



# 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

## APRIL ANNIVERSARIES

### 12 YEARS

Nicole Herrera

### 9 YEARS

John Duhamel

### 5 YEARS

Maranda Miller

Jami Brecht

### 4 YEARS

Phil Villarreal

Diane Van Der Wege

### 3 YEARS

Erick Martinez

### 2 YEARS

Kristi Grothe

Jason Haynes

Tim Lister

Phil Moss

Jasob Reyes

### 1 YEAR

Kim Cooper

Sheila Robinson

**THANK YOU** to everyone above for all your years of service and for continuing to move lives forward!

## WELCOME MARCH NEW HIRES

LORI TUCKER	RN	Elizabeth
JULIE ROBINSON	Court Liaison	Centerwide
NANCY WASHBURN	Office Assistant	Elizabeth
JESUS MARRUFO	IT Technician	Business Office
ELLINA BARAY	IT Technician	Business Office
DANIELLE STOREVIK	Early Childhood Specialist	Centerwide

## CENTENNIAL CALENDAR

### MAY 2019

**3<sup>rd</sup>** - 8:00 am - 4:00 pm - Mental Health First Aid - 166 Cedar Ave, Akron, CO

**6<sup>th</sup>** - 12:30 pm - 2:00 pm - Northeast Brown Bag - Safety Planning

**8<sup>th</sup>** - 12:30 pm - 2:00 pm - Central Brown Bag - Safety Planning

**11<sup>th</sup>** - 8:30 am - 4:30 pm - Mental Health First Aid - Flagler Public School, Flagler, CO

**13<sup>th</sup>** - 12:00 pm - 7:00 pm - Motivate for Mental Health Event - Food Trucks & Entertainment 4:00 pm - 7:00 pm, Sterling Courthouse Square, Sterling, CO

**16<sup>th</sup>** - 12:30 pm - 2:00 pm - South Brown Bag - Safety Planning

**17<sup>th</sup>** - 8:30 am - 4:30 pm - Mental Health First Aid/Public Safety - Julesburg Fire Department, Julesburg, CO

### JUNE 2019

**15<sup>th</sup>** - Moving Lives Forward Ride - 9:00 Poker Run/Fun Ride, 2:00 pm - 4:00 pm Carnival games and Family fun - 4:30 pm Rally Games - 5:00 Meal - Fort Morgan, CO (Centennial office)

**19<sup>th</sup>-20<sup>th</sup>** - 8:30 am - 4:30 pm - ASIST Training - Burlington Ambulance Building, Burlington, CO **RESCHEDULED FROM APRIL**

## EVENT COMING UP

Everyone is invited to this fun event! We'd love for our Centennial staff to attend...more than already do! This year we again have great booths featuring Centennial services we offer, our Journey crew is yet again running Clarence's Corner with snacks, and the Health Department also has booths for their services. This year among all the great games again offered, we will have community musicians and performers from 4pm -7 pm, and also Jerry Dogs, Burritos and Bowls, Heavenly Mini Donuts and Hawaiian Ice! Come join the fun and get outside.

# MOTIVATE<sup>4</sup> MENTAL HEALTH

COMMUNITY / ACTIVITY / NUTRITION / AWARENESS

because mental health matters

## 4 Ways To Motivate Your Mental Health

**WHEN**  
Monday, May 13<sup>th</sup>, 2019

12-1 pm Schools, 1-4 pm Youth & Schools, 4-7 pm Adults & Family  
**BUT TRULY COME ANYTIME!!**

**WHERE**  
Sterling Courthouse Square  
Elks Club in case of inclement weather

**PERFORMANCES BY:**  
Caliche Solo Ensemble  
Durante's Dance Studio  
Sterling High School Jazz Choir  
NIC student duet group  
...and possibly some other surprise performances.

**SNACKS & MEALS:**  
Healthy snacks at Clarence's Corner  
  
**From 4-7 pm:**  
Jerry Dogs  
Burritos and Bowls  
Heavenly Mini Donuts  
Hawaiian Ice

**GAMES FOR KIDS & ADULTS:**  
Sources of Strength Games  
9 Square in the air  
Duck, duck, goose  
Giant Dart Board  
Bowling  
Giant Jenga  
Cornhole  
Kan Jam  
Ladderball  
And Much more!

**INFORMATION AND MATERIALS:**  
Mental Health Prevention  
Pregnancy related depression  
Housing/Homelessness/Supported Employment  
Early Childhood Education  
Men Therapy  
Tobacco Program Info and much more!

**This is a NO SMOKING, NO VAPING Event**

This event is brought to you by:



Join us in declaring May as Mental Health Month!

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# MENTAL HEALTH PROCLAMATION DAY

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Colorado State Capitol | West Foyer, 1st Floor  
May 1 at 12 p.m.



**MENTAL HEALTH  
COLORADO**



**COLORADO**  
Office of Behavioral Health  
Department of Human Services



**COLORADO**  
Department of Agriculture

 **CBHC**  
Colorado Behavioral  
Healthcare Council