

ANNUAL REPORT FY07

MISSION

Encouraging success and stability for children and youth with or at risk of emotional, behavioral, or learning disorders at home, school, and in the community.

UPLIFT **aspires** to achieve their purpose in a culturally and linguistically appropriate manner for each individual family and community through the following services:

Advocacy
Support
Prevention
Intervention
Referral
Education

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Promoting the Emotional Health and Well-Being
of Wyoming Children and Families

Wyoming's Federation of Families for Children's Mental Health

UPLIFT Services Touch Wyoming Families

UPLIFT is committed to touching Wyoming families in a meaningful way to support family success. **UPLIFT served 693 clients** in the past year through their family focused programs. All of these client families included children with or at risk of emotional, behavioral, or learning disorders. A significant number of these client families also included other risk factors including out-of-home placement, violence, poverty, single parent homes, limited family support, or substance abuse.

Demographics of Clients Served

- ◆ **Ethnicity:** 79% white, 7% Hispanic, 5% American/Alaskan Indian, 2% African American, 1% Asian, 2% other, and 4% not indicated
- ◆ **Gender:** 62% male, 38% female.
- ◆ **Age Group:** 7% were 0 to 6 years old, 30% were 7 to 11 years old, 52% were 12 to 17 years old, 10.5% were 18 to 21 years old, .5% not indicated
- ◆ 51% were children in out-of-home placement.
- ◆ 29% reported a history of or current substance abuse in the home.
- ◆ 34% reported a history of or current violence in the home.
- ◆ 66% were children receiving services from the Dept. of Family Services.
- ◆ 65% indicated no extended family support.
- ◆ 8 families were headed by grandparents raising their grandchildren.



www.upliftwy.org

UPLIFT Office Locations

UPLIFT now has offices in Cheyenne, Casper, Riverton, Laramie, and Jackson. The Laramie and Jackson offices were opened this year in conjunction with implementation of the Wyoming SAGE Initiative, funded by the Wyoming Dept. of Health. UPLIFT Family Outreach Specialists serve families regardless of where they live in the state. The geography and weather just make this a little more challenging for some areas. If there is not an UPLIFT office in your community, please contact our Cheyenne office toll free for assistance:
1-888- UPLIFT3 (875-4383)

Diverse Funding Supports UPLIFT Programs

UPLIFT's total revenue for FY07 totaled \$3,127,097. Funding support was provided by multiple agencies and funding sources including the Wyoming Department of Health, Mental Health and Substance Abuse Services Division, Wyoming Department of Family Services, Wyoming Department of Education, Wyoming Behavioral Institute, individual and civic donors, and the Federal Substance Abuse and Mental Health Services Administration/Center for Mental Health Services. These diverse funding sources support UPLIFT's Family Outreach Program, Wyoming Attention Camp Program, After School Program, Wyoming Early Start Program, Consumer Survey Project, and general operations. The Family Outreach Program is at the heart of UPLIFT's mission, yet we struggle each year to maintain adequate funding to support consistent family support and advocacy services statewide. A significant portion of UPLIFT's funding support is from the Wyoming Department of Health, Mental Health and Substance Abuse Services Division to partner in implementing the Wyoming SAGE Initiative and ensure that the program development and implementation are family-driven and youth-guided.



UPLIFT programs can put smiles on many faces.



UPLIFT educational efforts lead Governor Freudenthal to sign first Wyoming proclamation for Children's Mental Health Awareness Week, May 6-12 2007.

Money Translated Into FY07 Outputs

- ◆ 28,688 pieces of information disseminated through newsletters and educational brochures
- ◆ 5,902 individual parent contacts
- ◆ 1,331 advocacy meetings attended where UPLIFT staff served as a member of a treatment, IEP or MDT team
- ◆ 1,919 participants in UPLIFT training conferences or workshops
- ◆ 39 Parent Support Group sessions with 138 participants
- ◆ 61 campers and 86 parents participated in UPLIFT's *Wyoming Attention Camp Program* with sessions in Cheyenne, Casper and Lander.



- ◆ 15 TeenTalk sessions with 193 participants.
- ◆ 226 participants attended the statewide parent's conference, *Improving Educational Outcomes for Students with Disabilities*
- ◆ 3,393 unique hits to the UPLIFT website
- ◆ 89 participants in UPLIFT's After School Social Skills Program

UPLIFT Reaching People Through a Variety of Programs



Working with families through our **Family Outreach Program** is at the heart of all we do at UPLIFT. Since UPLIFT's inception, our Family Outreach Program has worked to promote emotional health and well-being by encouraging success and stability for children and youth with or at risk of emotional, behavioral, or learning disorders at home, school, and in the community. In 2007 UPLIFT served **693** children and their families across the state. Our Family Outreach Specialists work one-on-one with families to provide care coordination, support, advocacy, education, mentoring, information and referral services uniquely tailored to each

family's specific needs. UPLIFT works to assist families in a variety of settings including schools, courts, social service agencies, mental health and other community agencies. UPLIFT also works through the Family Outreach Program to provide a variety of educational training events, workshops and conferences for families, educators, legislators, community members, and service providers. These training events address children's mental health issues, parenting skills, youth development, and quality service provision. UPLIFT focuses on eliminating mental health stigma and transforming Wyoming's mental health system of care to be family-driven, youth-guided, community-based, and culturally and linguistically competent. UPLIFT is a key stakeholder in the Wyoming **SAGE** Initiative assisting with statewide efforts to transform the system of care for children's mental health services. This transformational work occurs through partnerships with youth, families and communities to promote support, access, growth, and empowerment. UPLIFT partners with schools and parents to ensure that children receive the most appropriate education in the least restrictive environment. UPLIFT assists families whose children are in the child welfare system to assist them in a successful reunification. UPLIFT Family Outreach Specialists work with the staff at Wyoming Behavioral Institute (WBI) in Casper to assist in services being offered in a more family friendly environment. UPLIFT staff members assist families of children receiving services at WBI through information, referral and support services. They are also available to assist families after their child is transitioned home in an effort to avoid further out-of-home placements for the child.

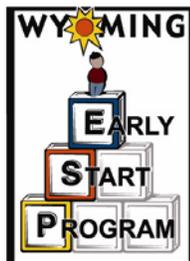


UPLIFT After School Program

Our **After School Social Skills Program (ASP)** is designed for children in grades 1-6. ASP applies positive reinforced behavior and encouragement to enhance children's social skills, communication skills, problem solving skills and cooperation. ASP also helps to teach impulse control, self management skills and understanding of own and others feelings. ASP uses the same behavior management model used in UPLIFT's attention camp program. During the 2006-07 school year we served **89** children. ASP sessions have been offered through schools in Cheyenne, Casper and Fremont County.

UPLIFT's **Wyoming Early Start Program** focuses on young children (ages 0-9) who are at risk of emotional disorders, substance abuse, anti-social behavior, and school failure. This program began in 1998 and offers professional development training in early screening and interventions for early childhood service providers. The program also

offers parent training, support groups and advocacy for families of young children. Since 2005 UPLIFT has served as the TANF At-Risk Preschool Program Grant Administrator for Wyoming's 22 at-risk preschools by providing financial management, technical assistance, data collection and monitoring.



UPLIFT's Wyoming Attention Camp Program

Our **Wyoming Attention Camp Program (WACP)** is designed for children ages 6 – 11 who have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). This two-week day camp is designed to help children improve social and academic skills, as well as problem solving and self-management skills. Evening parent classes are held during camp to focus on problem solving, behavior modification, stress management techniques, limit setting and effective discipline skills. WACP is a research-based model that was piloted in Cheyenne in 1997 by child psychologists from the Oregon Social Learning Center and F.E. Warren Air Force Base. In 2007 UPLIFT served **61** campers and **86** parents through the camp program. UPLIFT's camp program was highlighted in the 2005 publication, *Outcomes for Children and Youth with Emotional and Behavioral Disorders and Their Families: Programs and Evaluation Best Practices*. It was also highlighted during the 2007 National CHAAD Conference.

UPLIFT has partnered with the Wyoming Dept. of Health, Mental Health and Substance



Abuse Services Division and other research and consumer groups since 1999 to conduct consumer surveys annually. These surveys measure consumer satisfaction and outcomes with services offered through Wyoming's Community Mental Health and Substance Abuse Centers. Survey data is being used to identify gaps and improvement needs in the services being offered.

Making a Difference Through Program Outcomes

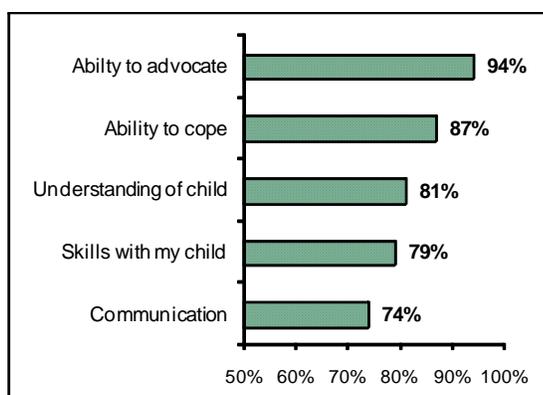
UPLIFT program activities positively impact parents and children. After UPLIFT programs and services: families are better able to cope, advocate, and relate to their child; children's behavior in the classroom and at home improves; and service providers and parents learn new skills for working with children with emotional and behavioral disorders. Below is a sampling from some of the data collected from the many UPLIFT program activities and workshops.

Making a Difference in Families' Skills and Children's Behaviors

57 parents completed a Family Feedback Form between Sept. 2006 and June. 2007.

80% report that UPLIFT did an "excellent" or "very good" job in providing support to their family. 96% said UPLIFT helped their family.

Over 70% state that UPLIFT improved their families' skills in various areas.



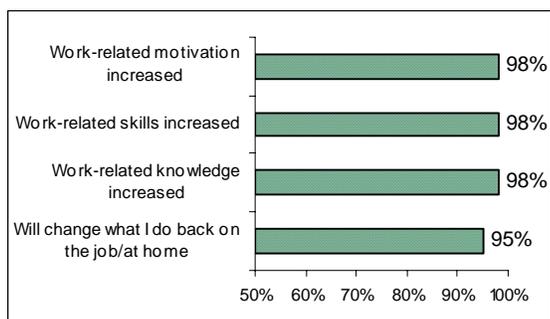
Making a Difference in Parents' and Service Providers' Skills

UPLIFT offers workshops for parents and service providers on topics such as attention deficit disorder, child abuse/neglect, and stress management.

Between Dec. 2006-June 2007, 101 evaluations were received from workshop participants.

At least 90% of participants report that their knowledge, skills, and motivation increased and that they would change what they did back on the job or at home.

Percent of participants who said the following:



Typically, **over 65% of parents state that UPLIFT improved their child's behavior** in various settings.

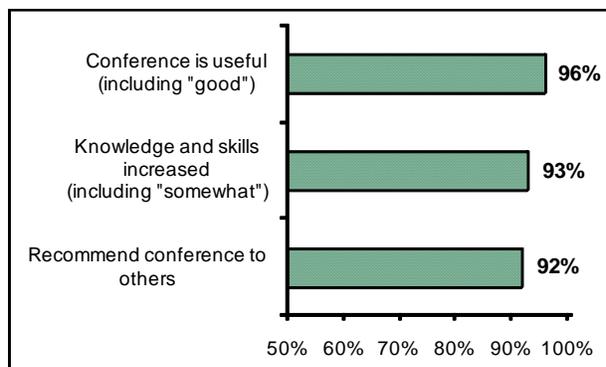
Percent of parents who said their child's behaviors improved at least "somewhat" in the following areas:

- ◆ Classroom behavior: 80%
- ◆ Ability to communicate: 77%
- ◆ Behavior with other children: 70%
- ◆ Behavior at home: 70%
- ◆ Behavior with family members: 68%

Making a Difference via the Parent Conference

UPLIFT puts on a Parent Conference each spring. Over 90% of participants report that they would recommend the conference to others, that the conference was useful to them, or that their skills and knowledge increased after attending the conference.

Percent of participants who said the following:



What Parents Say About the Parent Conference and Other UPLIFT Workshops

- ◆ "I liked being able to network with others during the Parent Conference."
- ◆ "Just knowing there are other parents who are dealing with the same challenges. Several times I was moved to tears just to know I am not alone and that there is help out there. THANK YOU!"
- ◆ "I learned that it is important to take care of myself in order to work successfully with the children."

Data Collection and Reporting By
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