

# Monthly Member Newsletter

June 20, 2019

## Welcome to the Calm Room

Finding ways to help children with childhood trauma in school settings can be tough. See how one school implemented a radical plan to combat childhood trauma. [Watch the video.](#)

## Are you a turtle?

An Op Ed by Tammy Cooley, Senior Director of Operations, Magellan Healthcare in Wyoming

*“For a turtle to walk forward, it has to stick its neck out. Because Wraparound challenges systems to support families in unique and strength-based ways, staff must take chances when doing things differently than has been done in the past. Hence, they stick their necks out for change and work toward a better future for children, youth and their families.”*

- National Wraparound Implementation Center

Our challenge as wraparound providers is to stick our necks out for change! We are all working for a better future for the children, youth and families in Wyoming. Though our roles may differ, the objective is the same. Keep more youth at home, in school and out of trouble.

I recently had a past High Fidelity Wraparound graduate tell me, “You saved our family.” His comment was heartfelt and genuine. I thought for a moment about my response. I didn’t save their family. I did my duty with respect and fidelity as a Family Care Coordinator. I showed up, had hard conversations, reframed thoughts and ideas into action items and created tangible goals. I help them start to build a solid team of “go to” people and supports. I gave a lot of suggestions, and did a lot of work. But, I did not save their family.

They saved their family. They did the hard stuff. They listened when they didn’t yet understand how things could be different. They showed up to their wraparound meetings and started to learn the process. They worked to strengthen relationships needed for more natural supports. They were brave enough to question systems and processes that didn’t work for them. They tried new things, even though they were unsure of the outcome. They trusted a stranger who showed up to help. They believed in me, and I believed in them. They kept on building trust in each other and confidence in their own abilities. They kept doing this work until one day they didn’t need me anymore. It wasn’t that everything was changed, fixed and all challenges solved. They didn’t need me because they grabbed

onto a life preserver when it was thrown. They did all the hard stuff to save themselves. That's the true work. As wraparound providers, we share in the work load, but it is not all ours to do. Not even close.

I still hear from families like the one mentioned above regularly. Some I worked with over 10 years ago. I believe this is because **we** built solid connections which are genuine. I stuck my neck out and let people know how to reach out if they ever need me, even after they transitioned from wraparound. What stands the test of fidelity to the model of wraparound is not how many youths are "saved", but how many families and individuals we influence to create lasting and positive change in their lives. The relationships we build is what sets the stage for how well the process of wraparound gets incorporated into everyday life. We must be brave and risk our necks at times to build authentic relationships with people. We are all vulnerable. Sticking our necks out for the right reasons, at the right time and in right way, keeps Wyoming's families moving forward.

Who's with me? Turtles unite!

### **New caregiver support group available**

Magellan Healthcare in Wyoming is hosting a Caregiver Support Group for families who are currently enrolled or may be interested in learning more about High Fidelity Wraparound. High Fidelity Wraparound is a planning process that brings people together from different areas of a family's life to form a team. This team creates steps to help youth stay in their homes, schools and communities.

- Who: Families with a child who has a mental or behavioral health concern
- What: High Fidelity Wraparound Caregiver Support Group
- When: First Wednesday of every month, 6 p.m. to 7 p.m. and Second Wednesday of every month, 11:30 a.m. to 12:30 a.m.
- Where: Attend a meeting online by visiting the following link: <https://magellanhealth.zoom.us/j/917606821> link or call in by dialing 646-558-8656 (meeting ID 917 606 821)

For more information, call Kathryn Campbell, Family Support Specialist for Magellan Healthcare in Wyoming at 307-459-6165 or 307-223-1186.

### **June is PTSD Awareness Month**

Post-traumatic stress disorder (PTSD) can happen after an event where you think your life or someone else's life is in danger. Anyone who has gone through an event like this can get PTSD. Learn more about PTSD [here](#).

### **PTSD myths**

Post-traumatic stress disorder (PTSD) is a mental health disorder. A lot of people think things about PTSD that aren't true. Learn about five PTSD myths [here](#).

## June 27 is National PTSD Awareness Day

Post-traumatic stress disorder (PTSD) can happen after an event that threatens your life. Symptoms may start right away. Or it may take months or even years before symptoms start. PTSD can make daily life hard.

Learn more about the signs and symptoms of PTSD [here](#).

## As More Americans Suffer from PTSD, Digital Health Solutions Offer Hope

With deadly attacks in our communities and schools becoming more commonplace, increasingly more common natural disasters, and a number of military conflicts in the last decade, it's no surprise that [70 percent](#) of U.S. adults have experienced a traumatic event in their lifetime. Of those, twenty percent go on to develop post-traumatic stress disorder (PTSD), a mental health disorder that affects a person's thoughts, emotions, and even physical wellbeing. [Read more](#).

## We're accepting youth referrals

Do you know a young person age 4 to 20 who would benefit from additional support? Would it make a difference if they could be more successful at home, school and in their community?

Wyoming's High Fidelity Wraparound program can help if:

- A free program makes sense for the youth and their family.
- Additional mental health or behavior support is needed.
- Youth who currently are, or could be, Medicaid eligible.
- Youth is at risk for being placed out of their home in hospital or detention.

Youth and their care givers would benefit from having a team of support. Learn more by completing our [Referral Form](#) or visiting our [website](#).

## Our program is growing

Magellan's network of providers is growing and we're looking to add even more. We've recently posted numerous job opportunities on [WyomingAtWork.com](#). WyomingAtWork.com is the online job matching system administered by the Wyoming Department of Workforce Services. If you have ever wanted to help youth with complex mental health or behavioral health concerns, you can become a provider by visiting our [Become a Provider](#) page. We are always looking for more experienced and caring people to join forces with us to meet the needs of youth across Wyoming. Do you know anyone who would be great at this? Refer them to work with us.