



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

SEASONAL DONATION WRAP UP

DETAILED DONATIONS THIS YEAR



Centennial has wrapped up Jeans for Joy 2018 and also Project Christmas Joy. The numbers below give details as to where all of our donations came from so thank you to those of you that have participated to bring a Happy Holiday to our clients in need.

GRAND TOTAL - \$5,260
A huge thank you to everyone!

Donations included:

- Centennial Board Members - \$1,010
- Businesses - \$1,175
- Community Members - \$2,025
- Jeans for Joy - \$1,050

****New donations each week are highlighted in green to the right****

***Businesses:** Pronghorn Country Ace Hardware, Chaney-Reager Funeral Home, Cargill, Rural Communities Resource Center, Kellogg Ewing Leavitt Insurance Agency, Pilkington Financial, Tennant Funeral Home, Bank of Colorado, **Schlenz Builders**

***Community Members:** Lidia Dunbar, Ellen Cecil, Nancy Mc Elwain, Liz Hickman, Bruce Heggen, John Hickert, Henry & Roberta Rosas

***Jeans for Joy all days:** Bonnie Fisher, Kathi Boren, Linda Valle, Tara Minardi, Brandy Cutshaw, Abbi Garcia, Heather Glover, Karla Rosas, Emily Morris, Maranda Miller, Sherri Davidson, Tim Davidson, Sheila Couch, Tiffany Nichols, Lorie Hessler, Jennifer Spaulding.

More jeans for Joy donations include: Lidia Lara, Jackie Vasquez, Ally Kvachkoff, Jamie Cantrell, Amanda Burns, Michelle Lynn, Sarah Whitman, Toni Warnick, Kassidy Clouse, Karen Lanckriet, Gina Dardanes, Shannon Parker, Jaci Yula, LeeAnn Schroeder, Renda Kelsch, Diane Van Der Wege, Alicia Lopez, Melissa Satterly, Diana Rios, Eric Schmidt

TRAININGS COMING UP

STAFF GETS BS IN PSYCHOLOGY

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

Almost **10%** of police calls involved someone with a **MENTAL ILLNESS** IN 2014.

Nearly **1.4** police officers think of suicide at some **POINT** IN THEIR LIFE.

1.2 million individuals living with mental illness are in jail AND PRISON EACH YEAR.

Why Mental Health First Aid?
Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

WHAT IT COVERS

- Defusing crises.
- Promoting mental health literacy.
- Compassionate use of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

WHO SHOULD TAKE IT

- Law enforcement
- Correctional officers
- Other first responders
- 911 dispatch staff

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

TO FIND A FREE COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, EMAIL Prevention@CentennialMHC.org

WANT TO TAKE THE COURSE?
Where: Jalsoberg Fire Dept., 510 East 1st Street Jalsoberg, CO 80737
When: January 22nd, 2019 8:30 am to 4:30 pm
Register Here: Email:Events@CentennialMHC.org

YOUTH MENTAL HEALTH FIRST AID

64.1% of youth with major depression do not receive any mental HEALTH TREATMENT.

15 teens & young adults live with a mental HEALTH CONDITION.

5.13% of youth report having a substance use or ALCOHOL PROBLEM.

Why Youth Mental Health First Aid?
Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

The course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org

WANT TO TAKE THE COURSE?
Where: Centennial Mental Health, Inc. (B1 E, Railroad, Fort Morgan, CO 80701)
When: January 18, 2019, 8:30 am to 4:30 pm
Register Here: Email:Events@CentennialMHC.org



EILIS KING has obtained her BS in Psychology!!
CONGRATULATIONS
Centennial is lucky to have you!

CENTENNIAL CALENDAR

JANUARY 2019

- 13th - Board of Directors Meeting - Fort Morgan Office
- 21st - Martin Luther King Jr. Day - Floating Holiday

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