

CENTENNIAL MENTAL HEALTH CENTER, INC

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being.



Adult Mental Health Services

QUALITY CARE FOCUSED ON CLIENT STRENGTHS

Out-Patient Services include individual, family and group therapy in a Centennial office or in the home; crisis response services available 24/7; individual and group substance abuse treatment.

Anger Management teaches highly effective anger management skills and techniques via individual and/or anger management groups, where the client is provided a safe and supportive learning environment.

Dialectical Behavioral Therapy (DBT) Skills training provides the tools and coping skills to deal with emotions in healthy and positive ways in order to "reason correctly".

Eye Movement Desensitization & Reprocessing (EMDR) is form of psychotherapy that was developed to resolve symptoms of disturbing and unresolved life experiences.

Managed Pharmacy Benefits is a program designed to assist those who cannot afford medications which have been prescribed by Centennial medical providers.

SUPPORT FOR BASIC DAILY NEEDS

Supportive Housing provides clients 18 and older opportunities to live independently, according to their needs. Clients can apply to receive a housing subsidy managed by CMHC to live in a housing unit anywhere in CMHC's catchment.

Community Support Program provides assistance to help clients manage benefits, provide advocacy, linkages and referrals. The program serves those 18 years or older with a mental health diagnosis.

SPECIALIZED SERVICES

Animal Assisted Therapy/Activities (AAT/AAA) is used to improve emotional, cognitive, social and physical functioning. AAT also allows clients to experience the unconditional positive regard that only an animal can provide.



Our Motto: Helping communities change— one life at a time.