

Monthly Member Newsletter

February 20, 2020

2020 Department of Family Services Stakeholder Survey available

In an effort to continue improving child welfare practices across the state, the Department of Family Services would like to seek input from stakeholders statewide. To start, you will receive a short survey intended to help narrow the focus of our upcoming larger group discussions. The Department of Family Services will then schedule an initial stakeholder call to review data and responses collected through the survey process. The goal of these group conversations will be to collectively discuss goals and/or next steps that the Department of Family Services, with our partners, can take to improve our child welfare practices. The Department of Family Services will provide all stakeholders with a copy of the Child and Family Services Plan (approved by the federal team in December of 2019). This document serves as the initial building block for all child welfare planning over the course of the next five years. The Child and Family Services Plan is updated annually and the ongoing collaboration with stakeholders is necessary to be sure the Department of Family Services is setting relevant and attainable goals for the statewide child welfare system. Your participation in the planning process would be greatly appreciated.

Please use the following link: [2020 Stakeholder Survey](#)

Impacting social determinates of health: people and communities

Welcome to Magellan's first 2020 edition of *eMpowered for Wellness*! Magellan has been creating and sharing the *eMpowered for Wellness* e-newsletter for more than six years, starting with our first issue in the fall of 2012. We continue to offer thought provoking articles on a range of topics, along with resources and other selected information to advance peer support and peer-provided services throughout healthcare systems and beyond.

In this issue you'll find our feature article on social determinants of health, including how each maps back to the Eight Dimensions of Wellness. The social determinants of health are an emerging area of social science and have received a great deal of attention over the last several years. So, the question is, what do we do with this knowledge? How can we translate what we've learned, and continue to learn, to improve personal health, well-being and quality of life?

[Read more in the feature article.](#)

Interested in hearing more? Sign up for our webinar on the topic, taking place on February 20, 2020!

If this conversation interests you, please make time to join our upcoming no-cost webinar, “Wellness-Informed Peer Support: Impacting Social Determinants of Health,” scheduled for February 20, 2020, from 2 – 3:30 p.m. Eastern.

- [Register for this no-cost learning opportunity](#)
- [Check out more on the webinar, including CE credit eligibility](#)

Health literacy is critical

The Patient Protection and Affordable Care Act of 2010, Title V, defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process and understand basic health information and services to make appropriate health decisions. We need to pay attention to health literacy needs as part of any community health activity.

With this in mind, we are pleased to offer our readers access to our health and wellness library, including health education and interactive tools. These resources are offered at no cost and are available in English and Spanish.

- [Health and wellness library](#) for health topics from A to Z

[Interactive tools](#) for health, fitness and lifestyle.

Spotlight on learning

If you would like to learn more about health literacy, check out the Centers for Disease Control [Health Literacy for Public Health Professionals](#) free on-demand e-course. It provides an excellent introduction to the subject of health literacy, including why it matters and applying health literacy to practice.

FREDLA is looking for family perspectives!

FREDLA is looking for family perspectives for its 2020 Training Institutes. The perspective will be called ‘Gallery Talks’, and will be a new series of short videos that will play each day in an informal gallery setting to extend learning from experts in the field including families, youth, providers and leaders in federal agencies. These videos will be pre-recorded and one minute in length for each person’s response. Each day they will broadcast video responses to various questions related to a different topic. The audience will gain the person’s perspective on the question each day— igniting

new conversations.

The Gallery Talk questions are:

1. What do you see as the emerging trends in children's behavioral health?
2. If you had a magic wand, how would you use it to address children's behavioral health?
3. What do you think is the next big transformational idea that could transform our work with youth and families in the field of children's behavioral health?
4. What innovative ways have you engaged youth and families and ensured their voices were heard?
5. What are your ideas about how to best create bolder systems and brighter futures for our youth?

No need to stress— you can use your mobile device (smartphone) or computer with a camera to record your responses! The University will send you tips for recording, a release form, a tripod for your phone if you need one and a link to upload your completed video.

If you are interested in sharing your message with a large audience, this is a great opportunity! You do not have to attend in order to share your message. Please let us know which question or questions you are interested in answering by contacting phunt@fredla.org. Be sure to include your contact information so we can share it with the University of Maryland Institute for Innovation and Implementation staff who will mail a package to you and support your success.

The 2020 U.S. Census matters for our kids!

The 2020 Census that begins on April 1, 2020 determines allocation of funds for programs that are critical for our children such as schools, state health insurance programs, food programs and more. Families have many concerns about participating in the census and as a result young children, low income families, families of color, and rural communities have been under-counted in previous censuses.

Join **FREDLA** and the **Early Childhood Family Network** to hear how family-run organizations and advocacy groups are working to inform families about the importance of being counted. Resources will be available for you to use in your own communities.

To register, [click here](#).

Join our Caregiver Support Group

You're invited 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.