

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 21, 2014

November Holidays

Nov. 27th & 28th
Closed Holiday
Happy Thanksgiving



Once again we will be having a Center-wide contest for best Door decoration.

It's simple to participate

- 1) decorate your door
- 2) send picture of door to toniw@centennialmhc.org
- 3) Make sure entry is in before Dec 12.

Voting will take place the week of Dec 15th -18th, please only vote once - you can include a "second" choice which will be considered for any ties to be settled.

Use the talents you possess, for the woods would be a very silent place if no birds sang except the best.

-Henry van Dyke,
poet (1852-1933)

The CenterLine



Experience stress relief

Volunteer for ear-acupuncture @ Centennial Mental Health, 910 E. Railroad, Fort Morgan, Colorado, Saturday and Sunday December 6 and 7, 2014, at 10 am and 2 pm (will last @ 45 minutes)



Volunteer to experience stress relief through receiving a 5-point ear acupuncture protocol in a *National Acupuncture Detoxification Association* (NADA) training that is happening at Centennial Mental Health, 910 E. Railroad, Fort Morgan, Colorado, Dec 6 and 7, 2014— Free

The ear acupuncture will be done by persons who are being trained but who may not be certified yet as a NADA 5-point ear acupuncture specialist. The trainees will be working under the supervision of a certified NADA 5-point ear acupuncture specialist.

Possible benefits include: general feeling of well-being, improved sleep, sense of relaxation, decreased cravings for addictive substances. Come at 10 am and/or 2 pm and spend an hour relaxing.

Location: Centennial Mental Health office,
910 E. Railroad, Fort Morgan Colorado

The times for receiving a treatment as a volunteer are Saturday and Sunday, December 6 and 7, 2014, at 10 am and 2 pm.

For more information:
Phone: 719 671-1611
E-mail: libbystuyt@msn.com
Phone: 303 831-7072
mkchristian@msn.com

Board of Directors

The next meeting is scheduled for December 11th in Sterling.

- During the Work Session held before the business meeting, Pam Craig, Deputy Director of Operations, discussed components of Trauma Informed Care and Centennial's ongoing project to assess the center's practices in this area. She noted studies indicate a high correlation with later in life health problems, work difficulties, relational problems etc. with traumatic/stressful events experiences in childhood. The more events experienced, the more later in life symptoms. Centennial recognizes the need to provide services sensitive to the impact of that trauma and the workgroup tasked with this project will make recommendations to Centennial's management based on their findings.
- The regular meeting of Centennial's Board of Directors was called to order by President Tom Westfall on November 13, 2014 with 13 Directors present representing Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick and Yuma Counties.
- Guests invited and present to participate in the public input forum topic included Colette Barksdale, Lincoln County DHS Director and Chief Lynn Yowell, Limon Police Department. Both reported satisfaction with Centennial's services and expressed praise to Kathleen for her efforts in the ROD position, citing improved communication and strengthened relationships between the agencies.
- The nominating committee, though absent from the meeting, had previously shared their recommendations for the 2015 officers with Liz Hickman. With the unanimous consent of the Board, the current officers were retained for the next year: Tom Westfall, President; Robin Wiley, Vice President; Linda Olsen, Secretary/Treasurer.
- Linda Olsen, PattyAnn Maher and JulieAnn Hughes expressed interest in representing Centennial at the 2015 National Council Conference. Lorie Hessler will contact Directors absent from the meeting to determine interest and then proceed with reservations for this event.
- The 2013-2014 Annual Report was reviewed and approved. Directors expressed accolades to the design and layout used in the publication.
- The Finance Committee met on November 4th and reviewed the finalized 2013-2014 Finance Audit and 990 in detail. Robin Wiley and Clark Bernhardt reported the audit resulted in no exceptions and praised Sherri Davidson and her staff.
- The 2015 Board Meeting Schedule and 2015 Holiday schedule were approved.
- Directors discussed a proposal for shared parking in Sterling and provided input for the agreement.

