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## 30th ANNIVERSARY EVENTS

### Wyoming Institute for Disabilities University of Wyoming

This year, the University of Wyoming (UW) celebrates 30 years of Wyoming Institute for Disabilities (WIND). WIND is an academic unit in the college of Health Sciences and a University Center for Excellence in Developmental Disabilities (UCEDD). WIND works to assist individuals with developmental and other disabilities, their families, professionals, and UW students through education, training, community services, and early intervention.

#### Public Talk and Anniversary Gala

October 7, 2024 — 3:30pm

Marian H. Rochelle Gateway Center

Educator, advocate, and filmmaker Jim Warne will speak followed by a reception and a cash bar. If you are unable to attend in person but would like to view Jim Warne's presentation via Zoom, please register at <https://www.uwyo.edu/wind/30years/windanniversaryevents.html>.

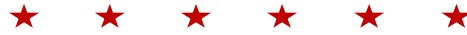
#### Film Screening with Jim Warne

October 8, 2024 — 4:00pm

UW Arts & Sciences Auditorium

WIND will host a film screen and discussion with Jim Warne of his award-winning film, *7th Generation*. Captioning and audio description will be available.

All events are free and open to the public. Contact [uwwind@wyo.edu](mailto:uwwind@wyo.edu) with any questions regarding the 30th Anniversary events.



Prepare

letsvotewyo.org

Letsvotewyo.org provides information on polling places, registration, ID requirements, and absentee voting. You can also report voting concerns by visiting letsvotewyo.org or calling 307-777-5860.

vote411.org

Vote411.org is a "one-stop-shop" for election related information.

It provides nonpartisan information to the public regarding election dates, early voting, ballot measures, ID requirements, polling place locations, registration deadlines, voter qualifications, and voting machines. You can also report election issues by calling or texting 1-866-our-vote.

vote.org

Vote.org is a nonpartisan nonprofit that is committed to advocating for voters in every state. Its unique approach is research-backed and funded 100% by tax-deductible donations from voters. It provides information on registering to vote and voting by mail. You can also check your registration, see what's on your ballot, or get election reminders. Teens can pledge to register and receive a text reminder on their 18<sup>th</sup> birthday.

Learn

Voting Access and Disability

October 22, 2024  
10:30am-12:00pm

*Voting is a fundamental right. There is power in the disability vote!*

This workshop, offered by Wyoming Independent Living, will cover the voting process in Wyoming, understanding the power of the disability vote, access & overcoming barriers to voting, and rights and responsibilities.

Visit <https://www.wilr.org/>

Get Help

P&A Voter Hotline

1-877-249-6167

November 5, 2024  
7:00am — 7:00pm

- Hotline for Voters with Disabilities
- Free Assistance Available

Call Protection & Advocacy System, Inc. with questions about voter registration, accessibility, guardianship, voting equipment, or other issues that might affect your right to vote.

ASL Voter Hotline

1-301-818-VOTE

(301-818-8683)

- Ask questions and get answers — in ASL
- Offered by the National Association of the Deaf

National Association of the Deaf volunteers are standing by to answer any questions about voting and to provide resources on the voting process.

The Wyoming Department of Health (WDH) and its partners continue to improve 988 Suicide and Crisis Lifeline operations to enhance what's available to help Wyoming residents.

Two call centers within Wyoming are part of the 988 Suicide and Crisis Lifeline system, which is a national network of crisis centers that provide support to people in suicidal crisis or emotional distress. The free and confidential 988 line can be reached every day, all day by phone, text or online chat.

"We highly encourage residents to consider contacting the lifeline during a mental health or substance use crisis. We want them to know they can connect with someone who will listen, and offer care and support," said Alicia Johnson, Crisis/988 Program manager with WDH.

"Fortunately, we've been able to expand what our Wyoming-based centers offers this year. People who call or text 988 from a 307 area code number are sent first to help from one of our Wyoming-based centers. Previously, texts were routed to national resources," Johnson said.

An online chat function is also available at [988lifeline.org](https://988lifeline.org). Chat services were also enhanced recently to direct most Wyoming residents who use the option to Wyoming-based help.

"We believe these are great improvements for the 988 system in the state," Johnson said.

"We expect to begin routing calls based on whether someone is located in Wyoming rather than just on a phone's area code within the next few weeks," Johnson said. "We see this as another valuable step forward for our 988 services."

Currently, calls to 988 are routed to the closest crisis center based upon the area code of the phone used.

"We believe it's a benefit for most Wyoming callers to be connected to a Wyoming-based call center, with staff who may be more relatable," Johnson said. Many partners

worked together to ensure this localized resource was available within our state over the last several years. While the heavy majority of Wyoming calls are answered by a Wyoming-based center, being part of a national network offers back up for those rare times when the local center isn't available."

Johnson said many people wonder what happens when you call 988.

"We tell people they'll hear a recorded greeting while the call is routed. Veterans are offered an option tailored for their needs. If a local crisis center is unable to take the call, callers are automatically sent to a national backup crisis center," Johnson said. "A trained crisis counselor will answer the phone, listen, work to understand problems, provide support and share helpful resources."

Live crisis center calling services are available in English and Spanish, with further translation options in available in more than 250 additional languages. Text and chat support is currently available in English only.

Wyoming-based 988 Suicide and Crisis Lifeline services are funded with a combination of state and federal dollars.

Anyone interested in donating to support 988 operations in Wyoming is invited to complete the form found at <https://health.wyo.gov/behavioralhealth/mhsa/988-lifeline-in-wyoming/>. Donations through the State of Wyoming are not tax deductible. Another option is contributing directly to one of the two Wyoming-based 988 call centers WDH currently contracts with to provide services:

- [Wyoming Lifeline](https://988lifeline.org) at (307) 527-1113
- [Central Wyoming Counseling Center Lifeline](https://www.wyoming.gov/behavioralhealth/mhsa/988-lifeline-in-wyoming/) at (307) 237-9583

*If you or someone you know is in immediate danger of harming themselves, please call 911. If you or someone you know is having thoughts of suicide or is in emotional distress, contact the 988 Suicide and Crisis Lifeline by dialing 988 or visiting [988lifeline.org](https://988lifeline.org).*

Source: <https://health.wyo.gov/improvements-to-988-suicide-and-crisis-lifeline-continue/>

## National Alliance on Mental Illness Family Support Group



The National Alliance on Mental Illness (NAMI) Wyoming now offers **Family Support Group** on the first and third Tuesdays of each month. NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Participants gain insight from the challenges and successes of others facing similar experiences.

NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

### NAMI Family Support Groups are:

- Free of cost to participants
- Designed for adult loved ones of people with mental health conditions
- Led by family members of people with mental health conditions
- 60-90 minute virtual meeting every other week
- No specific medical therapy or treatment is endorsed
- Confidential

By sharing your experiences in a safe setting, you can gain hope and develop supportive relationships. This group allows your voice to be heard and provides an opportunity for your personal needs to be met. It encourages empathy, productive discussion and a sense of community. You'll benefit from other's experiences, discover your inner strength and empower yourself by sharing your own experiences in a non-judgmental space.

### NAMI Family Support Group will help you:

- Aim for better coping skills
- Find strength in sharing experiences
- Not judge anyone's pain
- Forgive ourselves and reject guilt
- Embrace humor as healthy
- Accept that we cannot solve every problem
- Understand that mental health conditions are no one's fault and can be traumatic experiences

Anyone in Wyoming with a family member living with mental illness can join. To join, submit a Program Interest Form at <https://namiwyoming.com/support-and-education/support-groups/nami-family-support-group/>.

*For more information contact Shea Ward at 307-265-2573  
or [namiwyominginfo@gmail.com](mailto:namiwyominginfo@gmail.com).*

Source: <https://namiwyoming.com/>



### **MISSION STATEMENT**

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To establish, expand, protect, and enforce the human and civil rights of persons with disabilities through administrative, legal, and other appropriate remedies.

### **CONTACT US**

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