



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

PRACTICING SELF-CARE

PRACTICING SELF-CARE CAN CHANGE YOUR LIFE!

The first thing to remember about self-care is that it is not indulgent or selfish.

As with a plane that has lost pressure, the right thing to do in life is to always help **you** first. Then, when you have your gas mask in place, you can assist others. The reason for this is simple. Until you are helped, you are likely to cause more problems and become part of the overall problem rather than being part of the solution.

Self-care is all about taking care of the little things that matter to help heal you so that you can become part of the solution.



There is no single viewpoint on the best self-care ideas, because not everyone gives the same importance to all self-care activities. However; in doing some research I discovered a good way to either help you come up with more ideas and/or think of things you maybe haven't explored within the following categories. I found self care could be split up into 7:

**Emotional, Mental, Physical, Pleasure,
Sensory, Social & Spiritual**

The idea is that if you know the type of self-care support you are looking for, it is maybe easier to come up with ideas based off a category.

There are times we feel pressure at home, work, during certain seasons, with friends or with family. Keep at the forefront always taking care of you first to make the most of your life and your own well-being.

STAFF CERTIFICATION



CHELSEE CHAVEZ-BARRERAS obtained her Certified Prevention Specialist II certification!

CONGRATULATIONS

Centennial is lucky to have you!

PROMOTING SUICIDE SAFETY AT GUN RANGES

Centennial contracts with the Colorado Department of Public Health and Environment to facilitate the Office of Suicide Prevention (OSP) Community Grant and Gun Shop Project. The Gun Shop Project provides promotional and educational materials designed to promote suicide safety among gun owners and retailers. There were 23 Gun Shops contacted and each agreed to display materials. Additionally, Andie La Combe, Prevention Specialist, identified a large gap in Rural/Frontier North-eastern Colorado in that there was not any type of structure to display materials outdoors at Gun Ranges. As a result, OSP has created a weather proof display and Centennial has placed materials at three outdoor Gun Ranges:



- Julesburg Range - Julesburg, CO
- Logan County Shooting Sports Complex - Sterling, CO
- Phillips County Range - Holyoke, CO

CENTENNIAL CALENDAR

JULY 2019

- 26th - 28th** - Acudetox Trainings - 9:00 am - 5:00 pm
- 29th - 30th** - ASIST Training - 8:30 am - 4:30 pm - Contact Sam Melfi at SamM@Centennialmhc.org for details on location.