

CARBON COUNTY COUNSELING CENTER

The Progress Note

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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Healthcare Reform, by Marilyn B Ross, AAS

I'd like to review Individual Mandates and Benefit Mandates. Individual Mandates required by you, the tax payer:

Individuals are required to maintain health insurance coverage. In 2014 you were taken on your word about having health insurance. Effective 2015, your employer has to report coverage, and the penalty for not having insurance will be 2% of your household income or \$325/ person.

The Individual Exchange program's annual open enrollment is November 15 to February 15, which is the time you are encouraged to enroll in a health insurance plan. I'm not yet certain how the IRS will handle penalties for those people

who have coverage during part of the year but not the entire year.

There are subsidies available to qualifying individuals in the form of low costs and/or discounts.

Benefit Mandates required by insurance plans:

These mandates are requirements that may affect all plans as well as the non-grandfathered plans. Non-Grandfathered plans, also known as "other," plans are plans that were effective after the Affordable Care Act (ACA) was signed on March 23, 2010, or plans existing before the ACA, but lost its grandfathered status at renewal. These plans are required to offer an appeals process that complies with the ACA.



Marilynn B Ross
Finance Manager

Peer to Peer, by Kinta Blumenthal, BA



Kinta Blumenthal
Peer Specialist

"We may not have it all together, but together we have it all". unknown

Remember when someone gave you something totally unexpected, and on that " upside down" day you were reminded how wonderful things can be.

A simple act of kindness changed your entire day. As we approach a season of feast and celebration, what can you do to make a difference for someone you

know who might be having a down holiday. A knock on the door of someone living alone to say hello, or a card you deliver in person.....Think about how they would feel when you extend an act of kindness. My personal challenge, and one I extend to you, is to be aware of the things that go on around you.

Some days seemed hopeless, but they held on and kept moving forward if only one step. My struggles in comparison seem

very small. This is a season that can be quite difficult for people less fortunate. For those living day to day just trying to "get past the holidays" can be less than joyous. Fortunately, there are things we can do to make a difference. Holidays are opportunities for us to find ways to share our joy with people we know who can use a festive boost. Something as simple as an unexpected invitation can be the wind beneath the wings of someone you know who needs a boost.



Cheryl Garvin

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.

Some myths about mental illness

The public may believe that people who suffer from mental illness:

- Never recover enough to become contributing members to their communities
- Are fundamentally unstable and unpredictable
- May be dangerous to those around them
- Are possessed by evil spirits or curses
- Are paying the price for some moral wrongdoing

National Alliance on Mental Illness (NAMI)

Having a child with a mental health condition can be a challenge, but there are ways to help make things easier. Each year, 1 in 5 kids aged 13-18 experiences a mental health condition. This means many parents have faced similar challenges and experiences as you. Be Attentive Begin by taking notice of your children's moods, behaviors and emotions. Early intervention, especially with signs of psychosis, is critical because mental health conditions often get worse without treatment. Many conditions are

cyclical and periods of strong symptoms may come and go. Symptoms aren't visible all the time. Children may also hide certain symptoms by saying and doing what they believe is expected of them. What to Do if You Notice Symptoms If you think you notice symptoms, schedule an appointment with a licensed psychiatrist or psychologist as soon as you can, or if that is not possible, then with your pediatrician or primary care physician. Make sure that you provide your healthcare professional with as much detailed information as you can: Past mental health evalua-

tions and other medical records Descriptions of symptoms, when they began, and whether they have changed over time Any medications or other medical treatments that your child is receiving Anything else that is requested or that you think might be valuable information If a doctor, psychologist or counselor does not provide a diagnosis or referral to another professional, you should ask why and consider their reasoning. If you disagree, trust your instincts and seek a second opinion. It is often better to be cautious than to ignore a potentially serious problem.



Employee of the Month
Cheryl Garvin

Employee of the Month - January 2016

Cheryl has been Employee of the Month several times during her tenure, which is a testament to her hard work and efforts as an employee of Carbon County Counseling.

Cheryl brings a great deal of energy and enthusiasm as a men-

tal health technician and provides valuable insight and experience to the agencies CSP Program.

Cheryl strives to make things exciting and interesting and has been instrumental in establishing new methods for individuals and

groups with the CSP Program

We look forward to a long and successful partnership and continue to look forward to many positive and innovative ideas! Congratulations on being selected as Employee of the Month for January.

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 I.0
- ASAM Level II.1

Adolescent Services:

- ASAM Level 0.5
- ASAM Level I.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

CARBON COUNTY COUNSELING CENTER



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Serving Carbon County Since 1969

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.



Business Basics, Patrick Gonzales MBA, Executive Director

The Idea of Critical Thinking... Socrates' practice was followed by the critical thinking of Plato (who recorded Socrates' thought), Aristotle, and the Greek skeptics, all of whom emphasized that things are often very different from what they appear to be and that only the trained mind is prepared to see through the way things look to us on the surface (delusive appearances) to the way they really are beneath the surface (the deeper realities of life). From this ancient Greek tradition emerged the need, for anyone who aspired to understand the deeper realities, to think systematically, to trace implications broadly and deeply, for only thinking that is comprehensive, well-reasoned, and responsive to objections can take us beyond the surface. In the Middle Ages, the tradition of systematic critical thinking was embodied in the writings and

teachings of such thinkers as Thomas Aquinas (*Summa Theologica*) who to ensure his thinking met the test of critical thought, always systematically stated, considered, and answered all criticisms of his ideas as a necessary stage in developing them. Aquinas heightened our awareness not only of the potential power of reasoning but also of the need for reasoning to be systematically cultivated and "cross-examined." Of course, Aquinas' thinking also illustrates that those who think critically do not always reject established beliefs, only those beliefs that lack reasonable foundations.

In the Renaissance (15th and 16th Centuries), a flood of scholars in Europe began to think critically about religion, art, society, human nature, law, and freedom. They proceeded with the assumption that most of the domains of human life were

in need of searching analysis and critique. Among these scholars were Colet, Erasmus, and Moore in England. They followed up on the insight of the ancients.

{Taken from the California Teacher Preparation for Instruction in Critical Thinking: Sacramento, CA, March 1997. Principal authors: Richard Paul, Linda Elder, and Ted Bartell }



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