



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

MAY IS MATERNAL MENTAL HEALTH MONTH

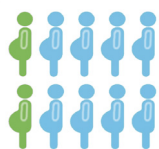
& World Maternal Mental Health Day was May 1st



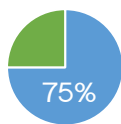
World
Maternal
Mental
Health
Day

wmmhday.postpartum.net
#maternalMHmatters

Maternal Mental Health is a priority



2 in 10 women have a mental health problem during pregnancy and in the first year following the birth



Over 75% of women do not get diagnosed and do not receive adequate treatment and support.



Not having adequate treatment has important consequences for the mother, the baby, the family, and society in general

Why do we need to declare a World Maternal Mental Health Day?



- To give more **visibility** to this problem
- To combat social **stigma**
- To improve **detection** (diagnosis) and **treatment**
- To earmark more **resources** to maternal and infant mental health

Participate!

Join the campaign and spread the word!

#maternalMHmatters
wmmhday.postpartum.net

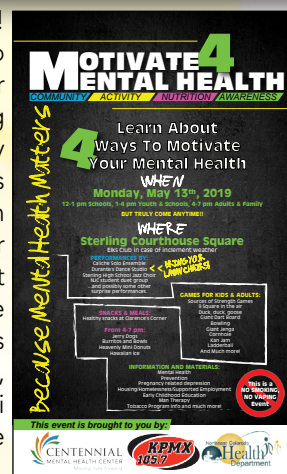


Let's declare the first Wednesday of May each year to be **Maternal Mental Health Day.**

Maternal Mental Health Matters.

EVENT TODAY!

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.



SAVE THE DATE - POKER RUN



COME CHECK IT OUT!

JUNE 15TH, 2019

FORT MORGAN OFFICE
821 E RAILROAD AVE, FORT MORGAN, CO

SHOW YOUR SUPPORT OF MENTAL HEALTH WELLNESS
REGISTRATION 9:00 AM - RETURN 4:30 PM

CENTENNIAL CALENDAR

MAY 2019

16th - 12:30 pm - 2:00 pm - South Brown Bag - Safety Planning
17th - 8:30 am - 4:30 pm - Mental Health First Aid/Public Safety - Julesburg Fire Department, Julesburg, CO
22nd - 9:00 am - 4:00 pm - Youth Mental Health First Aid - Family Resource Center, Sterling, CO (Email Events@CentennialMHC.org to attend)

JUNE 2019

15th - 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)
19th-20th - 8:30 am - 4:30 pm - ASIST Training - Burlington Ambulance Building, Burlington, CO **RESCHEDULED FROM APRIL**