



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

STAFF ATTEND DeTUR TRAINING

DeTUR™
Desensitization of Triggers and
Urge Reprocessing

Presented by
Dr. AJ Popky
Stephen Ammann LMSW, CSAT

A great group of Centennial employees went to an advanced EMDR training to learn how to utilize the DeTur method to reduce urges to abuse substances, self harm and anger issues. Those that attended are pictured below.



Front row:

Dr. AJ Popky-DeTur Developer, Anne Hellstrom-Integrated Services Director, Stephen Ammann-DeTur Co-Presenter, Tamara McNay, Regional Clinical Director-South

Region. **Second Row:** Jamie Farmer, Therapist, Rebecca Lister, Therapist, Mary Bryant, Therapist, Kristal Watson, Therapist and Chani John, Therapist.

MARRIAGE & FAMILY THERAPY DEGREE



CHERYL "CHERY" BEAUPREZ
has attained her MFT!!

CONGRATULATIONS
Centennial is lucky to have you!

PREVENTION - JUNE AT A GLANCE

Program	Location	Date	Time	Trainer
Sources of Strength Summit	Yuma	6/12/19	8-4	All
DSMP	Akron	6/17/19	5:30-8	Andie
Strengthening Families	Ft Morgan	6/17/19	6-8	Chelsee & Jennifer
ASIST	Burlington	6/18 & 19	8:30-4:30	Andie & Maranda
MHFA	Sterling	6/20/19	8:30-4:30	Nicole & Andie
Strengthening Families	Ft Morgan	6/24/19	6-8	Chelsee & Jennifer

POKER RUN THIS SATURDAY



JUNE 15, 2019 | **JOIN US!**
SHOW YOUR SUPPORT
for Mental Health wellness

SCHEDULE

9:00 AM
Poker Run/Fun Ride
Registration
Breakfast Burritos/Coffee

10:00 AM
Last Bike Out

2:00 - 4:00 PM
Carnival games, face
painting, family fun!

5:00 PM - Meal

4:30 PM
Poker Run/Fun Ride
participants - Rally Games

Smoked Brisket,
sides & drink
\$6.00
Our thanks to Cargill
for donating the meal

COST

\$15
Rider Fee

\$10
Passenger or Additional Hand

Rally Games,
Music & Fun
Afterwards!

Poker Run/Fun Ride will start at Centennial Mental Health Center in Fort Morgan, CO (821 E Railroad Ave). Dry stops will be at Centennial offices as follows: Sterling, Holyoke, Wray, Yuma, Akron and back to Fort Morgan.

ALL TRANSPORTATION WELCOME.

Questions please email: events@centennialmhc.org

For further information contact:
Lorie Hessler 970-520-5081 Marty Luman 720-690-7335 Michael Hinton 970-699-8200
100% of proceeds go to Centennial Mental Health Center to help support Behavioral Health and Prevention Services.

MOVING LIVES FORWARD CARNIVAL
WHEN: June 15, 2019
2:00 - 4:00 PM
4:30 - Motorcycle Rally Games/Poker Run Finale
Come Join in the Fun!
Thanks to our partners: Morgan County Department of Human Services, Family Center CIG and Early Childhood Council
WHAT: FAMILY CARNIVAL!
Games and activities include: bean bag toss, ring toss, face painting, temporary tattoos, water balloons, giant jenga, bicycle games, music and more!
WHERE: Centennial Mental Health Center
821 E Railroad Ave, Fort Morgan, CO
For further information call: 970-567-4924

CENTENNIAL CALENDAR

JUNE 2019

14th - 27-65 Training - 10 am - 4 pm - Rm 214 Fort Morgan Office
18th-19th - 8:30 am - 4:30 pm - ASIST Training - Burlington Ambulance Building, Burlington, CO **RESCHEDULED DATES**