



2521 E. 15th St.
Casper, WY 82609



Hope & Healing



Depression Screening Offered

Wyoming Behavioral Institute participated in National Depression Screening Day in October and makes mental health evaluations available every day of the year. Anyone can call (307) 237-7444 to be screened for symptoms of depression, anxiety, and other mental illnesses free of charge between the hours of 8 a.m. and 8 p.m. People identified as potentially benefitting from care will be referred to local mental health professionals for treatment. National Depression Screening Day is held during Mental Illness Awareness Week each October.

Whether for heart disease, high blood pressure, diabetes or depression, health screenings are sets of questions designed to quickly and easily spot the first signs of serious

illness. Screenings can identify people likely to benefit from care who might not otherwise seek professional medical advice. Clinical depression is a common medical illness affecting more than 19 million American adults each year. Like screenings for other illnesses, depression screenings are being integrated as a routine part of healthcare.

Screenings are not a professional diagnosis. Screenings point out the presence or absence of depressive symptoms and provide a referral for further evaluation if needed. For more information, call Wyoming Behavioral Institute, (307) 237-7444 or 1-800-457-9312.



Message from the CEO

Fall is upon us and a new season of leadership at the Wyoming Department of Health has also begun. I recently sat down with the newly reorganized substance abuse and mental health division's leadership and was heartened by their interest in working with WBI. My hope is that the private sector will be invited to contribute to the strategic planning dialogue as a map is drawn for the future mental health and substance abuse treatment. We are participating with WDH in an application for demonstration project funds that will, if granted, provide care for adults whose poverty limits their access to inpatient treatment. In recent months the availability of psychiatric physicians in the state has increased. The addition of four full-time psychiatrists to Cheyenne Regional Medical Center's Behavioral Health Unit, managed by WBI, gave us the opportunity to reach into communities across the state where there are no psychiatrists. In Casper, we are exploring the possibility of offering partial hospitalization programs. We are inviting more psychiatric physicians to join us and practice at multiple healthcare facilities through partnerships with hospitals, community health centers and community mental health centers. The only way to build the bridges that people with mental illness need to succeed during and after a crisis is through shared resources.

Wyoming Behavioral Institute Participates in Disaster Drill

A commercial airline flight crashes near the Natrona County International Airport. The names and numbers of the dead and injured are unknown as anxious, grieving family and friends converge on the crash scene, fearing the worst.

That was the scenario faced by Wyoming Behavioral Institute staff on a hot August Saturday when they participated in a Natrona County Emergency Response Disaster Drill. The drill involved an actual 2,000-degree burning fuselage, a team of high school student actors playing the parts of the injured and dead, local fire crews, more than 20 emergency responders from the healthcare community, and county and city law enforcement, as well as representatives of other local government agencies.

This was the first time Wyoming Behavioral Institute participated in a mock disaster drill. WBI staff who responded to the scene were Michele Berens, Risk Management Director; Nadine Dexter, Chief Nursing Officer and Director of Clinical Services; Melanie Connell, adolescent therapist; Zach Bird, child therapist; and Shea Ward, Director of Business Development.

Adolescent therapist Melanie Connell noted the difference in priorities and urgency between the responders and the victims' loved ones, also played by actors. "We were careful to be deliberate and consider the big picture with regards to information and the help we were providing," Connell said. "I know it seemed like a long time. They had one focus and one focus only."



Berens said participating in the drill prepared WBI staff to respond confidently in a real disaster.

"Although we assist people in crisis all of the time at the hospital," she said, "providing that help in an uncontrolled, evolving environment was helpful training. Seemingly little things like blankets and stuffed animals to comfort children are items we are putting in a remote disaster kit that we can grab and take to the site."



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www.wbihelp.com



WBI Focus on Community Citizenship Intensifies

Wyoming Behavioral Institute is stepping up its efforts to reach into the state and local mental health community networks to support efforts to open doors to families and friends of those who have experienced an acute psychiatric crisis. This year, WBI is among the sponsors and supporters of the Natrona County Suicide Prevention Coalition awareness walk in September and the National Alliance on Mental Illness Wyoming chapter's fundraising walk in October.

The Natrona County Suicide Prevention Task Force was created to serve as a proactive force for suicide prevention by raising public awareness. The Task Force intends to reduce the suicide rate and improve the health of the community by providing information and support that sends a message of hope to those who are suffering, and by encouraging all individuals to become aware of suicide as an issue impacting the community, state and nation. WBI staff members also help other counties' suicide prevention initiatives and can provide Lifeline hotline information and materials.

Admission Handbooks Available

Wyoming Behavioral Institute is again offering hospital emergency departments a three-ring binder with information about how to best access inpatient care for patients experiencing a psychiatric crisis. The binders contain information about what information is needed from patients and families for an admission and how the involuntary commitment process works. Descriptions of WBI's programs and services are included, along with helpful information about reduced-cost lodging in Casper. "Our goal is to put the most current information about our admissions process in the hands of the people most frequently helping Wyoming patients in need of psychiatric treatment," said Shea Ward, Business Development Director. "We hope that one call to our toll-free, 24-hour



NAMI Wyoming's mission is to be a force for change in the lives of all those affected by mental illness. NAMI Wyoming is a grassroots organization composed of nine local affiliates and more than 300 members across the state. NAMI Wyoming members are individuals living with mental illness, their family members and other allies. NAMI is dedicated to improving the quality of life for individuals living with mental illness and their families through education, support and advocacy. WBI works closely with NAMI to provide Crisis Intervention Team training to law enforcement personnel in Natrona County on an annual basis, assuring that police, sheriff and detention officers are prepared to respond to the unique circumstances presented by people in psychiatric crisis.

"As a whole, our hospital is thinking outside the confines of hospital walls to be proactive in communities we live and work in, by supporting the nonprofit organizations committed to making things better for those who are suffering as a result of mental illness," said Shea Ward, Business Development Director.

WBI also serves as the only Lifeline call center in Wyoming. Anyone dialing 1-800-SUICIDE or 1-800-273-TALK while in the state will speak with a member of WBI's clinical team, available 24 hours a day to respond to callers contemplating or planning a suicide attempt, as well as family members and friends of those experiencing mental illness.

"By being a Lifeline call center, we are part of a national initiative to prevent suicide and to promote the continuous availability of trained mental health professionals in times of crisis," Ward said.

admissions line will result in a full understanding of our processes but we recognize that more information may be needed. We can't always be by the side of the emergency department team and our hope is that the notebook will help prepare nurses and mental health evaluators for a speedy admission." WBI admits patients 24 hours a day, seven days a week and has a team of nurses and therapists available at all time to respond to emergency room calls. Notebooks are also available to community mental health center evaluators working with emergency departments across the state. For more information or to request a notebook, call (307) 472-2251.

STAFF NEWS

Adult Unit Welcomes New Clinical Team Members

Significant new members were added recently to the adult unit clinical team, serving acute patients 18 years old and older.



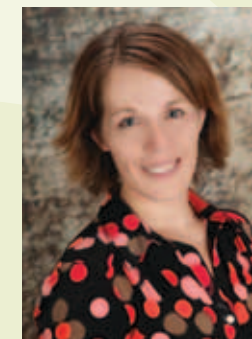
Melody Waldron signed on as the adult psychiatric services director, moving from the East Coast to join the WBI clinical staff. Melody has more than 20 years of work experience in mental healthcare and substance abuse treatment, providing direct care and supervising agencies and programs. She received a master's degree in healthcare administration and counseling at Cappella University in Minnesota and completed her doctoral studies in counseling psychology at The Western University. She also studied at Graceland University in Missouri.

Steen Goddik, MD, started seeing adult unit patients in late July. Dr. Goddik completed medical school at the University of South Dakota. His education and experience also includes a Child and Adolescent Psychiatry Fellowship and a Psychiatry Residency at the University of South Dakota. Dr. Goddik has worked at WBI in the past, and his return is appreciated.



Brooke Umphlett, PA-C, is providing inpatient and outpatient care at WBI. Her past experience includes serving as a primary care provider and working with Dr. Goddik on an outpatient basis, diagnosing and treating psychiatric patients. She obtained her bachelor's and master's degrees from D'Youville College in Buffalo, New York, and the University of Wyoming. She also studied at the University of Mary in Bismarck, ND. Brooke is certified by the National Commission of Certification of Physician Assistants and is a member of the American Academy of Physician Assistants. Brooke is accepting new adult and adolescent outpatient appointments.

Deborah Michael is a licensed professional counselor who started seeing adult unit patients this summer. Deborah obtained an early childhood education degree from Western Wyoming Community College, a bachelor's in psychology from the University of Wyoming, and a master's degree in rehabilitation counseling from

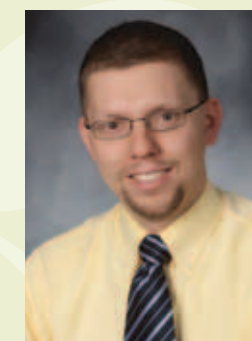


Utah State University. She has worked in counseling roles for the Wyoming Department of Workforce Services and the Utah State Office of Rehabilitation, Colorado Northwestern Community College, the Uintah County School District in Utah, and Deseret Industries. Her experience includes serving special populations in need of crisis intervention and education.

Crystal Balerio also started as a therapist on the adult unit, after becoming a provisional professional counselor this spring. Crystal has worked at WBI since 2008, while completing her master's degree in mental health counseling at Walden University. She obtained her bachelor's degree in psychology from the University of Wyoming, and her associate's degree in psychology from Casper College. Her previous work experience includes teaching young children and serving as a fitness and water safety instructor for adults. Crystal has worked on all WBI units, encouraging children, adolescents and adults and their families through stabilization and recovery.



Pathways Program welcomes Matthew Bertagnole



Matthew Bertagnole is a provisional professional counselor who joined the Pathways psychiatric residential treatment program team this spring. Matthew has a master's degree in counseling and a bachelor's degree in psychology from the University of Wyoming, as well as an associate's degree in psychology from Casper

College. His previous experience includes spending several years as a case manager supervisor at the Casper Re-Entry Center, where he counseled people facing addiction and mental illness and collaborated with local treatment providers to increase successful discharge rates.

Call 1-800-457-9312 any time, day or night, for mental health help.