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NEWSLETTER



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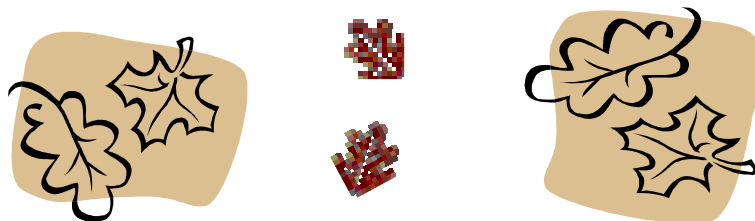
NAME CHANGE FOR HIGH COUNTRY COUNSELING AND RESOURCE CENTERS

High Country Counseling and Resource Centers announced their name change to High Country Behavioral Health on August 14, 2009. The decision to execute a name change came after long discussions of ways to better communicate the vast services provided by the organization. High Country Behavioral Health (HCBH) is not only adopting a new name, but also a new logo, and “a new way of thinking” as its motto.

Carl Harris, HCBH Operation’s Manager, stated, “the trend in this business is to move away from the use of terms such as mental health and counseling, there is still a stigma attached to such terms. The use of the term behavioral is addressing a person in a broader sense, it is psychology based on the proposition that all things which humans do — including acting, thinking and feeling, can and should be regarded as behaviors. There is a “unique whole” in addressing the needs of every client and its just not about a therapeutic setting. It involves every aspect of life that revolves around each person. Behavior can be conscious or subconscious, overt or covert, and voluntary or involuntary. Creating that awareness and understanding allows for clients, with the assistance of clinical staff, to evaluate the acceptability of the behavior they want to change or adopt.”

Along with the organization’s name change, the HCBH Pinedale office merged with Pine Creek Family Counseling- thus creating Pine Creek Behavioral Health a division of High Country Behavioral Health. Pine Creek Behavioral Health is serving both mental health and substance abuse communities.

Executive Director, Steve Corsi commented, “We are really excited with the direction this organization is now going with its recent name change. The change reflects a comprehensive array of services. Our recent expansion includes psychiatric services, additional therapeutic staff, and home based services.”



HEALTHY MILESTONES

Have you ever wondered how your child is growing and developing compared to other children of the same age? How do you know if your child is "on the right track"? Your child is going through many physical and mental changes. Although no two children grow at the same rate, experts agree there are "normal" signs of development. This brochure will provide you with a checklist of important milestones in your child's development during the first year of life. You are the most important observer of your child's development. If your child has special needs, early help can make a difference.

By 3 months of age does your child:

Motor Skills

- lift head when held at your shoulder
- lift head and chest when lying on his stomach
- turn head from side to side when lying on his stomach
- follow a moving object or person with his eyes
- often hold hands open or loosely fist
- grasp rattle when given, wiggle and kick with arms and legs

Sensory and Thinking Skills

- turn head toward bright colors and lights
- turn toward the sound of a human voice
- recognize bottle or breast, responds to shaking a rattle or bell

Language and Social Skills

- make cooing, gurgling sounds
- smile when smiled at communicate hunger, fear, discomfort (through crying or facial expression)
- usually quiet down with a soothing voice or when held
- anticipate being lifted react to "peek-a-boo" games

By 6 months of age does your child:

Motor Skills

- hold head steady when sitting with your help
- reach for and grasp objects
- play with his toes
- help hold the bottle during feeding
- explore by mouthing and banging objects
- move toys from one hand to another
- shake a rattle
- pull up to a sitting position on her own if you grasp her hands
- sit with only a little support
- sit in a high chair
- roll over, bounce when held in a standing position

Sensory and Thinking Skills

- open his mouth for the spoon, imitate familiar actions you perform

Language and Social Skills

- babble, making almost sing-song sounds
- know familiar faces
- laugh and squeal with delight
- scream if annoyed smile at herself in a mirror

By 12 months of age does your child:

Motor Skills

- drink from a cup with help
- feed self finger food like raisins or bread crumbs
- grasp small objects by using thumb and index or forefinger
- uses first finger to poke or point
- put small blocks in and take them out of a container
- knock two blocks together
- sit well without support
- crawl on hands and knees
- pull self to stand or take steps holding onto furniture
- stand alone momentarily
- walk with one hand held
- cooperate with dressing by offering a foot or an arm

Sensory and Thinking Skills

- copy sounds and actions you make
- respond to music with body motion
- try to accomplish simple goals (seeing and then crawling to a toy) look for an object she watched fall out of sight (such as a spoon that falls under the table)

Language and Social Skills

- babble, but it sometimes "sounds like" talking
- say his first word
- recognize family members' names
- try to "talk" with you
- respond to another's distress by showing distress or crying
- show affection to familiar adults
- show mild to severe anxiety at separation from parent
- show apprehension about strangers
- raise her arms when she wants to be picked up
- understand simple commands

Progress in Kemmerer Substance Abuse Program

-Scott Erickson

Beginning in the Summer of 2009, the Kemmerer office of High Country Behavioral Health experienced two major points of progress in its Substance Abuse Program: the inclusion of the Prime For Life program and the renewal of the Drug Court Program in Southern Lincoln County.

Keith Matthews, Prevention Specialist, has been providing Prime For Life for some time to clients who need a DUI education course or its equivalent. The course has recently also been added as a robust and effective part of the Intensive Outpatient and Outpatient Substance Abuse Treatment Programs. Prime For Life is an evidence based psycho-educational intervention based upon risk reduction. Clients are given accurate information from research compiled by the Prevention Research Institute and then encouraged to make low-risk decisions. This strategy has been effective in reducing client resistance and assisting effective progress through stages of change.

High Country Behavioral Health in Northern Lincoln County has been a consistent partner with the Lincoln County Drug Court Program. In the Summer of 2009, the Kemmerer Office renewed its active partnership with the Drug Court Program. The pivotal event that enacted this renewal was the hiring of a part-time Drug Court Probation Officer by Lincoln County to service participants in Southern Lincoln County. High Country Behavioral Health in Kemmerer currently provides treatment to three Drug Court participants with the hope of expanding such services in the future.

The Kemmerer office of High Country Behavioral Health is confident that the inclusion of the Prime For Life program and the renewal of the Drug Court Program in Southern Lincoln County will continue to positively impact the lives of clients and the communities which it serves.



FOR YOUR HEALTH: Stress Reducing Foods



Oranges: A German study in *Psychopharmacology* found that vitamin C helps reduce stress and return blood pressure and cortisol to normal levels after a stressful situation. Vitamin C is also well known for boosting your immune system.

Sweet Potatoes: Sweet potatoes can be particularly stress-reducing because they can satisfy the urge you get for carbohydrates and sweets when you are under a great deal of stress. They are packed full of beta-carotene and other vitamins, and the fiber helps your body to process the carbohydrates in a slow and steady manner.

Dried Apricots: Apricots are rich in magnesium, which is a stress-buster and a natural muscle relaxant as well.

Almonds, Pistachios & Walnuts: Almonds are packed with B and E vitamins, which help boost your immune system, and walnuts and pistachios help lower blood pressure.

Turkey: Turkey contains an amino acid called L-tryptophan. This amino acid triggers the release of serotonin, which is a feel-good brain chemical. This is the reason why many people who eat turkey feel relaxed, or even tired, after eating it. L-tryptophan has a documented calming effect.

Salmon: Diets high in omega-3 fatty acids protect against heart disease. A study from *Diabetes & Metabolism* found that omega-3s keep the stress hormones cortisol and adrenaline from peaking.

Avocados: The monounsaturated fats and potassium in avocados help lower blood pressure. The National Heart, Lung, and Blood Institute says that one of the best ways to lower blood pressure is to consume enough potassium (avocados have more than bananas).

Green Vegetables: Broccoli, kale, spinach and other dark green vegetables are powerhouses of vitamins that help replenish our bodies in times of stress.

FUNFACT:



Pictured: Hospital (Old tithing house); construction on old hospital; and the old hospital as it looks today

Did you know that High Country Behavioral Health's building in Afton use to be a hospital?

-SVMC

Dr. George West, who practiced in Star Valley for 43 years, was one of the first doctors in Star Valley arriving in 1904. He regularly operated on patients in the kitchen of his home. The first hospital, other than Dr. West's home, was located on the corner of Washington and Second Avenue, site of the present Afton Fire Station.

This hospital location was short lived and the second hospital was then located downtown above where the Ford Theater is currently located on the west side of Washington Street. Drs. David Beal and Orson Trealor had their clinics here. Dr. Beal practiced in the Valley from 1920 - 1935; and Dr. Trealor from 1929 - 1970.

Dr. Samuel Worthen arrived in Star Valley in 1935, shortly after the death of Dr. Beal. He began his own hospital clinic downtown across from Dr. Trealor's on the east side of Washington Street, above the location now occupied by Galloway Heating. In the early 1940's, Dr. Worthen's father started construction on a small hospital in Afton, on the corner of Adam St. and Fourth Avenue. With great expense and sacrifice by the Valley citizens, the west and south wings of the hospital were completed in October 1944. Dr. Worthen was called to military service in 1941 and returned in 1945 to continue his practice. At this point in time, all of Star Valley's medical service was centralized into this hospital. After a new hospital was built the building then became the district offices for Lincoln County School District #2 and after that became the current home for HCBH.

High Country Behavioral Health Directory

<p>Afton Office 389 Adams, PO Box 376 Afton, WY 83110 (307) 885-9883</p>	<p>Kemmerer Office 821 Sage Avenue Kemmerer, WY 83101 (307) 877-4466</p>	<p>Pinedale Office 24 Country Club, PO Box 856 Pinedale, WY 82941 (307) 367-2111</p>
<p><u>Clinic Director/Therapist</u> Clive Hallam <u>Therapists</u> Andrew Parker Gabrielle Fritze Leah Black <u>Office Manager</u> Kelly Romine <u>Assistant Office Manager:</u> Linda Brown <u>Prevention Specialist</u> Alesia Winters</p>	<p><u>Clinic Director/Therapist</u> Scott Erickson <u>Therapists</u> Dinah Villanueva <u>Office Manager</u> Connie Fannesbeck <u>Assistant Office Manager</u> Carolyn Carlson <u>Tobacco Prevention Coordinator</u> Brittany Ritter <u>Prevention Specialist</u> Keith Mathews</p>	<p><u>Clinic Director/Therapist</u> Dayle Read-Hudson <u>Therapists</u> Maike Tan Sarah Hixson Kay Ryan <u>Office Manager</u> Amy Sturman <u>Assistant Office Managers</u> Marty Salvesen, Pat Johnson <u>Prevention Specialists</u> Robena Downie Benita Gustafson</p>
<p><u>Executive Director:</u> Steve Corsi <u>Business Manager:</u> Ann Sanderson</p>		<p><u>Operations Manager/Prevention Coordinator:</u> Carl Harris</p>