

Climb

NEWSLETTER 2022

Greetings! We're grateful and honored to connect with you and share inspiring stories and updates from around the state that YOU help make possible. Because you believe in this important work, the single moms we serve are making their families...and the state of Wyoming...stronger every day. *Thank you!*



Photos: At commencement from Climb's Certified Nursing Assistant (CNA) program, Michelle's daughter had a few things to say, too. Michelle loves getting to know residents at Sage View Care Center.

YOUR GIFTS AT WORK

Michelle is moving on from adversity and bringing comfort to long-term care residents.

For Michelle, giving up was not an option, especially when she was so close to finishing her Climb Wyoming Certified Nursing Assistant (CNA) training. It would have been understandable to call it quits: a fire had destroyed the front of her house, leaving it uninhabitable and needing a new roof and extensive repair.

“I kept going to training,” Michelle recalls of the day after the fire. “I wasn’t going to let anything get in my way.”

Michelle had faced adversity before. “I wanted to do Climb because I was so tired of not having enough money to get things fixed,” she says. “My kitchen drain leaked, so I had to keep a bucket under the sink. My cars were always old and breaking down.”

Earning her CNA license offered a new direction, a way out of working as a bartender and in dead-end jobs that didn't support her young daughter after a divorce.

Michelle buckled down with extra determination after the fire. She and her

daughter moved in with her grandmother. She stayed up late studying for her CNA licensing test. Meanwhile, Climb's mental health services gave Michelle a chance to process things that had been weighing her down for years and sometimes making it hard to hold down jobs.

After graduating and earning her license, Michelle immediately started her Climb job placement at Sage View Care Center in Rock Springs, where she continues to work.

Recently, while helping a resident settle into bed, the woman told Michelle her life story. “She told me about her husband who she missed so much,” says Michelle. “And that she hadn't talked to anyone like this in years.”

Today, Michelle's house has been repaired, and she recently purchased a newer, more reliable car. She opened a savings account for her daughter. “Looking back, I'm really glad I didn't give up!”

YOUR IMPACT:

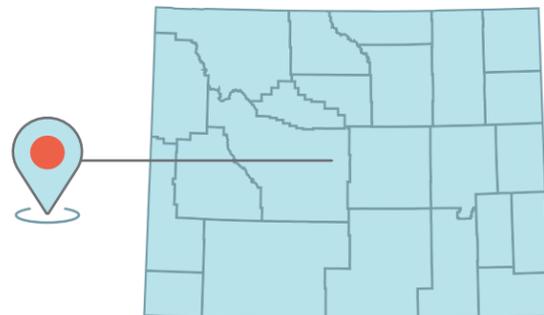
HOW YOUR SUPPORT IS MAKING A DIFFERENCE.

A Climb program that included **PLUMBING, PIPEFITTING, AND COMMERCIAL DRIVING** has led some of the graduates to join Cheyenne's local 192 Plumbers and Pipefitters Union, where they've started a five-year paid apprenticeship that will lead to high-level "journeymen" status in the trade.



People from the lowest 20% of household income are 3x more likely to have a **MENTAL HEALTH CRISIS**.^{*} At Climb, all participants receive both individual and group counseling from a licensed Wyoming mental health care provider as part of their path out of poverty.

This year, Climb has set a goal to reach moms in **ALL OF WYOMING'S 23 COUNTIES** with work readiness support, including connections to housing and childcare resources, food access, and counseling services. This outreach has been critical for families who are most in need and live in very rural areas without access to job training services.



Climb continues to inform best practices that help families across the country. Recently, the bipartisan **NATIONAL GOVERNORS ASSOCIATION** (NGA) in Washington, D.C. asked us to share our expertise in poverty alleviation through workforce development in order to support governors in public policy priorities.

^{*} American Journal of Industrial Medicine, August 2020



EMPLOYER PARTNERS AT WORK



The current labor shortage has hit the construction industry hard, leaving employers struggling to fill jobs, especially driving positions that require a commercial driver's license (CDL).

Aaron Merritt, a transportation supervisor with Evans Construction based in Jackson, Wyoming, feels like he's hit the employee jackpot after hiring three recent Climb graduates to fill critical positions on his team. The moms earned their CDLs with Climb this spring and are now driving a variety of different trucks on job sites, including road repairs in Yellowstone National Park after serious flooding this spring.

"It's awesome on many levels," says Aaron. "I get drivers that I desperately need because the job market is so scarce right now. Plus, I've been to some low places and worked my way up to the position I have now, so I'm always excited to give someone a hand up. Climb graduates are willing to learn and always ready to improve themselves. In my experience, women working in construction are always top-notch. So it's encouraging for me to help more women get started in this industry."

"Climb graduates are willing to learn and always ready to improve themselves. In my experience, women working in construction are always top-notch."

—Aaron Merritt, Transportation Supervisor, Evans Construction

Photos: Aaron Merritt talks to a group of Climb's Commercial Driving (CDL) participants about pre-trip inspections. Evans Construction currently has three moms hired to fill driving jobs.



Every monthly gift holds the promise of a brighter future — and shows your personal commitment to a family's strength, tenacity, and courage.

Sign up online at [climbwyoming](https://climbwyoming.com).



SNAPSHOT OF A CLIMB DAY

During every Climb program, one day each week is dedicated to coming together as a group to master important job readiness, executive functioning, and life skills. It models the 9 to 5 routine of a typical workday and is packed with powerful activities like these to help moms prepare for successful employment.

10 a.m.

Work Success: Interview Preparation

How can you connect your past employment experiences with the skills required for a new job? This is a chance for moms to identify and present their strengths in a professional way, gain confidence, and learn some of the hidden rules of a job interview.



11 a.m.

Group Counseling

Guided by a Climb mental health provider, group therapy is critical because most work is done in a group—so practicing how to handle conflict and communicate effectively with others sets moms up for successful interactions on the job.



2 p.m.

Life Skills: Budgeting

When you get your first paycheck from your Climb job placement, what's next? Moms discuss their complex relationships with money, how to create a monthly budget during inflation, and tools to transition off government assistance into self-sufficiency.

9 a.m.

Morning Meeting

Creates a safe structure to practice how to successfully plan for the day ahead...and the inevitable distractions that come up in life and work.



3 p.m.

Giving and Receiving Feedback

Having a direct conversation with a supervisor or co-worker can be hard—so moms learn techniques for turning these interactions into productive steps forward in their careers.



4 p.m.

Mindfulness

Research shows that the toxic stress and trauma of poverty impacts the way the brain functions. Climb's mental health providers use mindfulness exercises at the end of the day to diminish these harmful neurological patterns and reduce symptoms of anxiety and depression.



SITE OFFICES

CASPER

(307) 237-2855
casper@climbwyoming.org

GILLETTE

(307) 685-0450
gillette@climbwyoming.org

SWEETWATER AREA

(307) 382-0771
sweetwater@climbwyoming.org

CLIMB'S HOME OFFICE

1001 W. 31st Street
Cheyenne, WY 82001
(307) 778-4126
info@climbwyoming.org

CHEYENNE

(307) 778-0094
cheyenne@climbwyoming.org

LARAMIE

(307) 742-9346
laramie@climbwyoming.org

TETON AREA

(307) 733-4088
teton@climbwyoming.org

STAY CONNECTED!  facebook.com/climbwyoming | climbwyoming.org | For moms: climbready.org

MISSION For low-income single mothers to discover self-sufficiency through career training and placement. **W Y O M I N G**

Climb
W Y O M I N G