

Support UPLIFT

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Send completed form with payment to:

UPLIFT

4007 Greenway St., Ste. 201
Cheyenne, WY 82001

Thank you for your continued support!

We Believe



Children with Special Health Care Needs:

- Have strengths and make valuable contributions to their families and communities.
- Are children first and deserve the same love, care, and attention as any other child.
- Have a right to safely participate in community life, live with their families, and attend their local school.
- Come from a broad spectrum of families who have a variety of strengths and needs and must be treated with dignity and respect.
- Must receive all the services and supports necessary to achieve their potential.

Family Members of Children with Special Health Care Needs:

- Must always be viewed as experts regarding their child since they have 24-hour, 7 days-a-week lifelong experiences.
- Are a source of strength for young people with special health challenges.
- Are resilient and have developed many strategies to cope with the challenges their children present.
- Must dare to hope and dream about what might be for their child.

Children's Special Health Care Services Must:

- Emphasize the identification of the child's strengths.
- Be affordable, accessible, available, and appropriate.
- Be based on need, regardless of the family's ability to pay.
- Be child-centered, family-focused, community-based and culturally competent.



High Fidelity Wraparound

10 Principles

1. **Family Voice and Choice:** Planning is grounded in family members' perspectives, and the team strives to provide options and choices such that the plan reflects family values and preferences.
2. **Team Based:** Team consists of individuals agreed upon by the family and committed to them through support and service relationships.
3. **Natural Supports:** Team includes members drawn from family members' networks of interpersonal and community relationships.
4. **Collaboration:** Team members work cooperatively and share responsibility for developing, implementing, monitoring, and evaluating a single wraparound plan.
5. **Community-Based:** Team implements service and support strategies that take place in the most inclusive, most accessible, and least restrictive settings possible; and that safely promote child and family integration into home and community life.
6. **Culturally Competent:** Wraparound process demonstrates respect for and builds on the values, preferences, beliefs, culture, and identity of the child/youth and family and their community.
7. **Individualized:** Team develops and implements a customized set of strategies, supports, and services to achieve goals laid out in the wraparound plan.
8. **Strengths Based:** Process and plan identify, build on, and enhance the capabilities, knowledge, skills, and assets of the child and family, their community, and other team members.
9. **Persistence:** Despite challenges, the team persists in working toward the goals included in the wraparound plan until the team reaches agreement that a formal wraparound process is no longer needed.
10. **Outcome Based:** Team ties goals and strategies of the plan to observable or measurable indicators of success, monitors progress in terms of these indicators, and revises them accordingly.

The National Wraparound Initiative, Research & Training Center on Family Support & Children's Mental Health, Portland State University.



1-888-UPLIFT3

www.upliftwy.org

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

Wyoming Federation of Families
for Children's Mental Health



UPLIFT Understands

The entire family feels the impact of a child or youth with a disability or special need. Their care may be physically, emotionally, or financially draining to the family. Parents and caregivers are often reluctant to talk openly about their child's struggles with relatives, teachers, professionals, or friends. They may not know where to go for help.

The majority of the staff and board members of **UPLIFT** are individuals and family members of children, youth, and young adults with disabilities and special needs.

We care and understand!

UPLIFT serves Wyoming children and youth ages 0-26 and their families. Services are provided by **Family Support Specialists** who serve in a variety of roles to meet the individual needs of each family.



We Provide

UPLIFT aspires to achieve their mission through:



ADVOCACY
SUPPORT
PREVENTION
INFORMATION
REFERRAL
EDUCTION

We Provide:

- Family Care Coordination
- Advocacy for Individuals & System Change
- Support & Training
- Information & Referral
- Parent & Youth Support Groups
- Social Skills Program
- Outreach & Public Awareness
- Prevention & Early Intervention
- CASII Evaluations
- Access to the Children's Mental Health Waiver
- Access to Quality of Life Expansion Funding

Service Descriptions

UPLIFT Family Support Specialists serve in a variety of roles to best meet the needs of children, youth, and their families.

Family Care Coordination

Working with families to coordinate services for their child across all agencies to carry out the activities of high fidelity wraparound, including a detailed strengths, needs, and culture discovery. They also prepare and facilitate the wraparound team and support implementation of the plan. Family members will have an active role in guiding the direction of their services and supports.

Advocacy

Working with families to prepare them for meetings at school, service agencies, and the courts, including identification of issues of concern and recommended actions. Family Support Specialists attend meetings with family members to assist in advocating for the most appropriate services for their child. They also serve as mentors to family members to help them build their own advocacy skills.

Support & Training

Working with families in person or by phone to discuss their child's needs, listen to concerns of the family, and provide verbal support and encouragement for positive family involvement in their child's treatment. This can also include the provision of one-on-one services and activities identified in the individualized plan to support and enhance the overall service goals. This can include Family Support Partners and Child and Family Trainer roles within high fidelity wraparound.

Information & Referral

Working with families in person or by phone to assist them in finding the most appropriate services for their child if those services are not available from **UPLIFT**. In addition, **UPLIFT** provides workshops, conferences, informational newsletters, a website, and brochures on a number of issues relating to childhood disorders. A lending library containing books, audio materials, and videos is available to families across the state.

Parent & Youth Support Groups

Periodic parent and youth support activities are facilitated in selected communities. Groups highlight training, mentoring, positive social interaction, and effective parenting skills. Contact the **UPLIFT** office nearest you for more information.

Social Skills Program

Working with children ages six to twelve through a variety of social skills training opportunities. This program applies positive reinforced behavior and encouragement to enhance children's social skills, communication skills, problem solving skills, and cooperation. It also helps to teach impulse control, self management skills and understanding of feelings.

Contact Information

For more information or to access these services, please contact the UPLIFT office nearest you.

MAIN OFFICE: CHEYENNE

4007 Greenway St., Ste. 201
Cheyenne, WY 82001
Phone: (307) 778-8686
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Toll Free: 1-888-UPLIFT3 (888-875-4383)

REGIONAL OFFICES: BUFFALO

Physical: 830 W. Fetterman St.
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Fax: (307) 684-7818

CASPER

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Phone: (307) 734-1327
Fax: (307) 734-2561

RIVERTON

877 N. 8th St. W., Ste. 1
Riverton, WY 82501
Phone: (307) 857-6601
Fax: (307) 857-4446

*Or you can find us on the web at:
www.upliftwy.org*

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