

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.

July 25, 2014

The CenterLine



LATEST RESEARCH

Men with Social Connections Tend to Have Lower Risk of Suicide: Men who have more social connections such as through marriage and religious participation tend to have a lower risk of suicide, according to a new study. Participants who had the most connections had less than half the risk of suicide over 24 years as those with the fewest social ties, researchers report in the *Annals of Internal Medicine*. They used data from a study of 34,901 male health professionals who were between the ages of 40 and 75 years when they entered the study in 1988. The researchers measured men's social integration using a series of questions about marital status, social network size, frequency of contact with social ties, religious participation and participation with other social groups. They separated the participants into four groups based on their level of social integration and then looked at how many took their own lives by February 2012. Overall, there were 147 suicides during the 24 years of follow-up—about two suicides per 10,000 participants per year. There were about four suicides per 10,000 people per year among the participants in the lowest social integration category. That compared to about 1.5 suicides per 10,000 people per year among those with the highest level of social integration. Because the study participants were all well-educated men in good health, the results may not be applicable to the average person. It may also not apply to women, who might respond differently to social integration than men. ([Reuters](#), 7/16/14)



August Birthdays

Becky Greenwood	Aug 3
Jean Knopp	Aug 3
Stephanie Jaramillo	Aug 6
Toni Warnick	Aug 6
Joanne Weatherly	Aug 6
Chris Jutz	Aug 10
Tiffany Nichols	Aug 17
Milynne Rasgo	Aug 18
JJ Pursley	Aug 26
Rosie Bowey	Aug 27
Michelle McCauley	Aug 28
Bob Segerstrom	Aug 28
Richard Becker	Aug 30

Anniversaries

1 yr.	Essie McCall
3 yrs.	Joanne Roth Troy Penner
6 yrs.	Loren Probasco
8 yrs.	Sheila Couch Arlene Weimer
13 yrs.	Liz Hickman
15 yrs.	Theresa Miller
18 yrs.	Gina Dardanes
25 yrs.	Brenda Carlsen



Where in the catchment area?



Your challenge is to identify the community and send your answer to Toni at ToniW@CentennialMHC.org. Submissions must be received by Toni no later than noon on Wednesday of the week following the picture's publication.

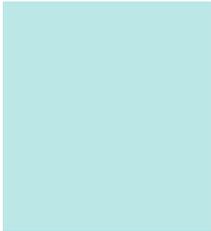
All correct submissions will be identified in the Centerline. We hope you will enjoy this fun filled opportunity to learn more about the details that add to the charm and appeal of the 17,647 square miles of Centennial's catchment area.



Exploring Art in Therapy



Centennial Mental Health



Photography

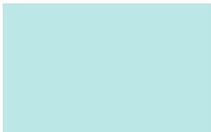
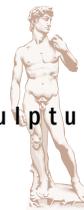
Painting



EXPLORE
ART



Sculpture



Dance



For the month of July, I have been working with the Early Child Development Centers in Elizabeth and Limon, providing art projects for the children. The theme is Worry/Wish and these are the Worry/Wish dolls they have been making. The children got the story, "Wilma Jean the Worry Machine", talked about what worry is to them, and then made the dolls.

Dallas Rabig, MA
Early Childhood Specialist
Centennial Mental Health Center
Elizabeth