

The more things change... (cont. pg. 1)



Lynette shared with all of us, board members and staff alike, the same professionalism and concern that she did with our clients. And for that we will more than miss her.

In the midst of this change, though, one thing is constant: the care and regard we have for our clients. We are grateful to have Jamie Leslie, a counselor on staff since Fall 2014, take over as Executive Director. Not only does Jamie provide a smooth transition as director, taking over those duties from Lynette, she will continue to provide counseling services. With her increased duties you may find yourself scheduled out a little farther than before, but rest assured you will still be receiving the kind, compassionate treatment you always have.

So the new year brings changes—not a novel concept in our business! We are happy for Lynette and wish her a lot of time spent with the family she loves so much. That being said we still miss her but know that 2016 will provide us with new opportunities and challenges. We look forward to spending this year with you and sharing in your new opportunities as well.

BOOKSHELF



Three Trails Book Review

Will's Choice:

A Suicidal Teen, A Desperate Mother, and a Chronicle of Recovery

A book written by Gail Griffith

A review by Cari Langley

Suicide does not discriminate and can affect people of all genders, ages, ethnicities, and socioeconomic backgrounds. People often avoid the topic of suicide because they believe that discussing suicide will make someone more likely to attempt it. However, research has shown the opposite to be true. Someone who talks about suicide or expresses suicidal thoughts should always be taken seriously. Another misconception is that if a person suffering from depression shows behavioral changes such as sudden contentment or making amends with loved ones, he or she has a decreased risk of suicide. Suicidal individuals may have actually reached a resolution and could exhibit these behaviors before attempting suicide. Gail Griffith dispels several of these common myths regarding suicide as she recounts her personal experience with her teenage son's suicide attempt and their journey toward recovery.

Griffith's story begins dramatically as she describes the events of her son's suicide attempt. Spoken from the mother's point of view, the book opens with an intense and heartbreaking scenario as she struggles to save her son and identify what has happened. Griffith provides an honest and poignant description of her shock at learning that her son Will had attempted suicide. She expresses initial disbelief, as she thought his depression was improving, due to notable increased calm and happiness in his mood. Throughout her book, Griffith chronicles misconceptions that she had about suicide as well as the research she conducted to learn more about her son's illness. Griffith's authenticity is evident as she describes her own battle with depression and her related hospitalization. Will also exhibits courage with his contributions to the book by allowing his story to be told and providing personal written accounts.

Griffith's book is not only a personal narrative, but is also a remarkable example of mental health advocacy. During her journey to help heal her son, Griffith conducts extensive research to learn about treatment options, psychopharmacology, and mental health policy. Though she provides significant statistics and policy information, Griffith manages to make the material understandable in layman's terms.

While *Will's Choice* is a compelling and informative read, I would caution one to view it as a particular family's experience, rather than as a guide. The book was published in 2005, thus several advancements and changes have since been made regarding psychotropic medications. Additionally, Will's family had sufficient financial means and many people do not have the opportunity to obtain the intensive tailored treatment that Will received. However, Griffith's experience serves as a reminder of the powerful impact that suicide has on those suffering from depression, as well as their loved ones. The book also offers hope and inspiration that suicide can be prevented and that recovery is possible.

If you or someone you know is having suicidal thoughts, I urge you to seek help. Mental health professionals are trained to assess suicide risk and can provide appropriate referrals, if necessary. If you suspect someone is in imminent danger, call 911 or the National Suicide Hotline at 1-800-273-TALK (8255). For additional information and support, contact the National Alliance on Mental Illness HelpLine at 1-800-950-NAMI (6264).

As a start of this New Year, I thought I would answer some of the most common questions that the staff and I hear. Overall we want our clients' experience to be pleasant and positive and by answering some of these most common questions we hope to provide more transparency about Three Trails and the services that we provide.

QUESTION:

Are services limited to a certain number of sessions?

ANSWER:

Some Employee Family Assistance Programs do have limits to the number of sessions a client may utilize; however, at Three Trails there is no limit to the number of sessions a client may utilize. We do have a policy of one scheduled session a week. This is put in place so that we can provide services to a large population of benefited members in a timely manner.

QUESTION:

Do I need to provide insurance information?

ANSWER:

This is benefited service that is not tied in with clients' insurance. Clients do not need to provide their insurance card.

QUESTION:

Will my place of work know that I am receiving counseling here?

ANSWER:

All of the counselors uphold confidentiality for clients. Exceptions to this occur in the case of substantial or immediate danger to oneself or others. Along with the legal and ethical obligation to take steps to prevent harm to a client or other individuals, the counselors must report suspicions of child abuse or neglect to the proper authorities. Also abuse or neglect of an elderly, disabled or incompetent person will be reported. We do not disclose client information to their place of employment. Businesses and organizations may want some statistical numbers in regard to use of services by their employees, so a statistical representation that shows how often services were utilized may be provided. For example the report may note that from January of 2014 to March of 2014 there were a total of 36 sessions utilized.

QUESTION:

What kind of counseling services do you provide?

ANSWER:

We work with a wide range of concerns from parenting support, alcohol use, grief, stress, anxiety, and depression. We provide individual, couple counseling and family counseling. We do provide referrals to clients who may need more specialized counseling or more intensive services. We do not provide ASIs (Alcohol Severity Intakes) or do court ordered counseling as a part of our services; however, we can provide referrals for these services.

QUESTION:

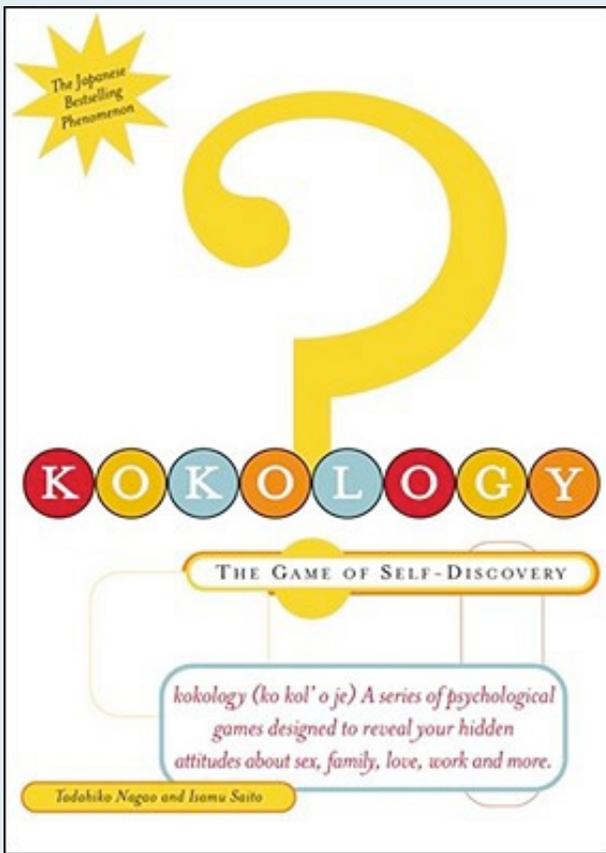
Can my dependents receive counseling services as well?

ANSWER:

In addition to the employee, a spouse or live-in partner is also eligible for the benefit. Minor children, ages 4 to 18, still living at home are eligible as well.

We hope that these answers provide more clarity about Three Trails EFAP. We welcome any questions that you may have for us. Clients can call (307)237-5750 or email us at threetrails@threetrailsefap.org.





From the book *Kokology* by Tadahiko Nagao & Isamu Saito

In the Pages of a Magazine

You just bought a copy of a popular weekly magazine and taken it home to read. How do you go through the features inside?

1. Read the whole magazine in order from first page to last.
2. Jump straight to the articles that you know will interest you and read only them.
3. Flip randomly through the pages and read anything that seems worthwhile.
4. As long as the format hasn't been changed, you'd read the features in the same order as you always do.

Key to the pages of a Magazine

Your average weekly magazine represents the collected effort of a great many writers, designers, photographers, and editors offering a spectrum of opinions and points of view. It is an omnibus of the human experience, and your magazine reading style reflects how you confront the diversity of choices. In particular, the way you budget your reading time reveals your approach to handling resources, especially money.

1. Read the whole magazine in order from first page to last.

You're the type who knows where every penny of your money is and what it's being spent on. It's not that you're all that concerned about your budget or financial planning; you just feel more comfortable when you know exactly how things stand. You hate the thought of missing something, so you keep all your accounts in order and know the current balance of your checking account, including interest, as a matter of course.

2. Jump straight to the articles that you know will interest you and read only them.

Money burns a hole in your pocket. If you have it, you use it to buy whatever catches your fancy and think, Maybe I'll start a savings account next month, as you spend your last dime. If you have managed to save something, it is unusual for you to make a trip to the cash machine and make a withdrawal just to give you something to do.

3. Flip randomly through the pages and read anything that seems worthwhile.

You'd say you're economical. Some would call it stingy. The fact is you don't spend frivolously or waste your resources, preferring to save it for a rainy day. You'll never get carried away with impulse buying or max out your credit cards shopping on cable TV, but you might want to loosen up those purse strings on occasion. After all, money is there to help you live well.

4. As long as the format hasn't been changed, you'd read the features in the same order as you always do.

You keep spending according to habit regardless of changes that take place in your life. If you hit the lottery, it would be hard for you to stop shopping at discount stores. Alternately, if you were facing bankruptcy, you might still insist on designer label clothes. You can't be bothered worrying about the vagaries of fortune, which would make it a good idea for you to hook up with a partner who can, and let him or her handle the finances.

