Representing the employer in retaining insurance coverage for employees for a small not-for-profit business has been a challenging endeavor. I will share what I’ve learned in several articles throughout the next three newsletters.

Healthcare Reform initiated mandates and changes which affected companies ranging from small to large corporate companies. I’d first like to write about Employer Insurance Mandates and taxes and fees mandated for employer insurance programs:

Starting January 1, 2015, employers with 50 or more full-time equivalent (FTE) employees are required to provide health coverage to full-time employees or else pay a tax penalty. There are four Plan types offered in the roll-out Individual and Small Group Health Insurance Exchange. This Exchange is funded by taxes paid by fully insured and self-funded employer insurance program. I look forward to sharing additional information in October regarding Individual and Benefit Mandates.

Marilynn B Ross
Finance Manager

Everyone put forth their ideas, strengths, and effort to create Carbon County Counseling Center’s first entry in the Carbon County Parade. An idea was put on paper to form the blueprints of what was going to become our float. That blueprint landed on a flatbed trailer providing assurance we were committed to a final product. Various clients began putting together the base for a covered wagon, representing the early 1900’s, to be used on a pilgrimage to carry services to those in need. This theme would also be carried out by signage indicative of that time frame with messages of what was offered. Supplies may have been limited during this time; nonetheless advice and support were given freely. It was determined we needed a skirt of red, white, and blue surrounding our float sending the message we are a proud country, both then and now. Clients worked hard and employees joined forces to make this a winner. Carbon County Counseling Center was the recipient of first place for “Best of Theme”. The pride felt by all the participants leaves me with one final thought. The parade must go on.

Kinta Blumenthal
Peer Specialist

Mental Health Facts

- One in four adults, approximately 57.7 million Americans experience a mental health disorder in a given year.
- About 2.4 million Americans, or 1.1 percent of the adult population, lives with schizophrenia.

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The Progress Note

Healthcare Reform, by Marilynn B Ross, AAS

Peer to Peer, by Kinta Blumenthal, BA
Community Support Program (CSP), by Cheryl Garvin

The community support program (CSP) is a program that addresses the needs of many individuals. Individuals that may be struggling with life altering mental disorders, such as schizophrenia, manic depression & personality disorders. Not limited to, but also including many other mental issues. The CSP coordinator incorporates all needed services for an individual, working closely with therapists by following the treatment plan, and using it as instruction to ensure that health goals; physical, & emotional are met. The purpose of this program is to help the individual create a well-deserved quality of life. Working with the person individually and in-group settings is how goals are met. One example of the Community Support Program, once a month a group is offered that promotes positivity and gratitude through journal writing. The purpose of this activity is to engage the individual with a positive line of thinking and focus on the good they have in their life. During this group, a thought or brief lesson is given, the individual has an opportunity to write in their journal and share the month’s experiences, and then a challenge is given for the upcoming month. We then conclude the meeting by going out in the community to enjoy breakfast. Because of its success, this group will soon be offered twice a month.

National Alliance on Mental Illness (NAMI)

Each year more than 34,000 individuals take their own life, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 3rd leading cause of death among adolescents. Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider.

Suicide and suicidal thoughts are relatively common. Having suicidal thoughts does not mean someone is weak or flawed. Research has found that about 90% of individuals who die by suicide experience mental illness. Often times it is undiagnosed or untreated. Experiencing a mental illness is the number one risk factor for suicide. If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or call 911 immediately.

Employee of the Month - August 2015

Marilynn started her career with the Counseling Center April 1, 1985. She recently celebrated her 35th anniversary and continues to be as dedicated today as she was when she was first hired. Marilynn brings a high standard of integrity and excellence to her position as Finance Manager. Marilynn is enthusiastic, has a keen sense of humor and demonstrates a positive attitude and sets a good example for all employees. Marilynn is a great example of hard work and perseverance. Congratulations on being selected as Employee of the Month for September.
Mental Health Services

- Anger Management Group / Individual
- Case Management Services
- Child / Adolescent Individual Therapy / Voices Group - Female Only
- Community Support Program / Only Clients diagnosed as Serious Mentally Ill (SMI)
- Consultation
- Couples Counseling
- Crisis Stabilization
- Education Services
- Family Therapy
- Group Rehabilitative Services
- Individual / Group Recreation and Socialization
- Individual Therapy
- Outreach Services
- Parenting Classes / Love and Logic Curriculum
- Peer Support
- Play Therapy

Substance Abuse Services

**Adult Services:**

- Substance Abuse Evaluations
- ASAM Level 0.5
- ASAM Level 1.0
- ASAM Level II.1

**Adolescent Services:**

- ASAM Level 0.5
- ASAM Level 1.0
- Choices Group Adolescent

Carbon County Counseling Center works with clients to prevent financial limitations from becoming a barrier to treatment. The center’s established fees and Sliding Fee Scale is applied to every client at intake to ensure access to all available services. If you need to talk to someone, please contact us today: 307.324.7156
Established in 1969, Carbon County Counseling provides Mental Health and Substance Abuse services for the residents of Carbon County. From humble beginnings the agency has grown from two full time employees, to 17 full time employees, and five contract employees.

Carbon County Counseling Center is a private non-profit organization that operates from Federal, State, Local, and United Way Grants, and also includes Client Fees, Insurance, Private Donations, and Wyoming Medicaid.

Carbon County Counseling is nationally accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). For Mental Health and Substance Abuse Services. Serving children, youth, adolescents, adults, seniors, and veterans.

From the Executive Director, Patrick Gonzales, MBA

The Idea of Critical Thinking...

The intellectual roots of critical thinking are as ancient as its etymology, traceable, ultimately, to the teaching practice and vision of Socrates 2,500 years ago who discovered by a method of probing questioning that people could not rationally justify their confident claims to knowledge. Confused meanings, inadequate evidence, or self-contradictory beliefs often lurked beneath smooth but largely empty rhetoric. Socrates established the fact that one cannot depend upon those in "authority" to have sound knowledge and insight. He demonstrated that persons may have power and high position and yet be deeply confused and irrational. He established the importance of asking deep questions that probe profoundly into thinking before we accept ideas as worthy of belief.

Socrates set the agenda for the tradition of critical thinking, namely, to reflectively question common beliefs and explanations, carefully distinguishing those beliefs that are reasonable and logical from those which — however appealing they may be to our native egocentrism, however much they serve our vested interests, however comforting or comforting they may be — lack adequate evidence or rational foundation to warrant our belief.