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## The Grid

A working draft of Council Meeting Agendas

### September 13, 2022 Councilmembers Absent: Engebretsen

Work Session Meeting Agenda Items	Recommendation	Begin Time	Allotted Time
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Investment Policy Corporate Bonds	Move Forward for Approval	4:35	20 min
Project Safe Contract Amendment	Direction Requested	4:55	60 min
Meeting Space Discussion	Direction Requested	5:55	30 min
Library Walk MOU		6:25	10 min
Agenda Review		6:35	10 min
Legislative Review		6:45	10 min
Council Around the Table		6:55	20 min
Approximate Ending Time:			7:15

### September 20, 2022 Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
<b>Pre-Meeting to Start at 5:00PM</b>					
Pre-Meeting: Wind Turbine Art Installation Follow-up					
Pre-Meeting: Capital Roll Over					
Pre-Meeting: Fire Pension A Promissory Note					
Pre-Meeting: Casper St. Speed Discussion					
Approval of 9/6 Minutes					C
Public Hearing: Consideration of an Annexation of 2.0-Acres described as Tract 8, Dowler No. 2 Subdivision (3025 Paradise Drive), Establishing the Zoning of Said Parcel as C-2 (General Business), and Rezoning 8.2-acres Described as the Paradise Acres Addition (3041 Paradise Drive) as C-2 (General Business)		N			
Public Hearing: North Platte River Park No. 2 Subdivision		N			
2nd Reading: Correcting a Scrivener's Error in the Legal Description of Ordinance No. 34-19 Pertaining to the Mistaken Inclusion, Via Annexation, of the West Half of Lots 26 & 27, South Garden Creek Acres No. 2 Addition in the Casper Municipal Limits.			N		
Authorizing an Agreement with Mountain West Technologies, Inc. for the Provision of Fiber Optic Services, Plus an Authorization to Encumber Supplemental Equipment Funding.				C	
Authorizing a Professional Services Contract with Desert Mountain Corporation for the Purchase of 3,000 Tons of Category 2, Solid Anti-Icer/Deicer, as Part of the Streets Ice Slicer Procurement.				C	
Authorizing Amendment #2 to the Professional Services Contract with State Line No. 7 Architects (SL#7), for the City Hall Renovations and Addition (Project SAFE).				C	
<b>Lease for Indoor Sports Complex</b>				C	
A resolution authorizing a Professional Services Contract for transit services with Natrona County for Fiscal Year 2023.				C	
A resolution authorizing a Professional Services Contract for transit services with the Town of Evansville, a Wyoming municipality, for Fiscal Year 2023.				C	
A resolution authorizing a Professional Services Contract for transit services with the Town of Bar Nunn, a Wyoming municipality, for Fiscal Year 2023.				C	

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### September 20, 2022 (continued) Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
Authorizing a Cooperative Agreement with the Wyoming Department of Transportation for Street Enhancements Related to the Poplar Street Improvements - CY Avenue to Collins Drive.				C	
Approving a Resolution to Formalize the Fire A Pension Obligation Through a Promissory Note Between the City of Casper and the State of Wyoming				C	
Amending the City of Casper Statement of Investment Policy.				C	
Authorizing the Re-appointment of Bill Thompson to the City of Casper Investment Advisory Committee.					C
Authorizing the Purchase of One (1) John Deere 310SL Backhoe Loader and Grapple Bucket for Use by the Parks Division of the Parks, Recreation, and Public Facilities Department.					C
Authorizing the Purchase of One (1) New Wide Area Mower for Use by the Parks Division of the Parks, Recreation, and Public Facilities Department.					C

### September 27, 2022 Councilmembers Absent:

Work Session Meeting Agenda Items	Recommendation	Begin Time	Allotted Time
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
SRO Program & Contract	Direction Requested	4:35	30 min
Credit Card Fees	Direction Requested	5:05	20 min
Fort Caspar Subsidy		5:25	30 min
Alarm Ordinance Updates	Direction Requested	5:55	45 min
Amendment A	Information Only	6:40	20 min
Agenda Review		7:00	20 min
Legislative Review		7:20	20 min
Council Around the Table		7:40	20 min
Approximate Ending Time:			8:00

### October 4, 2022 Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
Pre-Meeting: Lifejacket Program Update					
Pre-Meeting: Monthly Financial Reports					
Approval of 9/20 Minutes					C
EPH Alarm Licenses					C
2nd Reading: Consideration of an Annexation of 2.0-Acres described as Tract 8, Dowler No. 2 Subdivision (3025 Paradise Drive), Establishing the Zoning of Said Parcel as C-2 (General Business), and Rezoning 8.2-acres Described as the Paradise Acres Addition (3041 Paradise Drive) as C-2 (General Business)			N		

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A working draft of Council Meeting Agendas

### October 4, 2022 (continued) Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
2nd Reading: North Platte River Park No. 2 Subdivision			N		
3rd Reading: Correcting a Scrivener's Error in the Legal Description of Ordinance No. 34-19 Pertaining to the Mistaken Inclusion, Via Annexation, of the West Half of Lots 26 & 27, South Garden Creek Acres No. 2 Addition in the Casper Municipal Limits.			N		
Emergency Response Vehicle				N	

### October 11, 2022 Councilmembers Absent:

Work Session Meeting Agenda Items	Recommendation	Begin Time	Allotted Time
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Ice Arena Subsidy & Expansion	Direction Requested	4:35	45 min
Sponsorships and Naming Rights (Tentative)	Move Forward for Approval	5:55	30 min
Contractor License Category Updates	Direction Requested	6:20	45 min
Shipping Container Ordinance	Direction Requested	7:05	45 min
Demolition Safety Barriers	Direction Requested	7:50	30 min
Non-Discrimination Ordinance	Move Forward for Approval	8:20	60 min
Agenda Review		9:20	20 min
Legislative Review		9:40	20 min
Council Around the Table		10:00	20 min
Approximate Ending Time:			10:20

### October 18, 2022 Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
Approval of 10/4 Minutes					C
Public Hearing: Alarm Licenses		N			
3rd Reading: Consideration of an Annexation of 2.0-Acres described as Tract 8, Dowler No. 2 Subdivision (3025 Paradise Drive), Establishing the Zoning of Said Parcel as C-2 (General Business), and Rezoning 8.2-acres Described as the Paradise Acres Addition (3041 Paradise Drive) as C-2 (General Business)			N		
3rd Reading: North Platte River Park No. 2 Subdivision			N		

**The Grid**

A working draft of Council Meeting Agendas

**October 25, 2022 Councilmembers Absent:**

<b>Work Session Meeting Agenda Items</b>	<b>Recommendation</b>	<b>Begin Time</b>	<b>Allotted Time</b>
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Aquatics Subsidy	Direction Requested	4:35	45 min
Transit Stops and Signage Update	Information Only	5:05	40 min
Council Goals Update	Information Only	5:45	30 min
Station #1 Design	Direction Requested	6:15	60 min
One Cent Community Projects Process			
Agenda Review		7:15	20 min
Legislative Review		7:35	20 min
Council Around the Table		7:55	20 min
Approximate Ending Time:			8:15

**November 1, 2022 Councilmembers Absent:**

<b>Regular Council Meeting Agenda Items</b>	<b>Est. Public Hearing</b>	<b>Public Hearing</b>	<b>Ordinances</b>	<b>Resolutions</b>	<b>Minute Action</b>
Approval of 10/18 Minutes					C
EPH Non-Discrimination					
Public Hearing: Consideration of a Resolution certifying Annexation Compliance with Title 15, Chapter 1, Article 4 of the Wyoming State Statutes to determine if the Annexation of 2.0 Acres described as Tract 8, Dowler No 2 Subdivision complies with W.S. §15-1-402.		N			
2nd Reading: Alarm Licenses			N		

**November 8, 2022 Councilmembers Absent:**

<b>Work Session Meeting Agenda Items</b>	<b>Recommendation</b>	<b>Begin Time</b>	<b>Allotted Time</b>
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Drug Court Update		5:05	
Golf Subsidy	Direction Requested	4:35	30 min
Fire Station Safe Zones and Cameras			
Agenda Review			20 min
Legislative Review			20 min
Council Around the Table			20 min
Approximate Ending Time:			

**The Grid**

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**November 15, 2022** Councilmembers Absent:

<b>Regular Council Meeting Agenda Items</b>	<b>Est. Public Hearing</b>	<b>Public Hearing</b>	<b>Ordinances</b>	<b>Resolutions</b>	<b>Minute Action</b>
Approval of 11/1 Minutes					C
Public Hearing: Non Discrimination					
3rd Reading: Alarm Licenses			N		

**November 22, 2022** Councilmembers Absent:

<b>Work Session Meeting Agenda Items</b>	<b>Recommendation</b>	<b>Begin Time</b>	<b>Allotted Time</b>
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Recreation/Sports Subsidy	Direction Requested	4:35	30 min
One Way to Two Way Street Conversion	Direction Requested	4:35	30 min
Agenda Review		5:05	20 min
Legislative Review			20 min
Council Around the Table			20 min
			Approximate Ending Time:

**December 6, 2022** Councilmembers Absent:

<b>Regular Council Meeting Agenda Items</b>	<b>Est. Public Hearing</b>	<b>Public Hearing</b>	<b>Ordinances</b>	<b>Resolutions</b>	<b>Minute Action</b>
Approval of 11/15 Minutes					C

**December 13, 2022** Councilmembers Absent:

<b>Work Session Meeting Agenda Items</b>	<b>Recommendation</b>	<b>Begin Time</b>	<b>Allotted Time</b>
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
Ford Wyoming Center Subsidy (tentative)	Direction Requested	4:35	30 min
		5:05	
Agenda Review			20 min
Legislative Review			20 min
Council Around the Table			20 min
			Approximate Ending Time:

# The Grid

A working draft of Council Meeting Agendas

## December 20, 2022 Councilmembers Absent:

Regular Council Meeting Agenda Items	Est. Public Hearing	Public Hearing	Ordinances	Resolutions	Minute Action
Approval of 12/6 Minutes					C

## December 27, 2022 Councilmembers Absent:

Work Session Meeting Agenda Items	Recommendation	Begin Time	Allotted Time
Recommendations = Information Only, Move Forward for Approval, Direction Requested			
Meeting Follow-up		4:30	5 min
		4:35	
Agenda Review			20 min
Legislative Review			20 min
Council Around the Table			20 min
Approximate Ending Time:			

## Future Agenda Items

**Council Items:**

Item	Date	Estimated Time	Notes
Formation of Additional Advisory Committees			
Excessive Vehicle Storage in Yards			
Graffiti Abatement & Alternatives			
Safe Place Program Implementation & Resolution			
Code Enforcement - Municipal Code?			
Drug Court Update			November 8?
Class and Compensation Study Follow-up			After January 2023
Parking Garage Lease			Summer 2024
Detox Funding Discussion			
LGBTQ Advisory Committee Update			
Budget Amendment Discussion			
Livability/Marketing Follow-up			
Special Event Permitting Process			
Council Boards and Commissions			

**Staff Items:**

Project SAFE Design Contract Amendment		15 min	
Library Walk MOU		15 min	
Patterson - Zonta Park Veteran's Memorial Donation		15 min	
Unsafe Structure Ordinance Follow-up			
City Inspectors Authority/Oversight of Licensed Contractors			
Recreation Refunds			
Sign Code Revision			
Speed Limit Ordinance Review			
Part 2 Ford Wyoming Center			
One Cent Community Projects Grant			After November General Election
Poplar St. and CY St. Intersection			

**Potential Topics-- Council Thumbs to be Added:**

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**Future Regular Council Meeting Items:**

Emergency Response Vehicle			
Resolution on Service Fees Police Response to Alarms			
Changes to the City of Casper Municipal Ordinances, Chapter 8.08, Private Intrusion Alarms.			

**Retreat Items:**

Economic Development and City Building Strategy
---



**From:** Jennifer Scott <jescott@casperwy.gov>

**Sent:** Thursday, September 8, 2022 9:03 AM

**To:** Fire Department <firedepartment@Casperwy.gov>

**Cc:** Dawn Dean <ddean@casperwy.gov>; Renee Jordan-Smith <rjordansmith@casperwy.gov>; Dennis Gazdiewich <dgazdiewich@msn.com>; Greg Groves <legatcn@gmail.com>; Tim Monroe <tmonroe2@tribcsp.com>

**Subject:** RE: Monthly Activity Report

Good morning!

This data is current through 9/7/22.

[Monthly Activity Report](#)

Have a wonderful day!

Thanks,

*Jennifer Scott*

Casper Fire-EMS

GIS Tech/Admin Support

307-235-8222



**Jeremiah Volk, Program Coordinator 500 South Wolcott, STE 100 Casper, WY 82601 Phone: 307-235-2000 Fax: 307-235-2015**

Advisory Board Meeting minutes for 09/07/2022. In attendance: Judge Brian Christensen, Craig Silva atty, Lisa Engebretsen, Jeremiah Volk, and Samuel Forshner, atty.

- Jeremiah Volk will be meeting with the Casper City Council 11/08/22. The Board discussed the specifics of what to share with the council.
- Finances (State Grant and COVID Grant) were passed to Board Members. Drug Court is on point where we should be at this point in the fiscal year. Drug Court cancelled its Zoom subscription.
- Currently Drug Court has 41 active clients as of today. The State grant requires this Drug Court to maintain no less than 45 clients on average per fiscal quarter. We have met this requirement for this fiscal quarter to date. Despite maintaining the grant's requirement, the Drug Court program will continue to work toward maintaining 50 active clients per fiscal quarter.
- Jeremiah informed the Board that all our clients will be placed on the ReConnect App when they first enter the program. They will be placed on the app for their first 30 days, unless deemed otherwise. This app allows the Drug Court team to track a client's location. This app also allows two-way communication between the Drug Court team and the client via messaging. Bulk messages can be made via this app and clients can use it to check to see if they are scheduled for a random drug test that day. Clients are given informed consent regarding this app. It will be a requirement of the program; thus, refusing to allow the application on one's phone can be considered a program infraction.
- The Board was informed that Drug Court staff will be meeting with faculty from the GED center at the college to obtain clarification on what the requirements are for an individual to obtain their GED. Obtaining a GED is a requirement of the Drug Court program.
- COVID-19 (this item will be removed from further Board Meeting agendas at this time)
  - Drug Court services continue to maintain at pre-COVID frequencies
  - Drug Court Hearings have returned to pre-COVID frequencies as of 09/06/2022
- Drug Court's CARF accreditation survey is from 10/12/22 – 10/14/22. This site visit will be administered virtually as per the CARF site surveyor.
- National Association of Drug Court Professionals (NADCP) Conference will be in Houston, TX on June 26th – June 29, 2023. This year's attendees include:
  - Judge Brian Christensen
  - Jeremiah Volk
  - April Steffensmeier
  - Sam Forshner
  - Terry Jackson
- Having no further business, this meeting was adjourned at 1:00pm.

The next Advisory Board Meeting will be on 11/02/2022 at 11:30am.



# Youth Crisis Center, Inc.

July 2022  
-  
Sept 2022

## 2022 4-H Livestock Auction

July 16<sup>th</sup> was the 4-H Livestock Auction at the Natrona County Fair Grounds. YCC participated as a benefactor of donations of meat that will fill our freezers and help feed our youth all yearlong! We are so grateful to all the generous donors that continue to support the Youth Crisis Center and the hungry youth of Natrona County. Thank you to the Central Wyoming Fair Board, staff and the youth that worked so hard all year long with their animals! Last year was the first time breaking over one million dollars in sales! This year the 4-H Livestock Auction exceeded last year's sales!



A Special Thank You to the following donors for their contributions:

- Frank's Butcher Shop & Liquor
- Fremont Motors
- McMurry Foundation
- Hilltop National Bank
- Ziehl Farms
- Roman & Erin Gazda



Ziehl Farms



Roman & Erin Gazda

MCM Companies



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

Like us on Facebook



## Introducing Chef Rosa!



The Youth Crisis Center has a full-time Kitchen Manager. Rosa brings over 30 years of culinary skills with her.

Rosa is passionate about providing nutritious and tasty meals to our youth as it is vital to their well-being and readiness to succeed.



## The Power of Mirroring: How It can Resolve Conflict with Your Youth

Conflict; Aggression, Anger, Frustration, Hopelessness. There are many negative emotions we express when we are in conflict with another person, especially our children. Oftentimes, our approach can feel hopeless. We do everything we can, but nothing seems to work... right? Maybe not. Too frequently we enter a conversation or attempt to resolve conflict already losing, and worst of all, we don't even realize our own subconscious self-sabotage. This is where a strategy called "Mirroring" can help you reach a far more desirable conclusion. Mirroring is broken into physical and verbal. Physical mirroring is a fascinating principle in the world of psychology. As a species we are neurologically predisposed to respond to the minute physical cues of others, and in doing so, "mirror" their expression. In fact, this whole process is completely subconscious and only takes 33 milliseconds for our brain to complete. This process then affects our emotions and responses. While this process helps us to identify the emotions of others, it also serves another adverse purpose. It protects our ego. As humans we are designed to react in a defensive manner to any perceived threats, however when it comes to interactions with others, it can actually escalate the situation despite our intentions. The last time you went to a funeral, how was the atmosphere? The energy? Probably pretty gloomy. What about a sporting event where your team, the home team, is winning? Likely high energy, right? This is because we match others. As a stimulus (our environment) increases, so too does our behavior (our response in this case). This is called positive reinforcement. Physical mirroring is just a form of subconscious positive reinforcement. Negative mirroring simplifies to mirroring negative emotions. So, when you are in conflict with your child, and they are creating a negative response, you will probably negatively mirror them. But here is the kicker. Mirroring goes both ways, negative and positive. Being cognizant of both your child's, and your own reaction, you can create a mirroring paradox. Instead of responding with a negative expression, switch to a positive and understanding one. It may be difficult and feel unnatural, but it will actually cause a shift in emotional response from both you and your child. You are basically using psychology to subconsciously manipulate your child into a more positive state without them even knowing. They will mirror your positive expression as long as you maintain it. Putting both you, and them, into a calmer and clearer state. Now that you have the physical side of mirroring to your advantage it's time to introduce the verbal side. Verbal mirroring is a negotiation technique used by FBI international negotiators, psychologists, and maybe even you. First, it's important to remember that every interaction we have is a negotiation. Verbal mirroring just elevates the quality of a negotiation. Better yet, it's easier than you might imagine. Verbal mirroring is just the simple repetition of the last 1-3 or 1-5 words of the person you are "negotiating" with. Nearly every instance of conflict is rooted in a communication breakdown. All we really want as people is to feel heard. Verbal mirroring creates the perception of active listening from you for the other person. It also slows the conversation down to a pace that creates more manageable response from both people, while simultaneously increasing your understanding of their position. - Zach Beran



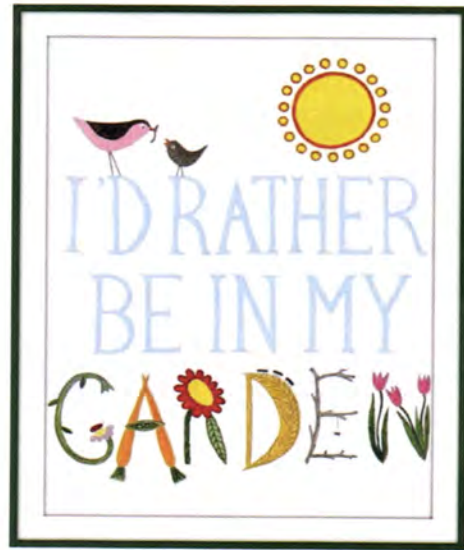
## **A LETTER FROM THE EXECUTIVE DIRECTOR**

The Youth Crisis Center, Inc. is a private 501(C3) Non-profit that began providing emergency crisis shelter services to youth in 1984; shortly after the Henry Home and Mills Home were opened to provide group home services to youth. After 30 years of providing emergency crisis shelter and group home services to hundreds of children and youth each year, in three separate locations, the board, staff, and community came together to raise the funding needed to move all services to one location. In 2013, the three dilapidated buildings were sold, and youth began receiving group home and crisis shelter services in one building. This accomplishment has not only enabled us to provide services at a lower cost, but it has also enabled us to focus more intensely on services we currently provide.

As the only crisis shelter and group home in Central Wyoming and Natrona County, we work very closely with the local school district and schools, Wyoming Department of Family Services, juvenile justice services, CASA, Progressive Youth, district attorney's office, and other youth serving organizations to ensure the youth we serve have support and are connected to community resources when they leave our center. To ensure we do not duplicate efforts and to guarantee we collaborate with community agencies our team participates in local community boards and collaborations such as Community Juvenile Services Board, Student Court, Child Protection Team, Interagency Coordinating Council, Youth Collaborative, and Natrona County Prevention Coalition. We work with many of these partner agencies to provide services, education, and training to our youth and staff on a regular basis.

The National Runaway Safeline states, every year, 4.2 million people ages 13 to 25 experience homelessness and/or crisis and live on the streets of America. One out of every seven children will run away before the age of eighteen. One out of every thirty youth between the ages of 13 to 17 will experience homelessness each year. Further data shows that the top five reasons (including combined factors) for at-risk youth runaway events and homelessness include family dynamic struggles (88%), emotional abuse (31%), peer/social pressures (27%), mental health (24%) and physical abuse (18%). Agencies across Wyoming including those in Natrona County Wyoming that track at-risk youth services report similar findings and even note an increase in substance abuse struggles and sexual assault events in at-risk youth. The Youth Crisis Center, Inc. is the only organization in Central Wyoming that offers crisis shelter services for youth (RHY) and provides a safe place for those youth in need of a safe place to stay and an opportunity to find the help they need for their future.

David Hulshizer  
Executive Director



Over the summer, the YCC group home residents planted and maintained a garden. They sowed their seeds, planted the seeds, watered, weeded and protected their garden from Prairie dogs since May. We are excited to have them experience the fruits of their labor!  
– Seed to table

**We are excited and proud to announce our newest team members!**

Cameron L. – Youth Care Worker

Ethan B. – Youth Care Worker

Colton D. – Youth Care Worker

Jessica W. – Crisis Shelter Case Manager

Zach B. – Group Home Case Manager



## Knowledge Tips You Can Use In Solving The Mental Health Crisis

We live in an ever-changing world where change can be rapid and confusing. Over the past few decades, the science community has made great strides in our understanding of psychology and mental health. Even more recently, we have seen a massive influx on the importance of mental health. While this change is positive, it can be challenging to differentiate the line between fact and fiction, and it can result in your accidental contribution to the spreading of misinformation. What can you do to make sure you are up to date on pertinent and factual information? Understanding sourcing and avoiding myths is key to your success in acquiring information. Here's 7 tips to help you be the most knowledgeable person on the topic.

**Tip 1:** Avoid non-scientific sources. While your everyday blog post or digital article can be great for gardening tips or getting celebrity tea, it is not a great place to get scientific information/data. It's important to remember that many of these sources are aimed towards views and frequently muddle the "truth". Instead, try using search engines like Google Scholar, or utilize library databases to find information.

**Tip 2:** Look for citations. One fantastic sign an article or paper has done their research is the use of citations. Any proper piece of information should include citations or "references" to the research backing the claims in the article. If it doesn't have sources, it's probably opinion.

**Tip 3:** Avoid bias. We all have biases, no matter how much we may utter the words "I'm not judging". Our brains are hardwired to create judgments subconsciously every second of every day. These neural pathways are consistently believed to be the very reason we evolved and survived as a species. However, they also create biases that can blind us from the facts. Try to see a neutral or opposing perspective in addition to your own. "The great thing about science is that it is true whether you believe it or not" -Neil DeGrasse Tyson.

**Tip 5:** Statistics are just numbers. We all love to see statistics (stats) when we are learning about something new. They help create comfort and reassurance in our minds that what we are learning about is somehow "proven or scientific", but numbers can tell lies. I'm sure we've all seen or heard about statistics like "A person on average eats 10 spiders a year in their sleep". And while some, like this one, are outlandish, others like "15-24-year-olds have a suicide rate of 14.2" (CDC, 2022) can create panic or be used to manipulate people into action/inaction. Imagine if the latter of the two statistics was given after a speech about mental health faults in you or your children's schools, you'd probably want policies on mental health to be created. But the reality is that the stat was simply a broad fact and may or may not have any actual correlation/causation with mental health (which in and of itself is a blanket category). More so, the devil is in the details. That statistic I gave earlier from the CDC, is true. However, I left out that the rate was out of 100,000, yielding a rate percentage of only .014%. A great book on furthering your understanding of stats is "How to Lie with Statistics" by Darrell Huff.

**Tip 6:** Ask questions. Many people still believe common myths regarding mental health, such as "teaching someone about a topic (like suicide or sex) makes them more likely to engage in said topic". Myths like these prevent so many from asking questions or getting help. Oddly enough, they can be diminished by asking questions yourself. It is good to question the validity and accuracy of statements, even your own. It can help you and others to stop myths from spreading and promote better education on mental health topics.

**Tip 7:** It's okay to get help. While positive change is happening regarding mental health, it can be especially slow in resistant states like Wyoming, as seen in a reflection of personality traits by state (Rentfrow et al., 2008, pg. 339-369). "Cowboy tough" is a great state specific example of how minor concepts have large impacts. A simple slogan can create resistance to seeking help, causing inner conflict and strife. Help regarding mental health is not a weakness, it's a support. I like to use the following analogy, "you have a chair with one of the legs cut off. Sure, you can sit in it with only three legs, fighting to balance, struggling through it to prove you can. But it is far more enjoyable to sit in a chair with all four legs. That doesn't mean you're weak, that means you're smart enough to recognize the benefit of all the supports, as ultimately, you are the only one sitting in the chair". Your mental health is your own, only you live in your head, why would you want to be uncomfortable? Seeking Help Is Normal and Healthy.

Author: Zach Beran



1656 E. 12<sup>th</sup> Street  
Casper, WY. 82601

**Youth Crisis  
Center, Inc.**

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

HTBOANS 82601

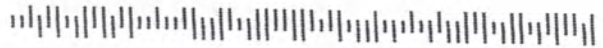
Casper City Council & City Manager  
200 N. David St.  
Casper, WY. 82601

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Double 4 Foundation

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Susan McMurry

First Christian Church-Disciples Women's Ministry

Franks Butcher Shop—Billy Brenton

