

WYOMING BEHAVIORAL INSTITUTE / 307-237-7444

## THIS ISSUE:

WELCOME

MEET THE  
STAFF

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GOING ON IN  
SCHOOL?

WHAT OUR  
PATIENTS  
SAY...

MY SUCCESS  
STORY!

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TOGETHER

AGENCY  
NEWS

MARK YOUR  
CALENDAR!!  
*First Family  
Workshop* day  
scheduled for  
**Saturday  
February 21,  
2009**

9am to 5pm  
Includes:  
snacks, lunch,  
dinner and  
much much  
more to help  
your family  
grow!

## WELCOME TO PATHWAYS

We are honored that you have entrusted us with the care of your child. We recognize that it is difficult to send a child away from the home and entrust him/her into the care of others. Each member of WBI is deeply committed to helping adolescents and their families reclaim a sense of wholeness in their lives. There are few things in life as rewarding as seeing hope and direction once again in the eyes of the one who has been hurting. We are grateful for the opportunity you have given us to work with you and your family. Pathways is a trauma informed care program which takes into consideration the whole person. We understand that the mind, body, and spirit must work together in harmony to provide optimal health. We strive to keep this in the forefront of all the work we do at WBI.

## STAFF SPOTLIGHTS! MEET THE DYNAMIC DUO!

Meet Joyce and Jan, they are your child's lead mental health workers at WBI.



Joyce

Jan

Joyce – began her employment with WBI in February of 2006 and lead tech on Pathways on July 2006. She is originally from Arizona. She has worked with children in a public school setting where she taught computer science for 6 years and 3 years with students at risk emotionally. Her passion has always been helping children in need, whether it be finding value in education or guiding them through their struggles in everyday life.

Jan – began her employment with WBI in August 2004. In 2005 she became a lead tech on Pathways. She is a native of Casper. She has worked in various positions in the medical field including a C.N.A. and EMT. Her passion has always been helping people, whether it was a medical emergency or everyday life struggles. She has dedicated her time at WBI to help insure the success of children in finding their own healthy and rewarding path in life.

Jan and Joyce are an important part of your child's treatment team. They are committed to helping your child be their best.

The goal of Pathways is to provide the safest, most effective environment for your child to excel in choosing the right path; and to help them establish healthy adolescent behavior while developing a successful transition back into the home, school and community.

### WHAT OUR PATIENTS SAY...

Recently our Pathways patients were asked several questions to reflect on the year past and the year upcoming. We thought you would like to know what they are saying and thinking about.

#### What did you accomplish in 2008?

- “Getting help for pot and controlling my anger.”
- “I’m not as depressed. I met myself and I’m more open.”
- “A good relationship with my mom.”
- “Telling my mom (things she needed to know).”
- “A lot! I’m no longer defiant (sometimes) I don’t want to self harm, my moods are stable, but most important of all....I’M GOING HOME!!!”

#### What is one of your goals for 2009?

- “Don’t smoke pot anymore.”
- “Get involved in sports or music and school!”
- “Be honest with my mom.”
- “Show my emotions more.”
- “To not self-harm.”

### PARENTS TOGETHER...

The purpose of this section is to introduce you to some brief parent support information. Included in this newsletter you will find a brief article on impulse control. This is a technique we are using with the youth on Pathways. We encourage you to read and incorporate into your parenting that which you find useful. Let us know if you like this information and if you are interested in additional topics.

### WHAT’S GOING ON IN SCHOOL?

In Pathways School, we are now teaching three-subject areas math, language arts and health. Math we are focusing on the skills that the student needs to develop and/or are struggling to develop. In Language Arts, we have implemented six traits to writing +1, which is a program that is being used throughout the state. This last month, the education department has been preparing for their Quality Assurance Review for accreditation. The education department is excited about implementing the changes in the curriculum.

### AGENCY NEWS...

Wyoming Behavioral Institute has openings available for:

- Children ages 4-12 in need of acute care or short-term assessment
- Male and female adolescents in need acute care (ages 13 to 17)
- Females ages 13 to 17 in need of extended psych (high intensity residential) treatment
- Adults 18 and older in need of short-term acute care

If there are questions regarding whether inpatient care is needed, psychiatric assessments are free of charge and do not require a physician’s referral or court order. Assessments can be completed by telephone.

Wyoming Behavioral Institute now has two full-time child/adolescent psychiatrists available to serve patients in our care:

- Dr. Stephen Brown
- Dr. Lida Prypchan

Wyoming Behavioral Institute is pleased to announce Dr. Bruce Bennett and nurse practitioner Robin DeCastro are providing full-time care to patients 18 years and older.

Wyoming Behavioral Institute’s treatment is collaborative, trauma informed (avoids use of seclusion and restraint), and provides continuous opportunities for therapeutic interaction in a group-focused environment.

For more information, call Wyoming Behavioral Institute’s Intake Department, 1-800-457-9312.