



# 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

Meet Journey Staff Member Mellissa:

Mellissa was born and raised here in Sterling. She has been married to Curtis for two very HAPPY years. We have two furKids that are miniature Australian Shepard's. The three of them own my HEART fully.



I was a Client first at Centennial and let me tell you it helped me find the real me. It made me come to the conclusion that mental health is real and that I am a normal person that just has to find different ways to live. After going to groups and Therapy for a LONG time people started seeing potential in me that I did not see and asked me to be a Peer specialist. So here I am. I love my job to help others is so fulfilling a dream of mine that I did not know I had. I love being part of Journey. To see are client improve is amazing. Doing groups and challenging them on things they do not think they can do. It's just fun!

My passion is music. I use it as a coping mechanism also. I play guitar and wright my own music. My lyrics are my soul talking to the world. There is some painful songs but, lately the songs are of joy and laughter. I used to have social anxiety and still do a little. But, now I am forcing myself to become a bubbly outgoing happy person.

The menu for this week is pictured to the right.

## MENU



WEEK OF June 27 <sup>th</sup> - July 1 <sup>st</sup>	
MONDAY	Chicken Quesadilla with chips and salsa
TUESDAY	Pork Street Tacos
WEDNESDAY	Meatloaf with Garlic Bread
THURSDAY	Spaghetti with Meatballs
FRIDAY	Mystery Meal

## BRIEFING BREAK

There will be no issue of The Briefing for Monday, July 4th as our offices are closed. Please have a fun and safe 4th of July!!

## PSYCHOLOGICAL FIRST AID

Last week there was a training provided in Psychological First Aid and there were five individuals in attendance. This training is different from Mental Health First Aid, as it is used as a supportive behavioral health intervention in the immediate aftermath of a disaster. The training was given by Spencer Green, in person, at our 4<sup>th</sup> Street Facility.

## PSYCHOLOGY OF PREGNANCY



Our Maternal Mental Health program has officially been launched! A training was offered called the "Psychology of Pregnancy" to welcome this new beginning. Lindsay O'Kelly is our clinician within this Maternal Mental Health Program, and Shannon Parker is our Early Childhood Mental Health Clinician with her focus being the Maternal Mental Health Program.



22 participants were in attendance to this training facilitated by Dr. Noelle Hause of 0-3. Dr. Hause also serves as our Early Childhood Mental Health Consultant's Team Reflective Supervisor.



SAVE THE DATE

June 22, 2022 | 12:00-1:30 pm | Click the link to register

**Psychology of Pregnancy**

Centennial Mental Health is teaming up with Zero to Three to offer a course about Psychology of Pregnancy and Early Parenthood. This a virtual hour and a half course that will be offered free of charge. This will also kick off our new program through Centennial Mental Health-Maternal Mental Health.

Register by: June 6th

**ZERO TO THREE**  
National Center for Early Childhood Development

**CENTENNIAL**  
MENTAL HEALTH SERVICES

