

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

CENTENNIAL IN THE COMMUNITIES

Friday, August 10th, Prevention Specialist Andie La Combe and Admin Assistant Nicole Herrera trained Northeastern Junior College Residence Advisors in Mental Health First Aid. There were 18 RA's in attendance. <<

Monday, August 13th, Community Resource

Specialists Kirstin Schelling and Jaci Yula trained Merino Elementary and High School teachers in Youth Mental Health First Aid. There were 25 teachers in attendance.

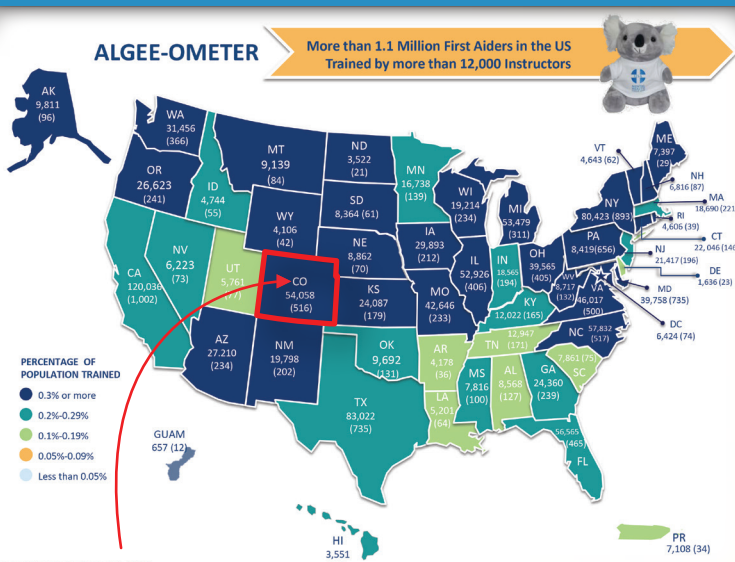
Tuesday, August 14th, Prevention Specialist Andie La Combe trained Elizabeth high school staff in the More Than Sad educator version. There were 48 teachers in attendance.

Tuesday, August 14th, Prevention Specialist Chelsea Chavez-Barre-ras trained Arriba/Flagler students and parents in More Than Sad. There were roughly 45 participants at the Back to School night.

MHFA IN COLORADO

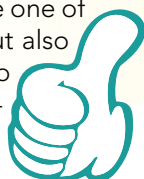
ALGEE-OMETER

More than 1.1 Million First Aiders in the US
Trained by more than 12,000 Instructors



Reported through August 9, 2018

The above graphic is an awesome representation of MHFA across the U.S. When looking at the numbers it's great to see that Colorado is one of the highest trained states! Not only are we one of the biggest numbers for individuals being trained, but also one of the biggest numbers for trainers trained to teach the Mental Health First Aid curriculum. Centennial is lucky enough to have 6 certified trainers in the Adult and Youth models combined.



NEW EMPLOYEE PERKS

For Those of you that don't know, we like to treat our new employees with a nice little gift as they engage in the first day of New Employee Orientation. This is just another one of the small things we can do to make our new staff members feel welcome to our Centennial community.



SAFETY TALK

Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

Safety Tips

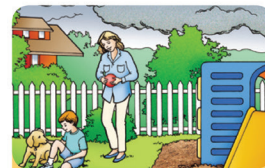
Outdoor Safety

- ❗ If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- ❗ Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm.
- ❗ Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter.
- ❗ Stay away from windows and doors. Stay off porches.
- ❗ There is no safe place outside. Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- ❗ If a person is struck by lightning, call 9-1-1. Get medical help right away.

Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You can use a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.



FAST FACTS

Lightning may strike as far as 10 miles from any rain.



How To Stay MINDFUL In The Workplace

****THIS INFORMATION CAME FROM A BLOG ABOUT
POSITIVE WORKPLACE THOUGHTS AND ACTIVITIES****

Working in an office can be really exciting and rewarding while other times it can be stressful and feel soul-sucking.

So how do you handle it when your inbox is blowing up about that project? What about when a coworker was supposed to help you on a presentation but then can't last minute? Your clients are calling you left and right as you watch your voicemail light up.

If you're anything like me, you might struggle with handling it well.

It wasn't until I had a total burnout that I realized I had to make some SERIOUS changes to the way that I approached my life-work balance. Luckily, I was introduced to mindfulness and my entire world changed.

Here are a few ways that I practice mindfulness in the workplace:

DON'T GO ON AUTOPILOT

You know when you're driving and you suddenly realize that you are getting off at your exit or you've somehow moved over 3 lanes and have no idea how you got there? You completely zoned out but your brain still kept working for you to get to your destination. It can happen in your life too.

Even if it's the simplest task, be mindful of your actions. For example, if you're changing the paper from the printer, take a minute to actually feel the paper. Continue to breathe deep.

TAKE CARE OF YOUR BODY

Eat breakfast, drink enough water throughout the day, bring a healthy lunch, have snacks on hand, get a workout in. It's really difficult to be mindful and present when you're dragging from not having enough energy.

GET AWAY FROM YOUR DESK

Take walks as many times as possible and to stand up from your desk every 15-25 minutes. I was really fortunate because my office was lenient with break policies and I could basically go outside and walk whenever my little heart pleased. I made sure to stand up and do a little bit of stretching as often as possible, just to get the blood flowing. I would get up to use the restroom, grab a snack, head to the water filter, talk to a coworker or even print something at a printer on a different floor. This helped SO much.

FOCUS ON ONE TASK AT A TIME

I don't care what anyone says but as humans we CANNOT multi-task. There have been countless studies that show that humans are horrible and multitasking. Eating and typing? Let me show you my ketchup stain from when I tried to have a "working-lunch." We THINK we are getting more accomplished by focusing on several tasks at once but in truth, we are definitely not.

When I would become overwhelmed with a negative thought or just a random stream of thoughts – I would remind myself to connect with my breath first and then begin connecting all of my senses to the present moment. Then I would move onto the next task or review my schedule to see what would make for a more peaceful and productive workday.

PRACTICE GRATITUDE

If it's a task you hate doing, practice some gratitude. For me, I hated cleaning out my voicemails. When I began to practice mindfulness, I would take some deep breaths before I started checking my voicemails to really get me centered. As I continued, I shifted my perspective to feeling grateful for checking my voicemails (and trust me, it wasn't easy at first) My thought process went like this:

I hate listening to these messages... "UGGHHH"

I'm grateful that people are responding to my calls and emails.

Sigh Let's repeat that 3 times...

I'm grateful that people are responding to my calls and emails.

Sigh

I AM grateful to have a job

I'm grateful to have a job where I can check my voicemails when it fits my schedule.

ACCEPT WHAT IS

Accepting what is, was probably the most difficult part of mindfulness. I used to be in a constant state of "this needs to change in order for me to be happy" or "once I get that promotion, I'll be satisfied." I could never be happy or content with the present moment because I was constantly on this wild goose chase trying to find happiness, joy and peace.

We are humans. Accept the mistake you made and focus on the solution. If we spend time beating ourselves up for the mistake we made, we're wasting valuable time; time that we could be spending correcting the problem.

Accept that maybe a project is too large to tackle alone or you have too many projects and then ask for help if you need it – seriously.

If you're struggling with hitting deadlines talk to your supervisor or manager about spreading your tasks out within your team or adjusting your schedule. It's better to ask for help now than wait till you're truly incapable of a solution and letting everyone down.

TO SUM THIS WHOLE THING UP:

Being mindful in the workplace will make you more productive, happier and calmer. Who doesn't want MORE of that?! You spend more time at your job than you do with your friends and family. It should be a healthy and happy place for you to be.

BE
mindful

ZERO SUICIDE

IN CASE YOU MISSED IT

Health care professionals typically take great pride and exert painstaking effort to meet patient needs and provide the best possible care. Unfortunately, too often, this diligence and attentiveness falters when the patient is handed off, or transitioned, to another health care provider for continuing care, treatment or services. A common problem regarding hand-offs, or hand-overs, centers on communication: expectations can be out of balance between the sender of the information and the receiver. This misalignment is where the problem often occurs in hand-off communication.

WHAT IS A HAND-OFF?

A hand-off is a transfer and acceptance of patient care responsibility achieved through effective communication. It is a real-time process of passing patient-specific information from one caregiver to another or from one team of caregivers to another for the purpose of ensuring the continuity and safety of the patient's care.

The image below represents our 'Regional Nursing Model.' Please refer to this if you have any questions as to who would respond in your area. The highlighted areas on the map are just an estimation as to who would handle that specific client. Avatar will show you which specific office the client goes to for appts, UAs, etc.

This model was created to streamline client communication as well as communication between the nursing staff and outlying offices. This process helps us meet the needs of our clients in an effective and efficient manner.

In the instance that your nurse is out of the office, back up will always be available from other members of the nursing staff so please don't hesitate to contact them. They'll be able to provide insight regarding your question and/or request.

NURSING STAFF INCLUDES:

CHERYL DILLON, LPN – based out of Sterling

LAURA YAHN, MA – based out of Sterling

Ph. 970-522-4392 & Fax 970-522-2217

RON HUNTER, RN – based out of Ft. Morgan

MARY CROSS, MA – based out of Ft. Morgan

Ph. 970-867-4924 & Fax 970-867-2695



NE Region
Cheryl Dillon, LPN Primary Contact Sterling Office
Laura Yahn, MA Secondary Contact Sterling Office
Central Region
Ron Hunter, RN Ft. Morgan Office
Mary Cross, MA Ft. Morgan Office
Southern Region
Laura Yahn, MA Sterling Office

happy
FRIDAY

CENTENNIAL CALENDAR

AUGUST

21st - Bridges Out of Poverty

SEPTEMBER

13th - Board of Directors Meeting, Limon, CO

19th - New Employee Orientation, Sterling Admin

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