

ANNUAL REPORT 2014-2015

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EXECUTIVE DIRECTOR'S LETTER



Centennial strives to be a "learning organization," and as such, we review our goals, consider progress and develop next steps on a regular basis. Still, our Annual Report always provides an opportunity to reflect and celebrate accomplishments, and this year there are several indeed worth highlighting.

As one of three partners in Northeast Behavioral Health, Centennial helped roll out the new Colorado Crisis Services in our area, which included expanded mobile crisis response, transportation assistance and full development of our crisis respite program, now staffed 24/7 and available to help individuals re-stabilize closer to home. There are still challenges, including keeping staffing levels strong in the midst of statewide workforce shortages, but this expanded state funding has allowed for much needed improvements and expansion in our capacity to provide emergency response to those in need. Some of the stories and thanks from those individuals and families impacted by this program have been amazing!

In what is truly an organizational milestone, Centennial broke ground in September 2015 on our new integrated care facility in Fort Morgan, where we will coordinate with community primary care partners to provide both behavioral health and physical health care for clients who otherwise have not accessed consistent and preventive healthcare for themselves. This is an exciting development indeed, on both the facility and programmatic fronts!

Meanwhile, other integrated care collaborations across our region also continue to grow, with Centennial staff providing care within primary care settings in Limon, Kiowa and Fort Morgan, further allowing us to serve more members of our communities that are experiencing health challenges. We also offer services on other healthcare campuses in Brush and Sterling. Community-based services, in general, is an area we are expanding yearly, as we coordinate with community partners and provide consultation and behavioral health services in early childhood programs, schools, human services departments, nursing facilities, jails and the like. Our commitment to prevention services is yet another facet of our effort to help make each of our communities and each individual within them healthier.

As healthcare continues to evolve, sustainable funding mechanisms are inevitably part of the equation, and Centennial recognizes that to thrive and be the resource that we strive to be in our communities, we want to be recognized as the provider of choice, with both our clients and our community partners genuinely satisfied with their care and experience with us. To that end, along with ongoing efforts toward quality treatment programs, Centennial is launching an overarching system for customer service that will provide valuable feedback on "how we're doing", help us fix problems as they arise and keep our focus on exceptional care.

Thank you for your interest and support of Centennial - without our community ambassadors, "promoters" and funders, it would be impossible to reach our clients and communities in the way they deserve. Here's to the years ahead as we continue Moving Lives Forward!

Elizabeth Hickman, Ph.D.

PRESIDENT'S LETTER



For the past 20 years I have been a member of the Centennial Mental Health Center Board of Directors. For the past six years, it has been my privilege to serve as the Board's President. As I will be transitioning from President to Board member as of this December, I thought it might be appropriate to do a retrospective on some of the challenges and triumphs that Centennial has dealt with over the past six years.

First and foremost, Centennial Mental Health Center is dedicated to providing quality behavioral health services to our 10-county catchment area. Distances, shortage of qualified staff, turnover and funding issues continue to be challenges, but Centennial has greatly expanded its services throughout the region. Staff has increased nearly 50% over the past few years and the administration has been realigned to insure that each region within the catchment area has adequate resources available to those in need. While this is the goal and we are ever moving closer towards it, we still have a ways to go. Our intentions are good, our resolve is firm and we are determined to continue to improve.

We recently broke ground on a new facility in Ft. Morgan. This was years in the planning and should serve the needs of that region for the foreseeable future. The new center will be strategically located near a primary care medical facility; one of our ongoing goals is to promote the integration of behavioral and physical health care in order to improve the overall quality of health to those we serve.

Reducing the stigma attached to mental health is one of the Board's goals as well. Insuring that folks coming into our facilities are greeted with warmth and have their needs attended to will continue to improve Centennial's image. Working in the community to promote the value of mental wellness is a positive manner in which to break down negative perceptions of those in need of behavioral health care services.

Over the past several years, Centennial Mental Health Center has made a huge investment in emergency services. We have reduced our response time and have made tremendous gains in partnering with law enforcement and medical personnel who are often the first to deal with people having major mental health episodes. The Board's expectations are quite high regarding improvement in this area. Gains are being made, but just like most things, it isn't a linear process. We take five steps forward and then a step back. One of the main challenges in providing emergency services is finding and retaining staff with the qualifications and the desire to work in emergency situations.

One of the things that I am most proud of is Centennial's desire to continually improve. Our board meets monthly and we travel throughout the region for our board meetings. At each meeting, we invite law enforcement, human services, and medical personnel from the host county to attend a portion of the meeting. They are invited to give us feedback on our services. This transparency has improved the dialogue between Centennial and its partners and is a unique opportunity for board members to hear both positive affirmations in terms of the services we provide, and to take note of areas where a deficiency is brought forward. Although this isn't always pleasant, the board believes that it is important to hear the concerns of those we serve so that we might strategically move forward with solutions.

I am running out of space so let me wrap up my final President's report by saying that I am proud of Centennial's accomplishments. I believe our organization is a vital cog in the machinery of a healthier Colorado, and that moving forward, we will continue to expand our capacity for effectively serving our constituency and our communities.



REVENUE & EXPENSES



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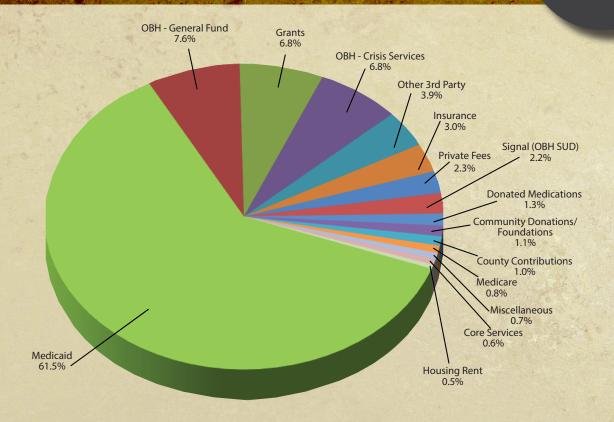
Medicaid	61.5%	7,657,791
OBH - General Fund	7.6%	946,660
Grants	6.8%	851,927
OBH - Crisis Services	6.8%	848,599
Other 3rd Party	3.9%	481,192
Insurance	3.0%	378,032
Private Fees	2.3%	288,743
Signal (OBH SUD)	2.2%	269,242
Donated Medications	1.3%	157,402
Community Donations/Foundations	1.1%	140,876
County Contributions	1.0%	122,783
Medicare	0.8%	96,680
Miscellaneous	0.7%	83,187
Core Services	0.6%	73,080
Housing Rent	0.5%	56,149
	100.0%	12,452,343

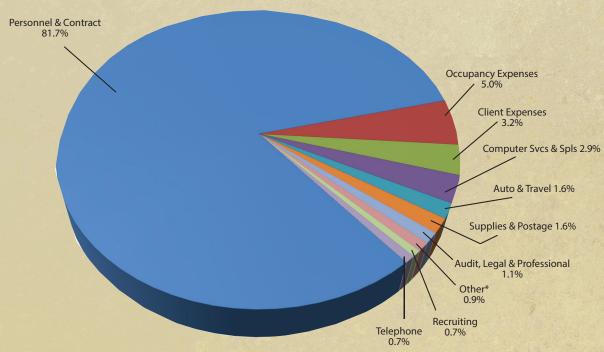
EXPENSES

Salaries	62.4%	7,094,729
Fringe	16.8%	1,914,357
Contract Wages - Direct Svc	1.3%	143,791
Audit & Legal	1.1%	129,562
Rent	0.6%	64,206
Utilities	0.9%	102,485
Telephone & Pager Services	0.7%	82,979
Insurance - Auto	0.3%	35,281
Insurance - Prof Liab	0.4%	42,597
Insurance - Property	0.2%	23,704
Computer/Internet Services	2.9%	327,387
Office/Furn/Eqp/Video	1.3%	153,225
Maintenance & Supplies	0.9%	107,721
Postage, Printing & Copies	0.2%	23,274
Dues, Fees, Licenses	0.7%	74,351
Marketing	0.3%	32,446
Recruiting	0.7%	75,607
Conventions & Meetings	0.3%	34,591
Professional Development	0.9%	96,889
Autos & Travel	1.3%	143,520
Therapeutic Supplies/Activities	1.1%	126,508
Testing Supplies	0.6%	68,327
Client Medications	0.1%	13,089
Donated Medications	1.4%	157,402
Mini Grants	0.0%	1,000
Board Expense	0.1%	16,813
Interest & Penalties	0.0%	
Bad Debt	0.1%	13,858
Depreciation	2.3%	267,018
Miscellaneous	0.0%	3,114
	100.0%	11,369,832
		1,082,511

REVENUE & EXPENSES







BY THE NUMBERS INDIGENT CLIENTS



INDIGENT CLIENTS

Not Served by OBH Funding For Fiscal Year FY14-15

COUNTY	# CLIENTS
Cheyenne	6
Elbert	127
Kit Carson	68
Lincoln	101
Logan	297
Morgan	268
Phillips	43
Sedgwick	23
Washington	27
Yuma	119
TOTAL	1,079

2831
Admissions

2075
Mental Health

510

Substance Use Disorders

246
Jail Based Behavioral Services

849

Emergency Services

699

Diversions to community based or crisis respite services

150

Inpatient or other treatment

Communities in Centennial's service area

School districs in Centennial's service area

Individuals Centennial served FY 2014-2015

Prevention Services to Invididuals in the 2015 calendar year

Individuals or 2% of CO total population

Square miles in Centennial's service area, or 16% of Colorado's total land mass

Counties: Sedgwick, Phillips, Logan, Morgan, Washington, Yuma, Lincoln, Kit Carson, Cheyenne & Elbert

Combined mental health and substance abuse services provided in FY 2014-2015

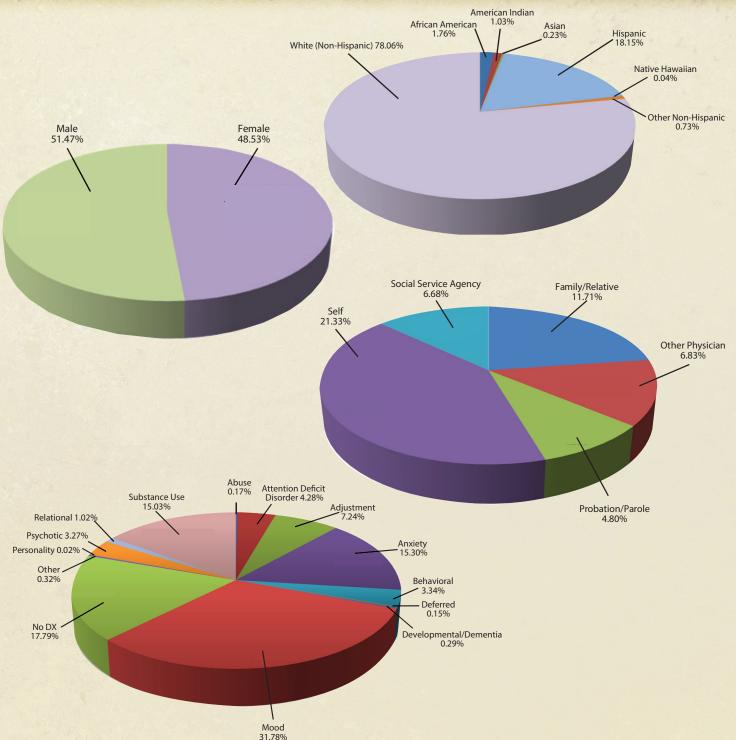
NUMBER OF CLIENTS & SERVICES



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8.	NUMBER OF CLIENTS AND SERVICES										
	<u>COUNTY</u>	<u>C</u> F	HILD	<u>ADOLE</u>	SCENT	<u>AD</u>	<u>ULT</u>	ELI	<u>DER</u>	GRAND	TOTALS
		CLIENTS			SERVICES	Market and the Control of the Contro	SERVICES	Million and Company of the Company o	SERVICES	PERSONAL PROPERTY AND ADDRESS OF THE PERSONAL PR	SERVICES
	CHEYENNE Mental Health Substance Use	<u>12</u> 12	<u>111</u> 111	<u>9</u> 8 1	99 97 2	38 35 3	155 131 24	<u>12</u> 12	115 111 4	<u>71</u> 67 4	<u>480</u> 450 30
	ELBERT Mental Health Substance Use	<u>89</u> 89	1038 1014 24	<u>167</u> 154 13	2446 1943 503	538 432 106	6905 3819 3086	<u>53</u> 47 6	554 456 98	847 722 125	10943 7232 3711
100 PM	KIT CARSON Mental Health Substance Use	<u>43</u> 43	361 360 1	<u>62</u> 57 5	<u>551</u> 492 59	350 230 120	4000 1834 2166	34 30 4	306 240 66	489 360 129	5218 2926 2292
	<u>LINCOLN</u> Mental Health Substance Use	<u>22</u> 22	<u>432</u> 432	2 <u>8</u> 27 1	630 533 97	228 140 88	4833 2430 2403	<u>11</u> 11	140 136 4	289 200 89	6035 3531 2504
	<u>LOGAN</u> Mental Health Substance Use	166 162 4	<u>1303</u> 1289 14	207 186 21	2319 1819 500	1227 940 287	25927 16017 9910	117 106 11	2183 2018 165	1717 1394 323	31732 21143 10589
	MORGAN Mental Health Substance Use	165 163 2	3226 3222 4	288 249 39	6035 5231 804	1072 778 294	21913 13124 8789	158 151 7	2176 1986 190	1683 1341 342	33350 23563 9787
	<u>PHILLIPS</u> Mental Health Substance Use	8 5 3	<u>21</u> 18 3	11 10 1	111 110 1	86 40 46	1536 456 1080	18 14 4	257 151 106	123 69 54	1925 735 1190
	<u>SEDGWICK</u> Mental Health Substance Use	<u>7</u> 5 2	37 35 2	10 8 2	71 62 9	55 31 24	<u>1123</u> 375 748	<u>5</u> 3 2	7 <u>1</u> 40 31	77 47 30	1302 512 790
	WASHINGTON Mental Health Substance Use	<u>15</u> 15	249 247 2	10 8 2	183 112 71	84 41 43	<u>2657</u> 1263 1394	10 8 2	<u>185</u> 138 47	119 72 4	3274 1760 1514
	<u>YUMA</u> Mental Health Substance Use	<u>54</u> 54	<u>577</u> 576 1	<u>65</u> 56 9	978 830 148	298 211 87	<u>5604</u> 2489 3115	37 34 3	<u>561</u> 468 93	<u>454</u> 355 99	7720 4363 3357
	GRAND TOTALS MENTAL HEALTH SUBSTANCE USE	<u>581</u> 570 11	<u>7355</u> 7304 51	<u>857</u> 763 94	13423 11229 2194	3976 2878 1098	74653 41938 32715	455 416 39	<u>6548</u> 5744 804	<u>5869</u> 4627 1242	101979 66215 35764

DEMOGRAPHICS, PRIMARY DIAGNOSIS & REFERRAL SOURCES





LICENSURE/NEW LICENSES OBTAINED



CURRENT STAFF LICENSURES	#
Licensed Marriage and Family Therapist	1.
Nurse Practitioner/ARNP	1
Physician's Assistant	1
Licensed Addiction Counselor	2
Licensed Practical Nurse	2
Registered Nurse	2
Medical Doctor	3
Licensed Psychologist	3
Licensed Clinical Social Worker	4
Certified Addiction Counselor	9
Bachelor of Arts or Sciences Degree	17
Licensed Professional Counselor	20
Master of Arts, Education or Social Work Degree	53

Centennial takes an active role in encouraging staff to obtain licensure and is proud to celebrate with the following for their accomplishments last year!

EMPLOYEES	DATE OBTAINED	LICENSE
Essie McCall	12/07/15	LMFT
Jennifer Dieckman	10/30/15	LPC
Carrie Fox	9/18/15	LPC
Noelle Metcalf	5/12/15	LPC
Amy Unrein	3/12/15	LPC
Eline Potoski	3/3/15	LPC

BOARD OF DIRECTORS



TOM WESTFALL President Logan County



ROBIN WILEY Vice-President Commissioner Yuma County



LINDA OLSEN Secretary/Treasurer Community Lincoln County



CLARK BERNHARDT NANCY BOGENHAGEN Community Sedgwick County



Commissioner Cheyenne County



CARMEN HALDE Community Cheyenne County



KELLY DORE Commissioner Elbert County



PATTYANN MAHER Community Elbert County



GARY KOOP Commissioner Kit Carson County



JULIEANN HUGHES Community Kit Carson County



GREG KING Commissioner Lincoln County



ROCKY SAMBER Commissioner Logan County



JIM ZWETZIG Commissioner Morgan County



DAVE MARTIN Community Morgan County



HARLAN STERN Commissioner Phillips County



JOHN AYOUB Community Phillips County



IIM BECK Commissioner Sedgwick County



TERRY HART Commissioner Washington County



KIMBERLEY WELLS Community Washington County



IOHN GARDNER Community Yuma County



SILVIA CASTILLO Community At Large

STRATEGIC FOCUS



Centennial's objectives are the center of our strategic focus in the "big opportunities"; we serve the Whole Person - Whole Community. If we are responsive to our communities and engage in active collaboration, we will align key elements of client and community need with our services. This includes active pursuit of new opportunities, venues, and service delivery models with our community partners in all Centennial regions, to include Integrated Healthcare, Criminal Justice, Schools, Faith-Based & Human Services.

FINANCE

Capacity Building - IT/MIS

Capital Projects

Streamlining Processes

Revenue Generation - IT/MIS

Data Decision Making

QUALITY

Trauma Informed Care
Meaningful Assessment
Outcome Based Feedback
Build Clinical Competency
Ensuring Program Value

CROSS SYSTEM INTEGRATION

Whole Person - Whole Community Healthcare Criminal Justice Schools

Faith Based

Human Services



CLIENT SATISFACTION

Customer Service: How can we say "yes"?

Smooth Transitions

Centennial: Client/Community Resource

Accessible Information

Develop Ambassadors/Liaisons

PEOPLE

Attract and Recruit

ADMINISTRATION



LIZ HICKMAN, PH. D. Executive Director



LORIE HESSLER
Executive Assistant



SPENCER GREEN, M. DIV., CACIII
Deputy Director of Operations



SHERRI K. DAVIDSON, MSM Finance Director



KASSIDY CLOUSE
Human Resource Director



PAUL FREDA, M.D. Medical Director



PAM CRAIG, MA, LPC
Deputy Director of Clinical Services



KARLA ROSAS, MA, LPC Community Resource Director



TIM DAVIDSON, BSEE IT Director

MEDICAL AND SPECIALTY SERVICES

ARLENE WEIMER, PSY. D., Psychologist MARK FARMER, P.A., Physician Assistant LAURIE MAHAR, MSN, APRN, PMH-NP

BOB VADNAL, M.D.
PATRICIA PAYNE, M.D., Contracted Pediatric Psychiatrist
ROBERT SEGERSTROM, ED.D., Staff Psychologist

REGIONAL

CLINICAL PERATIONS COORDINATORS



ART REYES, PH.D., LPC, AAMFT Regional Operations Director East Region



KATHLEEN MURRAY. MBA, CMA, LPC Regional Operations Director Northeast Region



CHANTELL CHRISTNER Regional Operations Manager Northeast Region



KORTNIE MENDOZA, MBA Regional Operations Director Regional Operations Manager Central Region



EMILY EBY, MBA Central Region



KATHLEEN MURRAY, MBA, CMA, LPC Regional Operations Director South Region



SHEILA SNYDER Regional Operations Manager South Region



JODI GEIS-CROWDER, MS, LPC Adult Mental Health



PHILIP MOSS, MA, LPC Intensive Services



STEVE GILBERTSON, MA, LPC, CACIII Substance Use Disorder



JOHN STINEBAUGH, LMFT Family and Youth

SOCIAL MEDIA





FACEBOOK - #1 SOCIAL SERVICE

Total Page Likes: 308

Page Insights since July 2014:

Total Posts: 156 Post Clicks: 1,601

Likes on Posts, Comments & Shares: 885

*Organic Reach: 22,876

Most Popular Postings: Job Opportunities, Trainings & Events with Suicide Prevention, Uplifting Quotes & Advice, Fort Morgan Ground Breaking Ceremony, Events attended by Staff,

and Awards won by Centennial.

*Organic Reach: The number of unique people, fans or non-fans, who saw any content about your Page in their News Feed, Ticker, or on your Company Page.

Facebook is by far the most popular social media service with about 65% of users going on daily, a high percentage of senior citizen users at almost 50%. Facebook appeals to all age groups so for Centennial its a great avenue to get information to our clients.

TWITTER

Twitter is great for targeting a younger audience. Nearly 40% of Twitter's users are 18-29 years old. 50% of

users use Twitter daily.

Our Twitter page is still being developed to be geared towards this age group that uses it most. Centennial wants to try to make sure we reach multiple avenues of communication with our clients to better serve them and our community.



LINKEDIN

LinkedIn is hands-down the most popular professional social media and networking site. It's great for networking with local professionals, displaying company related information, and it helps businesses rank well in search engines. Over 5.5 million business owners and executives in the US have a LinkedIn profile.



Our LinkedIn page is also still being developed to be used towards networking and job opportunities at Centennial.

NEW WEBSITE & LOGO



WE HAVE A NEW LOGO...

Summer of 2015, Centennial received our final design of a new logo to brand our new look. With the blades of the logo being colors of the plains, our new logo has proved to be a wonderful interpretation and new face of behavioral health in Northeastern Colorado. It is still being instilled in our marketing materials, as well as the website.

...AND A NEW WEBSITE!

Also, Centennial welcomed a major facelift of our current website. With engaging features and opportunitites for growth, the new website will be a wonderful tool for clients, employees and the communities we serve. New features such as the "News" page allow you to keep up to date with news releases regarding Centennial.



CENTENNIAL AWARDS



In an effort to raise awareness of career opportunities in the behavioral health field to members of our communities, Centennial Mental Health Center developed an annual scholarship program to assist these students in achieving their goals. As such, Centennial is pleased to announce the recipients in the ninth annual Future Mental Health Professional Scholarship Program.

COUNTY	RECIPIENT	AMOUNT
Logan County	Darian Wilson	\$2,000
Logan County	Lacee Baggs	\$1000
Sedgwick County	Lauren Newman	\$1000
Yuma County	Darcel Vernon	\$1000
Logan County	Kymbre Mitchell	\$500
Logan County	Emily Muller	\$500
Elbert County	Chelcie Wehrli	\$500
Lincoln County	Madison Lengel	\$500

Centennial is pleased to report the majority of previous winners are still planning to pursue a degree in the field and return to Northeastern Colorado. Several are getting their bachelor or master degrees this year and three previous winners are already employed at Centennial.

Individuals eligible to apply are: traditional or non-traditional students who are graduates from high school or GED program by Summer 2015; United States citizen or legal immigrant; resident of Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington or Yuma County; and are intending to complete a minimum of a bachelor degree in a behavioral health related field (e.g. psychology, sociology, counseling etc). The winners were selected based on academic achievement, aptitude, and community service from the submitted application, transcript(s), letters of recommendation and essay.

Centennial, with administrative offices in Sterling, is an equal opportunity provider and employer that provides behavioral health services to individuals across the lifespan in Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties. Services include a variety of behavioral health service programs: trauma informed care, outpatient therapy, community support programs, crisis intervention, emergency response, substance abuse treatment, and child, adult and family counseling. Services are offered at Centennial offices in each county, as well as other community locations such as private homes, schools, jails, nursing homes and hospitals.

CENTENNIAL RECEIVES



HAROLD E. HUGHES AWARD OF EXCELLENCE



Centennial was selected for the Harold E. Hughes Award of Excellence for Exceptional rural Programs for the Specialized Women's Services Program. This national award is given annually to a rural program that

exemplifies outstanding providers that have established exceptional services to the rural alcohol and drug abuse field. *Pictured is Sarah Walgenbach (Centennial) with Dick Kessler.

MORGAN COUNTY CHAMBER OF COMMERCE BUSINESS OF THE YEAR

Centennial was chosen as the 2014 Morgan County Chamber of Commerce Business of the Year. Criteria for this award included: adapts to changing economy and customer's needs, innovative business practices, commitment to customer service, commitment and involvement in the community and The Chamber, positive and forward thinking, growth of business, and must be a chamber member for at least two years.

CBHC GOLDEN LIGHT BULB AWARD





Centennial was the recipient of the Colorado Behavioral Healthcare Council's Golden Light Bulb Award for best practices in the clinical arena. This was bestowed for implementation of a National Acupuncture Detoxification Association certified protocol for behavioral health, including addictions, mental health and disaster and emotional trauma. *Pictured is Pam Craig (Centennial) with Phil Moss (Centennial) receiving the award from Sue Williamson. Right photo also includes Liz Hickman (Centennial Executive Director).

PROGRESSIVE 15 ALUMNI OF THE PLAINS AWARD

Centennial has also been honored to have individuals chosen for the Progressive 15 Alumni of the Plains Award. in 2014 and 2015. Annually, Progressive 15 recognizes outstanding alumni who have exceled in their profession and/or have given back to the area in a positive way and who have graduated from high school in one of the 15 counties the group advocates for: Adams, Arapahoe, Cheyenne, Douglas, Elbert, Kit Carson, Larimer, Lincoln, Logan, Morgan, Phillips, Sedgwick, Yuma, Washington and Weld.

Karla Rosas, Sterling High School, was recognized for her efforts in human services. An employee of Centennial Mental Health for 23 years, Rosas has become a visible voice and community champion, helping to build collaborative bridges across health, human services, education, law enforcement and the criminal justice sector. She was one of the driving forces behind the Interagency Oversight Group of Logan County, which helps struggling families get the services they need to get back on track. Karla was a 2014 award recipient.





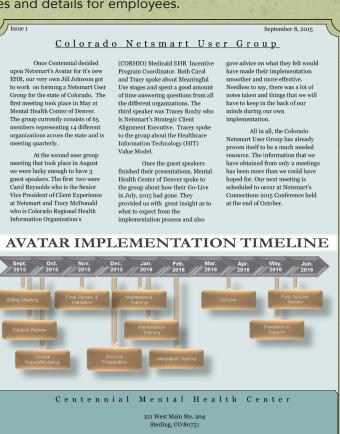
Tom Westfall graduated from Yuma High School and now lives in Logan County. He was nominated for his work in human services. Now mostly retired, Westfall also serves on many boards and still works as a human services consultant, writer and parent educator. He is a regular contributor to the Journal-Advocate opinion page. Tom was a 2015 award recipient.

AVATAR & HILL DAY 2015



Avatar was selected as the new electronic health record for Centennial Mental Health Center in March of 2015. Avatar is on track with implementation to go live in June of 2016. Avatar will provide a more efficient method of gathering client information in addition to communication with the client. Below is a Newsletter that will feature Avatar updates and details for employees.





Phone: 970-522-4549 Fax: 970-522-9544

HILL DAY 2015

Each year at the National Council's Hill Day, hundreds of behavioral health providers, administrators, board members, consumers, and community stakeholders come to D.C. for a day of sessions and workshops on federal behavioral health policy, followed by visits with their elected officials on Capitol Hill to advocate for better resources for mental health and addictions treatment in our communities.



CENTENNIAL EVENTS



ELIZABETH & LIMON ART GALA & OPEN HOUSE

Centennial hosted an Art Gala in Elizabeth and in Limon. The events included an exhibit of community artists' works, a silent auction and music. The proceeds from the Galas will be utilized to fund gazebos for both Centennial office locations.





GROUND BREAKING

Centennial held a Ground Breaking Ceremony on September 10, 2015 for the construction of a new integrated care facility in Fort Morgan. This project will provide services in one central location with easy access to a health and human services hub. Centennial is extremely proud and appreciative of the efforts of all those involved to make this project possible.

LEPRECHAUN LEAP

The 3rd Annual Leprechaun Leap took place this year March 14, 2015. The 5k Run/ 1 mile Walk had 92 participants this year.









PREVENTION



Centennial is pleased to see significant growth in this area. Community trainings are aimed at reducing risk and increasing well-being, and include Mental Health First Aid (Youth and Adult), More Than Sad, Yellow Ribbon, Applied Suicide Invention Skills Training, Working Minds and Question/Persuade/Refer. In FY 2015, Centennial provided prevention services to 2,153 individuals in the 2015 calendar year. Below are the Prevention Programs our Prevention Specialist has to offer.

MENTAL HEALTH FIRST AID- Mental health problems – such as depression, anxiety, impulse control and misuse of alcohol and other drugs - are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year. The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including Centennial Mental Health Center to implement Mental Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses.

MORE THAN SAD- The American Foundation for Suicide Prevention has partnered with the New York State Office of Mental Health to develop a film to educate high school students about depression, the leading risk factor for suicide in both adults and teens. Presenting vignettes of four teens who were treated for depression, this 26-minute film aims to teach adolescents to recognize depression in themselves or their friends, and to encourage them to seek help.

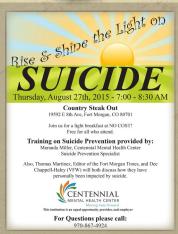
YELLOW RIBBON- Yellow Ribbon's Core Concept is to provide programs that empower youth/young people in learning how to confront the issues of suicide and suicide prevention and to be engaged in suicide prevention effectively at their own comfort level. Empowering youth to know that it is always ok to ask for help is a key message of Yellow Ribbon.

APPLIED SUICIDE INVENTION SKILLS TRAINING (ASIST)-

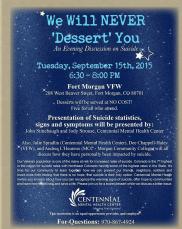
ASIST is a 2-day workshop designed to teach skills to confidently intervene with someone at risk of suicide. ASIST is a standardized suicide intervention program developed by Living-Works Education, Inc.

WORKING MINDS- The only program dedicated to preventing suicide in the workplace, Working Minds is based on the fact that suicide prevention is not only a personal issue and a family concern, but it is also a public health issue. Communities can make a difference; we all have a shared responsibility to prevent suicide. Just as workplaces have realized they can make an impact on reducing heart disease by encouraging exercise, they can also make an impact on reducing suicide by promoting mental health and encouraging early identification and intervention.

QUESTION/PERSUADE/REFER- 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.



With rates of suicide climbing, attendees found this greatly informative when hearing from the speakers about prevention.



September is Suicide Awareness Month. An event was held about Suicide Prevention with great speakers and desserts.



Our prevention Specialist held the 2nd Annual Stakeholders' Meeting in Kit Carson County.

OFFICE LOCATIONS



ADMINISTRATION

211 W Main St Sterling, CO 80751 Phone: 970.522.4549 Fax: 970.522.9544

AKRON

871 E 1st St Akron, CO 80720 Phone: 970.345.2254 Fax: 970.345.2744

BURLINGTON

1291 Circle Dr Burlington, CO 80807 Phone: 719.346.8183 Fax: 719.346.0292

CHEYENNE WELLS

80 E 1st St N Cheyenne Wells, CO 80810 Phone: 719.346.8183 Fax: 719.346.0292

ELIZABETH

650 E Walnut Elizabeth, CO 80107 Phone: 303-646-4519 Fax: 303-646-4451

FORT MORGAN MAIN

910 E Railroad Ave Fort Morgan, CO 80701 Phone: 970.867.4942 Fax: 970.867.2695

FORT MORGAN PLATTE AVE

625 W Platte Ave Fort Morgan, CO 80701 Phone: 970.867.3275 Fax: 970.867.0290

HOLYOKE

115 N Campbell Holyoke, CO 80734 Phone: 970.854.2114 Fax: 970.854.4584



JULESBURG

118 W 3rd St Julesburg, CO 80737 Phone: 970.474.3769 Fax: 970.474.2099

LIMON

606 Main St Limon, CO 80828 Phone: 719.775.2313 Fax: 719.775.2315

STERLING

211 W Main St Sterling, CO 80751 Phone: 970.522.4392 Fax: 970.522.2217

WRAY

365 W 2nd Wray, CO 80758 Phone: 970.332.3133 Fax: 970.332.3134

YUMA

215 S Ash St Yuma, CO 80759 Phone: 970.848.5412 Fax: 970.848.2414 "Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being"

