



Mercer Family Resource Center Board of Directors



The importance of the Mercer Family Resource Center leadership cannot be overstated. They are a reflection of the community in which they live and work, and their depth of understanding about Mercer FRC is crucial to their ability to advocate for the agency's mission and purpose. The Board of Directors has five primary roles: trusteeship, planning, policy and evaluation, resource development, and oversight. Task force committees are responsible for carrying out the agency's strategic plan and consist of the following committees: Facilities, Marketing, Board Development, and Fund Diversification.

Several aspects are considered in regard to board members' relationships with various individuals, organizations, governmental agencies, and groups. Of key importance are their partnerships with the Executive Director, agency staff, social and civic networks, the philanthropic community, and the community in general. They donate their time, passion, and unyielding support. On behalf of all of us at Mercer Family Resource Center, we thank you for your commitment to Casper youth and families! You help us strive for greatness in the services we provide.

~Cori Cosner-Burton, Executive Director

Board of Directors

Steve Hendricks, President
 Bob Turner, Vice President
 Lane Sorenson, Treasurer
 Natalie Betcher, Secretary
 Dr. Mike Harris
 Carissa Marak,
 Jadee Kroeger
 Sheri Postal
 Laramie Barnett
 Jeremiah Volk
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Prevention with Purpose:

Clients benefit from the ease of our Old Yellowstone District location

Recently, our Family and Parenting Specialist, Lisa Brown, shared a conversation she had with a student at her previous job with GEAR UP. The young woman said that she had taken an anger management class offered at Mercer FRC and in her words, "It really helped me!" In our new building, we know clients appreciate the opportunity to receive one or more services under one roof. One of our core values reflects how important we believe our work is and the gratitude we feel toward our community. It speaks of our commitment to professionalism and to our donor relationships: *We value our agency's internal relationships and our collaborations with partner agencies and the community in order to provide professional services.* Out donors' monetary and emotional support has been enormous throughout our capital campaign, for which we are so grateful! **With your help, we expect to complete our campaign—*Prevention with a Purpose* this spring. Take advantage of the opportunity to provide your support and receive an inscribed glass tile placed on our giving Tree wall. Thank you for joining Mercer FRC in its campaign efforts! Watch for details about our celebration in July!**



Natrona County Prevention Coalition (NCPC) works with over 40 community agencies to prevent substance abuse in our community by promoting healthy and positive choices. This is accomplished by community members who believe in a healthy Natrona County. NCPC is excited to announce they will be focusing their efforts in three areas; alcohol misuse/abuse, other drug abuse, and tobacco use. These initiatives will be accomplished through the following groups:

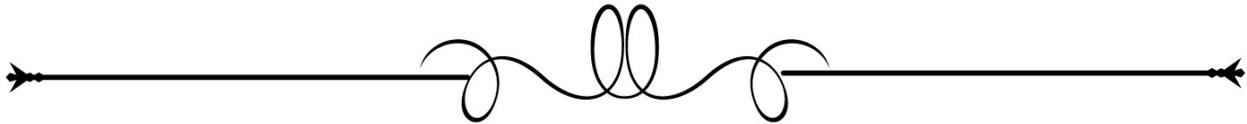
Community Prevention Strategies: As a NCPC subcommittee, this group works to prevent substance abuse/misuse at a community level. By providing education and spreading awareness messaging, this subcommittee assists in overall community-wide change.

After School Programs: NCPC provides funding and grant management to six local after school programs; all of which provide healthy and positive academic programs for youth and children.

Youth Leadership Initiatives: NCPC and the Youth Empowerment Council support each other in providing substance free activities to youth across the community.

Family and Parenting: A NCPC subcommittee that works to promote and provide substance free family activities in Natrona County.

Please join us for the next NCPC meeting! May 5th, 1:00-2:00 p.m. at 2211 King Blvd.



Upcoming Dates to Remember

April 15 & 16 — **12th Annual Methamphetamine and Substance Abuse Conference**
Registration information can be found at www.casperwy.gov

May 9 — Safe Kids presents **Safe Kids Day**
9:00 a.m.-1:00 p.m. @ Casper Rec Center

July 7 — NCPC-Family & Parenting & Mercer FRC present **Family Day**
Like “Natrona County Prevention Coalition” on Facebook to keep up-to-date with this event!

September 9 & 10 — **Wyoming State Suicide Prevention Conference**
Registration information coming soon!

Save the Date



October 24 — Mercer Family Resource Center’s
Dancing with the Stars of Casper
Like “Dancing with the Stars of Casper” on

<u>Recap of Programs and Services Provided</u>	Year to Date (July 1, 2014 March 31, 2015)
Total number of clients (receiving direct services) -	2,603
Total number of direct service hours provided-	9,351
Intervention Services	Service Hours Provided
Insight II (youth substance abuse education)	516
Corrective Thinking (youth)	387
Anger Management (youth)	248
Tobacco Education (youth)	80
Something for Nothing (youth shoplifting prevention)	270
Weekly Drug and Alcohol Education (adults)	193
All Day Drug and Alcohol Education (adults)	216
Total Intervention Education Hours	1,910
Family Programming	Service Hours Provided
Make Parenting a Pleasure	242
Love and Logic	269
Strengthening Families	458
Total Family Programming Hours	969
Counseling, Assessment, & Case Management	Service Hours Provided
Child in Need of Supervision (CHINS)	653
Family Choices Counseling & ASI (Substance Abuse Evaluations)	274
Total Counseling, Assessment & Case Management Hours	927
YEC/Prosocial Activities, Prevention & Awareness Training	Service Hours Provided
YEC (Youth Empowerment Council)	2,283
QPR (Questions Persuade Refer) Suicide Prevention	130
Youth Mental Health First Aid	432
SPAT (Suicide Prevention Awareness Team) & Bullying Prevention	2,700
Total Prevention & Awareness Hours	5,545

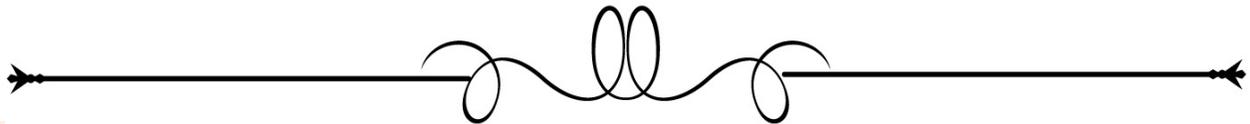
The Wyoming Community Foundation of Casper is delighted to support Strengthening Families classes provided by Mercer Family Resource Center. Ann S. Ruble, Associate Director of Philanthropy, stated that type of support for working families is critical in our communities. We are very thankful for their support.



mercer family resource center

535 W. Yellowstone, Casper, WY 82601 (307) 265-7366 fax (307) 473-2650

www.mercercasper.com



Counseling Services and EMDR

~Amy Kirkman, MS, LPC

Mercer FRC Clinical Supervisor & Program Manager

Mercer Family Resource Center provides counseling services to individuals, couples, and families of all ages. All therapists are Master's level and are licensed, or working toward licensure. We provide counseling services on a sliding fee scale and are now taking Medicaid. Beyond providing quality counseling by licensed professionals, we now have two therapists trained in Eye Movement Desensitization and Reprocessing (EMDR). EMDR is an integrative form of therapy that is recognized for being an effective therapy approach in treating severe trauma, both past and present, and is also effective in treating post-traumatic stress disorder (PTSD). According to the EMDR Institute, EMDR is recognized as an effective form of trauma treatment in many practice guidelines worldwide, such as the American Psychiatric Association, the Department of Defense, and World Health Organization.

EMDR utilizes different effective psychotherapies in structured protocols, such as psychodynamic, cognitive behavioral, interpersonal, experiential, and body-centered therapies. EMDR attends to past experiences of the client that have set the groundwork for pathology (the current situations that trigger dysfunctional emotions, beliefs and sensations), and the positive experience needed to enhance future adaptive behaviors and mental health (EMDR Institute, 2011).

EMDR goes beyond talk therapy and instead uses eye movements or other forms of bilateral stimulation to assist the client to move past trauma. EMDR allows the brain to process the traumatic event, which allows the client to connect to a more positive present and future. The most important piece regarding EMDR therapy is that the client does not have to relive the trauma step by step, but instead reprocesses images and beliefs about the traumatic experience.

For more information on EMDR, contact Amy Kirkman, MS, LPC at 307-262-4269

EMDR International Association. (2011). Retrieved March 30, 2015, from <http://www.emdr.com/general-information/what-is-emdr.html>