

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 29, 2014



The CenterLine



September Birthdays

| | |
|----|--------------------|
| 2 | Rachael Fryrear |
| 6 | Jody Strouse |
| 8 | Kathleen Murray |
| 9 | Art Reyes |
| 17 | Eline Potoski |
| 18 | Kevin Cure |
| 18 | Sue Whited |
| 19 | Lisa Leeman |
| 21 | Chantell Christner |
| 27 | Carrie Fox |
| 28 | Liz Hickman |
| 28 | Mary Bryant |
| 28 | Theresa Miller |
| 30 | John Mercer |

Anniversaries

| | |
|-------------------|---------|
| Jecelle Fetzer | 1 yr. |
| James Day | 2 yrs. |
| Jim Coody | 2 yrs. |
| Rhonda Conger | 3 yrs. |
| Noey Lopez | 3 yrs. |
| Becky Greenwood | 4 yrs. |
| Michelle McCauley | 5 yrs. |
| Jose Leon | 6 yrs. |
| Lorie Hessler | 10 yrs. |
| Deb Schorzman | 13 yrs. |
| Sharon Edler | 19 yrs. |

Kathleen Sandberg 31 yrs

As the summer draws to a close, the anticipation of a new school year gains momentum as children, parents, teachers, and communities prepare for the official first day.

Much like the preparation that one undergoes in buying new school supplies, materials, and clothing, we must also ensure that we (as parents, caregivers, and educators) work to prepare children for the new school year by openly talking about the possible challenges that one may face.

Being emotionally and mentally prepared for the new school year is critical. The changes that come about for younger children or adolescents vary by age and it is up to the parent and/or caregivers to be aware of how these changes can affect children.

MHA has developed several Back to School fact sheets that parents and others can download, print, and share in order to be prepared throughout the year to address the various challenges and issues that students confront in schools and their communities.

These materials cover:

- Children's Mental Health Matters: Promoting Children's Mental Health
- Children's Mental Health Matters: Take a Closer Look
- Bullying: Tips for Parents
- Bullying and LGBT Youth
- What to Do If You Are Being Bullied
- Healthy Mental and Emotional Development
- Parent/Advocate Back to School Checklist

For students in college, MHA has developed Back to Campus materials and an accompanying toolkit that provides parents and young adults with helpful information and resources.

The materials address:

- Stressed or Depressed? Know the Difference
- Boost Your School Performance by Taking Care of You
- Top Ten Freshman Year Issues (and how to deal with them)
- Alcohol, Substance Abuse and Depression

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Glory is not a conceit. It is not a decoration for valor. Glory belongs to the act of being constant to something greater than yourself, to a cause, to your principles, to the people on whom you rely and who rely on you in return." ~ John McCain

Vietnam war hero and U.S. Senator, John Sidney McCain III (1936-) was born on this day in the Panama Canal Zone, the son and grandson of four-star admirals.

SEPTEMBER 2014

Theme: **Peace**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
|  | 1 National School Success Month Volunteer with your school's PTA to plan a celebration. | 2 Give someone a vacation. | 3 Learn about a new holiday in a culture different from yours. | 4 Write a positive note to a classmate or coworker. | 5 Make your office or classroom peaceful. | 6 Host a lemonade stand to raise funds for a peace-oriented charity. |
| 7 Grandparents Day Spend time with your grandparents or adopt one. | 8 Say please and thank you. | 9 Children's Good Manners Month Compliment a child each time she is polite. | 10 Be courteous in traffic. | 11 Stop negative conversations. | 12 Give them the benefit of doubt. | 13 Better Breakfast Month Plan a week's worth of breakfast in advance. |
| 14 Teach your child how to write a thank you note. | 15 National Flower Week Give flowers to a loved one. | 16 Share small olive branches with friends and coworkers. | 17 Be a genuine person. | 18 Create a 'flower message' for a friend; use a flower reference book to find each meaning. | 19 International Talk Like a Pirate Day Arrrgghh, Matey! | 20 National Student Day Send a care package to a college student. |
| 21 National Dog Week Donate pet food and supplies to a local animal shelter. | 22 Keep your dog's shots up-to-date. | 23 Have a conversation with your pet. | 24 Be a positive person. | 25 Teach someone a language. | 26 Register your peaceful pet as a therapy dog; visit hospitals and nursing homes. | 27 Keep your workplace or school clean. |
| 28 National Good Neighbor Day Organize a Block Party. | 29 Pumpkin Day Make a pumpkin 'treat' for coworkers. | 30 Breathe deeply and let it go. | | | | |