



# 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

## SUICIDE PREVENTION

### 2019 Suicide Prevention Day at the Capitol



## EVENTS COMING UP

**THE ABC'S OF THE OPIOID CRISIS**  
MARCH 23, 2019 1 – 4 PM  
HUGO, CO

REGISTER HERE: <https://www.eventbrite.com/e/the-abc-of-the-opioid-crisis-tickets-56513694983>

**OPIOID CRISIS**

**COLORADO CONSORTIUM**  
for Prescribing Drug Abuse Prevention

**Presenter**  
Rob Valuck,  
Colorado  
Consortium

**LOCATION**  
Lincoln County  
Fairgrounds  
33747 County Road  
2W Hugo, CO

For the Entire Family!  
Events for Teens

*Please Join Us for  
This Very Exciting  
**FREE**  
Community Event!*

**LINCOLN COUNTY  
HEALTH DEPARTMENT**  
For questions, e-mail  
Jobeth Mills  
lcp\_h\_idr@lincolncountyco.us  
OR Kim Fairley  
kfairley@cahec.org

## IN CASE YOU MISSED IT



### 2019 IN-PERSON BROWN BAG SCHEDULE

| Month     | Regional Dates  | Topic   |
|-----------|---|---|
| January   | 1/09/19 - Central<br>1/11/19 - Northeast (RESCHEDULED)<br>1/17/19 - South                   | Working with Difficult Kids/Parents <b>PART 2</b><br>12:30-2:00 |
| February  | 02/04/19 - Northeast<br>02/13/19 - Central<br>02/21/19 - South                              | Feedback Informed Treatment<br>12:30-2:00                       |
| March     | 03/04/19 - Northeast<br>03/13/19 - Central<br>03/21/19 - South                              | Collaborative Documentation<br>12:30-2:00                       |
| April     | 04/01/19 - Northeast<br>04/10/19 - Central<br>04/18/19 - South                              | How to Terminate Services with Clients<br>12:30-2:00            |
| May       | 05/06/19 - Northeast<br>05/08/19 - Central<br>05/16/19 - South                              | Safety Planning<br>12:30-2:00                                   |
| June      | 06/03/19 - Northeast<br>06/12/19 - Central<br>06/20/19 - South                              | Domestic Violence<br>12:30-2:00                                 |
| July      | 07/01/19 - Northeast<br>07/10/19 - Central<br>07/18/19 - South                              | Substance Use Disorder Topics<br>12:30-2:00                     |
| August    | 08/05/19 - Northeast<br>08/14/19 - Central<br>08/15/19 - South                              | Considering Culture in Treatment<br>12:30-2:00                  |
| September | 09/03/19 - Northeast (NE Rescheduled for Holiday)<br>09/11/19 - Central<br>09/19/19 - South | Treatment Planning for Specific Diagnoses<br>12:30-2:00         |
| October   | 10/07/19 - Northeast<br>10/09/19 - Central<br>10/17/19 - South                              | Legal and Ethical Issues<br>12:30-2:00                          |

Northeast = 1<sup>st</sup> Monday (Sterling Large Conference Room)

Central = 2<sup>nd</sup> Wednesday (Fort Morgan Room 214)

South = 3<sup>rd</sup> Thursday (Elizabeth Large Group Room)

**\*If you are approved to attend through Lifesize, please join the Brown Bag Meeting Room\***

## MENTAL HEALTH MATTERS

### CENTENNIAL CALENDAR

MARCH 2019

20<sup>th</sup> - 12:00 pm - 1:00 pm - Compliance Training - Northeast Region

# PREVENTION MONTH AT A GLANCE

The following is a Month at a Glance for our Prevention Team. Please let Maranda Miller know if you have any questions or would like more information about the prevention services they are providing this month. The Prevention Team's goal is to provide equitable services across the communities. We are also home to 36 school districts, who are at some level all aware of our Prevention services, but may not need or have time for them. If you would like to see the team more involved in certain communities and schools, please let Maranda know and she welcomes your help with making connections as well. [MarandaM@CentennialMHC.org](mailto:MarandaM@CentennialMHC.org)

| PROGRAM                        | LOCATION                     | DATE      | TIME       | TRAINER |
|--------------------------------|------------------------------|-----------|------------|---------|
| Botvin LST                     | Elizabeth Running Creek Elem | 3/4/2019  | 8:15-9     | Susan   |
| Botvin LST                     | Akron Schools                | 3/4/2019  | 2-3        | Kara    |
| Botvin LST                     | Merino Jr/Sr School          | 3/5/2019  | 11-12:15   | Kara    |
| Botvin LST                     | Hi- Plains School Seibert    | 3/5/2019  | 9-10       | Susan   |
| Riding the Waves               | Buchanan Middle School       | 3/5/2019  | 8-3:30     | Chelsee |
| Riding the Waves               | Beaver Valley Elementary     | 3/6/2019  | 8-1        | Chelsee |
| Botvin LST                     | Flagler School               | 3/6/2019  | 9:53-11:45 | Susan   |
| Botvin LST                     | Merino Elementary/Jr.Sr      | 3/6/2019  | 11-3       | Kara    |
| Girl Talk                      | Sterling Middle School       | 3/7/2019  | 3:15-3:45  | Chelsee |
| Botvin LST                     | Akron Schools                | 3/7/2019  | 2-3        | Kara    |
| Botvin LST                     | Elizabeth Running Creek Elem | 3/11/2019 | 8:15-9     | Susan   |
| Riding the Waves               | Green Acres Elementary       | 3/11/2019 | 8-2        | Chelsee |
| Botvin LST                     | Merino Jr/Sr High 7th        | 3/12/2019 | 11-12:15   | Kara    |
| Riding the Waves               | Buchanan Middle School       | 3/12/2019 | 8-3:30     | Chelsee |
| Botvin LST                     | Hi-Plains School Seibert     | 3/12/2019 | 9-10       | Susan   |
| Parent Teacher Conference      | Wray                         | 3/12/2019 | 4-8        | Chelsee |
| Botvin LST                     | Merino Jr/Sr High 8th        | 3/13/2019 | 11-12:15   | Kara    |
| Riding the Waves               | Beaver Valley Elementary     | 3/13/2019 | 8-1        | Chelsee |
| Botvin LST                     | Flagler School               | 3/13/2019 | 9:53-11:45 | Susan   |
| Girl Talk                      | Sterling Middle school       | 3/14/2019 | 3:15-3:45  | Chelsee |
| Botvin LST                     | Yuma Elementary Morris       | 3/15/2019 | 9-2:30     | Kara    |
| Riding the Waves               | Green Acres Elementary       | 3/18/2019 | 8-2        | Chelsee |
| Botvin LST                     | Merino Jr/Sr High 7th        | 3/19/2019 | 11-12:15   | Kara    |
| Botvin LST                     | Caliche Elementary           | 3/19/2019 | 1-3:30     | Kara    |
| Botvin LST                     | Merino Jr/Sr High 8th        | 3/20/2019 | 11-12:15   | Kara    |
| Riding the Waves               | Beaver Valley Elementary     | 3/20/2019 | 8-1        | Chelsee |
| The ABC's of the Opioid Crisis | Lincoln County Fairgrounds   | 3/23/2019 | 1-4        | Susan   |
| Botvin LST                     | Elizabeth Running Creek Elem | 3/25/2019 | 8:15-9     | Susan   |
| Sources of Strength            | Kit Carson Schools           | 3/25/2019 | 8-4:00     | Kara    |
| Botvin LST                     | Merino Jr/Sr High 7th        | 3/26/2019 | 11-12:15   | Kara    |
| Botvin LST                     | Hi-Plains School Seibert     | 3/26/2019 | 9-10       | Susan   |
| Riding the Waves               | Buchanan Middle School       | 3/26/2019 | 8-3:30     | Chelsee |
| Botvin LST                     | Merino Jr/Sr High 8th        | 3/27/2019 | 11-12:15   | Kara    |
| Botvin LST                     | Flagler School               | 3/27/2019 | 9:53-11:45 | Susan   |
| Girl Talk                      | Sterling Middle school       | 3/28/2019 | 3:15-3:45  | Chelsee |