

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

FREE JEANS FOR JOY DAY REMINDER

If you recall...

HOW DO I WEAR JEANS A TENTH DAY FOR FREE?

1. Purchase all nine days for a total of \$45 paid in full on or prior to October 23.
2. You will receive a separate proud participant card designating Tuesday, January 15th as the **FREE** date to wear jeans.

THE BELOW PARTICIPANTS ARE ELIGIBLE FOR YOUR **FREE** DAY TOMORROW!



Abbi Garcia
Heather Glover
Karla Rosas
Emily Morris
Maranda Miller
Sherri Davidson

Tim Davidson
Sheila Couch
Tiffany Nichols
Lorie Hessler
Jennifer Spaulding

Bonnie Fisher
Kathi Boren
Linda Valle
Tara Minardi
Brandy Cutshaw

TRAININGS COMING UP

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

Almost **10%** of police calls involved someone with a **MENTAL ILLNESS** IN 2014.
Source: Public Safety Bureau

Nearly **1.4** police officers think of suicide at some **POINT IN THEIR LIFE**.
Source: National Police Officers' Survey

1.2 million individuals living with mental illness are in jail and prison each year.
Source: Mental Health America

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.

WHO SHOULD TAKE IT:

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

WHAT IT COVERS:

- Identifying crisis
- Promoting mental health literacy
- Combating stigma of mental illness
- Building early intervention through recognition of signs and symptoms
- Other first responders
- Connecting people to care

WHAT IT COVERS:

- Common signs and symptoms of mental illnesses in the age groups 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 FREE COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, EMAIL: Prevention@CentennialMHC.org

WANT TO TAKE THE COURSE?

Where: **Johnsburg Fire Dept., 510 East 1st Street, Johnsburg, CO 80737**
When: **January 22nd, 2019 8:30 am to 4:30 pm**
Register Here: **Email: Events@CentennialMHC.org**

USA MENTAL HEALTH FIRST AID

YOUTH MENTAL HEALTH FIRST AID

64.1% of youth with major depression do not receive any mental health treatment.
Source: National Institute of Mental Health

1 in 5 teens & young adults live with a mental health condition.
Source: National Institute of Mental Health

5.13% of youth report having a substance use or ALCOHOL PROBLEM.
Source: National Institute of Mental Health

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.

WHO SHOULD TAKE IT:

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

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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. (821 E. Railroad, Fort Morgan, CO 80701)**
When: **January 18, 2019 8:30 am to 4:30 pm**
Register Here: **Email: Events@CentennialMHC.org**

USA MENTAL HEALTH FIRST AID

PURPOSE STATEMENTS FROM OUR BOARD

A few months back, you all received an email on our Purpose Project, inviting you to share your own sense of "purpose" in your various roles at Centennial. As this project continues, we'd also love for you to still think about your purpose. We've gotten a bunch of cool responses and we've seen some in past issues of the Briefing. This week we gained Purpose Statements from our Board of Directors and they are listed below. How great it is to see their words as well. If you haven't already sent yours to Liz or Jaci Yula please do so!



To create a space for individuals to explore who they are and what they are capable of, and how they can find and grow their own purpose. These employees then create space for clients to do the same.

Collaborative teamwork to enhance the lives of people in rural communities

Feeling of accomplishment serving an agency that helps individuals live successful lives

Mentoring and supporting employees.

Dedicated to helping others toward health, happiness and the life they'd like to have.

Try to get more involvement within our county.

Herd cats around varying "today" bubbles.

To better understand all the workings of Centennial and their services they offer.

New as a Board Member, but I have had contact with Centennial for 30 years of Medical Services. I do strategic planning personally and through this business. Glad to be here.

Be a leader for embracing change in the organization while communicating the value each person brings to the mission.

Community education of what great quality services and staff we offer. Enhances community wellness!

Open, honest communication and collaboration.

To promote and destigmatify access in rural communities to seek behavioral/mental health services.

Move mental health to new levels in rural Colorado...and finances that will be more stable.

Try to improve the mental health services

To lead and inspire others as they seek to bring personal excellence to their care of our clients.

for the people in our region.

Watching and helping people grow and thrive

To hold and convey the vision of behavioral health in our region and to be a voice for those that are not usually heard.

Expanding access to Behavioral Health Care for rural community members!

Being a part of giving hope to those that need it most.

Promote immediate service access.

If you see and/or get a chance to meet a Board Member, thank them for their service towards our mission of "Moving Lives Forward!"

CENTENNIAL CALENDAR

JANUARY 2019

21st - Martin Luther King Jr. Day - Floating Holiday