

Monthly Member Newsletter

June 25, 2020

Member Satisfaction Survey Available

Our annual Member Satisfaction Survey was distributed to members participating in High Fidelity Wraparound earlier this week. The information gathered from this survey is used to make the member experience the best it can be. Please keep an eye on your email for this survey and complete it once it is received. Thank you for providing your feedback!!

High Fidelity Wraparound in the COVID-19 Environment

We're looking for your feedback. As a member participating in Wyoming's High Fidelity Wraparound program during this world-wide pandemic, we're hoping to hear from you about your experiences and gather any information you'd like to share about your needs and preferences. [Take the survey.](#)

Wyoming Youth and Young Adult Council is recruiting members

The Wyoming Youth and Young Adult Council looking for new members. The Council's purpose is to empower youth and young adults as direction setters and change agents about Wyoming issues that affect their lives, where they grow, live, learn, work and play.

The Council is open to youth aged 18 to 24 that come from all walks of life, with all kinds of experiences and backgrounds. The Council will work together in a multicultural, social justice approach to equity in Wyoming. There will be opportunities to discover and enhance leadership skills through the Council, and members will serve in an advisory capacity to review programs for youth and young adults.

Members will receive payment for their time and sharing their perspectives, stories, wisdom and skills. Council involvement will require 3 – 10 hours per month.

For more information on how to apply, email [Susie Markus](#) or text/call at 307-274-6292.

COVID-19 resources

We wanted to share some COVID-19 resources:

- [Wyoming COVID-19 Information](#) (Governor and State Health Officer orders)
- [Wyoming Public Health COVID-19 Guidance](#)
- [University of Maryland's COVID resources for children's services](#)
- [Federal resources](#)

Thriving through trauma

MY LIFE is hosting a Thriving Through Trauma session today at 2 p.m. (Mountain time). [Register here](#)

When asked about the impact of previous Stay Home for MY LIFE events, 83% of youth participants reported feeling more hopeful about the future and 77% reported feeling less alone.

STAY HOME for MY LIFE VIRTUAL YOUTH FEST

THRIVING THROUGH TRAUMA
Thursday, June 25, 2020
4-5:30pm Eastern

This week's event will feature inspirational speakers, uplifting entertainment, and information related to recovering from trauma.

An inspiring online event designed for youth and young adults who have experience with mental health, substance use, foster care and/or other challenges.

This Week's Event Features
Fritz Hortsman, Executive Director of The Compassion Prison Project and Filmmaker
Ashley Hunt, Founder of Infinite Strength and Advocate for Sexual Assault Survivors
Johnny Crowder, Founder of Cope Notes, Musician and Motivational Speaker
Special Musical Guest - **KT Muyaka**
And much more!

Registration is Required for this Free Event
www.Bit.ly/mylifeyouthfest

This Event is held every Thursday!

For more information, contact:
Greg Dicharry at GDicharry@MagellanHealth.com
or visit Facebook.com/mylifeyouth

Logos for MY LIFE, INFINITE STRENGTH, COPE NOTES, Families Together in NYS YouthPower, Compassion Prison Project, NFFCMH, HEARTISE, and Magellan HEALTHCARE.

ASHLEY HUNT is the co-founder of **Infinite Strength and Penance Welcoming Platform** which have helped thousands improve their mental, emotional, and spiritual health. After being the victim of a sexual assault during college, she began using her traumatic experience to help others. She speaks at schools, universities and conferences about the effects of sexual violence and empowers victims to find their voice and healing.

Johnny Crowder is the founder and CEO of **Cope Notes**, which is a platform that provides mental and emotional health support and healing via text messages. He is a suicide attempt and trauma survivor who spent his formative years searching for resources to help him cope with his mental health issues, and now uses that experience to help others. He is also a musician and motivational speaker who has inspired millions of lives across the globe.

Fritz Hortsman is the founder and executive director of the **Compassion Prison Project**, which brings trauma recovery trainings to those in prison. She is producing a documentary related to her work to bring humanity and compassion to those behind bars, to help transform lives and help society better understand the impacts of trauma. She is also a Grammy award winning film producer for her work on the "The Belief One" with Dr. Dale

We have a new mailing address

The Magellan of Wyoming office has a new mailing address. Our new address is PO Box 20520, Cheyenne, WY 82009.

Parent/Caregiver Support Group

The next Parent/Caregiver Support Group, set for July 1, 2020. We hope you can join us. 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) (password is 181500)

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

Watch Dr. Caroline Carney talk mental health on Lifetime Television's *The Balancing Act*®

Dr. Carney will appear in an episode of *The Power of Together: Keeping America Moving Forward: Healthcare Redefined and Your Mental Health*, a segment of Lifetime Television's *The Balancing Act*®, America's premier morning show, to address misconceptions about mental health and discuss:

- Magellan resources for stress management in connection with COVID-19
- How Magellan is supporting seniors and first responders during the pandemic
- How we can combat stigma about mental health

The show will air on Friday, July 10, at 7:30 am Eastern Time.

See a preview [here](#).

NEW! Coping with community unrest tip sheet

Recent tragic events have caused unrest in our communities, which has left many people feeling a sense of loss, frustration, hopelessness and fear. Please share the attached PDF tip sheet with your clients.

For clients asking about our position on anti-racism, please see Magellan's Non-Discrimination statement: <https://www.magellanhealthcare.com/non-discrimination/>.

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.