

# 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.

November 7, 2014

## November

National Alzheimer's Disease Awareness Month  
National Family Caregivers Month  
20 - Great American Smokeout  
22 - International Survivors of Suicide Day

## Birthdays

Jeff Wheeler	Nov 3
Jennifer Wilcox	Nov 5
Liz Lopez	Nov 9
Brenda Wildrick	Nov 11
Kassidy Clouse	Nov 15
Sharon Edler	Nov 15
Shawna Wahlert	Nov 17
Mark Farmer	Nov 18
Melissa Bergemann	Nov 20
Kirstin Schelling	Nov 26
Dallas Rabig	Nov 27

## Anniversaries

16 yrs.	Linda Valle
11 yrs.	Kirstin Schelling
6 yrs.	Chuck Fisher
3 yrs.	Coleen Thompson
2 yrs.	Noelle Metcalf Allison Pusbach
1 yr.	Stephanie Jaramillo Scott Armstrong Susan Speight Bobby Klaer Lisa Leeman Christina Shanks Marilyn Bosko

# The CenterLine



### Suicide Risk Factors

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life. The more risk factors, the higher the risk.

### Health Factors

Mental health conditions.

Depression.

Bipolar (manic-depressive) disorder.

Schizophrenia.

Borderline or antisocial personality disorder.

Conduct disorder.

Psychotic disorders, or psychotic symptoms in the context of any disorder

Anxiety disorders.

Substance Use disorders.

Serious or chronic health condition and/or pain.

### Environmental Factors

Contagion would include exposure to another person's suicide, or to graphic or sensationalized accounts of suicide.

Access to Lethal Means including firearms and drugs.

Prolonged Stress Factors which may include harassment, bullying, relationship problems, and unemployment.

Stressful Life Events which may include a death, divorce, or job loss.

U.S. Department of Health & Human Services



## Welcome

Top L: Emily Basler, Accounting Clerk in the Business office.

Top R: Nallely Cereceres, Office Asst. in Burlington

C Left: Amanda Crossland, MHP II in Central Region - Fort Morgan office.

C Right: Nicole Garfield, MHP II in NE Region – Sterling office.

Bottom L: Shaundiva Garrett, MHP II in Southern Region – Elizabeth office

Bottom R: Thomas Hensman, IT Tech in the Business Office



# NOVEMBER 2014

Theme: Gratitude

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Family Literacy Day Write while your child dictates his/her life story. She/he can illustrate and read it to others.
2 Take someone to the movies.	3 Pat someone on the back.	4 Creative Child and Adult Month Create a home art gallery, display their work and invite family & friends.	5 Take pictures of friends and family, share with all.	6 Let your teacher know you appreciate him or her.	7 Be considerate of others.	8 Shovel snow for a neighbor.
9 Good Nutrition Month Cut food into shapes with cookie cutters.	10 Say thank you when you wake up and before sleep.	11 Eat lunch with someone new.	12 Give away your parking spot.	<b>13 WORLD KINDNESS DAY</b> Donate \$1 to a clean water fund.	14 National Teddy Bear Day Organize a teddy bear drive.	15 Recycle Day Use a reusable water bottle.
16 Leave quarters at the laundromat.	17 Homemade Bread Day Bake a loaf of bread and share with friends.	18 Do someone a favor.	19 Donate blood.	20 Make a list of appreciation.	21 Send an encouraging text message.	22 Forgive someone.
23 National Game and Puzzle Week Establish a monthly Game Night for friends.	24 Give a free hug.	25 Giving Tuesday Donate to an organization of your choice.	26 Say "please" and "thank you".	27 Return all items you borrowed throughout the year.	28 Be a friend who listens.	29 Donate coats, gloves, and hats to a local charity.
30 Organize a carpool.						