

# 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

## #BE THE DIFFERENCE

## AVATAR SUPER-USER REMINDER

Mental illness and substance use disorders are prevalent. And that's true for young people, too: one in five youth aged 13-18 will experience a mental illness in their lifetime. That means that in a classroom of 25 students, five will have a mental illness.

To address mental health and substance use in school settings, our #BeTheDifference focus this month is Back-to-School: Why Mental Health Matters at School.

One of the ways we can do this is by sharing information. Shown is a couple graphics we encourage you to share.

### 5 CONVERSATION TIPS

FOR TALKING TO TEENS ABOUT MENTAL HEALTH

- "I'VE NOTICED..."**  
Focus on behavior changes you have noticed. Do not make assumptions or point out "character flaws."
- BE GENUINE**  
Young people are good at recognizing when adults are "faking it." If you're uncomfortable in a discussion with a young person, admit it.
- CHANGE SCENERY**  
Where you have a conversation might make you or the young person more comfortable. Try different settings to see what works best.
- DON'T COMPARE**  
Avoid comparing the young person's life and yours at that age. The world changes, and new opportunities mean new challenges.
- AVOID SLANG**  
Use language you are comfortable with. Using slang you aren't used to will be a red flag for a young person.



Source: Mental Health First Aid USA  
MentalHealthFirstAid.org



A few weeks ago, Training Coordinator Sam Melfi sent an email introducing CMHC's creation of Avatar Super-Users.

In order to provide more beneficial and effective Avatar Support, Sam introduced you to local Super-Users from each region that will be carving out dedicated time on their schedules to help locally in their offices and to provide support on the Super-User Email Distribution. For the month of August, the Super-Users are shown in the calendar below.

### IF YOU FIND YOURSELF STUCK ON WHAT TO DO IN AVATAR

1. Check the current Super-User Schedule
2. If there is a super-user in your Office available sometime that day and the scenario can wait, then you can locally talk to your super-user in-person
3. If your situation is more of immediate need or a super-user is not local that day, email [superusers@centennialmhc.org](mailto:superusers@centennialmhc.org) and a super-user from another region should be able to assist you.

Our knowledgeable super-users are only on the super-user email distribution, so utilize [superusers@centennialmhc.org](mailto:superusers@centennialmhc.org) for Avatar Related questions instead of Help; otherwise, you will miss out on the opportunity to talk to our Super-Users directly.

Schedule Color-Coding helps you to identify if someone local in your region will be available that day (Though ALL super-users can be reached through the Super-User Email Distribution)  
**Green** = South Region Super-User  
**Orange** = Northeast Region Super-User  
**Blue** = Central Region Super-User  
**Black** = Support Staff Super-User

### AUGUST 2018 SUPER-USER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00	31 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00	1 Lindsey L. 8:00-9:00 Kathy D. 11:00-12:00 Jamie Farmer 1:00-2:00	2 Kathy D. 10:00-11:00 LeeAnn S. 11:00-12:00	3 Chris Terwitt 9:00-10:00
6 Kathy D. 11:00-12:00 Aaron Shea 5:00-6:00	7 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00	8 Kathy D. 11:00-12:00 Lindsey Lefton 11:00-12:00 Jamie Farmer 1:00-2:00	9 Kathy D. 10:00-11:00 LeeAnn S. 11:00-12:00	10 Chris Terwitt 9:00-10:00
13 Kathy D. 11:00-12:00 Aaron Shea 4:00-5:00	14 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00 Bonnie H. 2:00-3:00	15 Lindsey L. 8:00-9:00 Kathy D. 11:00-12:00 Jamie Farmer 1:00-2:00	16 Kathy D. 10:00-11:00 LeeAnn S. 11:00-12:00	17 Chris Terwitt 9:00-10:00
20 Kathy D. 11:00-12:00 Aaron Shea 4:00-5:00	21 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00 Bonnie H. 2:00-3:00	22 Kathy D. 11:00-12:00 Jamie Farmer 1:00-2:00	23 Kathy D. 10:00-11:00 LeeAnn S. 11:00-12:00	24 Chris Terwitt 9:00-10:00
27 Kathy D. 11:00-12:00 Aaron Shea 4:00-5:00	28 Kathy D. 10:00-11:00 Travis Wheeler 11:00-12:00 Bonnie H. 2:00-3:00	29 Lindsey L. 8:00-9:00 Kathy D. 11:00-12:00 Jamie Farmer 1:00-2:00	30 Kathy D. 10:00-11:00 LeeAnn S. 11:00-12:00	31 Chris Terwitt 9:00-10:00

FOR ADDITIONAL QUESTIONS CONTACT [SAMM@CENTENNIALMHC.ORG](mailto:SAMM@CENTENNIALMHC.ORG)

BACK TO SCHOOL MENTAL HEALTH

### 5 Ways Teens Ask for Help (Without Asking for Help)

- 1. They stop doing things they typically enjoy.**  
While trading childhood pastimes for more adult hobbies can be part of growing up, loss of interest in favorite activities without adding new ones can be a sign of depression.
- 2. Their grades are slipping - especially in classes they usually enjoy.**  
While many things can affect academic performance, a sudden change in behavior can be a sign of depression.
- 3. They avoid discussing important future events, such as decisions about further education or work opportunities.**  
This may be a sign of depression.
- 4. They avoid meeting new people or socializing with groups and spend time with only a few safe friends.**  
This may be a sign of an anxiety disorder.
- 5. They avoid eating meals, especially when in a social setting.**  
Using excuses for skipping meals like claiming to have already eaten or saying they have an intolerance or allergy to particular foods may be a sign of an eating disorder.

USA MENTAL HEALTH FIRST AID  
MentalHealthFirstAid.org

# CENTENNIAL CALENDAR

# CONNECT WITH US

## AUGUST

- 13<sup>th</sup> - Youth Mental Health First Aid at Merino Schools
- 15<sup>th</sup> - New Employee Orientation, Sterling, CO
- 16<sup>th</sup> - QPR for Fort Morgan City Council
- 21<sup>st</sup> - Bridges Out of Poverty

## SEPTEMBER

- 13<sup>th</sup> - Board of Directors Meeting, Limon, CO



LIKE US ON  
FACEBOOK



FOLLOW US ON  
TWITTER