

Monthly Member Newsletter

August 20, 2020

Wyoming-Based Suicide Prevention Hotline Now Available

A new Wyoming-based suicide prevention lifeline will strengthen the response available for state residents who find themselves in crisis, according to the Wyoming Department of Health (WDH). “If you, or someone you know, is in immediate danger, the right thing to do is to call 911,” said Lindsay Martin, Injury and Violence Prevention Program manager. [Read the full article.](#)

The post [Wyoming-Based Suicide Prevention Hotline Now Available](#) appeared first on [Wyoming Department of Health](#).

From our community supports at Wyoming Behavioral Institute (WBI) Therapy

Therapy is a clinical service provided by licensed professionals trained to help individuals and families process conflict and develop new communication and coping skills. Therapy sessions can be intense and uncomfortable. They can also be joyful and a means of relieving stress when pent up issues are addressed. Therapy is a closed process involving only an individual and family members living with or supporting that individual in treatment. Therapy is sometimes avoided because of the discomfort that may occur. Research has indicated that therapy does help individuals and families recover from the symptoms of trauma and mental illnesses. Negative thinking patterns can be confronted and interactions that most frequently result in arguments can be changed. Learning to set boundaries is a part of the process. However, the time allowed for therapy in our busy lives is limited. Time set aside for therapy needs to be intensive and effective. We appreciate the efforts made by Magellan High Fidelity Wraparound Care Coordinators and Family Support Partners to assure that people make and keep therapy appointments. We encourage families to participate fully in the therapeutic process, whether loved ones are receiving care on an inpatient or outpatient basis. Wyoming Behavioral Institute is committed to assuring family participation in the treatment process.

COVID-19 and the Parent/Caregiver Support Group

With school starting, and families concerned with COVID-19’s impact on the school year, we invite you to join us and other parents at the next Parent/Caregiver Support Group, set for August 26, 2020. We hope you can join us.

This free group 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!

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.