

# ANNUAL REPORT FY09

REVISED

## 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

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# UPLIFT



Hope ~ Health ~ Well-Being

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

## UPLIFT Supporting Wyoming Families

The staff and board members of UPLIFT work hard to implement our mission to reach out to families that include children with all types of special needs across our state. Our focus continues to be on children's mental health, but 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 870 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 870

#### Clients Served

- ◆ **Ethnicity:** 75% white, 11% Hispanic, 8% American/Alaskan Indian, 2% African American, 1% Asian/Pacific Islander, 2% other, and 1% not indicated
- ◆ **Gender:** 61% male, 39% female.
- ◆ **Age Group:** 8% were 0 to 6, 29% were 7 to 11, 50% were 12 to 17, 11% were 18 to 21, 1% were 22 to 26, 1% not given
- ◆ **227 (26%)** served through an Individual Education Program (IEP) & 65 served through a 504 Plan
- ◆ **535 (61%)** were also receiving services from Wyoming Dept. of Family Services.
- ◆ **232 (27%)** were children in out-of-home placement.
- ◆ **172 (20%)** reported a history of or current substance abuse in the home.
- ◆ **442 (51%)** reported a history of or current violence in the home.
- ◆ **673 (77%)** indicated no extended family support.
- ◆ **40 Families** were headed by grandparents raising their grandchildren.



[www.upliftwy.org](http://www.upliftwy.org)



### UPLIFT Office Locations

UPLIFT 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 FY09 totaled **\$3,768,337**. 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, Medicaid Home and Community Based Waiver, Fremont County Drug Court, Casey Family Programs, Attention Homes, 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 Early Start Program, After School 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 in FY09 was 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.

### Money Translated Into FY09 Outputs

- ◆ **20,271** pieces of information disseminated through newsletters and educational brochures
- ◆ **8,735** individual parent contacts
- ◆ **1,235** advocacy meetings attended where UPLIFT staff served as a member of a treatment, IEP or MDT team
- ◆ **726** participants in **99** UPLIFT training conferences or workshops, including **194** participants at the *Improving Educational Outcomes for Students with Disabilities Parent Conference* and **191** participants at the *Governor's Roundtable on Children's Mental Health*.
- ◆ **13** Parent Support Group sessions with **66** participants
- ◆ **75** TeenTalk sessions with **388** participants
- ◆ **97** participants in UPLIFT's *After School Social Skills Program*



*Governor Freudenthal continues to support system of care transformation for children's mental health.*



## 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 in 1990, 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 FY09 UPLIFT served **870** 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 has been a key stakeholder in the Wyoming SAGE System of Care. This transformational work is continuing through state and community level advocacy as well as one-on-one supports to families provided through the high fidelity 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 achieve a safe and 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. Most UPLIFT staff members also serve as certified providers for the Medicaid Home and Community-Based Waiver for children's mental health.

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 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 at-risk preschools by providing financial management, technical assistance, data collection and monitoring.



### UPLIFT After School Program

**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 2008-09 school year we served **97** children. ASP sessions have been offered through schools in Cheyenne, Casper and Fremont County.

### Consumer Survey

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.

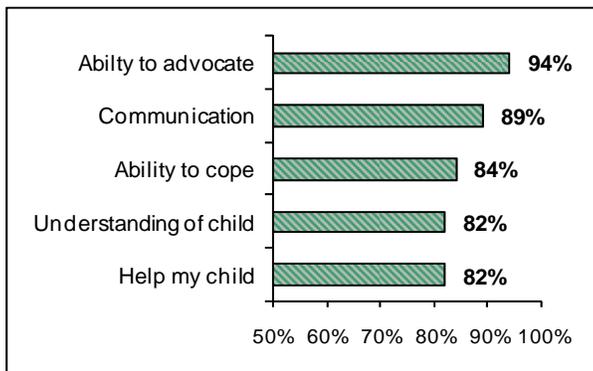
## Making a Difference in Families' Skills and Children's Behaviors

41 parents completed a Family Feedback Form between October 2008 and September 2009.

**77% 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**



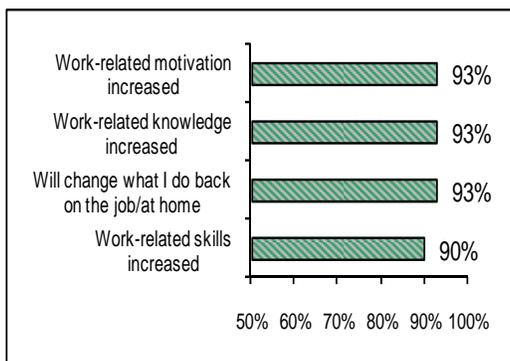
## Making a Difference in Parents' and Service Providers' Skills

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

Between Oct. 2008-Aug. 2009, 556 evaluations were received from workshop participants.

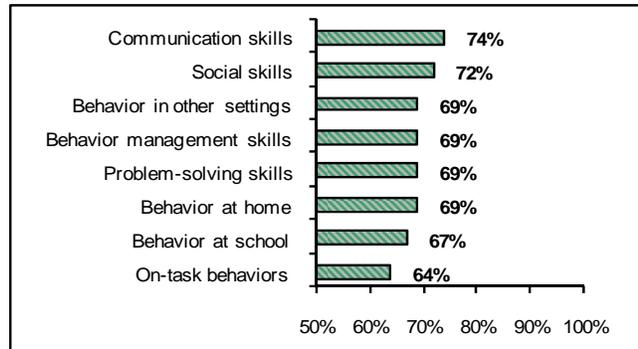
At least 90% of participants report that their knowledge, skills, and motivation increased and that they would change what they did back on the job or at home.

**Percent of participants who said the following**



**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**

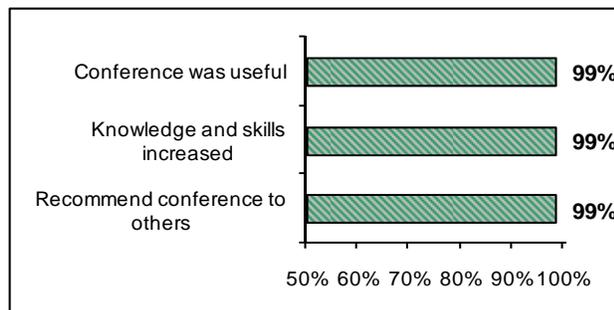


## Making a Difference via the Parent Conference

UPLIFT puts on a Parent Conference each spring; 194 participants attended in spring 2009.

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:

- ◆ "The quality continues to increase tremendously. Fantastic speakers at every session I attend."
- ◆ "Abundance of high-quality useful information."
- ◆ "The opening guest was awesome. Everyone on the UPLIFT staff was very friendly and helpful."
- ◆ "Awareness that there are other families out there dealing with the same issues. Being able to talk with parents and experts and gain more insight into my child."



Data Collection and Reporting By  
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