount of daily stress is normal and necessary. However, ongoing or excessive stress, either positive or negative, can result in tiredness, burnout and even depression.

Symptoms of stress

Learning to notice the signs of stress is the first step in managing it. Some signals that will alert you to too much stress include:

- difficulty sleeping
- less satisfaction with tasks
- constant feeling of urgency
- tension headaches, backaches, stomachaches or other physical discomforts

Managing stress

There are lots of things you can do to help reduce stress. We recommend that you try the following methods and use those that are most effective for you:

- ✓ **Take care of yourself.** Eating healthy foods and getting plenty of rest will help you keep your body's resistance to the physical symptoms of stress.
- ✓ **Manage your time.** Take charge of your day by scheduling your time and focusing on your goals. Create a list of tasks to accomplish. Be sure to cross items off your list as they are completed.
- ✓ **Identify the messages you give yourself.** Focus on what you can do rather than what you cannot do. Be positive.
- ✓ **Try deep muscle relaxation.** Start by tensing your shoulders for about 10 seconds. Slowly release the tension and you will begin to feel your muscles relax. Try this exercise for all major muscle areas.
- ✓ **Make time for fun.** Take a break from your normal routine during the day to ease tension. Physical exercise or just a change of scenery, such as going to the movies, can help you relax.

This document is for your information only. It is not meant to give medical advice. It should not be used to replace a visit with a provider. Magellan Health does not endorse other resources that may be mentioned here.

Social phobia

What is social phobia?

Social phobia makes a person feel uneasy around others. It is an anxiety disorder. People with this have a fear of being noticed. They worry about doing things that might embarrass them. This can last for days before an activity happens. This fear may get in the way of daily life. It is hard for some people who have this to make friends.

Most people who have this know their fears do not make sense. But they cannot control them. Some people with it are afraid of one specific activity. It could be talking to new people. Others have a more general fear. They cannot be around anyone else. They can only be with family.

People with social phobia may also have signs such as:

- Blushing.
- Shaking.
- Problems speaking.
- Sweating.
- Upset stomach.

These things make people with the disorder even more uneasy.

How to get help

Social phobia can be treated. The first thing to do is see your doctor. A doctor can tell if you might have it. Your doctor may send you to a mental health specialist.

How is it treated?

This disorder is treated with:

- Therapy.
- Medication.
- Both.

The right treatment helps many people lead normal lives.

Medication

Medications will not cure social phobia. They can control it. The medicines used are antidepressants and anti-anxiety drugs.

Therapy

A "talk therapy" called cognitive behavior therapy helps in treating this disorder. It changes the way people think and act.

Other treatments

Joining a support group helps some people. Talking with someone you trust can also help. This should not take the place of getting care from a specialist.

Learning how to manage stress can help. Some types of exercise can help too.

Check with your doctor before taking any medicines. Some can make this disorder worse.

**GET HELP RIGHT AWAY IF YOU ARE THINKING OF HURTING YOURSELF OR OTHERS.
Always call 911 if you have an emergency.**

Have you heard of telehealth?

With winter in full swing in Wyoming. It's hard to tell when a storm might come our way! With our improved telehealth platform, you no longer need to worry about missing important team meetings due to the weather or other unforeseen travel issue!

We now offer Zoom Video Conferencing (Zoom Video Communications, Inc.) to your family care coordinators. All you need in order to meet via Zoom is either a phone or computer, webcam and broadband Internet access. Ask your family care coordinator about this secure video meeting option before the storm hits!

Calling all youth:

Get involved in your community!

Attend a local MY LIFE group

- MY LIFE Cheyenne meets the last Tuesday of the month at UPLIFT from 5:30 – 7 p.m. UPLIFT is located at 3701 Ridge Road in Cheyenne.
- MY LIFE Laramie meets the last Wednesday of the month at Big Brothers Big Sisters from 5:30 – 7 p.m. Big Brothers Big Sisters is located at 1010 South 6th Street in Laramie.

Want to start a MY LIFE group in your area? Contact us!



Crisis Text Line

All Wyoming residents have access to a free, 24/7 text line for people in crisis.

Simply text **WYO** to **741741** to be connected to a crisis counselor.

This resource can be used in non life-threatening situations. If your child or someone you know is in a life-threatening situation, call 911 right away!

Updates & information straight to your inbox

Get community updates and resources, information on HFWA and tips on healthy living sent straight to your inbox. Sign up to by visiting MagellanofWyoming.com, click "Subscribe to our monthly e-newsletter" on our homepage.

Follow us on Facebook

Like our page, [@WYMagellan](https://www.facebook.com/WYMagellan) to stay up-to-date on news, resources and events.

Sign up for our e-newsletter

Do you want updates and resources sent straight to your inbox? We send out a Community Update e-newsletter monthly. Email WyomingInfo@MagellanHealth.com to sign up.

Contact us

Office Hours:

M – F, 9 a.m. to 5 p.m. MST.

phone: 307-459-6162

Emergency services are available 24 hours a day.

Toll-free: 1-855-883-8740

TDD/TTY: 1-800-424-6259

www.MagellanofWyoming.com

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