



CENTENNIAL

MENTAL HEALTH CENTER

Moving lives forward

ANNUAL REPORT 2016-2017

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EXECUTIVE DIRECTOR'S LETTER



Growth and change has become the “new normal” at Centennial Mental Health Center and this year is no exception. Some of the changes have been internal—consolidating a new “Leaders” management structure over our 10-county region and implementing our new electronic health record “Avatar” for example. As always, both have brought growing pains and readjustments in implementation and, sometimes, our expectations.

Other changes are external, but nonetheless far-reaching in their local impact. The evolution of Medicaid contracting from the state is a good example. After working with others in the behavioral health community to have an impact on the template of the future contracts, and planning for the future with our current regional contract holder, Centennial was offered an unexpected opportunity to join other regional safety net providers and more directly form the future for Medicaid in Region 2, which includes nine of our 10 counties. Collectively we formed Northeast Health Partners and successfully bid to become the Regional Accountable Entity for this region. What a way to end fiscal year 2016-2017 with a bang!

The evolution of Medicaid in Colorado is intended to support more effective coordination and improved care for behavioral health needs in primary care settings, which is a goal Centennial has been working toward in our region for many years. With support of Medicaid funding, as well as a new grant-funded position, we are growing our team of integrated behavioral health clinicians that provide all or half of their clinical services within primary care clinics. Addressing behavioral health needs in such settings increases access opportunities, improves overall health for those individuals served and, where needed, provides the bridge into the broader continuum of care that Centennial can offer.

Centennial has also continued to grow our prevention and early intervention programs, and for many in our communities, these activities have become the face of Centennial. With assistance from both state and private foundation funding, we have significantly added capacity in our Early Childhood Mental Health program, as well as our broader Prevention programs in both Mental Health and Substance Use. We are incredibly proud of our team, which was recognized by Mental Health First Aid – Colorado as the top program this year! Joining the national program for Zero Suicide has been another focus for both our prevention and clinical teams, and we have expanded training for all staff on deck this coming year.

Our Board and Leaders team have continued to join forces quarterly to review our progress toward our strategic goals to deliver quality services, in a locally responsive and fiscally sound way, and have highlighted staff recruitment and retention as an essential factor to our success. These goals have become our guideposts for the many day-to-day decisions around programming, collaborations, business tools, training, and, indeed, our future. As we stop to take stock, we always have many works in progress, but find no shortage of things to celebrate as well.

We are grateful to all of you readers—community partners, funders, staff and Board—for your interest, support and contributions as we continue Moving lives forward!

Respectfully,

Elizabeth L. Hickman, Ph.D.

PRESIDENT'S LETTER



The year 2017 has been an interesting and informative time to be a board member of Centennial Mental Health Center. We had some board members move on and we gained new ones. The workforce at Centennial has experienced a turnover rate that reached and temporarily exceeded the national standard, but Centennial has successfully hired quality personnel to fill the vacancies. With all this change Centennial's focus has remained steadfast; our clients' needs are first and foremost!

In early 2017, Centennial's Board of Directors participated in exit interviews to gain a better understanding of the causes of staff turnover. With data gleaned from the exit interviews, efforts continue to improve communications and a modified supervisory model is being developed and implemented.

Regarding facilities, the new office building in Ft. Morgan has experienced normal new building hiccups, but has overcome them all and is a state of the art professional workplace that is inviting and comfortable for all. Additionally, the new parking lot and landscaping upgrade at our Sterling facility establishes much needed parking space and truly adds to the beauty of the area while creating a more business like aura to the office building itself.

Thank you to all of the board, committees, administration, clinicians and behind the scenes employees. Our agency is a direct reflection of your hard work, your dedication and your passion to help those that can't help themselves, as well as those that just need a smiling face to point them in the right direction.

It is my hope that 2018 will prosper from the lessons learned in 2017.

Terry Hart - President

REVENUE & EXPENSES



REVENUE SOURCE

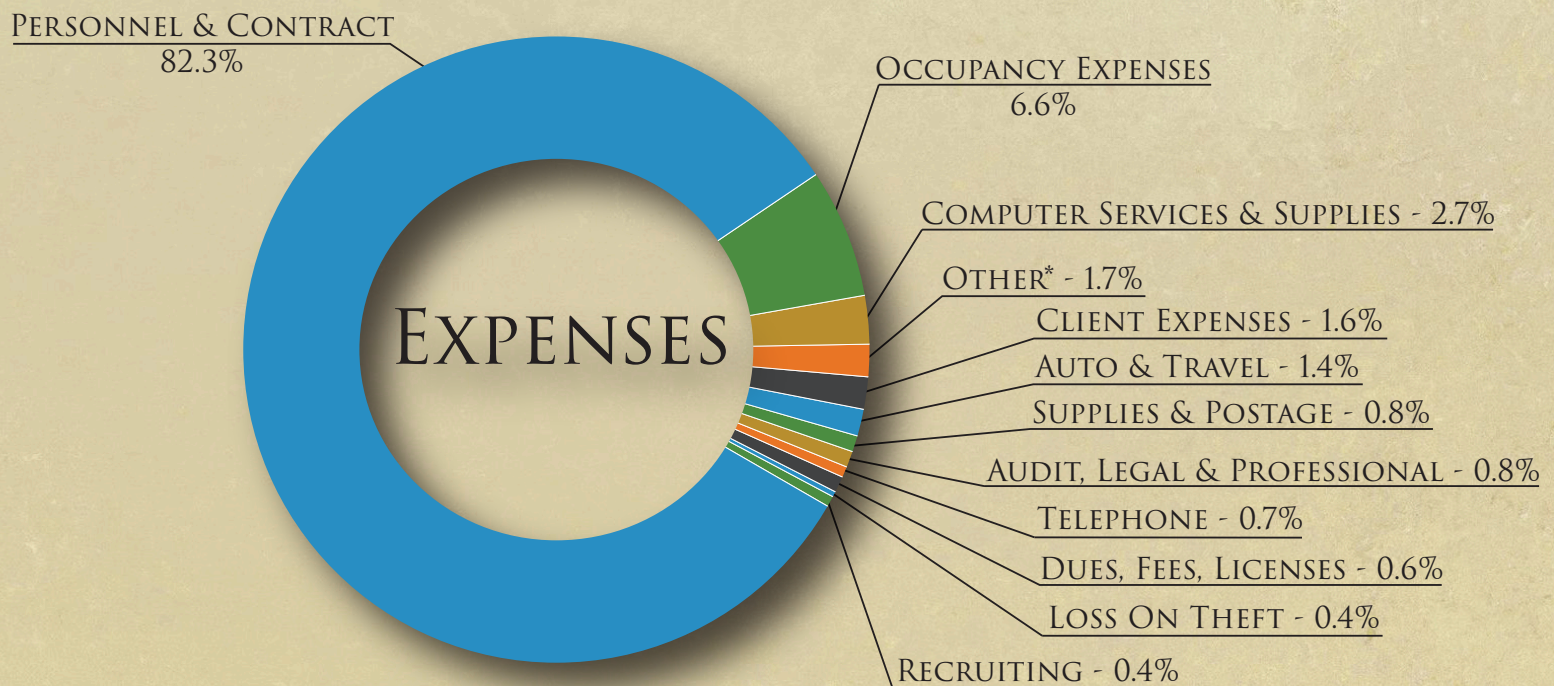
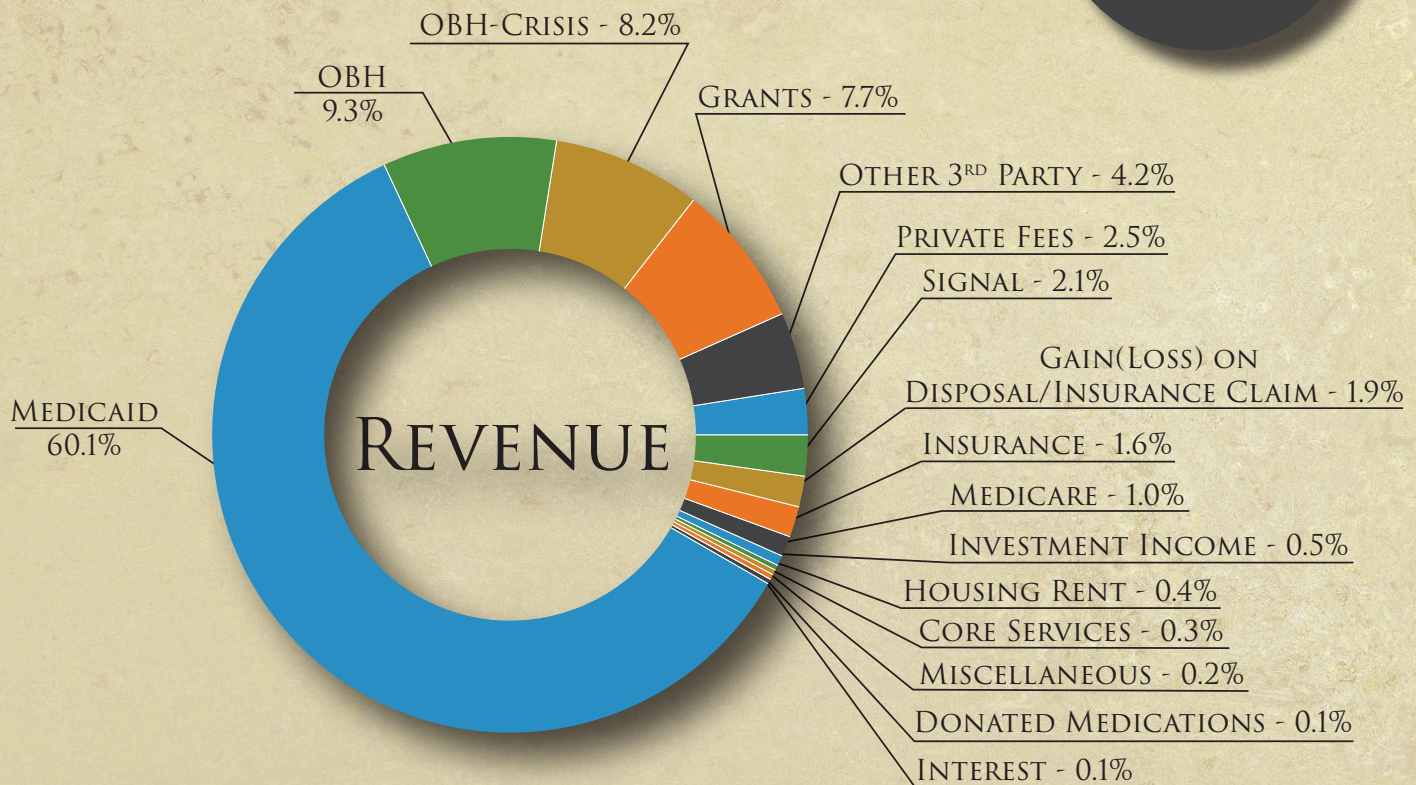
Medicaid	60.1%	7,770,174
Office of Behavioral Health (OBH)	9.3%	1,198,212
OBH Crisis	8.2%	1,058,225
Grants	7.7%	1,001,234
Other Third Party	4.2%	544,708
Private Fees	2.5%	323,810
Signal	2.1%	266,854
Gain(Loss) on Disposal/Insurance Claim	1.9%	241,805
Insurance	1.6%	204,694
Medicare	1.0%	125,926
Investment Income	0.5%	61,363
Housing Rent	0.4%	54,103
Core Services	0.3%	37,943
Miscellaneous	0.2%	19,767
Donated Medications	0.1%	7,485
Interest	0.1%	6,712
	100.0%	12,923,014

EXPENSES

Personnel & Contract	82.3%	10,116,264
Occupancy Expenses	6.6%	810,946
Computer Services & Supplies	2.7%	329,886
Other*	1.7%	212,863
Client Expenses	1.6%	200,095
Auto & Travel	1.4%	170,789
Supplies & Postage	0.8%	97,514
Audit, Legal & Professional	0.8%	97,242
Telephone	0.7%	84,222
Dues, Fees, Licenses	0.6%	67,903
Loss on Theft	0.4%	54,513
Recruiting	0.4%	50,148
	100.0%	12,292,386

* Other includes expenses that are less than 0.4% of the total

REVENUE & EXPENSES



* Other includes expenses that are less than 0.4% of the total

BY THE NUMBERS



2882

Admissions

2012

Mental Health

593

Substance Use Disorders

277

Jail Based Behavioral Services

1026

Emergency Services

838

Diversions to community based
or crisis respite services

188

Inpatient or other treatment

Communities in Centennial's service area

63

School districts in Centennial's service area

36

Individuals Centennial served FY 2016-2017

5,530

Prevention Services to Individuals
FY 2016-2017

1,828

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

17,647

Individuals or 2% of CO total population

111,144

Combined mental health and substance abuse
services provided in FY 2016-2017


85,214

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

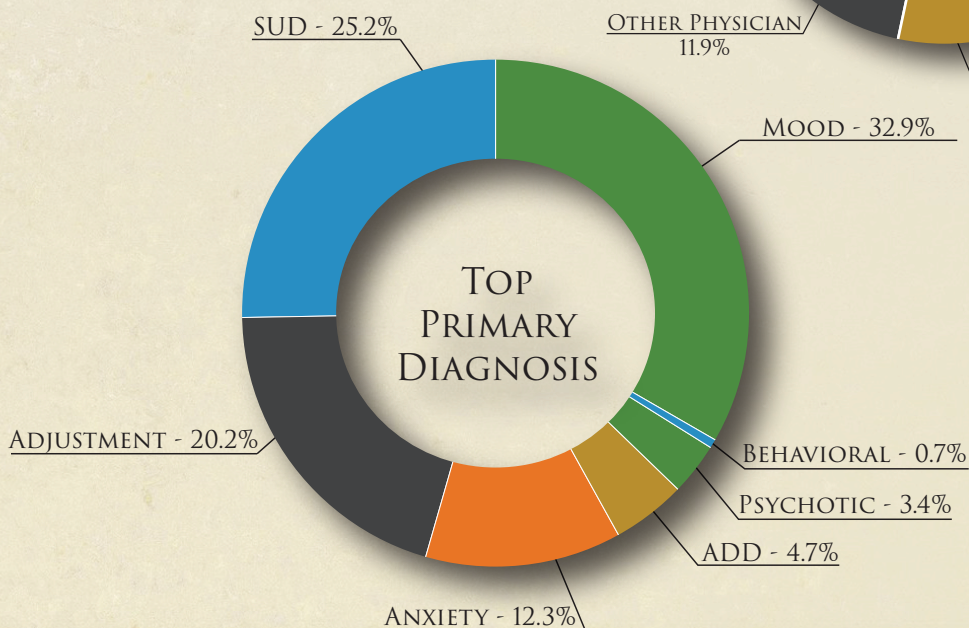
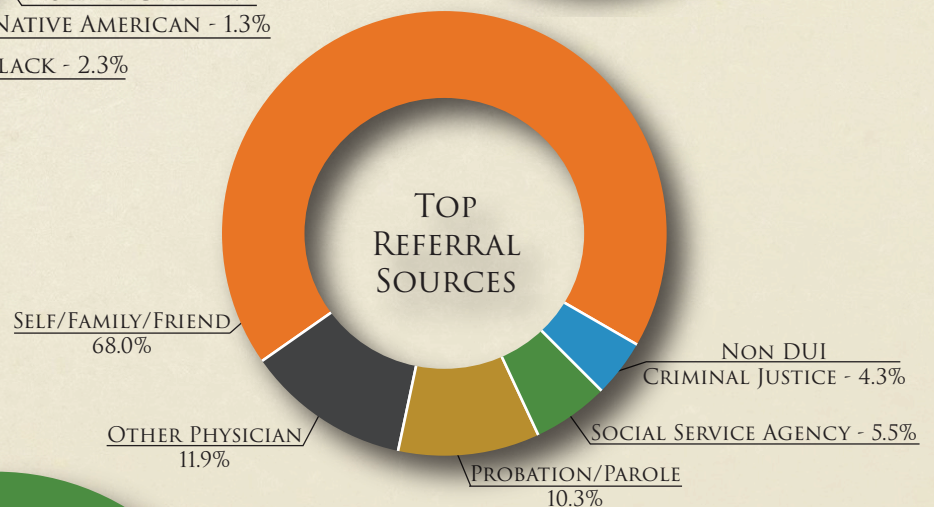
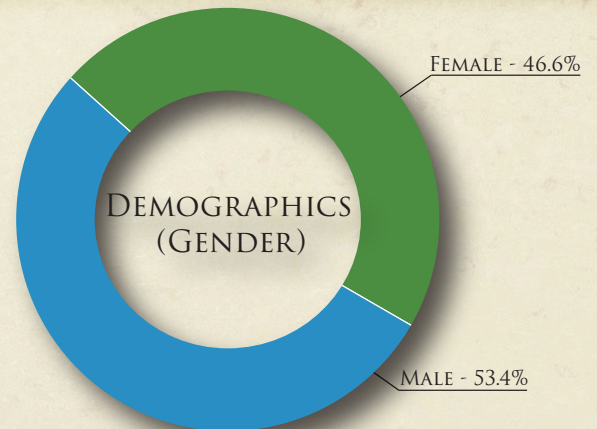
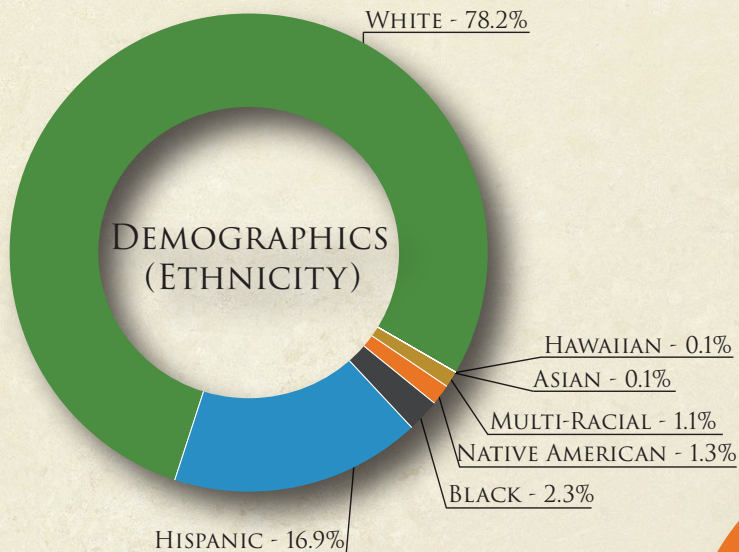
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NUMBER OF CLIENTS & SERVICES



NUMBER OF CLIENTS AND SERVICES							
		DUAL	MENTAL HEALTH		SUBSTANCE USE DISORDERS		GRAND TOTAL
		CLIENTS	CLIENTS	SERVICES	CLIENTS	SERVICES	CLIENTS SERVICES
CHEYENNE	Child	0	2	5	0	0	2 5
	Adolescent	0	6	27	0	0	6 27
	Adult	0	7	110	0	1	7 111
	Senior	1	5	104	0	1	6 105
	Cheyenne Total	1	20	246	0	2	21 248
ELBERT	Child	1	66	533	0	1	67 534
	Adolescent	4	109	1011	8	48	121 1059
	Adult	47	241	2859	171	4126	459 6985
	Senior	2	43	471	13	460	58 931
	Elbert Total	54	459	4874	192	4635	705 9509
KIT CARSON	Child	0	22	183	2	2	24 185
	Adolescent	1	39	310	2	8	42 318
	Adult	25	166	1783	79	868	270 2651
	Senior	0	23	228	4	55	27 283
	Kit Carson Total	26	250	2504	87	933	363 3437
LINCOLN	Child	0	41	412	0	0	41 412
	Adolescent	2	39	302	3	26	44 328
	Adult	24	149	1558	124	2648	297 4206
	Senior	3	17	182	5	127	25 309
	Lincoln Total	29	246	2454	132	2801	407 5255
LOGAN	Child	1	94	946	5	13	100 959
	Adolescent	7	111	1299	13	208	131 1507
	Adult	170	576	13625	405	9322	1151 22947
	Senior	1	88	2501	11	190	100 2691
	Logan Total	179	869	18371	434	9733	1482 28104
MORGAN	Child	0	99	989	11	17	110 1006
	Adolescent	12	171	4278	30	362	213 4640
	Adult	106	548	10059	420	7052	1074 17111
	Senior	2	98	2024	18	249	118 2273
	Morgan Total	120	916	17350	479	7680	1515 25030
PHILLIPS	Child	2	12	81	2	4	16 85
	Adolescent	1	15	116	5	98	21 214
	Adult	9	50	529	43	1230	102 1759
	Senior	1	28	156	4	88	33 244
	Phillips Total	13	105	882	54	1420	172 2302
SEDGWICK	Child	0	5	23	2	2	7 25
	Adolescent	1	17	115	1	33	19 148
	Adult	11	35	419	36	952	82 1371
	Senior	0	11	52	3	43	14 95
	Sedgwick Total	12	68	609	42	1030	122 1639
WASHINGTON	Child	0	12	189	3	1	15 190
	Adolescent	4	19	229	8	153	31 382
	Adult	4	36	517	178	2084	218 2601
	Senior	1	11	144	2	153	14 297
	Washington Total	9	78	1079	191	2391	278 3470
YUMA	Child	0	48	368	8	9	56 377
	Adolescent	2	45	350	7	35	54 385
	Adult	18	137	1509	166	3307	321 4816
	Senior	0	25	349	9	293	34 642
	Yuma Total	20	255	2576	190	3644	465 6220
GRAND TOTALS		463	3,266	50,945	1,801	34,269	5,530 85,214

DEMOGRAPHICS, TOP PRIMARY DIAGNOSIS & TOP REFERRAL SOURCES



LICENSURE/NEW LICENSES OBTAINED



CLINICAL CURRENT STAFF LICENSURES	#
Nurse Practitioner/APN	1
Physician's Assistant	1
Licensed Marriage and Family Therapist	1
Registered Nurse	1
Licensed Practical Nurse	1
Licensed Psychologist	1
Medical Doctor	3
Certified Addiction Counselor	5
Licensed Clinical Social Worker	7
Licensed Professional Counselor	11
Bachelor of Arts or Sciences Degree	26
Master of Arts, Education or Social Work Degree	27

ADMIN CURRENT STAFF LICENSURES	#
Licensed Addiction Counselor	1
Licensed Marriage and Family Therapist	1
Medical Doctor	1
Licensed Psychologist	1
Licensed Clinical Social Worker	1
Certified Addiction Counselor	3
Master of Arts, Education or Social Work Degree	5
Licensed Professional Counselor	7
Bachelor of Arts or Sciences Degree	14

PREVENTION/EARLY INTERVENTION CURRENT STAFF LICENSURES	#
Certified Prevention Specialist II	1
Master of Arts, Education or Social Work Degree	2
Bachelor of Arts or Sciences Degree	3

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
Michelle McCauley	05/16/16	LPC
Nicole Dermer	09/21/16	CACII
Nicole Garfield	01/04/17	LCSW

BOARD OF DIRECTORS



TERRY HART
President
Commissioner
Washington County



CLARK BERNHARDT
Vice-President
Community
Sedgwick County



ROBIN WILEY
Past-President
Commissioner
Yuma County



SILVIA CASTILLO
Secretary/Treasurer
Community
Community At Large



LINDA ROTH
Community
Cheyenne County



NANCY BOGENHAGEN
Commissioner
Cheyenne County



MARY PICKERILL
Community
Elbert County



DANNY WILLCOX
Commissioner
Elbert County



JULIEANN HUGHES
Community
Kit Carson County



ELON CALKUM
Community
Lincoln County



STEVE BURGESS
Commissioner
Lincoln County



TOM WESTFALL
Community
Logan County



JOE MCBRIDE
Commissioner
Logan County



DAVE MARTIN
Community
Morgan County



JACQUE FRENIER
Commissioner Delegate
Morgan County



HARLAN STERN
Commissioner
Phillips County



DON SCHNEIDER
Commissioner
Sedgwick County



KIMBERLEY WELLS
Community
Washington County



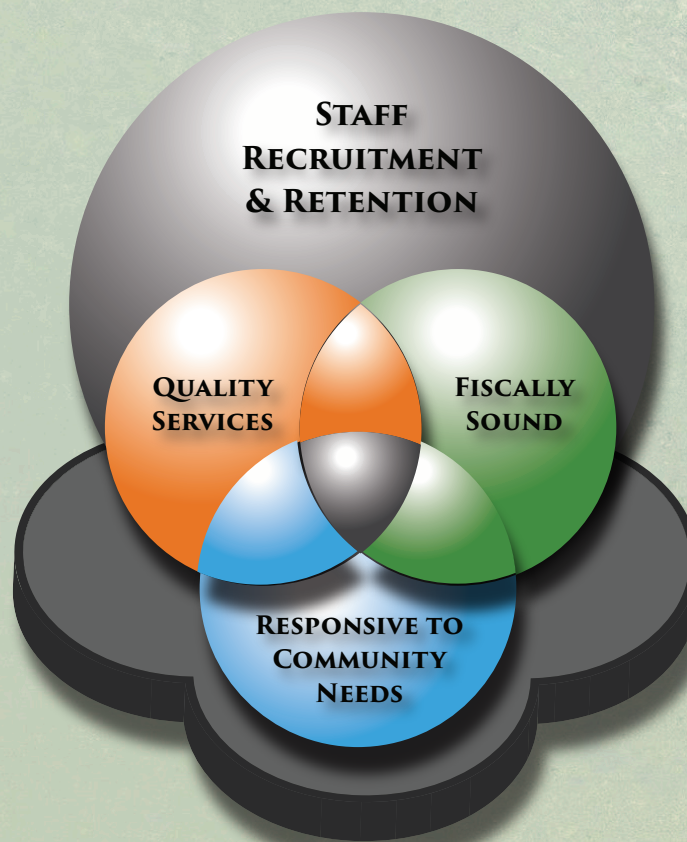
ADAM SRSEN
Community
Yuma County

STRATEGIC FOCUS



Centennial's Board of Directors and Leaders Team met in May, 2016 for a Strategic Planning Retreat, and continue to meet every few months to check in on progress and address challenges in regarding our Strategic Focus Goals. We are actively tracking improvements in four focus areas: Quality Clinical Services, Fiscally Sound, Community Responsiveness, and Staff Recruitment and Retention. These focus goals also serve as ongoing guideposts to decision-making regarding potential new programs or, on the other hand, programs that no longer bring sufficient value to our communities or organization. With these focus goals in mind, Centennial is moving forward in pursuit of the Center's mission to achieve excellence in the provision of behavioral health services that lead to optimal health and well-being.

OPTIMAL HEALTH & WELL BEING



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*

REGIONAL OPERATIONS DIRECTORS



KRISTI GROTHE, M.ED., LMFT
South Region



PHIL MOSS, MA, LPC
Central Region



JAMI BROWN, BA
Northeast Region

CLINICAL DIRECTORS



TAMARA MCNAY, M.ED., LPC
South Region



VACANT
Central Region



MICHAEL HINTON, MS, LCSW
Northeast Region



ROCKY SPINO, MS, LPC
*Crisis Services Director
Centerwide*



ANNE HELLSTROM, MS.ED., LPC
*Integrated Services Director
Centerwide*



JOHN DUHAMMEL, MA, LAC, LPC
*Substance Use Disorder Director
Centerwide*

CENTENNIAL AWARDS SCHOLARSHIPS



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	Ashley Hilton	\$2,000
Kit Carson County	Alexis Johnson	\$500
Lincoln County	Erin Albers	\$500
Morgan County	Cora Rhode	\$500
Logan County	Kent Summers	\$500
Washington County	Travyn Musgrave	\$500
Morgan County	Kayla Watkins	\$500
Logan County	Terrell Owens	\$500
Sedgwick County	Lauren Newman	\$500
Lincoln County	Madison Lengel	\$500
Morgan County	Zaira Flores	\$500

Individuals eligible to apply are: traditional or non-traditional students who are graduates from high school or GED program by Summer 2017; United States citizens or legal immigrants; residents 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 AWARDS WITHIN OUR STAFF



MENTAL HEALTH FIRST AID AWARD

Centennial Mental Health Center's Mental Health First Aid team received Mental Health First Aid Colorado's award for being "the best of the best" Host Site for 2017. Pictured from left to right Dr. Liz Hickman (Executive Director), Maranda Miller (Suicide Prevention Specialist & MHFA Trainer), Jaci Yula (Community Resource Specialist & MHFA Trainer), Kirstin Schelling (Community Resource Specialist & MHFA Trainer), & Karla Rosas (Community Resource Director).



PROGRESSIVE 15 ALUMNI OF THE PLAINS AWARD

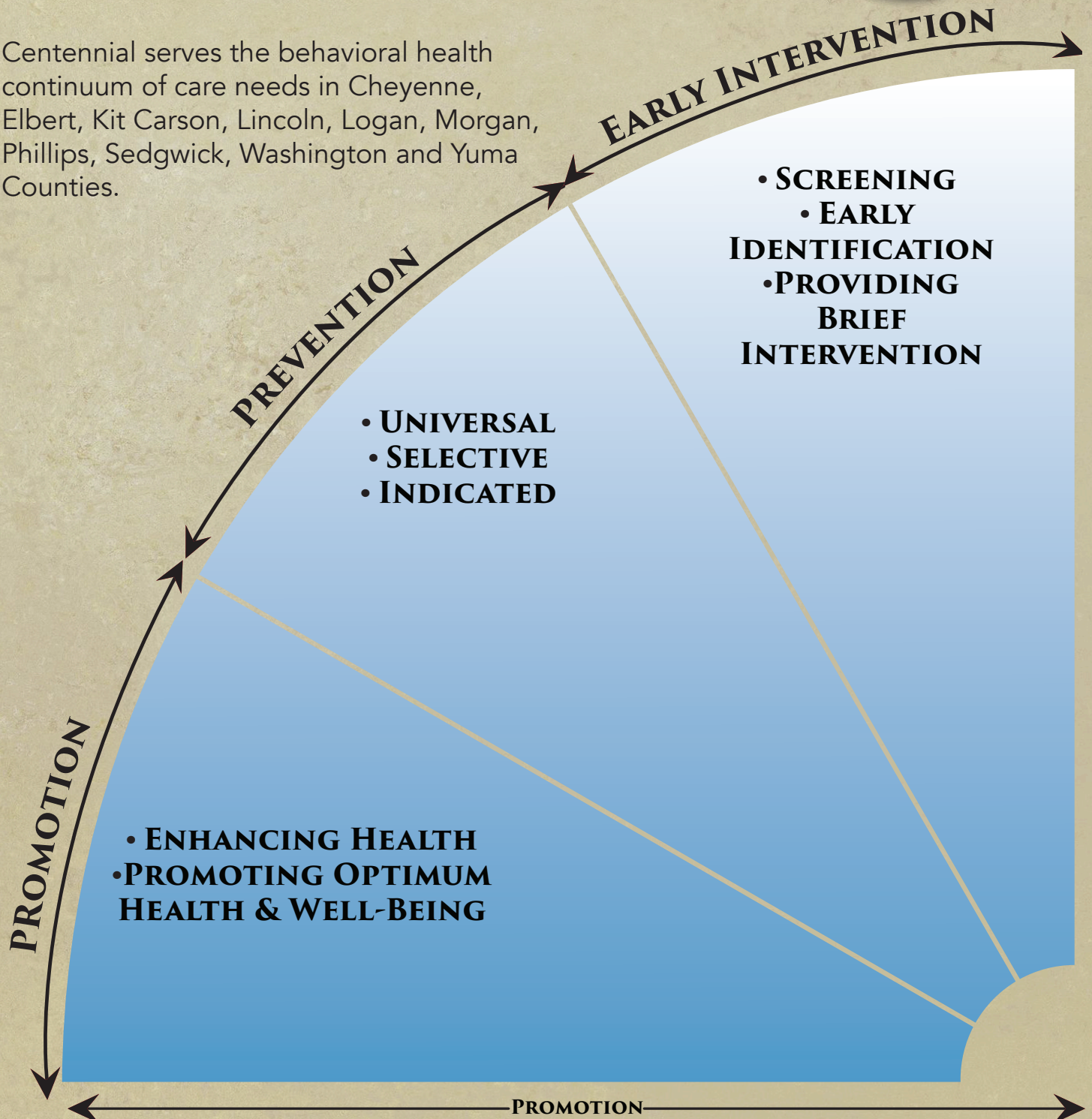
Maranda Miller, Holyoke High School graduate in 2000, has become the face of mental health awareness and suicide prevention in rural Northeast Colorado. With over thirteen years of experience providing suicide prevention trainings, she is an established ambassador of rural behavioral health with single name recognition simply Maranda, in Centennial's ten counties and across the state. She has had profound impact towards the vision of making Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid (MHFA), More Than Sad, Question Persuade Refer and Yellow Ribbon as common as basic first aid and has demonstrated this by providing training to over 12,000 participants.

As a Certified Prevention Specialist II, Maranda plans, coordinates and implements MHFA and suicide prevention services to community leaders, local businesses and stakeholders. Additionally, she is a Master Level Applied Suicide Intervention Skills Trainer, More than Sad Trainer, Question Persuade Refer Gatekeeper Instructor, Psychological First Aid Instructor, Sources of Strength Facilitator and Bridges Out of Poverty Facilitator.

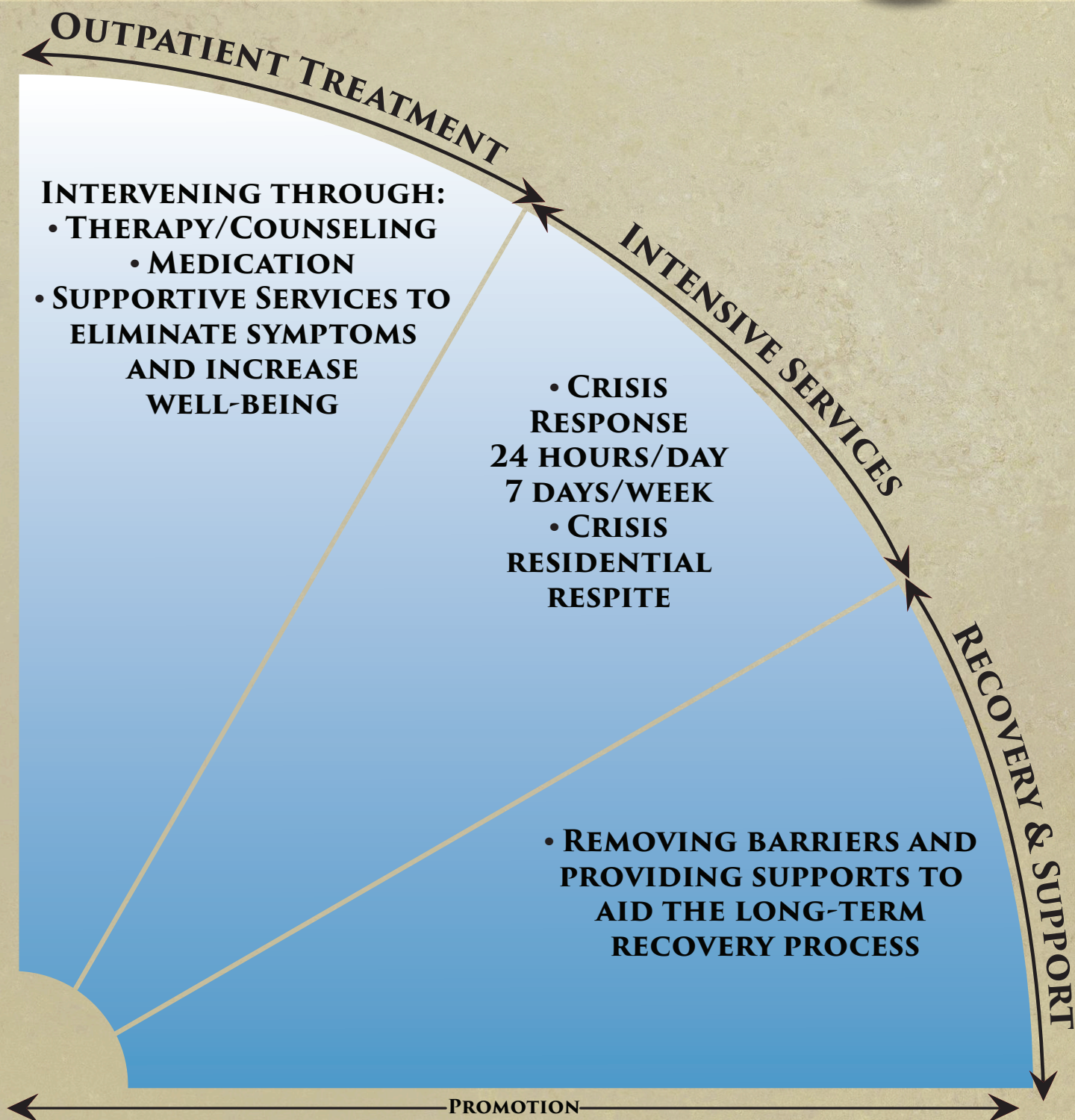
CENTENNIAL CONTINUUM OF CARE



Centennial serves the behavioral health continuum of care needs in Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties.



CENTENNIAL CONTINUUM OF CARE



AWARENESS EVENTS/ FUNDRAISERS



CUPCAKE THERAPY PROJECT - MAY

The following businesses participated in our 2nd Annual Cupcake Therapy Project this year for Mental Health Month (May). Each location donated a percentage of their cupcake or sweet treat sales, or made a donation back to Centennial to help us offer more Mental Health First Aid trainings and Prevention Services to the communities we serve.

LIGGY'S BAKERY
LIMON, CO

OLD TOWN BISTRO
STERLING, CO

HEIDI'S BAKERY
HOLYOKE, CO



Cupcake Therapy

MOVING LIVES FORWARD RIDE - SEPTEMBER POKER RUN & AWARENESS RIDE



September 30, 2017 we held our 1st Annual "Moving Lives Forward Ride." The goal was for participants to enjoy the Poker Run to some of our rural office locations while learning about Mental Health and Prevention along the way. Once participants returned to the starting location, Sterling, they participated in rally games and a silent auction while enjoying music from a DJ. The Poker Run brought in 13 participants and many more rally game spectators.



MOTIVATE 4 MENTAL HEALTH - MAY

The Sterling office completed their first "Motivate 4 Mental Health" event May 16th. It was held in collaboration with Northeast Colorado Health Department and KPMX. We had special guests show up from our Board of Directors, Clark Bernhardt and Joe McBride. For



the first year we had a pretty good turnout before the rain came. The Health Department had a couple booths up and Centennial also featured our Housing and Homelessness programs, Human Resources, and Prevention and Crisis information, and of course the Sterling Clinic's Sparkletastic team had a pie throwing booth.



TAKE BACK THE NIGHT - AUGUST

This event drew a crowd of about 47 NJC students and community members joining together to support those that have dealt with sexual violence in their life. A student at DU gave a talk on her personal experience. NJC's process with sexual violence was discussed by Cindy Carey, and Officer Bill Dolan from Sterling PD spoke as well. The evening was very powerful and an overall great event for those that attended.



COMMUNITY AND INTERNAL FUNDRAISING

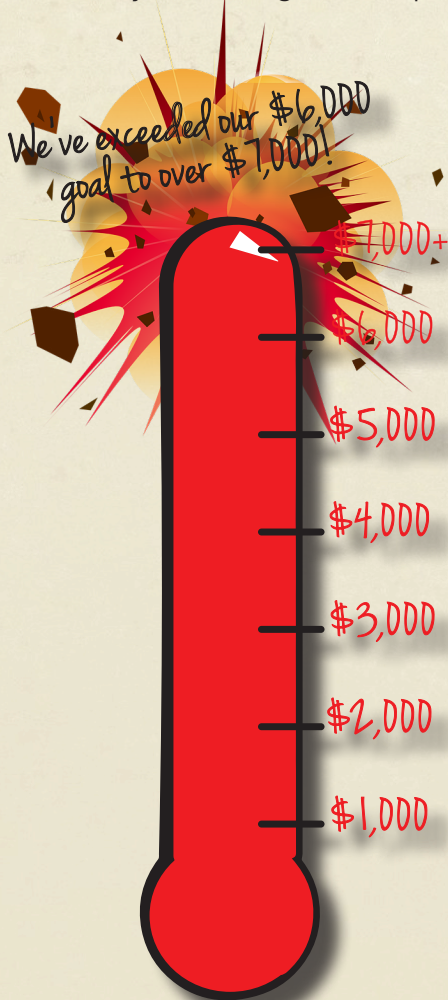


PROJECT CHRISTMAS JOY 2017

Centennial actively received donations for both Project Christmas Joy and Jeans for Joy 2017. The goal of our project, was to raise \$6,000 in order to

provide a happy holiday season for members in our behavioral health communities of Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma counties that have limited resources, friends or family with which to enjoy the season. Any funds raised beyond the goal, would be set aside in order to be utilized at our discretion throughout the year for basic client needs such as hygiene products, hats, gloves, mittens, scarves or socks.

As you can see, our efforts as a staff along with many of our community businesses WE EXCEEDED OUR \$6,000 GOAL! What great things this will do for our One Centennial clients and families!



CO GIVES DAY 2017 >>>

Colorado Gives Day was Tuesday, December 5, 2017 this year. This annual statewide movement celebrates and increases philanthropy in Colorado through online giving. Some gave to Centennial Mental Health Center on this day!



REMEMBER US ON
COLORADO GIVES DAY
**TUESDAY,
DECEMBER 5**



#COGivesDay

Online at ColoradoGives.org
\$1M Incentive Fund!

JEANS FOR JOY 2017

Six Tuesdays prior to the holidays, all Centennial employees had the opportunity to raise funds and help brighten the season for individuals and families by contributing a minimum of \$5.00 per Tuesday to wear jeans. This year we tried something different and if paid fully upfront, staff were allowed to have a FREE jeans day in January as well!



DONATION TOTALS:

PROJECT CHRISTMAS JOY
\$4,610.⁰⁰

JEANS FOR JOY
\$1,505.⁰⁰

CO GIVES DAY
\$937.⁰⁵

GRAND TOTAL: \$7,052.⁰⁵

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 St
Elizabeth, CO 80107
Phone: 303-646-4519
Fax: 303-646-4451

FORT MORGAN

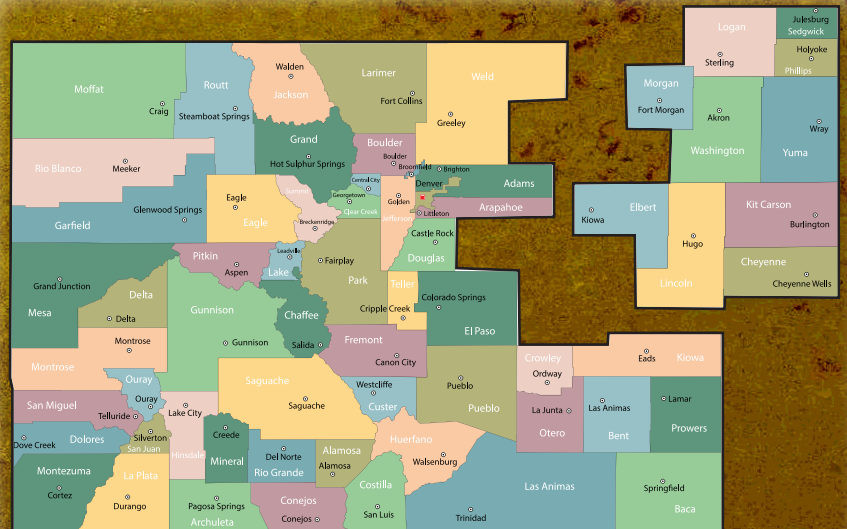
821 E Railroad Ave
Fort Morgan, CO 80701
Phone: 970.867.4942
Fax: 970.867.2695

HOLYOKE

115 N Campbell St
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 St
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"

Centennial Mental Health Center is an equal opportunity provider and employer