

Monthly Member Newsletter

January 16, 2020

Finding a therapist

Did the new year inspire you to take better care of yourself? Sometimes making change can be easier when we have a therapist on our side. However, finding that therapist isn't always easy. Read the Families for Depression Awareness's [eight steps for finding a therapist](#) for yourself or a loved one.

Happily Family Online Conference in two weeks

It's time to let the cat out of the bag... in exactly 2 weeks from today is the start of the 8th Happily Family Online Conference! Just like conferences we've hosted in the past... You'll get 5 days of free support and inspiration from 25 leading experts and authors.

We can't wait for you to join this conversation about how to raise resilient, connected kids in an anxious time – whether you are a parent, family member, or a professional who works with kids.

The Happily Family Conference is completely online, with experts from the fields of mindfulness, happiness, and brain science.

This time you'll hear from new voices...

- Dr. Tina Payne Bryson, co-author of Whole-Brain Child
- Dr. Stuart Shanker, director of the Self-Regulation Institute
- Suzanne Macdonald Tucker, founder of Generation Mindful

And wisdom from familiar sources...

- Dr. Daniel Siegel, co-author of Whole-Brain Child
- Dr. John Duffy, author of The Available Parent
- Dr. Laura Markham, founder of Aha Parenting

and many more!

The conference is NOT about:

how to be a perfect parent, feeling guilt or shame, or adding more stuff to your to-do list.

The conference IS about:

worrying less, having more fun, doing less, letting go of perfectionism, being a “good enough parent”, knowing that you’re not alone, and more...

And it’s all for free! [Just click and sign up](#) (so you don’t miss an email).

We’re changing up our Caregiver Support Group

We’re changing the frequency and time the time of our Caregiver Support Groups. These free groups provide 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. We meet every Wednesday at 5:30 p.m. to 6:30 p.m.

- Join online at: <https://magellanhealth.zoom.us/j/707619166>
- Join by phone at: 1-646-558-8656 (toll free) (meeting ID 707 619 166)

These support groups are available to any caregiver, guardian, parent, grandparent, family member, etc. who would like more support!

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.

