

Monthly Member Newsletter

December 19, 2019

Don't forget your self-care

As we end 2019, we wanted to share the following graphic to remind everyone not to forget your self-care during the busy holiday season.

**Charlie Chaplin's
LOVE YOURSELF
MANIFESTO**

As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it "FULL TIME NOW."

As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I KNEW THE TIME WAS NOT RIGHT & the person was not ready for it, and even though this person was me. Today I call it "RESPECT"

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is "AUTHENTICITY"

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to GROW. Today I call it "MATUREITY".

As I began to love myself I freed myself of anything that is no good for my health— food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is "LOVE OF ONESELF"

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is "MODESTY"

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today,

{ I ONLY DO WHAT BRINGS ME JOY AND HAPPINESS, }

things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it "SIMPLICITY"

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. ← Today I know →

"THAT IS LIFE!"

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind, became a valuable ally. Today I call this connection "WISDOM OF THE HEART"

External Quality Improvement Council meeting set

The External Quality Improvement Council meeting is set for today, December 19th, from 1 p.m. to 3 p.m. All are invited. Come share your ideas on how to enhance High Fidelity Wraparound in Wyoming. [Join us!](#)

FREDLA is looking for your feedback

You are invited to participate in a survey! Pathways RTS and the **Family-Run Executive Director Leadership Association (FREDLA)** are collaborating on a new national survey of family members and young adults who receive or have received support to document the kinds and amount of support – financial, emotional and other help – that families and other allies provide for young people with behavioral health needs during the transition years (16–25 years old). This information will inform youth- and family-run organizations, policy makers and service planners about the needs and preferences of both young people and their families.

If you have experience as a family member or ally of a young person with behavioral health challenges for who you provided support during their transition years, [take the family/Ally survey](#). If you are a young adult currently 18 years or older who experienced behavioral health challenges during your transition years, and you received support from a family member or ally during that time, please [take the young adult survey](#).

Caregiver Support Groups offers encouragement

A Caregiver Support group was created to help caregivers during the High Fidelity Wraparound process. **PLEASE INVITE YOUR FAMILIES** - parents, grandparents, aunts, uncles, foster parents, step parents, anyone who cares for children and youth with complex needs. 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 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. Please direct any questions to Kathryn Campbell at KCampbell2@MagellanHealth.com or Chassity Wiederspahn at WiederspahnC@MagellanHealth.com.

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.