



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

SEPARATION ANXIETY IN YOUNG CHILDREN

The following is some great information from our Early Childhood Team's monthly newsletter they develop:

Separation anxiety is a very typical part of a child's development. When your child is going off to school or daycare for the first time they have many emotions. This may be your child's first time away from you and they are probably feeling nervous, scared, and overwhelmed by a new environment. Your child may cry, kick, scream, and show a large amount of emotions through their actions. Don't worry, generally this will pass. Your child is just trying to express that they are feeling nervous about this new situation.

Some ways you can make the transition easier from home to a child care center are...

1. PREPARE YOUR CHILD. Talk about school! Make them excited about going to school and learning. Let them know that they will be attending school in a few weeks. If your child is old enough, you can talk and discuss different feelings they may have. Explain to them that it is okay to feel scared or nervous.

2. VISIT THE SCHOOL. If the school or classroom allows you to visit ahead of time, go and visit! This will get your child familiar with the new environment and the teacher. This will possibly make the transition smoother when the first day of drop off comes.

3. CREATE A SCHEDULE. A good way to make children feel more at ease about what is going on in their world is to provide them with a visual schedule. The schedule will allow your children to identify what their day looks like and if they will be going to school. Schedules will allow them to see what is coming next, therefore reducing anxiety.

4. ADDRESS FEELINGS AND WORRIES AT DROP OFF. If your child is crying at drop off and doesn't want to let go of you. It is okay to let them know that you understand that they are upset or nervous. Always remind them that you will be back. If you pick them up right after snack time, remind them, "I will be here to pick you up after snack time".

5. GOODBYE RITUALS. When children are showing signs of separation anxiety saying goodbye the same way everyday can help reduce anxiety because it is what is familiar to them.

6. NEVER SNEAK OUT!!! Your child is already nervous about you leaving. Always be clear about when you will be back and that you are coming back. Being left alone for the first time can be scary. Reassuring them that you will be back will help reduce separation anxiety.

Separation Anxiety will generally reduce shortly after the child gets use to the new routine. They will make relationships with their teachers and friends at school allowing them to feel safe and comfortable within this new environment.

For further questions reach out to our ECS Team!



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CENTENNIAL CALENDAR

AUGUST 2019

21st - New Employee Orientation - Northeast Region
- Training Room, Sterling Office - 8:00 am - 5:00 pm



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BACK-TO-SCHOOL

Our Prevention Team has been back at it again for a new school year. Students are being trained in various modalities as are the staff. Here's some of the work they've been doing in the schools the past couple weeks:

MONDAY 12TH

Sources of Strength in Wiggins
Youth Mental Health First Aid in Fleming

TUESDAY 13TH

Mental Health First Aid for Northeastern Junior
College Residence Advisors

TUESDAY 13TH & WEDNESDAY 14TH

Safe2Tell Train the Trainer



THURSDAY 15TH

Sources of Strength in Haxtun

FRIDAY 16TH

Sources of Strength in Merino

MONDAY 19TH

Sources of Strength at Caliche
Sources of Strength in Merino

TUESDAY 20TH

More Than Sad at Liberty

FRIDAY 23RD

Sources of Strength in Haxtun

**Next week check out all the details for
Back to School Activities from our Early
Childhood Team!**

SAFETY TALK

VEHICLE BREAKDOWN

GUIDELINES & SAFETY TIPS



In the event of a breakdown, the National Safety Council suggests the following general guidelines to ensure the safety of yourself and your passengers.

KNOW YOUR LOCATION

- ❑ Continuously monitor your location in the event you need the information when calling for assistance.
 - **Rural/Suburban Areas:** Restaurants, service stations, shopping centers, closest cross streets.
 - **Highways:** Mile markers, exit numbers, Rest Areas.
- ❑ There are mobile phone numbers for reporting emergencies that vary by state, region, and city. Motorists should obtain numbers for their localities and keep them at hand in case of emergencies. When calling, stay on the line until the dispatcher has enough information to be able to send help.

ASSESS YOUR VEHICLE PROBLEM

- ❑ Be aware of any warning signs that your vehicle is not functioning properly. If possible, try to reach an exit if you notice a problem.
 - Maintain the radio at a moderate level to ensure you can hear any unusual noises.
 - In the event of a flat tire, do not panic – signal, slow down, put emergency flashers on, and pull off to the shoulder (avoiding any sudden maneuvers).
 - In the event you run out of gas or the engine stops, turn on your emergency lights, steer the vehicle out of traffic, and let the momentum of the vehicle guide you to a safe place.

PULL OFF THE ROAD

- ❑ Always pull over on the shoulder as far away from traffic as possible, usually to the right shoulder.
 - On Interstate Highways (multi-lane) with medians, there may be more room to pull over to the left.
 - Once safely off the highway, wait inside your vehicle with the doors locked. Use your cell phone to call for help. If it's dark, put on your dome lights.
- ❑ In the event you can not pull off the road:
 - Put hazard lights on immediately.
 - DO NOT attempt to push your vehicle to safety.
 - Use your judgment when determining to remain in the vehicle or evacuate to safety (understand traffic patterns).
 - Do not stand in front of or behind the vehicle as other drivers may not be able to see you.

ALERT OTHER MOTORISTS

- ❑ Your vehicle should always be visible to other motorists.
 - Turn on hazard lights, consider raising the vehicle's hood, and tie a bright colored cloth to the antenna/door handle.

COMMUNICATE YOUR SITUATION

- ❑ Once in a safe location, notify others (police, towing company, supervisor, etc.).
 - Remember landmarks from the "Know Your Location" Section.
 - Never leave passengers unattended in the vehicle.

REMAIN WITH YOUR VEHICLE

- ❑ In most cases, it is safest to remain in your vehicle until a law enforcement officer or roadside service provider arrives.
 - Keep doors locked and windows open.
 - In extreme circumstances when you have to leave the vehicle, make sure you leave a note with where you are going and what time you left. Always walk on the right side of the highway and do not attempt to cross the roadway.
 - Call for help from your cell phone. If someone stops and offers to help, ask them to call the police.



contact our risk management department at 800.622.8272
for additional risk management services and resources

www.siegelagency.com | 1.800.622.8272

**irwin siegel
agency, inc.**
INSURANCE PROGRAMS & RISK MANAGEMENT

11/2011

EASE BACK-TO-SCHOOL STRESS

- Talk about it.
- Stay positive!
- Establish fun traditions.
- Get back on schedule.
- Don't over-schedule your child or family.
 - Set expectations.
 - Make it special.
- Stay involved with your child's school and have regular communication with the teacher.
 - Get organized!
 - Plan the homework load.
 - Have a "practice run."