



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

POSITIVE YOUTH DEVELOPMENT

Wednesday, February 13th,

Jaci Yula, Community Resource Specialist and Nicole Herrera, Community Resources Admin, presented to the Key Leader Board of Communities That Care, a brief introduction to Positive Youth Development



(PYD). The board is comprised of many individuals/experts/agencies who work with youth. In the near future Jaci and Nicole will train/facilitate Positive Youth Development which is an eight hour course for those working with Youth in our communities.

STAFF GETS LICENSED



< **KACEY SLIGER**
has earned her LMFT



LINDSEY LEFTON >
has earned her LPC

CONGRATULATIONS!
Centennial is lucky to have both of you!

STAYING MENTALLY HEALTHY DURING WINTER



We have an old survival instinct to stuff ourselves with comfort foods, curl up in a blanket, and hibernate when it's cold outside. How do we stay mentally healthy through these frigid conditions? These tips are designed for winter mental health:

1. Listen to your body. Winter's low light causes the brain to prepare for sleep more than it does in the summer months. Try going to bed 20-30 minutes earlier than usual. You might consider working in a power nap of about 30 minutes during the day.
2. Feed your winter hunger wisely. Stock up on nutritious foods. Eat nuts, yogurt, sweet potatoes, crackers and hummus dip, and other healthy foods instead of junk food. You'll boost both mental and physical health.
3. Move! It's fun to curl up in a blanket and read or watch movies, but our bodies still need movement for wellbeing. Set a timer to buzz every hour, and when it does, get up and walk around, stretch, climb stairs, or dance wildly. It's a powerful mental health enhancer.

Try these, and see if they help create positive thoughts, healthy emotions, and the energy to resist hibernation. They could boost your mental health over the winter.

RANDOM ACTS OF KINDNESS AT CENTENNIAL

For one of the many random acts of kindness, the Sterling Clinical office is hosting a Food Drive to donate to the Cooperative Ministries and other agencies.

This food drive may include can foods, hygiene items, non-perishables, and bottled water.

Please drop off these items by tomorrow, Tuesday, February 19th to either Jackie Vasquez or Ally Kvachkoff in the Sterling, Clinical Office!



CENTENNIAL CALENDAR

MARCH 2019

20th - 12:00 pm - 1:00 pm - Compliance Training - Northeast Region