

Climb

NEWSLETTER 2023



Photos Above: Climb Wyoming graduate Felicia is now an instructor training other moms to launch commercial driving careers.

YOUR KINDNESS IS TRANSFORMATIVE!

Because you believe in women like Felicia, Wyoming families are conquering poverty to build better lives, healthier communities, and a stronger workforce.

What does Climb graduate Felicia like more than driving trucks? *Teaching* commercial driving (CDL) students how to operate large semis and launch high-paying, in-demand careers.

"I'm not a very tall person," Felicia jokes about how surprised some of her students at Mountain West Commercial Driving School are when they meet her. "But when they have bad nerves, I'm calm." Felicia's supportive approach has earned her the nickname "Mountain West Momma."

This spring, she traveled to Rock Springs to train other Climb moms earning their CDLs. "I told them everything I'd gone through...and that no matter what's happening now, it doesn't determine your future. I said, 'look at me, I'm on top of the world right now!'"

Six months earlier, Felicia was fighting hard to start over after traveling a difficult road. "I had just regained custody of my kids and gotten clean from my struggles with addiction," she recalls.

Felicia says participating in Climb was the most important step she took to transform her life.

As soon as the program started, she realized Climb was there to support all aspects of her life in preparation for a new job.

"I got constant support," she recalls. "My family's social security cards and birth certificates had been stolen, so Climb even helped me navigate the process of getting new ones."

"Going through things as a group lets you see the small successes along the way."

Felicia also benefited from Climb's group and individual counseling. "I cried a lot going through some of my past struggles, but Climb was always there to listen." She found support from the other moms, too. "Some of us were pretty broken when we came to Climb. When you feel like you're the only one struggling, going through things as a group lets you see the small successes along the way. It's so empowering."

Since starting her job placement at Mountain West Commercial Driving School, Felicia has earned pay raises, moved from a small apartment into a house, and received medical benefits that are critical to treat a kidney condition. Her kids, ages 6, 10, and 13, are proud of their mom.

Felicia is proud that, so far, her driving students have a 100% success rate passing their CDL tests.

UPDATES FOR YOU:

YOUR SUPPORT MAKES ALL OF THIS [AND MORE!] POSSIBLE

At the Wyoming Trucking Association's annual convention, Climb celebrated that **510 MOMS** have been trained in commercial driving since 1986. Graduates working in non-traditional careers experience a **152% WAGE INCREASE** on average two years post-program.



Climb continues to inform best practices that help alleviate poverty across the country, recently sharing our **TWO-GENERATION IMPACT** at the Aspen Institute's Forum on Children and Families and a Department of Health & Human Services meeting in Washington, D.C. focused on helping families in rural communities thrive.



Climb's new Administrative Support Specialist training in Cheyenne gave moms **SIX GLOBALLY-RECOGNIZED TECHNOLOGY CERTIFICATIONS** that are in high demand, including Global Digital Literacy, Communication Skills for Business, and Intuit QuickBooks™ User Certification.



Medical Assistant licensing typically takes up to a year—Laramie's accelerated program delivered the curriculum in just **12 INTENSIVE WEEKS**. The moms also gained clinical experience at Iverson Memorial Hospital and Family Physicians of Laramie to help select a healthcare environment that fits their strengths and priorities.



Photos Above: Mildred's supervisors and trainers at Summit Medical Center are thrilled to have her on the team and see her accomplishing life goals like finishing her high school degree.

EMPLOYER PARTNERSHIPS

Gaining Skilled Employees While Helping Them Reach Life Goals

“I'm 32 years old and didn't think I could start a new career since I never finished high school,” says Mildred, a mom of five. “After being in a co-dependent relationship for a long time, I just planned on getting a job in fast food.”

Climb's Office Careers training in Casper gave Mildred some new and exciting options for her future as part of Climb's process to find a great match between a mom and an employer. “Towards the end of the program, we all wrote down what we wanted in a job. My list was a perfect match for a Patient Access Specialist position at Summit Medical Center.”

Mildred started her job placement and decided to keep pushing herself by finishing her high school degree. “Being back in school, it's all really clicking in my head,” says Mildred, who has put in some long days studying after work.

Heather Judd, Mildred's manager, collaborated with Climb to coach Mildred in reaching this goal.

“I've been impressed with her professionalism and she's highly motivated,” says Heather. “We're helping Mildred help herself. In life, we've all experienced struggles. Sometimes we wish we had that one person to support us. It's just the right thing to do. I want to see her grow and grow!”



Help make your community a great place to live and work!

Climb's **2:1 match** on **WyoGives Day** means your generosity goes further for families.

24 HOURS TO GIVE on July 12, 2023 at wyogives.org!





BOARD MEMBERS

Tyler Garrett, *President*
Rosie Berger
Curtis Biggs
Bryant Hall
J.J. Healy
Carrie Kirkpatrick
Laura Hewitt Ladd
Emily McGrady
Michael Von Flatern

SITE OFFICES

CASPER
(307) 237-2855
casper@climbwyoming.org

CHEYENNE
(307) 778-0094
cheyenne@climbwyoming.org

GILLETTE
(307) 685-0450
gillette@climbwyoming.org

LARAMIE
(307) 742-9346
laramie@climbwyoming.org

SWEETWATER AREA
(307) 382-0771
sweetwater@climbwyoming.org

TETON AREA
(307) 733-4088
teton@climbwyoming.org

CLIMB'S HOME OFFICE
PO Box 425
Cheyenne, WY 82003
(307) 778-4126
info@climbwyoming.org

MISSION

For low-income single mothers to discover self-sufficiency through career training and placement.

STAY CONNECTED!

f facebook.com/climbwyoming
climbwyoming.org
For moms: climbready.org

THE GIFT OF MENTAL WELLNESS

Moms Practice New Ways of Thinking to Succeed in the Workplace

Research shows that the stresses of poverty—from struggling to access food and housing, to abuse and other traumas—impacts how our brain functions, especially diminishing planning, decision making, and other executive functioning skills.

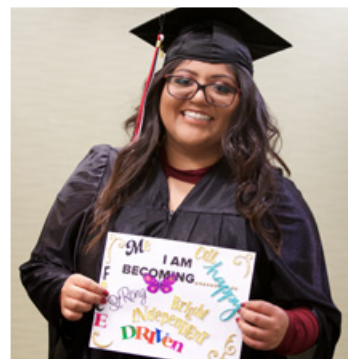
At Climb, moms find a safe place to address past obstacles in their personal and work lives with a licensed mental health provider while also practicing new ways to heal the brain's previous negative patterns.

"Climb is really different in that we take a psychologically informed approach to job training," says Amy Boillot, a therapist who has been working with Climb moms for more than two decades.

"We have a place for emotions at Climb," she says. "Each day of the program offers consistency and structure so moms know what to expect and can begin to practice new ways of thinking. And unlike a lot of work programs, we stay with moms once they begin a new job, checking in each week to ask, 'How is it going at work?' and then talking through ways to make a different decision or do things differently. It's a very powerful model."

With support, the brain *can* heal from the traumas of poverty...and moms can forge ahead for years to come with new tools for succeeding in work and life.

73% of Climb participants report improved executive functioning after the program, including skills like planning and decision making, working memory, and emotional regulation.



Photos Above: At Climb, moms have lots of opportunities to practice techniques that heal past traumas and set them up for success in the workplace.