



Fremont Counseling

March 2011

Jerry sees good results in our future from 2011 CARF survey!

To All Staff

The 2011 CARF Accreditation Survey has just concluded. I want to echo one of our organization's strengths and that is you - the staff. Thank you for the work you do and for your dedication to the consumers that you serve. Your preparation was evident during the survey and I anticipate seeing it in the final report.

I also thank the Leadership Team in your preparation and in working with the Survey Team during the survey. Your willingness and responsiveness were also recognized.

We will not receive the final report and accreditation information until the early April 2011. Based strictly on the exit briefing I believe we did very well.

Dick shares some great information regarding Schizophrenia

One mental disorder that receives a lot of attention in the media today is schizophrenia. Despite this attention the general public has very limited knowledge of this condition. Unlike depression or anxiety, schizophrenia has no counterpart in ordinary experience—most of us feel sad or frightened occasionally but rarely do we experience anything close to schizophrenia.

Schizophrenia is a severe mental illness that drastically reduces the individual's ability to carry out the normal functions required to maintain independence--socially, personally, and financially. Left untreated, the symptoms of schizophrenia completely overwhelm the individual so that he or she is at extreme risk for acting in ways that call attention to them or in ways that can result in harm to themselves or others. This condition usually consists of three types of symptoms. Positive symptoms are the hallmark of the disorder and include delusions—patently false and sometimes bizarre beliefs, hallucination—sensory experiences, usually voices, that are not real, and loose associations—an inability to carry on a logical train of thought. The other types of symptoms are equally debilitating. Negative symptoms are a reluctance to engage in social activities and lack of motivation to do most anything. Cognitive symptoms are poor memory and slowed processing of new information. One misconception is that people with schizophrenia have multiple personalities. Schizophrenia is not split personality. It is generally seen as a split from reality. There is another condition called Dissociative Identity Disorder in which the individual has more than one distinct personality. The causes and treatment for this condition are drastically different than for schizophrenia.

Schizophrenia affects about one in two hundred individuals. The age when schizophrenia usually becomes a problem is the late teens and early twenties for men and somewhat later for women. The older the individual is when schizophrenia develops the better the outcomes are for that individual. However, most individuals with schizophrenia will have it to some degree for the rest of their lives. Treatment for schizophrenia generally involves the use of anti-psychotic medications and social rehabilitation treatment. Sometimes psychotherapy is helpful but only after the individual is stable on medications.

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stereotyped by it. However, in my experience these individuals are as different from one another as are most people. An individual I know who has experienced schizophrenia wrote this poem which is a good closing to this article.

I am more than.....
 When I was young the sickness came over me
 Like the night over comes the day

As I waded through the ocean of mental tears
 Nobody knows the shame and the pain I hide

As I got older I began to realize
 There is plenty that I am besides being a label or stereotype

I am a son, brother and boy friend.
 I am a hard worker who loves to Rock and Roll
 I am a dog whisperer and shade tree mechanic
 I am also a motorcyclist and guitar player

I am more than a label or stereotype
 I am more.....

***“I have learned
 that people will
 forget what you
 said; people will
 forget what you
 did, but people
 will never forget
 how you made
 them feel.”
 -Maya Angelou***



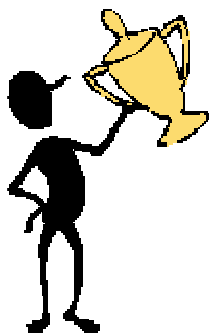
Staff Spotlight— Tonya Pepper

Tonya is the Early Intervention Specialist at Fremont Counseling. Tonya completed her graduate work seven years ago at Naropa University in Boulder, Colorado, a Buddhist-inspired university. She has practiced counseling and art therapy in a variety of settings and cultures, but has especially loved the ones that involve kids! Tonya is from Seattle originally, but has lived in Colorado, Peru, on the Wind River Reservation, and now Lander for the past three years. Some of the more meaningful “work” she has done living here is completing a Northern Arapaho vision fast ceremony, and regularly assisting with and participating in sweat lodges. As you can tell by the above, Tonya is passionate about travel, new experiences, and learning new things. Just this winter alone, she has completed Avalanche Level 1 certification, Wilderness First Aid certification, earned First Place for an art show at the Lander Art Center, and is currently taking Intermediate Spanish and USA-style boxing! Phew!

Staff Spotlight-Ryan Selvig

Ryan Selvig is the newest staff member in the Riverton FCS office and he resides in Lander with his wife Marissa and their two children, daughter Liv (pronounced Leev) and their son Jonas. Ryan and his wife enjoy hiking, fishing, hunting and pretty much anything outdoors in their spare time. It is their aspiration this summer to take a vacation together without the children for their five year wedding anniversary. Ryan was born and raised in Minnesota where he grew up in a good family that pushed him to reach his potential. At the age of 16 years old, he received his Eagle Scout award from the Boy Scouts of America. In 1994 he graduated from high school. Unsure of what his future held he moved to California and took a job as a multimedia technician and traveled the USA for one year putting on presentations in high schools, junior highs and churches. While traveling the USA he fell in love with Northern California. After traveling he decided to apply to college in Redding, California where he was accepted and attended two years of college at Simpson College. After two years and a life change he decided to move back to Minnesota to complete his education at Northwestern College in St Paul, Minnesota. He received his BS in psychology with a focus on marriage family therapy in 2000. After difficulty finding a job in human services without a masters degree, Ryan decided to continue work as an ice cream vendor and other positions within a retail grocery. In 2006, he got married to Marissa and through the love and encouragement of his wife he pursued his masters degree in mental health counseling through Capella University. He completed his practicum/internship at New Ulm Medical Center Allina Hospital where he worked in the psychiatric unit, residential substance abuse and behavioral health departments. His practicum/internship paved the way for him to graduate in March 2010 and soon thereafter he joined the FCS team in Riverton.

February Employee of the Month



Congratulations to **Kayse Sparks** for being selected as the February employee of the month!

Kayse was nominated by Tonya Pepper: "Kayse is consistently open to ideas and suggestions for what to work on with my clients' parents and then follows through! She also offered to attend a client's IEP meeting this month when I wasn't able to, plus helped get this quarter's review done for the same client. I would guess that 80% of the work that needs to be done with my "5 and under" crowd is about teaching better parenting skills – I don't know what I would do without Kayse!! (PS – Please have your baby really fast.)"

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St Patrick's Day Fun Facts

St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD. It is also a worldwide celebration of Irish culture and history. St. Patrick's Day is a national holiday in Ireland, and a provincial holiday in the Canadian province of Newfoundland and Labrador.

In Ireland on St. Patrick's Day, people traditionally wear a small bunch of shamrocks on their jackets or caps. Children wear orange, white and green badges, and women and girls wear green ribbons in their hair.

Happy Birthday! Happy Anniversary!

March Birthdays Are.....

Tonie Featheringill: March 4th

Chris Parr: March 23rd

Happy Birthday Ladies!!!



March 1st was **Marlene's 6th** anniversary here at FCS and she shares this day with **Sabrina** who just celebrated her **7th** year working at FCS! Thanks for your hard work ladies!

Donna celebrated her 2nd anniversary on **March 4th**, it's great to have you here with us Donna!

Dick will be celebrating his **22nd** anniversary at FCS on March 27th! Congratulations to you Dick and thank you for all your hard work and dedication to FCS for the past 22 years!

3 Keys to Eating Right

More IS MORE This is a major eye opener for anyone trying to lose weight or eat healthier: In general, more is more. That means eating more frequently: six or seven small, healthy meals and snacks per day, which balances blood sugar, boosts metabolism and delivers continual nutrition to your cells. Load up on small amounts of nutrient-dense food throughout the day and you'll look better, feel better and live better.

Think Variety Eating healthier means progressively infusing more nutritious foods into your existing diet; it doesn't mean eliminating your favorites forever. That tactic will lead to one result and one result only: an eventual "return" to your unhealthy ways. Instead, develop a meal plan that emphasizes variety - both healthier choices and less-healthy favorites. You'll be more likely to stick with it for the long haul.

True Colors There's no debating the value of color in your diet, but we don't mean the artificial kind. Cut the FD&C Blue No. 1, Green No. 3 and Yellow No. 5 from your diet and see how many unhealthy foods go by the wayside (many cereals, most colored frostings, etc.). Replace those colors with the natural kind; namely fruits and vegetables, which deliver abundant nutrients your body needs.