



# THE CENTENNIAL BRIEFING



CHEYENNE • ELBERT • KIT CARSON • LINCOLN • LOGAN • MORGAN • PHILLIPS • SEDGWICK • WASHINGTON • YUMA

*Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being*

## CENTENNIAL IN THE COMMUNITY SPRING TIME FUN IN BURLINGTON

Recently we had a few of our teams in attendance at the Health Fair in Fort Morgan. In attendance was Sober Living, Prevention, and our Navigator team. Pictured was Sober Living Table. Thank you ALL for attending and representing Centennial at these events.



## MENTAL HEALTH WEBINAR SERIES

## EVENT COMING SOON

The U.S. Department of Housing and Urban Development's (HUD) Office of Public and Indian Housing (PIH) and the U.S. Department of Health and Human Services' (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) are teaming up to present a series of FREE webinars this May to celebrate National Mental Health Awareness Month! The webinars will take place each Wednesday in May from 1:00–2:00pm (ET). Click titles to register.

*Mental Health 101 – Overview of Mental Health Issues in the Modern World - May 4, 2022*

This is an introduction and general overview of mental health issues post COVID-19. This first webinar of a 4-part series will feature speakers from SAMHSA and HUD, as well as HUD mental health practitioners. | Access Code: 4670871#

*988 is Not a Joke – National Suicide Prevention Hotline Launch - May 11, 2022*

Introducing SAMHSA's new Suicide Prevention Hotline (988). The webinar will also address suicide prevention for youth and the BIPOC community, in addition to touching on substance use. Access Code: 8477433#

*Get Help – Reducing Stigma Associated with Mental Health - May 18, 2022*

SAMHSA and HUD will focus on reducing stigma associated with mental health, to encourage those with potential mental health issues to seek professional help. This webinar will also concentrate on the BIPOC community, addressing stigma specific to these populations. | Access Code: 5955873#

*Now What? – Mental Health Issues in Post-COVID America - May 25, 2022*

This webinar will discuss how to handle and move past multiple co-occurring pandemics, using a mental health focus on substance use disorder, housing, work, education, and transportation among other relevant topics. | Access Code: 6268721#

## OVERCOMING ADDICTION TOGETHER

**APRIL 30, 2022**  
**8AM - 4PM**

**Working together towards understanding the disease of addiction and facilitating harm reduction and treatment.**

This **NO COST** Workshop is for community members, healthcare professionals, social workers, students and concerned loved ones.

Where Is Your Brain Living Most Of The Time?  
Focus on brain functioning and how trauma and other factors influence our physical and mental health  
Maranda Miller, Suicide Prevention Specialist

**Substance Use Disorders**  
How To Identify When Help Is Needed  
Dawn Williams, MA, LPC, CADC

**The Opioid Crisis**  
The 4th Wave

**Medication Assisted Treatment**

**Harm Reduction and Naloxone Training**

**Peer Recovery**

**Safe Drug Disposal**

**LOCATIONS**

**MCC Fort Morgan:** In-Person Workshop  
**NJC Sterling:** In-Person with Virtual Stream  
**Burlington:** In-Person with Virtual Stream  
**Greeley:** In-Person with Virtual Stream  
**Individual Virtual Zoom Option**

**Register**

Presented by Centennial Area Health Education Center  
 contactcahec@gmail.com (970) 330-3608  
 www.cahec.org