



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

STEPPING UP INTEGRATED CARE

OUR AMAZING INTEGRATED CARE TEAM

SHEILA ROBINSON, LPC
PEAK VISTA FAMILY HEALTH CENTER-KIOWA

"I love working in the integrated care environment. I have opportunities to gently introduce mental health care to people who might otherwise not seek services."

LEFT: REBECCA LISTER, LPC
SALUD FAMILY HEALTH CENTER-STERLING

"Working at the Salud Clinic has provided me



with additional training and assessment experience. I have solid relationships with professionals and office staff and patients are starting to recognize me when they come in. I feel like an integral part of the team!"

RIGHT: KAITLIN WILSON, LPC

BANNER FAMILY HEALTH CENTER-STERLING

"Helping clients with their behavioral health in the medical setting opens up new doors for wrap around care by working directly with their PCP's and having that communication benefits the clients significantly."



ANNE HELLSTROM, MSED, LPC
INTEGRATED SERVICES DIRECTOR

"This year has been an incredible journey being able to work with such a fantastic team and meeting all the medical providers and leadership teams of clinics and hospitals throughout our ten counties. I am so proud of the work we have done and continue to do, I couldn't do it without these amazing clinicians and Centennial's shared vision to expand these services!"

The Integrated Services program at Centennial Mental Health Center has had some

exciting developments and strategic expansion efforts over the past year! Our on-site clinic Behavioral Health Providers are available to provide on-going, short-term behavioral health services and care coordination with medical providers especially for patients with



LEFT: JAMIE FARMER, LPC-SALUD FAMILY HEALTH CENTER-FORT MORGAN

"The integration of medical care and MH care allows us to provide care to larger numbers of patients. Integration allows us to help improve the lives of individuals who don't see their MH as "severe" as someone that needs to be seen at a MH center, but they might be struggling to comply with their medical care or might not know that they

can use relaxation and mindfulness to help reduce pain vs needing high doses of pain medication."

CENTER: CHANI JOHN, LPCC-SALUD FAMILY HEALTH CENTER-FORT MORGAN

"It is exciting to be on the cutting edge of what mental health will become. I have the opportunity to help primary care providers gain a bigger picture of the client before they write scripts and influence how they and the clients see mental health."

RIGHT: NICOLE GARFIELD, LCSW-BANNER HEALTH CENTERS-BRUSH AND FORT MORGAN

"I've been able to support clients in advocating for their needs with their primary care providers."

chronic medical conditions.

This program has gained momentum within the past year by doubling the integrated care team throughout our 10-county region! Within the past couple of years, we have seen a dramatic shift in providing behavioral health services within primary care clinics as part of our State Innovation Model (SIM) driven by understanding that a persons' behavioral health connects to their physical health and vice-versa.

In our rural and frontier communities we are seeing more patients' access behavioral health services within the discreet, anonymous settings of these rural health clinics, ultimately expanding access to those that might otherwise not seek out therapy services. Our goal is to continue to expand this access and increase population health as a whole throughout our region with a planned expansion in 2019 to Melissa Memorial Hospital & Clinic in Holyoke and Wray Hospital & Clinic in Wray.

SAFETY TALK

IN CASE YOU MISSED IT - ASIST FOR STAFF

With the big Super Bowl coming up, keep in mind food safety as well. Follow these tips to ensure an awesome, and food safe football Sunday experience next week!

Score Big

Six Game Rules for Food Safety

Tackling a buffet at your Super Bowl gathering? Practice these game rules and keep the runs on the field.

1. Keep it clean. Before you eat or handle food, thoroughly wash your hands, food prep tools and surfaces, and all fruits and veggies.

2. Cook it well. Measure minimum internal temperatures with a food thermometer. For party faves, like chicken wings and ground beef sliders, make sure that they reach 165°F and 160°F, respectively.

3. Keep it safe. Use chafing dishes, slow cookers, and warming trays to keep hot food at 140°F or more. Keep cold foods, like salsa and dips, at 40°F or colder. Nest serving dishes in bowls of ice or use small trays. Replace ice often.

4. Watch the clock. Follow recommended microwave cooking and standing times (the extra minutes needed for food to cook completely). Track how long foods have been on the buffet. Discard after two hours.

5. Intercept mix-ups. Separate raw meats from ready-to-eat foods, like veggies. Provide serving utensils and small plates to discourage eating directly from bowls with dips and salsa.

6. Protect all "TO-GOs." Discard foods that have been on the buffet over two hours. Divide leftovers into smaller portions, place in shallow containers, and refrigerate.

Be a winner. Invest in a good food thermometer for you or someone you love.

Be aware of the "danger zone" between 40°F and 140°F where harmful bacteria grows. Play it safe and refrigerate food within two hours.

If you see "double-dippers" (folks who repeatedly eat or dip from a shared food dish), throw the penalty flag before someone is down on the field!

For more information:

www.cdc.gov
www.fsis.usda.gov
www.foodsafety.gov



As part of Centennial's Zero Suicide Initiative our goal is to have ALL of our staff trained in Applied Suicide Intervention Skills Training (ASIST). Below is a schedule for the upcoming sessions. If you have not attended ASIST already, please talk with your supervisor and work with them to pick a session that is close to your region/office. Once the session has been selected and your supervisor has approved, please register on ELearning for the correct dates. There are limits to the amount of people for each session so please select one as soon as possible. Our center goal is to have the majority of staff trained in ASIST by the end of year and to be able to continue offering tools that can help us all in working towards our goal of Zero Suicide!

Dates	Location	Time
01/28/19 01/29/19	Northeastern Junior College 100 College Drive Sterling, CO 80751 Hays Student Center Room 230 CLASS IS FILLED	8:30-4:30 (each day)
04/29/19 04/30/19	Burlington Ambulance Building 1576 Lowell Ave, Burlington, CO 80807 Max Attendees: 15	8:30-4:30 (each day)
07/29/19 07/30/19	Fort Morgan, CO Address TBD Max Attendees: 30	8:30-4:30 (each day)
10/21/19 10/22/19	Northeastern Junior College 100 College Drive Sterling, CO 80751 Hays Student Center Max Attendees: 30	8:30-4:30 (each day)
01/27/20 01/28/20	Limon Community Building 477 D Ave Limon, CO 80828 Max Attendees: 30	8:30-4:30 (each day)

Attendance for both full days is required

CENTENNIAL CALENDAR

JANUARY 2019

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

6th - Board of Directors Meeting