

# THE CENTENNIAL BRIEFING



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*Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being*

## NEWS FROM THE NORTHEAST

### NJC Nursing Students Shadow Centennial

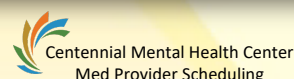
Northeastern Junior College (NJC) Nursing Students are completing their clinical rotations in the Sterling office. They're shadowing multiple professionals each Thursday and Friday including the Prevention Team, Case Management Team, Medical Team, ROD and RCD, Peer Specialists, Housing Specialists and Support Staff. This has been an extremely valuable collaboration between CMHC and NJC that we hope to continue.

### Acudetox Open Houses

On September 18 the Centennial Holyoke office had their first Open House for the community introducing the experience of Acudetox. It was a great hit! They had twenty-two people show up just wanting to relax. The purpose of this Open House was to introduce this procedure but also to working on completing the requirements of receiving certifications in Acudetox for a staff member. The day after the Open House there were phone calls reporting that they were so relaxed when they left. Some reported they never slept so good and they got a full eight hours! A big thank you to Cheryl Dillon for supervising and Sharon Murray for directing traffic and getting waivers signed. We have a great team!

**Upcoming event: Open House in Julesburg on 9/26/2019**

## MED PROVIDER SCHEDULING



	Andrew Halpern	Bob Vadnal	Marcie Beroske	Paul Freda	Patricia Payne	Keyna Schlup	Ashley Weyer	Leah Brown
Age Range:	All ages	18 and up	All ages	All ages	18 and below	All ages	15 and up	
Length of Medical Intake	60 min	60 min	60 min	60 min	90 min (in person only)	60 min	90 min (ramp up period)	
SUBOXONE SAVE SLOT - INTAKE	60 min	n/a	n/a	60 min	n/a	60 min	90 min (ramp up period)	
Crisis Med Check	60 min	60 min	60 min	60 min	n/a	60 min	60 min	
Clients seen in the past 6 months	30 min	30 min	30 min	30 min	30 min	30 min	60 min (ramp up period)	
Clients not seen in past 6 months by any Med Provider	45 min	45 min	45 min	45 min	45 min	45 min	45 min	
Clients not seen in past 6 months up to 3 years by any Med Provider	60 min	60 min	60 min	60 min	90 min (in person only)	60 min	60 min	

JBS ONLY - by Abbi Garcia

Also, please keep the following guidelines in mind:

No more than (3) 60 minute appointments per day, NOT to be scheduled back to back. This includes Crisis save slots, Suboxone save slots, and Intakes.

Short term follow up save slots are for use ONLY as directed by the med provider. These save slots are for those clients the med provider asks to return to the clinic within two weeks or less than a month.

Crisis Save Slots are ONLY available when given direction to schedule by ERT staff or Tracy Jump. Crisis Save Slots are a onetime use for the initial crisis med appointment and not a follow up med appointment.

## JEANS FOR JOY - COMING SOON!

This year we will be starting Jeans for Joy earlier to ensure funds will be dispersed early so our regions have time to purchase Holiday items for families in need.

For those unaware, on the dates listed below you can pay \$5/day to wear Jeans. **This year are are switching things up!** Not only are you allowed to wear jeans but we have paired it with some sort of a fun addition in hopes to involve more staff....and we want to see pictures! **Here are upcoming dates and what to wear:**

**October 8:** Green to support Mental Illness Awareness Week

**October 15:** Your favorite sports team

**October 22:** As many colors as you can for Nat'l Color Day

**October 29:** Red for Red Ribbon Week

**November 5:** Tie-Dye

**November 12:** Wacky socks

**December 10:** FREE DAY (If you have paid for all days prior) - Wear flannel/plaid

## CENTENNIAL CALENDAR

### OCTOBER 2019

**2<sup>nd</sup>** - Positive Youth Development 1 Hour Sneak Peek - After Youthlink Meeting - 12:00 pm - 1:00 pm

**9<sup>th</sup>-10<sup>th</sup>** - ASIST- MCC, Ft. Morgan - 8:30 am - 4:30 pm

**10<sup>th</sup>** - Board of Directors Meeting - Ft. Morgan Office

**14<sup>th</sup>** - Columbus Day - *Floating Holiday*

**16<sup>th</sup>** - New Employee Orientation - Sterling Office - Training Room - 8:00 am - 5:00 pm

**21<sup>st</sup>-22<sup>nd</sup>** - ASIST- NJC, Sterling - 8:30 am - 4:30 pm

### NOVEMBER 2019

**11<sup>th</sup>** - Veteran's Day - All Offices Closed

**14<sup>th</sup>** - Board of Directors Meeting - Ft. Morgan Office

**20<sup>th</sup>** - New Employee Orientation - Sterling Office - Training Room - 8:00 am - 5:00 pm

**28<sup>th</sup>** - Thanksgiving - All Offices Closed

**29<sup>th</sup>** - Thanksgiving Friday - All Offices Closed



# THE CENTENNIAL BRIEFING

## SAFETY TALK

### Defensive Driving

**1. A pedestrian is crossing your lane. He is crossing against the light and there is no crosswalk. You:**

- a. May carefully drive around the pedestrian
- b. Must safely yield the right of way and let the pedestrian cross the street, even if the pedestrian is crossing against the light
- c. May slow down and proceed as long as you can maintain three feet of distance between your vehicle and the pedestrian
- d. None of the above

**2. Which of the following contribute to distractive driving?**

- a. Drinking, eating and using turn signals when needed
- b. Scanning the road and using turn signals when needed
- c. Grooming, scanning the road and reading a road map
- d. A and c

**3. After passing another vehicle, when is it safe to pull back into the lane?**

- a. When you think there is an adequate "cushion" of space
- b. When you look in the rearview mirror and see the other car's tires
- c. When the car flashes its headlights at you
- d. None of the above

**4. Under normal circumstances (daylight with dry roads), a safe following distance is:**

- a. One car length for every 10 miles of speed
- b. 3 seconds
- c. 2 seconds
- d. Both a and b are correct

**5. When driving in fog, you should use your:**

- a. Low beams
- b. High beams
- c. Fog lights only
- d. Both a and b are correct

**6. When driving, how far ahead should you scan the road?**

- a. Focus your eyes just past the hood ornament
- b. Look to the horizon
- c. Scan about a city block to a mile ahead
- d. None of the above

**7. You may pass on the right of another vehicle:**

- a. Never
- b. On a multilane highway with two or more lanes of traffic in the same direction
- c. If the other vehicle is making, or about to make, a left turn and a lane or shoulder is provided to pass on the right
- d. Both b and c are correct

**8. Which of the following is a type of aggressive driving?**

- a. Closing the gap in front of you to prevent another car from merging into your lane
- b. Accelerating quickly at an intersection to "beat" the car beside you
- c. Driving slowly in the far left lane to force other drivers to slow down
- d. All of the above

**9. The best way to keep from hydroplaning on wet roads is to:**

- a. Drive around all puddles
- b. Slow down
- c. Apply the brakes firmly
- d. Both a and c are correct

**10. All of these are defensive driving techniques, except:**

- a. Checking your rear view mirror as you use your brakes.
- b. Carrying a first aid supply kit in your vehicle.
- c. Scanning ahead.
- d. Giving yourself an "out"

**Complete the Defensive Driving Quiz above and send it back to Heather Glover (HeatherG@CentennialMHC.org) by Friday, September 27th at 5:00 pm. With all correct answers you will be entered into a drawing to win a prize!**