

# 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*

## TEEN MENTAL HEALTH FIRST AID TO BEGIN

### Sterling High School and Centennial Mental Health Center to train students in teen Mental Health First Aid

We're thrilled to share that Sterling High School and Centennial Mental Health Center are participating in the country's expanded teen Mental Health First Aid (tMHFA) pilot program this fall at Sterling High School.

tMHFA is an in-person training designed for high school students to learn about mental illnesses and addictions to help them identify and respond to friends who may be developing a mental health or substance use problem. With this training, our high school students will be empowered to assist their friends when a mental health problem or crisis, such as suicidal thoughts, is apparent.

The course specifically teaches the important step of involving a responsible and trusted adult. As such, we have also trained several of our school staff in Mental Health First Aid for Adults Working with Young People.

The National Council for Behavioral Health and Born This Way Foundation are piloting the course in over 35 high schools across the country, including Sterling High School. After the pilot program is complete, the training course will be available to the public.

Thank you for your continued support of Sterling High School and this community. We are excited to support a path toward greater awareness about mental health and increased capacity to respond to students with mental health problems.

**Learn more about Mental Health First Aid at:**  
**[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org).**

## INDIGENT FUNDING EFFORTS SUCCESSFUL

There was quite a flurry of activity during the last week of August, as many of our staff worked to document our clients who qualify for Indigent funding. We received terrific news Friday that our efforts were very productive.

Here's a little background information to help you understand the significance of the activities:

Centennial has a contract with the Office of Behavioral Health (OBH) each year to service a certain number of Indigent clients. Indigent is defined as living on less than 300% of the federal poverty level and having no other payer source, except Medicare. Currently, that income level calculates to around \$37,000 for a single person. We are paid 1/12 of the dollar value of our contracted number throughout the fiscal year. At the end of the fiscal year, if we haven't served the number of clients for which we were contracted, we are required to pay the respective amount of funding back. At the beginning of July, we anticipated that we would have to pay \$190,000 back. Through our efforts, we reduced the payback to \$14,200.

For each of the four years I've been reconciling the Indigent contract numbers, my goal has been to put an end to the end-of-year "fire drills" that have been necessary to help us meet our contract. Each year presents a new set of challenges, both from software changes and Indigent program rule changes, so I have yet to meet that goal. However, I want everyone to know that the efforts are not in vain, and the work that is necessary to maximize this funding stream is very worthwhile. Your past and future help are very much appreciated. Watch for and read the emails that come throughout the year as we enact policy changes. We actually would have met our 2018-19 contract requirements if the affidavits would have been faxed to A/R or scanned into Avatar as directed. Your careful attention to the procedures will enable us to meet out fiscal year 2019-20 obligations. A huge advantage already exists in that OBH has already published the first contract status report for 2019-20. In past years, we've had to wait until the year is over half over to receive our first report. We are well on our way to meeting our goal this year! Pat yourself & your co-workers on the back!

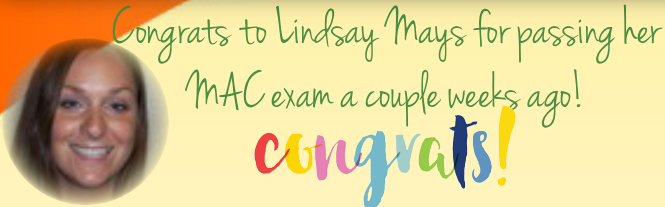




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## JBBS PROVIDER PASSES MAC EXAM

## SAFETY TALK



Congrats to Lindsay Mays for passing her  
MAC exam a couple weeks ago!  
**congrats!**

For those unaware what this entails check out the information below:

- Based off information on the Association for Addiction Professionals website The MAC credential reflects a commitment of the highest ethical standards for Substance Use Disorders/Addiction professionals. A voluntary national certification intended for professionals working within Substance Use Disorders/Addiction-related disciplines wishing to demonstrate their skills gained through supervised work experience and specific graduate course work. Master's Degree or higher in Substance Use Disorders/Addiction and/or related counseling subjects (social work, marriage and family, mental health counseling, psychology) from a regionally accredited institution of higher learning.
- Current credential or license as a Substance Use Disorders/Addiction counselor or Professional Counselor (social worker, mental health, marriage & family, psychologist, psychiatrist, medical doctor, LAP-C) issued by a state or credentialing authority.
- At least three years full-time or 6,000 hours of supervised experience as a Substance Use Disorders/Addiction counselor.
- At least 500 contact hours of education and training in Substance Use Disorders/Addiction.
  - Must include at least six hours of ethics training and six hours of HIV/other pathogens training within the last six years.
- Passing score on NCC AP's MAC exam or an "Advanced Level" SUD exam from a certifying/licensing entity.

### Lightning Safety

Thunder and lightning storms happen all the time. Know what to do to keep you and your family safe when storms strike!

#### Safety Tips

##### Outdoor Safety

- » If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- » Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm.
- » Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter.
- » Stay away from windows and doors. Stay off porches.
- » There is no safe place outside. Places with only a roof on sports fields, golf courses, and picnic areas are not safe during a lightning storm. Small sheds should not be used.
- » If a person is struck by lightning, call 9-1-1. Get medical help right away.

##### Indoor Safety

Turn off computers. Stay off corded phones, computers, and other things that put you in direct contact with electricity or plumbing. You can use a cell or cordless phone.

Do not wash your hands, bathe, shower, do laundry, or wash dishes.

#### FAST FACTS

Lightning may strike as far as 10 miles from any rain.

**Your Source for SAFETY Information**  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

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