



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

THE JOURNEY CORNER

The Journey in Sterling reopened its doors on Monday, May 16th! The new extended hours are 8 am to 3 pm. We will be serving breakfast and lunch and have all sorts of exciting things going on throughout the day. You can look forward to this "Journey Corner" that will show up each week in the Briefing sharing all the fun activities the program is offering.

WEDNESDAY

8:00 am - Breakfast available
10:00 am - Healthy relationships (Telehealth)
(Case Manager ran)
11:00 am - Lunch prep
11:30 - 1:00 - Lunch
1:30 - 2:30 - Bowling at the alley (peer ran)
1:00 - 3:00 - peer time (wii, crafts)

FRIDAY

8:00 am - Breakfast available
10:00 - 11:00 - Art group (peer ran)
11:00 am - Lunch prep
11:30 - 1:00 - Lunch
1:00 - 3:00 - peer time
Medication box assistance
Accudetox available
Meditation

THURSDAY

8:00 am - Breakfast available
9:00 - 11:00 - Free time, crafts, games
11:00 am - Lunch prep
11:30 - 1:00 - Lunch
2:00 - 3:00 - Men's group

Lunch menu for the rest of the week

WEDNESDAY	Quesadilla with rice
THURSDAY	Pigs in the Blanket
FRIDAY	Left over day!

CONGRATS TO STAFF



*Michelle Shewmake
has obtained her LCSW
Congratulations on your
accomplishment!*

PREVENTION IN THE COMMUNITY

Prevention Specialist Matt Johnson attended the Cheyenne County Health Fair recently.



A SUCCESSFUL MOTIVATE 4 MENTAL HEALTH

Monday, May 16th in Sterling, we held our Motivate 4 Mental Health event. This was the 6th annual event of it's kind. This year we transitioned into more of a "Resource Fair" style, and many community members attended. Information was provided at the following booths: E.C.C.L.P.S. (Early Childhood Council of Logan, Phillips and Sedgwick Counties), Centennial's Sober Living Facilities, Centennial's Housing and Supported Employment, Northeastern Colorado Health Department, Centennial's Early Childhood Mental Health Consultation Team, Cooperating Ministries, A Caring Pregnancy Resource Center of Northeast Colorado, Centennial's Prevention Team, and Centennial's Navigator Team. Towards the end of the afternoon Centennial staff trained in Acudetox set up a booth and offered their services as well. KPMX Radio was also there to offer Facebook Lives during the event and music that played for attendees all day. Children and adults enjoyed many activities and games as well as gleaned great information. Despite the 90° day, the event was a success! Thank you to all Centennial employees that were also able to stop by.



NADA/ACUDETTOX TRAINING

The center just completed the NADA / Acudetox training on May 13-15th in Fort Morgan, where 12 CMHC employees learned about the history of NADA and foundations in providing wellness to all communities. We will now have Acudetox available in all of our Regions.



Staff that completed the training and pictured are: Elyssia Puga, Jackie Vasquez, Michelle Goetz, Gina Chard, Alondra Arreola-Alderete, Trina Konecne, Abby Henry, Joan Errett, Dana Velazquez, Hal McNerney, Alicia Lopez, Blake Meredith.

RESOURCE FOR FAMILIES AND CAREGIVERS



This resource really helps to highlight early childhood mental health and it is available to families and caregivers in our counties.

A few examples of when to call this hotline...

FOR:

- * Caregivers who have questions or concerns about their young children under 5
- * Expectant families who have limited access to support services
- * Families who need brief, strategic psychotherapy through phone and video chat