

**Youth Crisis
Center, Inc.**

Big Deal News-Because serving Casper's youth is a big deal!

Volume 1, Issue 3

April 2020
Quarter 3

THANK YOU FOR MAKING YCC YOUR VALENTINE!!

Adam & Angela Booth

Charlie & Loraine Powell

Chris & Jo

The Cortez Girls

Emily Weaver

Giggles & Wiggles

Jane Morgareidge

John Smith

Joni Kumor

USA Trucking

Wyoming Behavioral Institute

So far this year: (January-March 2020)

- 466 youth served
- 3,418 nights provided
- 6,855 meals served
- 252 family intervention meetings
- 414 youth intervention meetings
- 464 hours of support group provided
- 4 group home graduations
- 78% youth to home or lower level of care
- 82 safety plans developed

YCC & COVID-19

During this time of uncertainty and worry, the Youth Crisis Center continues provide emergency shelter, crisis intervention, and group home services to youth and their families. Our highest priority is to provide safety for youth and our team. To do our best to reduce risk, we have decreased traffic coming into our building and have begun screening anyone who is seeking access. While we continue to serve children and youth in crisis, parents, providers, and referral agencies are asked to call the center first prior to placement. We will continue to accept youth and children in crisis on a case-by case-basis for as long as possible.

To continue to meet the needs of youth and families, we have developed telehealth services for counseling, case management, and youth/family visits; partnered with the Natrona County School District to provide virtual educational services; and developed social distancing and other health practices for our center. We have developed staff scheduling and quarantine policies and procedures following CDC and other health guidelines to reduce risk and provide necessary care. We have an incredible team of essential staff who are working tirelessly to provide services, reduce risk, and take care of youth and children when they have nowhere else to go.

We are grateful for the many community members who have reached and continue to support YCC during this time!!

Goal Setting Group

Written by Tori Shepard (YCC Student Intern)

This quarter a goal setting group was added to the Youth Crisis Center! Goal setting for youth builds purpose, provides focus, and increases motivation, all of which increases resiliency and responsibility. Using an engaging activity, youth learn how their actions and choices help them to get closer to and further from their goals.

Activity

The group starts by having youth write their goals down on a piece of paper and set it down on the floor to signify the finish line. Youth then stand across from their goal, several feet away, on the “start line”. The youth read a series of scenarios that guide them to either take a step forwards or backwards, depending on their responses. For example, “take a step forward if your peer group supports your goals” or “take a step backwards if you use substances.”

Process and Planning

After the activity, the youth discuss the experience and how they might overcome obstacles that prevent them from reaching their goals. After discussing their experience, the youth choose a goal they want to achieve, set **SMART Goals** (see picture), and create a treasure map with steps they will take to achieve their goal!



(Goal Setting Group-Continued)

Big Deal Donors!

Our donors make success a reality in the lives of over 600 youth and their families each year!
Here are this quarter's donors:

- Christ United Methodist Church
City of Casper
- Irene Eshleman Testamentary Trust
- Natrona County Commissioners
- St. Mark's Episcopal Church
- United Way of Natrona County

THANK YOU!

**YOUR SUPPORT IS A BIG DEAL AND MAKES
A BIG DIFFERENCE!**

Aha Moment

The group has been helpful in allowing youth to see how their current actions align with their future goals. A big “Aha” moment for a group of youth came when many of them took a step forward for substance use during the activity, insisting that their substance use was not a problem and did not interfere with their goals. The group facilitator responded by asking who had been placed at YCC for reasons related to their substance use and all those who argued raised their hand. This led to a learning opportunity about the stages of change and a powerful discussion about specific steps to overcome peer pressure and other obstacles.

This group is giving youth the insight and education they need to learn what steps to take to achieve their goals, as well as what is preventing them from reaching these.

Reward Store Success!!

Written by Ashley Mikels (Clinical Supervisor)

The Youth Crisis Center recognizes that identifying what youth do well and rewarding positive behavior is an important part of building positive self-esteem and guiding youth in decision making. Our group home has achieved much success with the implementation of a reward store. Throughout their stay, youth can earn tokens for going above and beyond program expectations. This might include putting away groceries, navigating a conflict well, teaching a peer something new, or doing something kind for another person. Every member of our team is able to give tokens to youth, allowing each person to build a positive connection and recognize a good deed. Youth are then given the opportunity to spend their tokens in our reward store, which includes snacks, fidgets, notebooks, and other goodies requested by youth. There are even tickets for extra TV time that youth can purchase to treat themselves and their peers! The reward store has been a welcomed addition to our program by youth and team members alike.



Youth Crisis Center's Youth Achieve Success!!!!

Written by Nichelle DeWald (YCC Case Manager)

Emma* began her stay at YCCGH to work through past traumas and challenges with emotional development she was struggling with. These challenges made it difficult for her to form healthy and positive relationships with her family, peers, and others. She experienced many struggles throughout her stay, some of which were serious, such as getting into altercations with other youth in the center; others were less serious, such as struggling to leave appropriate voicemail messages. Our group home team assisted her in learning to recognize when she was becoming upset and how to utilize her coping skills. One way of doing this was through the creation of a safety plan; the safety plan assisted both her and staff with noticing triggers that had previously created problems for her. With the support of our team, she began to use coping strategies, such as taking time in her room, playing a game, or going outside. She began to identify when she needed to take breathers and to work through a problem before jumping to a conclusion. By providing unique and individualized case plans, Emma was able to build community supports. She joined her school chess club, youth program through the college, and a swim group. We guided and watched as she began to ignore conflicts, build relationships with peers and family, and increase confidence in her ability to communicate her needs in a healthy and positive way. The work she did at YCC helped Emma not only to successfully complete the YCC Group Home program, but also to transition back into her forever home. We are so proud of the work Emma did while she was at YCC and we are grateful to have been a part of her success.

**Name and information has been changed to protect confidentiality*

WELCOME TO THE TEAM!

We are excited and proud to announce this quarter's newest team members!

Taylor G. - Student Intern

Laura J. - Youth Worker

SO GLAD TO HAVE YOU!

To learn more about the rest of our incredible team visit:
www.casperycc.org

Don't forget to "like" us on Facebook

@casperyouthcrisiscenter





**Youth
Crisis
Center** inc.

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Casper, WY 82601

**YOUTH CRISIS
CENTER, INC.**

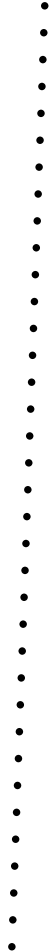
Phone: 307-577-5718
Fax: 307-577-5716

*Providing emergency shelter, crisis
intervention, and group home services
to youth and their families.*

**Visit our new website:
www.casperycc.org**



United Way
of Natrona County



YCC Wraparound is Here for Families!

Written by Ashley Mikels (Clinical Supervisor)

Wraparound is a Medicaid-based support service for youth who are struggling to stay at home, in school, or out of trouble. A family care coordinator (FCC) will work the youth, their family, and supports to develop appropriate goals and find the path to success. In light of the need to limit face-to-face contact, FCCs are continuing to build strong, positive relationships with youth and families, and all services continue to be provided virtually. Youth are benefitting from structured, planned activities provided directly by FCCs online, including homework assistance, physical activity, baking, crafting, and other guided activities. Checking in regularly is helping youth to stay on track with their education and other Wraparound goals.

**If you or someone you know would benefit from these services,
please contact one of our providers:**

Jackie Knox: (307) 215-3055 OR Chad Hopkins: (307) 215-3076

Qualifications:

- Ages 4-20
- Behavioral or mental health diagnosis
- Medicaid (if families do not have Medicaid, they may still be able to receive services)

