

Contact Enrollment Information

For more information or to enroll in the
Special Connections Program, please
contact

Centennial Mental Health Center
211 W. Main
Sterling, CO 80751
970.522.4392

We Believe

In the preservation of human dignity, self
respect & client rights,

Clients are our highest priority

Clients are best served through collaboration

Centennial Mental Health Center is dedicated
to maintaining communications with
the public we serve and participating
actively in our communities

Our Role



*We are here to **LISTEN**
Not to work miracles
We are here to help **DISCOVER
FEELINGS**
Not to make the feelings go away
We are here to **IDENTIFY
OPTIONS**
Not to make decisions.
We are here to help **PLAN**,
Not to take the steps.
We are here to help **DISCOVER
STRENGTH**
Not to rescue
We are here to help **DISCOVER
SELF-SUFFICIENCY**,
Not to take responsibility
We are here to help **LEARN TO
CHOOSE**,
Not to make choices.
**WE ARE HERE TO PROVIDE
SUPPORT FOR CHANGE!***

Special Connections



Centennial Mental
Health Center

Services offered

Special Connections is a treatment program designed to support women concerned about alcohol and other drug use during and after pregnancy. Our program is dedicated to the prevention of low birth weight babies, babies exposed to alcohol and other drugs during pregnancy and to promoting a healthy family life.



Centennial Mental Health Center (CMHC) is a non-profit organization dedicated to providing the highest quality comprehensive mental health and substance abuse services to the rural communities in northeastern Colorado.

Primary Aspects



Women's Issues

- ☞ Self Esteem
- ☞ Trauma
- ☞ Boundaries
- ☞ Healthy Relationships/Healthy Families
- ☞ Recovery

Substance Abuse Parenting Skills

- ☞ Substance Abuse & Pregnancy
- ☞ Relapse Prevention
- ☞ SSIC (Strategies for Self Improvement and Change)
- ☞ Parenting Skills (Birth to 12)

Healthy Pregnancy

- ☞ Health Education
- ☞ Nutrition, Pregnancy & Beyond
- ☞ Family Planning

Case Management Services

- ☞ Linkage & Referrals to other community resources
- ☞ Collaboration with medical providers.

Pregnancy

The program has a two phase design. Phase One is during pregnancy. This phase lasts 36-42 weeks and includes the following:

Three group or individual therapy sessions per week

- ☞ One individual session with primary therapist (if attending group therapy)
- ☞ A minimum of one urinalysis per week
- ☞ Case management services
- ☞ Nursing Services



Post Delivery

Phase Two is Post Delivery. This phase lasts up to one year and includes the following:

- ☞ Two group or individual therapy sessions per week
- ☞ One individual session with primary therapist
- ☞ A minimum of one urinalysis per week
- ☞ Case management services

*This phase and criteria for each phase are not are not mandatory and will be considered on a case by case basis.