

# Monthly Member Newsletter

August 22, 2019

## Caregiver Support Groups offers encouragement

A Caregiver Support group was created to help caregivers during the High Fidelity Wraparound process. This group provides a safe place for families and caregivers to talk through their struggles, their successes and to learn from one another.

You don't have to be a member of High Fidelity Wraparound to attend these groups. They are free and all you need is access to a phone or the internet.

- First Wednesday of every month from 6 p.m. to 7 p.m. (Mountain Time)
- Second Wednesday of every month from 11:30 a.m. to 12:30 p.m. (Mountain Time)
- Contact [KCampbell2@MagellanHealth.com](mailto:KCampbell2@MagellanHealth.com) or call 307-459-6165 for instruction on how to connect to the online Caregiver Support Group meetings.

These support groups are available to any caregiver, guardian, parent, grandparent, family member, etc. who would like more support! You don't have to be a current member with Magellan, anyone can join.

## It's National Back to School Month!

August is National Back to School Month. You can help your school age child develop social skills. [Learn more.](#)

## Experts weigh in: "How can I get my young child less anxious about starting school?"

Starting school can be exciting for young kids. It can also be scary. That's true whether this is their first time going to school or they're starting a new grade. And the change in routine can be [especially tough](#) for kids with learning and attention issues. [Read more.](#)

## Addressing Risky Substance Use in Adolescents: A Conversation with a Pediatrician

While experimentation with drugs and alcohol is often characteristic of the adolescent years, there are many risks associated with this behavior. Not only are [adolescents more vulnerable to addiction](#) than adults, but they are also at a high risk of experiencing lifelong chronic health issues related to substance use. This is especially alarming in the context of the growing opioid epidemic, which [claims about 130 lives every day](#) across the country.

The Center for Health Care Strategies, Inc., wrote an article highlighting the important topic. [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**

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.