

# Member Newsletter

Magellan Healthcare, Wyoming's Care Management Entity

## Annual accomplishments

Magellan Healthcare is excited to celebrate our first anniversary of serving as Wyoming's Care Management Entity for High Fidelity Wraparound! Anniversaries are a great time to reflect on the previous year and all that's been accomplished. I'd like to take a moment to share some of my favorite parts of our first year.



### MY LIFE Wyoming

MY LIFE is a free program offered to any youth in the community between the ages of 13 and 23. In the beginning of 2016, we launched two groups here in Wyoming: MY LIFE Cheyenne and MY LIFE Laramie. These groups meet monthly and have youth actively participating at each meeting. Meetings include games, special presentations and opportunities for youth to express themselves and do activities that they enjoy.



### More providers

In order for children and youth across Wyoming have the ability to participate in High Fidelity Wraparound, we needed to increase the number of providers available to families. We are adding new providers every month. To find a complete list of providers available in your area, use our Provider Search feature on our website, [www.MagellanofWyoming.com](http://www.MagellanofWyoming.com).



### Listening to your feedback

Your feedback on how High Fidelity Wraparound is working for your family is incredibly important to us. You will be contacted during your fourth and tenth month of participation in the program to complete a survey. Your name will not be saved with your responses. We use this survey to monitor how the program is going and to make any necessary improvements. We are constantly looking for ways to improve this program so it works better for you and your family. If you have any questions about this survey, or have any feedback you would like to give us directly, please email us at [WyomingInfo@MagellanHealth.com](mailto:WyomingInfo@MagellanHealth.com).

I am excited for what this next year will bring for High Fidelity Wraparound and the state of Wyoming. It's an honor to continue to serve you and your family.

Sincerely,

A handwritten signature in black ink, appearing to read "Tammy Cooley".

Tammy Cooley, executive program director

# Mental health: Building resiliency

Some people are more resilient than others. Resiliency is being able to rebound from life's challenges. It can be defined by seven qualities. These are developed over time. They are based on life experiences. Parents can help their children be more resilient.

## How to help you and your family become more resilient

- **Be positive.** Positive people are more likely to overcome stress. Recovery is also more likely when a person is positive. Remind yourself of your strengths.
- **Find your purpose.** It takes time to heal after any stressful event. Finding a sense of purpose can help recovery. Seek out different community groups. Volunteer to help others. Do something that is meaningful to you. That will help you heal.
- **Accept change.** Resilient people are flexible. You can become more flexible by understanding that things do not stay the same. You need to accept change.
- **Be good to yourself.** People who are stressed do not take care of their own needs. Be sure to get enough sleep. Eat a well-balanced diet. Take a break from things that cause stress. Prepare for stress that can occur on the date an event occurred. Or when other events bring back memories. You may need more support at these times.
- **Find ways to solve problems.** People who can solve problems quickly cope best. When change occurs, make a list of ways that you can solve the problem.
- **Set a goal.** After a stressful event, set short-term goals. If it becomes too much, step back and look at your goals again. Think about your plan.
- **Do not give up.** It takes time to build resiliency. When something occurs, make a list of things you can work on to adapt.

Building recovery and resiliency takes time. It takes energy and emotion. Use your strengths. Be aware of your reactions. Over time, you may find that you react better than you did before.

## Find us on Facebook

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Like our page for:

- Resources
- Tools and training
- Upcoming events
- Interesting articles
- Support



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