THE CENTENNIAL BRIEFING



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

PREVENTION IN THE COMMUNITIES

Prevention Specialist, Kara Moulton has been doing Botvin in Merino schools for a while now and some students posted about it in their school newsletter that is also produced by students. Three of the students wrote: Botvin is a schoolwide activity. We are learning about drug issues, the consequences of smoking, peer pressure, and long and short term goals. Our educator, Miss Kara, is a spectacular teacher. She wants to help us make good decisions in the future and right now. Kara wants to make sure we do not buy something just because everyone else has it. We have books that we complete a chapter every Wednesday. She travels to many schools and informs different classes about the dangers of making bad

Botvin LifeSkills®Training decisions. Even though kids still make bad choices, I believe she is making a difference.



On Sunday, March 17th, Prevention Services Program Manager, Maranda Miller,

attended the Colorado Avalanche vs. New Jersey Devils hockey game to represent Centen-

nial and Suicide Prevention Coalition of Colorado. Many people visited her booth where she had a plethora of information regarding suicide, suicide in Vets, ManTherapy materials and Centennial information along with the Colorado Crisis number. The booth was very well attended and some personal stories were told as well and served as healing for some individuals.



CENTENNIAL CALENDAR

<u>MARCH 2019</u>

20th - 12:00 pm - 1:00 pm - Compliance Training - Northeast Region <u>APRIL 2019</u>

12th - 10:00 pm - 4:00 pm - 27-65 Training - The full day is for new clinical staff, new ERT Staff, and anyone who would like a refresher who will be on-call for Crisis. 10:00 am - 2:00 pm Support Staff can attend. Location: Sterling Office Upstairs Training Room.

SAFETY TALK - WIN A PRIZE

Complete the word search below and send it back to Heather Glover (HeatherG@CentennialMHC.org) by EXTENDED DATED: Wednesday, March 20th at 5:00 pm. With all correct answers you will be entered into a drawing to win a prize!

Safety First

VRHUZIQWANNOUNCEMENTFFMP ISOIEJACMZAYJEFESFVSTPAM OXPDFGEUQVIRQVJLGVEQWRIN HREVVQJTMHOUADIOMVPOPONA SOGETDZTLTUJIPGWOIDNAJTE MUNATATIXOQNPGALWSNXREEL AJODNOMNJORILVGLAIPHPCNC IZHIOIHGAWNETEHMERIFZTAB EKYNRWZGNGSLYDGEGPYZFINB MXMXAEBEXMOOTPLLAFWFHNCH DLPRQRSUDRDURHWWYLEQNGEX WNDOYGPA.THKOLYPYMXTVTXMI **KECKSGDZERSFVKZSTUGHYWCE** NBRNTURPRDILSGVIIXMARTIF FCRJMDRMZHEPOQNNHOPEEENJ BHITALPEBDYRPGWPEXQGBQEZ NJBZNJTVLMFJUINSFGLJBEIT EVJXSKVOAIGIWTNTMGOTU IGB HMHHGKSTRESALRCGJCOHRYYY MFZTJSISIHZVOVFNGLUKTRHQ RZOHHUTNEOBZHVMQUUDHRALB AZMPIAXRGHOEDEMITPXVSGPA LZSKIYPYQQSTAMZHLWQBBKOG AAMDMDLRQUYWUACCIDENTPCH

injury	firstaid	aed	warden
serious	health	organized	clean
mats	skin	cutting	puncture
projecting	slipping	tripping	time
rubber	pathogen	maintenance	loss
hygienic	goggles	gloves	fire
fall	extinguisher	exposure	announcement
alarm	accident		

MENTAL HEALTH MATTERS