

Member Newsletter

Magellan Healthcare, Wyoming's Care Management Entity

Center for Disease Control releases 2017 Youth Risk Behavior Survey results

The Center for Disease Control released the 2017 Youth Risk Behavior Survey results. The survey looked at obesity, asthma, nutrition, physical activity, sleep and chronic conditions in high school students.

The report showed:

- One in four students do not spend at least an hour every day being active.
- Many students spend more than three hours every day playing video games, or are on their tablets, computers and smartphones.
- Forty percent of students are not eating vegetables every day.
- Only 35 percent of students eat breakfast every day.
- About a third of students were overweight or obese.
- Forty-seven percent of students were trying to lose weight.
- Seventy-four percent of students are not getting eight hours of sleep each night.

Schools can help by:

- Teaching students about healthy eating.
- Providing healthy activities.
- Supporting healthy sleep.
- Helping students manage health conditions at school.

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. Content of this document has been adapted from the website of the National Institute of Mental Health (www.nimh.nih.gov).

Wyoming Youth Summit registration open

The Wyoming Youth Summit is set for July 30–August 2, 2018 at Mallo Camp in Weston County near Newcastle, Wyoming. The Summit invites 7th to 12th graders from across the state for workshops and outdoor activities designed to help them to form a statewide peer-to-peer network committed to making positive change in their communities. The Wyoming Youth Summit also allows youth to meet top state leaders and experts in traffic safety, substance abuse prevention and mental health awareness who will offer training and resources.

The cost of the Wyoming Youth Summit is \$25 per person. The deadline to register is July 20 and space is limited. Register at www.wyomingyouthsummit.org/registraion.

Suicide & Self-Harm Data Dashboard released

The Wyoming Department of Health released a suicide and self-harm data dashboard. This dashboard shows data for suicide and self-harm hospitalizations in Wyoming as well as being broken down by county, age group, sex and means. It will be kept up-to-date with the most recent data that the Department of Health has available. The dashboard can be found at <https://sites.google.com/wyo.gov/wyinjurydata/suicide-and-self-harm>

Catch the WAVE!

The Wyoming Department of Education will host its WAVE conference on July 30, 2018 in Laramie. The conference will have information about learning disabilities in children.

Laramie County School District Number 1 will provide free transportation for Cheyenne families to the conference. If you are interested in attending, please call 307-777-3320 or 307-777-7708.

Member survey is available

We are looking for feedback from our members. We have created a survey to gather feedback about your experiences with the High Fidelity Wraparound program. Information from this survey will be shared with the Wyoming Department of Health. You can take the survey at <https://www.surveymonkey.com/r/5NJF6K9>.

Families always need more resources

The following free resources are available to families:

- The monthly ENEWS & School Improvement Resource Links and Topics at <http://smhp.psych.ucla.edu/enews.htm>
- Access to Improving School Improvement and Addressing Barriers to Learning: In the Classroom and Schoolwide at http://smhp.psych.ucla.edu/improving_school_improvement.html



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 and information straight to your inbox

Get information about High Fidelity Wraparound sent 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 to stay up-to-date on news, resources and events.

Contact us

Office Hours:

M – F, 9 a.m. to 5 p.m. MST.

Phone: 1-307-459-6162

Emergency services are available 24 hours a day.

Toll-free: 1-855-883-8740

TDD/TTY: 1-800-424-6259

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Tell us what you think

Take our survey at: <https://www.surveymonkey.com/r/5NJF6K9>