

ANNUAL REPORT FY08

MISSION

Encouraging success and stability for children and youth with or at risk of emotional, behavioral, learning, developmental, or physical 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

BOARD OF DIRECTORS

Peggy Nikkel
Executive Director

Mike Shay
President

Jane Caton
Vice President

Brenda Ducharme
Secretary

Craig Kerrigan
Treasurer

Members

Conrad DeMartine

Julie Feiler

Gina Ferris

Melissa McDonald-Wertz

Brenden McKinney

Jim Peters

Sandy Root-Elledge

Ron Vigil

UPLIFT



Hope ~ Health ~ Well-Being

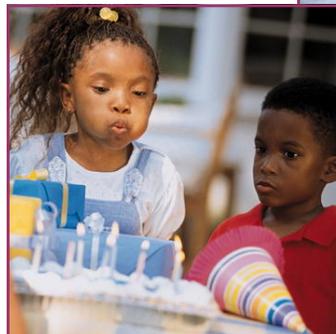
Wyoming's Federation of Families for Children's Mental Health

UPLIFT Supporting Wyoming Families

The UPLIFT Board of Directors recently voted to expand the scope of our mission to reach out to families that include children with all types of special needs. Our focus is still on children's mental health; however, now our family support and advocacy services are available to families of children with all types of disabilities. UPLIFT is committed to supporting Wyoming families in a meaningful way to encourage family success. **UPLIFT served 634 clients** in the past year through our family focused programs. 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:** 77% white, 12% Hispanic, 6% American/Alaskan Indian, 2% African American, 2% other, and 3% not indicated
- ♦ **Gender:** 60% male, 40% female.
- ♦ **Age Group:** 5% were 0 to 6 years old, 28% were 7 to 11 years old, 57% were 12 to 17 years old, 10% were 18 to 21 years old
- ♦ 53% were children in out-of-home placement.
- ♦ 27% reported a history of or current substance abuse in the home.
- ♦ 35% reported a history of or current violence in the home.
- ♦ 62% were children receiving services from the Dept. of Family Services.
- ♦ 70% indicated no extended family support.
- ♦ 8 families were headed by grandparents raising their grandchildren.



www.upliftwy.org

UPLIFT Office Locations

UPLIFT now has regional offices in Buffalo, Casper, Cheyenne, Jackson, Laramie, and Riverton. UPLIFT Family Support 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 FY08 totaled \$3,515,557. Funding support was provided by multiple agencies and funding sources including the Wyoming Department of Health, Mental Health and Substance Abuse Services Division, Division of Developmental Disabilities, 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 Support Program, Wyoming Attention Camp Program, After School Program, Wyoming Early Start Program, Consumer Survey Project, and general operations. The Family Support Program continues strong 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 System of Care and ensure that the program development and implementation are family-driven and youth-guided.



UPLIFT programs reaching Wyoming families.



Family members gather around Governor Freudenthal to witness his signing of Wyoming's proclamation for Children's Mental Health Awareness Week, May 6-12 2008.

Money Translated Into FY08 Outputs



- ◆ 33,309 pieces of information disseminated through newsletters and educational brochures
- ◆ 6,575 individual parent contacts
- ◆ 2,876 advocacy meetings attended where UPLIFT staff served as a member of a treatment, IEP or MDT team
- ◆ 1,240 participants in 59 UPLIFT training conferences or workshops
- ◆ 88 Parent Support Group sessions with 310 participants
- ◆ 42 campers and 55 parents participated in UPLIFT's Wyoming Attention Camp Program .

- ◆ 19 TeenTalk sessions with 79 participants.
- ◆ 182 participants attended the statewide parent's conference, *Improving Educational Outcomes for Students with Disabilities*
- ◆ 410 unique hits to the UPLIFT website
- ◆ 72 participants in UPLIFT's *After School Social Skills Program*



UPLIFT Reaching People Through a Variety of Programs



Working with families through our **Family Support Program** is at the heart of all we do at UPLIFT. Since UPLIFT's inception, our Family Support Program has worked to promote hope, health and well-being by encouraging success and stability for children and youth with or at risk of emotional, behavioral, learning, developmental, or physical disorders at home, school, and in the community. In 2008 UPLIFT served **634** children and their families across the state. Our Family Support 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

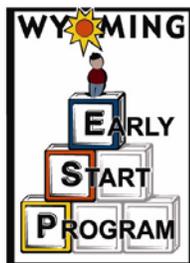
needs. UPLIFT works to assist families in a variety of settings including schools, courts, social service agencies, mental health and other community agencies. UPLIFT also works through the Family Support Program to provide a variety of educational training events, workshops and conferences for families, youth, educators, legislators, community members, and service providers. These training events address children's mental health issues, parenting skills, youth development, effective advocacy, leadership skills, and quality service provision. UPLIFT focuses on supporting families in accessing appropriate services and supports for their child with special needs. UPLIFT is also working on eliminating mental health discrimination and stigma through 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** System of Care. This transformational work occurs through partnerships with youth, families and communities to promote support, access, growth, and empowerment. Several UPLIFT staff members serve as Family Care Coordinators within the SAGE communities implementing the wraparound process. UPLIFT also 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 Support 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. Several UPLIFT staff members also serve as certified providers for the Medicaid Home and Community-Based Waiver for children's mental health.



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 2007-08 school year we served **72** 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 Pre-school Program Grant Administrator for Wyoming's at-risk preschools by providing financial management, technical assistance, data collection and monitoring.



UPLIFT's Wyoming Attention Camp Program

Due to continued challenges around staffing, program funding, and liability issues 2008 was the final summer for our **Wyoming Attention Camp Program**. For 11 years this camp program successfully served **581** children ages 6 – 11 who have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). This two-week day camp helped children improve social and academic skills, as well as problem solving and self-management skills. Evening parent classes were held during camp to focus on problem solving, behavior modification, stress management techniques, limit setting and effective discipline skills. Over its 11 year history the camp served **551** parents through the parenting classes. UPLIFT's After School Program is based on the camp model and will continue to reach children and families during the school year.

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 of 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.

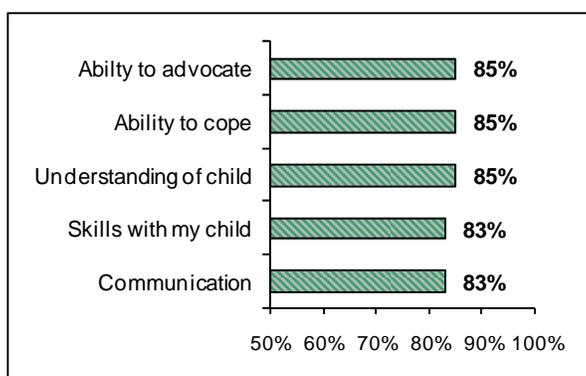
UPLIFT Making a Difference

UPLIFT 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.

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

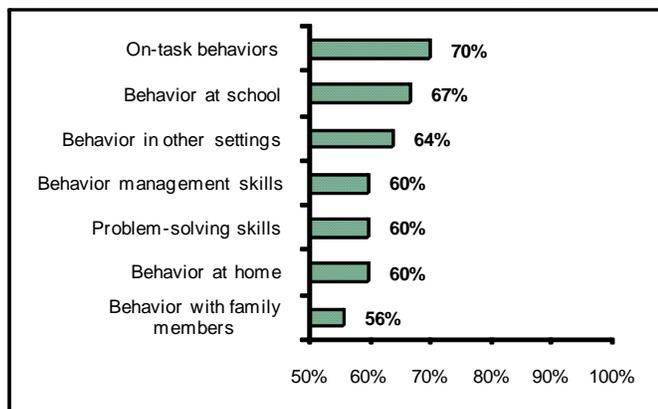
- ◆ 53 parents completed a Family Feedback Form between October 2007 and September 2008.
- ◆ **72% report that UPLIFT did an "excellent" or "very good" job in providing support to their family.** 92% said UPLIFT helped their family.
- ◆ **Over 80% state that UPLIFT improved their families' skills** in various areas.

Percent of parents who said their skills improved at least "somewhat" in these areas



- ◆ Typically, **at least 60% of parents state that UPLIFT improved their child's behavior** in various settings.

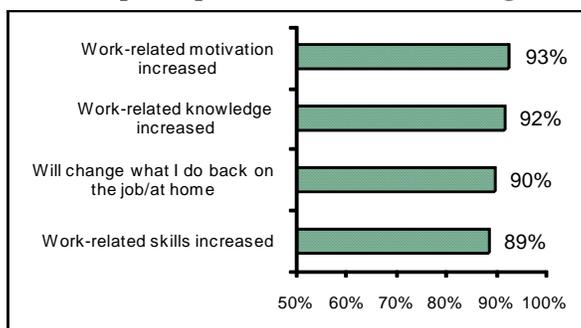
Percent of parents who said their child's behaviors improved at least "somewhat" in the following areas



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 Oct. 2007-Aug. 2008, 1,177 evaluations were received from workshop participants.
- ◆ At least 89% 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.

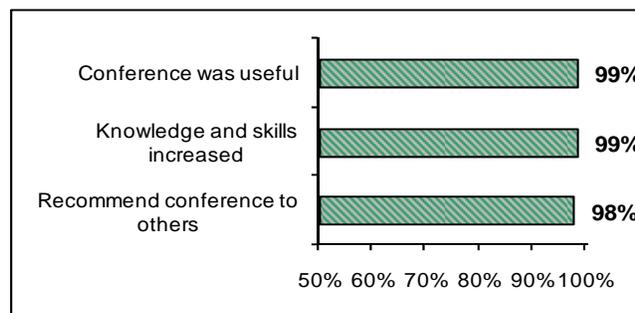
Percent of participants who said the following



Making a Difference via the Parent Conference

- ◆ UPLIFT puts on a Parent Conference each spring; 182 participants attended in Spring 2008.
- ◆ 98-99% 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:

- ◆ *"Being able to visit with other people and learning how they deal with things. Mark Marcus is an awesome presenter - I have learned quite a bit more information from him."*
- ◆ *"I am just in awe at the dedication of all who were involved in pulling this together. Please know how very much you are appreciated! We rarely have time to sit and think and plan (as parents). Everything was great."*
- ◆ *"Listening to and learning from Helen Nychka, meeting with other parents, professionals and coworkers."*

