



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

JOURNEY CORNER

Exercise class is up and running in the morning on Monday's from 10 – 11 am in the Sterling office.

The mentors are starting their groups next week with several community activities including putt putt golf.

The following is the menu for this week.

ATTENDED TRAININGS FOR FURTHER LEARNING

Recently 4 individuals from our Community Resource Department attended the 6th Annual Shared Risk and Protective Factors Conference in Keystone, CO. In attendance were Cheri Teigen (Navigators), Kate Johnson (School-Based Specialist), Matt Johnson & Phil Spaulding (Prevention Specialists).

MILLER REPRESENTING FOR NEW NATIONAL



Maranda Miller
Sterling, CO
AFSP Colorado Chapter

Living, working and raising my family in Northeast Colorado where I was born and raised have been my driving forces for devoting my entire career to providing life saving suicide prevention efforts. My rural ten county region has experienced the ripple effects of suicide loss and I am passionate about the well-being of those who devote their lives to caring for the land and livestock as well as those who work in health care, education and operate small businesses.

Last week Maranda Miller (Prevention Manager) represented the Colorado Chapter for the 13th Annual American Foundation for Suicide Prevention Advocacy Forum. The group met virtually with several Colorado senator and representative staff members located in Washington DC to discuss legislation concerning the new 988 # Infrastructure and Suicide Screenings at Hospital Emergency Departments.

MENU

WEEK OF June 13 th - 17 th	
MONDAY	Layered Potatoes and Meatballs
TUESDAY	Beef STREET TACOS!!!!
WEDNESDAY	Sandwiches, cookies, chips
THURSDAY	Tator Tot Casserole with garlic bread
FRIDAY	Enchilada's with salad

Mediums of MENTAL HEALTH
Art, Music, Healthy Activities and Popsicles

June 25th 9AM-12PM
Campbell Elementary School
Artist Demonstrations
Music Activities
Mini Dance Class at 11AM by Northeastern
Dance Academy
Free Popsicle's and Sidewalk Chalk
provided by
Centennial Mental Health Center
View the new ground mural by LOCAL

LOCAL LOGAN COUNTY ARTS LEAGUE CREATIVE DISTRICT
CENTENNIAL MENTAL HEALTH CENTER