

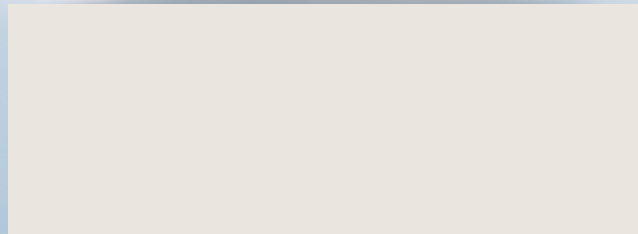


CATHEDRAL HOME
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Laramie, WY 82072

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CATHEDRAL HOME
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Cathedral Home is a trusted youth services organization in Laramie, WY, partnering with Wyoming youth & families through comprehensive mental health care. Cathedral Home offers Youth and Family Counseling Services, 24/7 crisis shelter care through the Laramie Youth Crisis Center, long-term support and transitional care, including case management and mentorship, through the Community Resource Center, and a Residential Treatment Program for youth. The Cathedral Home vision is that every child & family has the resources to thrive, and is focused on providing compassionate care that serves clients no matter where they are or what they can afford.

Learn more at cathedralhome.org.

2022 IMPACT REPORT

the open door
CATHEDRAL HOME

VOLUME 113

HEALTH | ACCESS | EQUITY | COMPASSION

thrive (v): to prosper, flourish, and grow well
(CHC Dictionary): I have what I need to live safely, comfortably,
and free to dream of the future



We're proud to showcase the work of the last year in this edition of *The Open Door*. In 2022, our team of advocates, caregivers, and champions pressed forward in ensuring that more Wyomingites could access expert care.

Thank you for believing with us that mental health means better health for all.

Nicole Hans



112 years of saying *yes* when children & families courageously seek help
2022: youth & families *thriving*

Our vision is that every child and family has the resources to **thrive**.
Through focus on health, access, equity, and compassion, we work to
ensure that everyone has what they need.



941

crisis service days

10,979 days agency-wide



48%

increase in safety

reduction in self-harm risk
through residential care



499

clients served

across all programs



988

engagement hours

community service, recreation, social
skills-building with our recreation
coordinator



advocacy + action

We speak up and take action when it's time to help.

Every time you stand up for something you care about, you're *advocating*.

In 2022, we were proud to commit our advocacy to action through initiatives like:

- 2022 legislative advocacy guide
- growing our email list of committed Advocates in Action to 567
- partnering statewide with agencies like ours (through Wyoming Youth Services Association, WYSA) to push for legislative decisions that support children & families
- expanding service offerings
- growing our care provider team
- working with financial partners to grow our Health Access Fund (which helps fund care for families without adequate coverage)



Our team of caregivers advocates for policy change and in everyday instances where the well-being of our communities is at stake. They help clients to gain confidence in advocating for themselves by helping with things like:

- connections to partner organizations
- attending school meetings alongside students and parents
- working with landlords and housing assistance programs
- testimony and client support in the legal and juvenile justice systems
- accessing needed medical care and covering associated costs
- food security

"When I think of power advocates, I think of the Resource Center Team, Max, Hannah, Simon, Maddy, Beth, and Jacqueline. Their work with partner agencies is so impressive, responding to client needs with compassion, commitment, and graciousness.

They respect and support the client journey so well."

-PA



7458

philanthropy & advocacy touchpoints
moved our mission in 2022

6 cathedralhome.org/action

 **96**
individuals sought therapy
from our new service, Oct-March

I'd like to nominate Becca and Nati as power advocates. They're often the first people that folks interact with at Cathedral Home and their professionalism is commendable.

They adapt so well to the needs of the agency, always seeking to understand and better provide what people need. They are gracious and helpful to everyone who visits us."

-TK

As we assessed what it'd take to reach our vision (*that every child and family has the resources to thrive*), it was clear that expanding access was critical.

As a result of many factors - from stigma to funding - it is hard for children and teens to get the mental health care they need when they need it. All the while, the number of youth experiencing high levels of distress, depression, and anxiety continued to climb across Wyoming and the nation.

Therein was an opportunity to support better health where we live, work, and play. Clinically, it's called outpatient services - meaning services people can receive while still going about other routines of daily living - but we call it **Community** Counseling.

Through statewide partnerships, we raised funds to offset the cost of receiving care. We deployed education and awareness campaigns highlighting the necessity of mental health, upgraded client spaces, and reduced stigma with catchy slogans, apparel, and community partnerships.

Seven new clinicians joined our team in 2022, all eager to provide the type of care that allows everyone a chance to thrive.

And in just six months, more than 50 new clients - children, families, young adults, and grandparents - had the opportunity to choose expert care through Cathedral Home.

access = counseling for all



New to us this year was play therapy, community groups, and strengthened partnerships across the healthcare continuum.

mental health is health



7212
staff learning hours
honing our skills to understand and respond to trauma

"I'd like to nominate Destiney as a power advocate. She always goes above and beyond to meet client needs. Recently, when a client's much-anticipated visit with family was in jeopardy, she and Corey made it happen. She exudes the relationship-based approach we utilize and it benefits the crisis center clients immensely."

-AL

the home team

Our workforce is our most valuable resource.

As a team, we prioritize elevating care for all. We advocate for youth & families, build strong relationships, and create lasting supports for our community.

We asked our teammates what they'd highlight about Cathedral Home if they could only pick one thing. Overwhelmingly, the answers were: the clients and *each other*.



↑ 10 cathedralhome.org/careers

"Seeing the passion that people have in their positions. It's so great seeing how much people care. From the Executive Director to the Care Professionals. That's my favorite part."

"For many, it's not just a job but a true calling. I am constantly humbled and inspired by the great people who work here."

"I see hard-working, dedicated people who care deeply about the success of the young people placed in our care. I see countless acts of compassion"



1020

connections to medical care

for residential clients in
need of primary & specialty
visits



57%

reduced crisis rating

from survey of youth & families
before and after crisis care at
our center



423

hours of horse therapy

time spent with our herd of 18
horses and 1 pony builds trust and
confidence



2+

years of reading gains

in 6-9 months of education at our
special-purpose school

together we...



This year we committed to fostering health in all its forms - from school to home, food to safety. Services were added, and our team was strengthened. **You** joined us in championing thriving youth & families.

We prioritized community outreach, including two food share events and mental health trainings. More clients were served through our newly-named Resource Center, doubling their total from two years prior. 50 individuals sought counseling through our new outpatient services. Our residential team worked tirelessly to prioritize healing. We published toolkits for caregivers and worked with schools to help foster conversations on youth mental health.

Our clients experienced better outcomes this last year than any prior. 499 children, parents, teens, students, and families received care.