

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.



Animal Assisted Therapy/Activity



Animal Assisted Therapy (AAT) involves a human services professional integrating a specially trained animal in a goal directed, documented therapeutic intervention with an individual, group or family. AAT is used to improve emotional, social, cognitive and physical functioning, as well as to provide an opportunity for participants to experience the unconditional positive regard that only an animal can provide. The past 20 years of research in this area has resulted in significant empirical support for this modality of therapy.

Centennial's AAT services are provided by a master's level professional within the scope of their experience and training.

An Animal Assisted Activity

(AAA) is the use of specially trained handler animal teams in activities that may be repeated with several individuals, unlike therapy, that is specific to an individual or case. AAA creates an opportunity for individuals to increase motivation, social interaction, physical activity and educational/recreational opportunities to enhance quality of life. AAA's may be provided by carefully screened staff who may not be master's level clinicians.



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