

Our Staff:

- * Licensed Professional Counselors
- * Licensed Clinical Social Workers
- * Certified Social Workers
- * Case Managers
- * Treatment Specialists
- * Outreach Specialists
- * Advanced Practice Registered Nurse

Wellness Program Vision:

- * Practice a high degree of care that leads to a meaningful life.
- * Creating collaborative community partnerships and innovative services.
- * Supporting Employment Goals and Opportunities.

Wellness Program Values:

- * Responsive to the needs of the client and community.
- * Staff dedication to integrity, professional growth, and compassion towards innovative quality care.
- * Work together to provide Mutual Respect and Mutual Support.

More Information:

www.fremontcounseling.com

Lander:

748 Main Street
Lander, WY 82520
(307) 332-2231
(307) 332-9338 (fax)

Riverton:

1110 Major Avenue
Riverton, WY 82501
(307) 856-6587
(307) 856-2668 (fax)

TTY Hearing Impaired:
1-800-877-975

24-Hour Emergency Access:

Lander: (307) 332-4233
Riverton: (307) 856-7489

Fremont Counseling Service is an
Equal Opportunity Provider.

FREMONT COUNSELING SERVICE

Wellness Group



Our Mission:

To provide the highest quality mental health and substance abuse services to enhance lives and enrich our communities.

**Proudly Serving Fremont County
Since 1959.**

Wellness Group Description:

The goal of the Wellness Group is for you to attend, participate, and work toward and complete individual goals tailored to your treatment plan.

Based on the Illness

Management and Recovery Model

Illness Management and Recovery (IMR) is an evidence-based practice that gives participants information about mental illnesses and coping skills to help them to: manage their illnesses, develop goals, and make informed decisions about their treatment.

Highlights include:

- ◇ Identification of personally meaningful recovery goals.
- ◇ Learning more about mental illness in order to make better decisions about healthcare.
- ◇ Building social networks and engaging supporters in activities that promote recovery.
- ◇ Identification of early warning signs and planning steps to prevent relapses.
- ◇ Learning new strategies to help manage symptoms and cope with stress to significantly improve life.

Wellness Group Includes:

- ◇ Group and individual therapy
- ◇ Development of a Wellness & Recovery Action Plan (WRAP) to self-manage recovery
- ◇ Psychiatric medication management
- ◇ Supported Employment
- ◇ Case Management
- ◇ Social & Recreation Activities
- ◇ Family Education
- ◇ Sharing similar experiences with others and development of an expanded support system
- ◇ Community Orientation



Emergency Services:

Fremont Counseling Service staff are available 24 hours a day, seven days a week (including weekends and holidays) to assist with mental health emergencies / crises.

Individuals are welcome to walk-in our offices for an emergency consultation during regular business hours (M - F, 8:00 AM - 5:00 PM).

After business hours (including weekends and holidays), individuals should go to a local hospital or police department for assistance.

If you, or someone you know is experiencing a mental health emergency, please call 9-1-1 for immediate assistance.

FCS staff are also available to provide Critical Incident Stress Debriefing services to agencies and facilities in our local communities.

Please call our offices for more information about this service.