



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

SAFETY TALK - ANSWERS & WINNER

Congrats to Kaitlin Wilson who won Safety Talk last week!! Thank you to everyone who participated. You can see the answers below to see how you also fared.

Defensive Driving: Quiz I Answer Key

- 1. A diagonal slash within a red circle on a sign means:** C: Red is a special color in driving laws. In this case it means this action is "not allowed," or prohibited. Example: no right turn, no U-turn, etc.
- 2. Defensive driving is:** D: Both A and C
- 3. A solid line and a broken line painted on the center of a two-lane highway mean passing is:** B: If the broken yellow line is on your side, it means you may pass
- 4. The two components of defensive driving are:** B: You and your vehicle
- 5. When parking uphill on a two-way street, your car's front wheels should:** B: Turn to the left because it causes them to make contact with the curb and use the curb as a chock to stop your vehicle.
- 6. True or False: All of the following are defensive driving techniques: speeding up to avoid being passed, following your vehicle maintenance schedule, making sure your tires are in good condition, driving slowly in the slow lane when talking on your cellphone.** B: False.
- 7. You and other vehicles approach an uncontrolled intersection. You should treat it as though which sign is present?** A: A stop sign. A lone driver approaching an uncontrolled intersection may treat the intersection as if a YIELD sign is present: You should cover your brake and go slow enough to stop if someone else is approaching. This then represents an imaginary yield sign (slow and proceed).
- 8. Yellow or fluorescent green signs in the shape of a diamond, a pennant or a pentagon mean:** A: Warning. They warn you to slow down and be prepared to stop; of upcoming intersections; of different types of highways, curves; of traffic; etc.
- 9. Which are defensive driving techniques for rural and interstate driving?** D: Both B and C
- 10. Passing has the following potential hazards:** A, B and C.



IPT FOR ADDICTION

Unlike other forms of psychotherapy, interpersonal psychotherapy (IPT) doesn't remedy the past or attempt to correct negative thoughts. Rather, the approach focuses on the here-and-now of emotions, relationships and experiences. More specifically, IPT focuses on tensions and conflicts in marital, family, friend, work-based and community interactions. At its core, we live in a social world and our interactions with others affect our well-being. The goal isn't to change other people, it's to develop self-awareness, make changes in how we relate to and communicate with those in our social circles, and harness anger or sadness into empowerment. Learn more about how IPT works, who it can help and why Hazelden Betty Ford uses it: [Click here](#)

STAFF MEMBER LICENSURE



MARY SHERIDAN

is officially an LCSW!!

CONGRATULATIONS

Centennial is lucky to have you!

JULY ANNIVERSARIES

33 YEARS

Spencer Green

20 YEARS

Tiffany Nichols

18 YEARS

Toni Warnick

Sarah Whitman

12 YEARS

Patricia Payne

10 YEARS

Abbi Garcia

7 YEARS

Josh Alexander

6 YEARS

Essie McCall

5 YEARS

Nicole Dermer

Jon Perez

Sam Melfi

Warren Fenn

Jessica Whaley

3 YEARS

Bonnie Holzschuh

2 YEARS

Jamie Mondragon

Ke-Anna Myers

Amy Nation

Anastasia Romero

Erika Yourdan

1 YEAR

Donna Holland

Diana Rios

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

JUNE NEW HIRES

VERONICA ARAUJO	MHP I - MAT	Ft Morgan
LINDSEY SEGHI	Admin Asst.	Business Office
CRAIG VANHOUTTE	MHP II - JBBS	Ft Morgan
STELLA WATTS	Peer Specialist	Limon

CENTENNIAL CALENDAR

JULY 2019

4th - 4th of July - All offices closed

11th - Board of Director's Meeting

17th - New Employee Orientation - Sterling Office