



# 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

The Sterling mentor program is gearing up for a summer of fun! Our two mentors, Shaylyn and Cheryl have planned some great group activities for the month of June. The mentor program is a great program for kids of centennial that need that extra guided support.

Also, the journey day program has been full of clients all week. The following is the menu for this week.



## MENU

WEEK OF MAY 31<sup>st</sup> - June 3<sup>rd</sup>

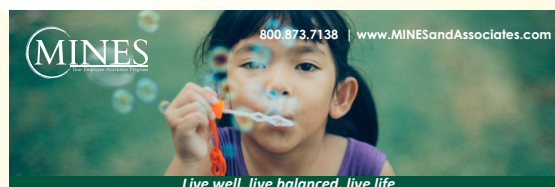
|           |                                   |
|-----------|-----------------------------------|
| MONDAY    | CLOSED                            |
| TUESDAY   | STREET TACOS!!!!                  |
| WEDNESDAY | Sandwich/Hot Dog & Chips          |
| THURSDAY  | Chicken Alfredo with Garlic Bread |
| FRIDAY    | Sloppy Joe's                      |

## REMINDER - EAP BENEFIT CHANGE

This is a reminder to make you all aware of an exciting change to our EAP benefit. We have partnered with MINES and Associates to provide this benefit and you will no longer need to reach out to HR to coordinate utilizing EAP! This benefit is now available to you and all members of your household and the # of sessions per situation has gone from 3 to 8 per contract year.

There are several other benefits that you will have access to and I have attached an EAP Guide for you to reference. I encourage all of you to set up and account and take a look at all of the resources now available to you at NO COST!

Here is the link to set up your account:  
<https://tinyurl.com/5xf2zh6z>



**Counseling**  
Free and confidential counseling services for everyday life situations including stress, anxiety, depression, family situations, drug and alcohol abuse, relationships, death and grief, and work-related topics.



**Legal & Financial**  
Practical legal and financial assistance that includes:  
• Free 30-minute consult per legal/financial matter.  
• 25% discount on select services after the initial consult.  
• Use your EAP sessions for financial/Medicare coaching.



**Work/Life**  
Unlimited work/life services to help find the right service for your needs such as childcare, eldercare, and convenience services including everything from nutrition classes to finding the perfect dog walker.



**Wellness**  
No matter your wellness goals, MINES can help. You have:  
• 4 professional wellness sessions with a personal coach.  
• 4 sessions of parental coaching & lactation consults.  
• 6 week Virtual Reality smoking cessation program.



**Online**  
Sign on to Personal Advantage to access:  
• Online Resource Library full of articles, assessments, training, and financial tools designed to beat stress and improve work/life balance.  
• eM Life mindfulness service for live sessions, community support, and expert instructors that can help you live a healthier, more balanced life.



**Your Info**

As an employee of Centennial Mental Health Center, you and each member of your household have up to 8 counseling sessions per life situation\*, per contract year. Digital message-based, telephonic, video, and face-to-face counseling available.

**To Access services:**  
Call MINES at 1-800-873-7138

Or visit:  
[minesandassociates.com](http://minesandassociates.com)

Company Code: cmhceap  
Your company code is used to register for online services as well as complete online requests for service. Log on today to access your services and mindfulness app.

Contract Year: 7/1-6/30

**Free & Confidential**  
**Support 24/7**

\*Per Life Situation: A distinct, separate and new life event. A MINES case manager will review requests for additional sets of sessions. Continuation of counseling is not a separate, distinct and new life event. This guide is for informational purposes only. Call MINES for details.

MINES and Associates | 800.873.7138 | [www.MINESandAssociates.com](http://www.MINESandAssociates.com)

For further questions please reach out to Sharon Greenman in HR.



## JUNE ANNIVERSARIES

## MAY NEW HIRES



**31 YEARS**  
KARLA  
ROSAS



**16 YEARS**  
PAM  
CRAIG



**16 YEARS**  
RAYMUNDA  
ORTEGA



**15 YEARS**  
SUE  
WHITED



**10 YEARS**  
RACHAEL  
FRYREAR



**10 YEARS**  
MILYNN  
DWYER



**7 YEARS**  
JACI  
YULA



**7 YEARS**  
HEATHER  
GLOVER



**6 YEARS**  
BRANDY  
CUTSHAW



**6 YEARS**  
AARON  
SHEA



**6 YEARS**  
AUBREY  
SHERIDAN



**6 YEARS**  
KACEY  
SLIGER



**5 YEARS**  
ASHLEY  
BALL



**5 YEARS**  
DEVIN  
HOUCHIN



**5 YEARS**  
ASHLEY  
LANMAN



**4 YEARS**  
ARCELIE  
LOPES



**2 YEARS**  
ALEX  
MONTOKA



**2 YEARS**  
LONI  
GETCHELL



**1 YEAR**  
KARLA  
RENTERIA



**1 YEAR**  
AMELIA  
BUMGARNER-YOUNG



**SONIA FIERRO**  
Office Assistant  
Fort Morgan



**JAYLINE  
FLORES-ROBLES**  
Office Assistant  
Fort Morgan



**MELLISSA LINDSEY**  
Peer Specialist  
Sterling



**JO ANN MUNDY**  
Office Assistant  
Elizabeth



**KEELER SPARKS**  
Drug Testing Tech/  
Office Assistant  
Elizabeth

### WELCOME

We are glad you  
are here!

## PROJECT RESILIENCE REMINDER



This month's installment of "Project Resilience" contains some great resources to help you in your journey toward increased resilience and wellness. Take a peek!

This month we're sharing some resources to support you in your efforts to build and maintain your resilience. Remember – resilience is the ability to "bounce back" from and "stay strong" in the midst of challenges and stressors. When we lack resilience we are more prone to stress-related illnesses and burnout, so take a few minutes to explore these resources!

1. Below is a link from "Everyday Health" that includes a brief Self-Assessment. Find out how resilient you are, and learn about ways to enhance various resilience factors.

<https://www.everydayhealth.com/wellness/resilience/get-your-resilience-score/>

2. Also from "Everyday Health": Top 25 Movies and TV Shows Examining Resilience -- Inspiring stories of strength in the midst of difficult — and sometimes harrowing — circumstances can be found in all walks of life.

<https://www.everydayhealth.com/wellness/resilience/movies-and-tv-shows-that-inspire-resilience/>

3. Centennial's new Employee Assistance Program (refer to page one) provides a wealth of services and resources, including behavioral health counseling for you and members of your household, online training and educational videos ranging from "Managing Personal Finances" to "Yoga for Stress Relief", a robust on-line personal wellness program and more. Stay tuned for more details!

### THANK YOU

to everyone for all your years  
of service and for continuing  
to move lives forward!