



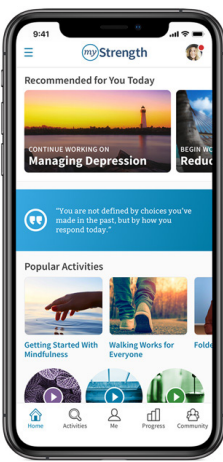
THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

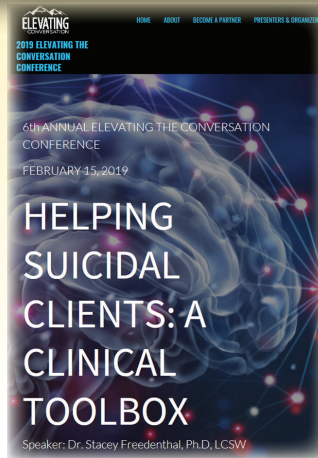
Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

MYSTRENGTH'S NEW APP



The new myStrength app provides an entirely new look and feel that mirrors the myStrength web experience you're used to. Consumers and partners can continue to take advantage of myStrength's proven, clinically-based resources through the web version of myStrength (which is fully mobile responsive), by downloading the app, or using both seamlessly. If you have the original app downloaded on your device already you will still be able to use it, but updates and new downloads are no longer available. We recommend downloading the new app for a more complete myStrength experience.

SUICIDE PREVENTION CONFERENCE FOR CLINICIANS



February 15, 2019
CU Denver Anschutz Medical Campus
Registration **OPEN** now!
<http://elevatetheconvo.com/>

Elevating the Conversation is an annual conference presented by a Colorado-based collaboration created for the purpose of sharing best practices in mental health treatment, suicide prevention, and intervention through resources, training and advocacy.

We elevate the conversation because

SAFETY TALK

AUTO INSIGHTS

Provided by: Associates Insurance Group

Did You Know?

A recent study from the University of Minnesota found that talking on a cell phone while driving impairs one's ability **even more** than driving while intoxicated. Talking on a cell phone and other driver distractions pose a major hazard to everyone on the road.

PREVENTING DISTRACTED DRIVING

To minimize risks while driving:

- Do not talk on your cell phone or use the text messaging feature.
- If you absolutely must conduct a conversation, use a hands-free device and speed dial.
- Never touch up your makeup or hair in the rearview mirror.
- Limit your conversations with passengers and ask them to keep their voices down so you can concentrate.
- Do not smoke while you are driving, as you will probably pay more attention to not burning yourself or putting out the cigarette than driving safely.
- Only adjust the radio or CD player when you are completely stopped.
- Never allow animals to sit on your lap while driving.
- Do not eat or drink while driving.
- Avoid reading maps or directions. Instead, pull into a parking lot to get your bearings and determine where you need to go next to reach your final destination.
- Do not take notes or search for phone numbers.
- Never use a cell phone (even with a hands-free device) in bad weather, work zones or heavy traffic.

Safety First

Allowing yourself to become distracted while driving can lead to dangerous, and even fatal, consequences. Be a responsible motorist and make paying attention to the road your number one priority when you're behind the wheel.

Associates Insurance Group
www.workcompnow.com
(303) 793-3388

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we must! When you join the conversation, you help to increase awareness, learn and share best practices, and receive critical skills training in suicide risk assessment, management, and support. Your voice and your participation is necessary for progress to continue.

Another event coming up February 4th!

Everyone is invited

>>>

Mark Lanning, of the Colorado Department of Law, will be presenting on how to use the **Safe 2 Tell** hotline to anonymously report concerns such as suicide, safety concerns, and alcohol/drug issues.

He will talk about how utilizing the hotline can support the schools and safety of Northeast Colorado.

TRAINING DETAILS:
February 4th, 2019 | 1:00 pm - 2:30 pm
Northeast Colorado Health Department
700 Columbine, Sterling, CO 80751

Brought to you in partnership by
Colorado Health Department and CENTENNIAL MENTAL HEALTH CENTER

Make a Call. Make a Difference.
1-877-542-7233

CENTENNIAL CALENDAR

JANUARY 2019

- 22nd - MHFA - Public Safety - Julesburg Fire Hall - 8:00 am - 4:30 pm
- 28th - 29th - ASIST - Northeastern Junior College - 8:30 am - 4:30 pm
- 28th - Sources of Strength - Otis Schools - 8:00 am - 4:00 pm

FEBRUARY 2019

- 1st - Sources of Strength - Yuma Schools - 8:00 am - 4:00 pm