



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



It is estimated that there are 19.6 million veterans living in the U. S. While military service can increase resilience in those who serve and build strength in their families, some experience mental health

issues that require support and treatment. The statistics surrounding veteran mental health and substance-use are troubling:

- Veteran suicide rates remain steady, despite the decreasing size of the veteran community.
- Veterans have a 41-61 percent higher risk of suicide than nonveterans.
- Veterans with a diagnosis of PTSD or another mental health disorder were more likely to receive an opioid prescription.
- The rate of post-traumatic stress disorder (PTSD) in veterans is nearly 15 times higher than civilians due to exposure to events like military combat, assault and disasters.
- The rate of depression is five times higher than among civilians.
- Almost a quarter of all women veterans experienced military sexual trauma, compared to 4% of male veterans. More than half of all women and more than a third of all men experienced sexual harassment in the service.
- Only 50 percent of returning veterans receive mental health treatment.

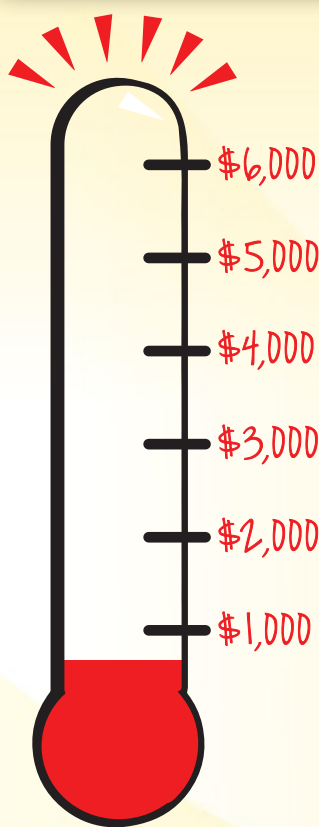
To help support veterans, the National Council for Behavioral Health updated the Mental Health First Aid for Veterans module. The module provides a fundamental understanding of the common mental health challenges experienced by military personnel and the skills to identify and respond to them. It also teaches veterans strategies to better assess and access support for themselves, their colleagues, families and community members.

You can [#BeTheDifference](#) for our veterans – this month and every month. Here are some things you can do:

1. Get trained. You're already a Mental Health First Aider – congratulations! Now, take the next step and encourage someone else to get trained, especially if you are a veteran or know someone who is.
2. Spread the word. Share infographic over the course of the month to raise awareness about how important it is to support the mental health needs of our military personnel and their families.
3. Read up. We'll be sharing stories about mental health among veterans on the Mental Health First Aid blog during November. Every day, Mental Health First Aiders are making a difference in communities across the country. Thank you for continuing to [#BeTheDifference](#) in yours.



SEASONAL DONATION TRACKER



Centennial has actively been getting donations for Jeans for Joy 2018. Project Christmas Joy will also be soon to follow. The goal of our project, as you all know (from a previous email) is 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, may 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.

Keep in mind this is a project supporting OUR clients and a cause for what we ALL support working for Centennial! Help us to make this a wonderful Holiday season for our clients.

BE
mindful

HOMELESS & HUNGER AWARENESS

Hunger and Homelessness Awareness Week is an annually recognized week where people come together across the country to draw attention to the problems of hunger and homelessness in our communities.

Housing challenges – Most of us face them at some point in our lives, whether we are young and just starting out on our own, or as a family living paycheck to paycheck. According to Hunger and Homelessness Week's website: 43.1 million Americans live below the poverty level, and in one year, over 3.5 million people will experience homelessness nationwide; in that same struggle, 42 million Americans are at risk of suffering from hunger.

Centennial Mental Health Center strives to provide behavioral health and substance abuse services, along with housing resources and information on available housing programs to individuals in our rural communities of Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties. Centennial's Housing and Homeless programs provide rental assistance, outreach and case management services to hard-to-reach homeless individuals with severe and persistent mental illness. One program specifically called PATH (Projects for Assistance with Transition from Homelessness) provides outreach and case management services to identify those persons in the community who are homeless and connect them to community mental health and substance abuse services. Referrals are then made as the individual transitions to mainstream services that end their homelessness. At initial contact, personal hygiene care packages are provided.



The demand for additional housing resources is seen daily, not only in Centennial's offices, but also through reports received from other local housing providers and social services agencies. Centennial receives multiple calls each day asking specifically for housing assistance. Only two places exist in Centennial's catchment area that can provide shelter to specific groups, Rising Up Morgan County, a seasonal warming center located in Fort Morgan that provides overnight shelter November – March and a Day Center providing services and meals to homeless individuals. A second shelter exists in Castle Rock, only women and children who reside in Elbert County are eligible for their services.

Since January 2018 Centennial Mental Health Center has served 52 individuals who were struggling with homelessness or imminent homelessness to connect them to services and goals for long term stable housing. Other community partners like Cooperating Ministry, has served 31 families and 102 individuals struggling with food and clothing needs in Logan County; additionally to Under The Umbrella, also serving Logan County, provides hot meals to those in need up to three times a week.

During their 3rd warming season, Rising Up Morgan County provided 79,815 meals and 679 nights of shelter to 54 individuals. Prairie Family Center which serves Lincoln, Cheyenne, and Kit

Carson counties has served 240 struggling individuals between January – October this year ; Washington and Yuma Counties saw 11 individuals in need of food and housing and Sedgwick, Elbert and Phillips counties are also in the fight to support an ever-present homeless population in need.

For more information on housing and homeless resources, contact Kirstin Schelling, Housing Program Manager or Cheri Teigen, Housing Specialist at 970.522.4549.

2019 HOLIDAY CALENDAR

If you haven't already gotten it in your Calendar, our Board approved the following Holidays for the 2019 Calendar Year

Employee Anniversary		Floating
New Year's Day	January 1	Closed
Martin Luther King, Jr. Day	January 21	Floating
President's Day	February 18	Floating
Memorial Day	May 27	Closed
Independence Day	July 4	Closed
Labor Day	September 2	Closed
Columbus Day	October 14	Floating
Veteran's Day	November 11	Closed
Thanksgiving	November 28	Closed
Thanksgiving Friday	November 29	Closed
Christmas Eve (Half Day)	December 24	Closed
Christmas	December 25	Closed

SHOP AMAZON - SUPPORT CENTENNIAL

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- AmazonSmile is the same Amazon you know. Same products, same prices, same service.

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Black Friday and Cyber Monday are two of the busiest shopping days of the year. This is a great opportunity to increase Centennial Mental Health Center Incorporated's AmazonSmile donations!

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CENTENNIAL CALENDAR

NOVEMBER

- 21st - New Employee Orientation - Sterling Business Office
- 22nd - Thanksgiving - All offices closed
- 23rd - Thanksgiving Friday - All offices closed

DECEMBER

- 13th - Board of Directors Meeting - Fort Morgan Office

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