

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.

August 15, 2014

August

- 1-7 – Simplify Your Life Week
- 3-9 – Single Working Womens' Week
- 10-16 – National Resurrect Romance Week
- 17-23 – Thanks For All The Gifts Week
- 24-30 – National Safe at Home Week – Reduce The Clutter
- 25-31 – Be Kind To Humankind Week



National Relaxation Day – August 15

Some days, life feels like a blur. We are on the proverbial roller coaster of life, with all of the ups, downs, spins and circles that we can handle.

On National Relaxation Day, our goal is to slow down and notice the awesome things that surround us.

Living at risk is jumping off the cliff and building your wings on the way down.

Ray Bradbury
(August 22, 1920 – June 5, 2012)

The CenterLine



Make Happiness Happen!

Milton Berle says that laughter is like a mini vacation, so in an effort to squeeze out a little more vacation time, take a moment to laugh today. Find something that tickles your funny bone. Chat with a funny friend. Recall a funny family moment.

Happiness does not just happen. It has to be worked at. It is far easier to focus on the difficult, the challenging, the negative and the disappointing. There are so many examples of them happening all around us and the media, our colleagues and our friends are more than eager to point them out to us. These things make up most of normal, everyday conversations. It takes an effort to really notice and be thankful for the big and small things that make us happy.

Happiness Happens Day aims to spread the joy of being happy and to persuade people to look on the brighter side of life. One website, lists 31 different types or feelings around happiness (<http://sohp.com/about/types-of-happiness/>) including contentment, relief, anticipation, hope, blessed, confident, motivated and amused because happiness, doesn't have to be this big belly laugh, but it can be. It can also be an inner smiling.

Tips For Celebrating Happiness:

Visualize a peaceful place or the place where you experienced the most fun. Research shows that our brain's down time network that is stimulated during this time not only brings these memories to the forefront of our thinking, it also helps sharpen our thinking and problem solving skills, helps our brain make sense of world and protects our mental health

Plan something fun to look forward to after work.

Get outside. Sunlight can boost our mood as it impacts our neurotransmitters and hormones. It can also help us to get a better night's sleep which many of us can use.

Use different scents to boost your mood. Aromatherapy oils can be used to invoke calmness or boost energy.

Put a smile on your face. According to research, the facial changes involved in smiling have direct effects on certain brain activities associated with happiness.

Play with your pet. Pets have been shown to reduce stress, increase exercise and promote co-operation.

Do something creative or artistic. Research has found that creating helps make people happier, less anxious, more resilient and better equipped to problem-solve.

Get away. According to one study, vacations lead to increased happiness (93%), less stress (86%), being recharged (89%), more energy (81%) and improved health (78%).

And finally, researchers found that people who count their blessings sleep better, have a higher self-worth and are more satisfied and happy with their life. So, let happiness happen. Be open to it. Be aware of what makes you happy and when you are happy!

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Regional Operations Director's Report – July, 2014



Kathleen Murray, Southern Region



New Staff, New Energy- As the new Regional Operations Director for the Southern Region, I am getting acquainted with our communities, our staff and our community partners. For now, my most important job is to listen. Over time, I will demonstrate through my actions that I have heard.

Sheila Snyder, formerly Office Coordinator in Elizabeth, has been promoted to Regional Operations Manager for the Southern Region. The process of finding her replacement has taken longer than we had hoped, but Sheila has managed the challenge of doing both jobs with grace and a sense of humor. Once we are fully staffed, both Sheila and I plan on splitting our time between Elbert and Lincoln Counties.

Parenting With Love and Limits- Two PLL Groups, one in Elbert and one in Lincoln, were successfully completed last month. A total of 14 families participated in Group, Family and In-Home Treatment and Coaching Sessions. New groups are scheduled to start in August and September. Congratulations to Andrea McPherson Mendes and Rich Campbell for their good work.

6 Big Ones- On July 1, we will launch this prevention-based incentivized program for adolescents. The program is based on Sean Covey's book, *The Six Most Important Decisions You'll Ever Make*. The program is a true collaborative effort, co-sponsored and co-facilitated by CMHC, Elbert County DHS and Heads Up Colorado. The plan is to continue to offer this valuable program in both Counties to engage our youth in meaningful conversation about the impact of their choices.

The 6 Big Ones is just one aspect of our effort to address the high incidence of hospitalizations and out-of-home placements among Elbert County adolescents. It is also a community service. Teens do not need to be in treatment to take advantage of this great program.

Mentoring Program- Mentoring is another aspect of our effort to address the high incidence of hospitalizations and out-of-home placements among adolescents in our area. Beginning July 1, 2014, the Southern Region will participate in the Hay Grant, adding mentoring services for youth in both counties.

Home-Based Services- Because our referral sources have told us that they want in-home services for their families, we have made two clinicians available to do in-home treatment. Our case managers will also be providing services in clients' homes as needed. We look forward to a lively home-based program in the coming year.

DUI Programs- In Elbert County, we have converted to a flat fee and changed scheduling in order to make DUI Treatment accessible to a broader range of individuals. Classes are now available in the evening from 6 to 8 PM and on Saturday mornings. We plan to expand UA Monitoring hours as soon as we are able to hire a technician. These changes, combined with a great new curriculum, should increase our DUI services significantly. Similar changes will be made in Lincoln County as trained staff is available.

Expanded Hours- Because of our awareness of the importance of being available when our clients are available, we have expanded our hours of service. Three of our clinicians are now available to see clients until 7 PM.

Expanded Community Involvement- As a part of our effort to be present, involved and visible in our communities, we have participated in a variety of community events including the Elizabeth High School Health Fair, the 9 News Health Fair, Elizabeth, the 9 News Health Fair, Limon, the Elizabeth Stampede, and the Limon Rodeo.

Peer Specialists- We currently have four active peer specialists, three of whom are employed and one who volunteers regularly. We believe that our peer specialists are the future of our Journey program.

Melissa



Mary



Barbara



Ariana



Dallas



Joanne R



Marilyn



John



Sheila



Andrea



Tara