



# 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*

## CUSTOMER SERVICE WEEK

### October 7 - October 11, 2019

- 1. Simply Smile:** A smile has great power to boost your mood and lift the spirit of others.
  - 2. Breathe Deeply:** Relieve tension quickly by taking five slow deep breaths. Then tackle the next task feeling calm and relaxed.
  - 3. Have a Laugh:** Keep up your good humor by watching upbeat movies and sharing a joke with others.
  - 4. Get Moving:** Do a few stretches or take a short walk, and try some exercise every day to keep the stress away.
  - 5. Reward Yourself:** Devote sometime each day to a hobby, listening to music, reading, or some other activity that you look forward to.
  - 6. Pay it Forward:** Do something nice for someone.
  - 7. Rest Easy:** Get plenty of sleep each night to recharge your battery.
  - 8. Count Your Blessings:** Keep things in perspective and focus on the good things in your life.
  - 9. Feel Proud:** Take pride in your work and know that you can make a difference.
  - 10. Show the Way:** Be a role model for others by demonstrating a positive attitude. Your enthusiasm will spread, brightening everyone's day.
- Challenge your Co-Workers and see if you can come up with other awesome ways to provide great Customer Service to our Clients!**

## OCTOBER ANNIVERSARIES



9 YEARS  
BONNIE FISHER



6 YEARS  
MARY BRYANT



6 YEARS  
TIFFANY WIDOE



5 YEARS  
SHARON MURRAY



4 YEARS  
MOLLY McDONALD



3 YEARS  
MIKE  
SCHOENECKER



3 YEARS  
MARY CROSS



2 YEARS  
JACKIE BARTON



1 YEAR  
LISA BELDEN

### THANK YOU

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

## CENTENNIAL CALENDAR

### OCTOBER 2019

- 10<sup>th</sup>** - Board of Directors Meeting - Ft. Morgan Office
- 11<sup>th</sup>** - 27-65 Training - Fort Morgan Office - 10:00 am - 4:00 pm
- 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

- 5<sup>th</sup>** - Northeast Brown Bag - Treating Trauma - 12:30pm -2:00pm Sterling Office
- 11<sup>th</sup>** - Veteran's Day - All Offices Closed
- 13<sup>th</sup>** - Central Brown Bag - Treating Trauma - 12:30pm -2:00pm Fort Morgan Office
- 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
- 21<sup>st</sup>** - South Brown Bag - Treating Trauma - 12:30pm -2:00pm Elizabeth Office
- 28<sup>th</sup>** - Thanksgiving - All Offices Closed
- 29<sup>th</sup>** - Thanksgiving Friday - All Offices Closed

## SEPTEMBER NEW HIRES

LEXI QUINT  
Accounting  
Clerk  
- Intern -  
Business Office



JACY LANTZ  
Office Assistant  
Sterling



KENNETH FOX  
Drug Testing Tech  
Burlington



ALICIA BISGARD  
MHP I - Offender Services  
Elizabeth



SHAWN BLACKISTON  
MHP II  
Sterling



CASEY COOPER  
Housing Specialist  
Sterling



FRED DIXON  
Drug Testing Tech/  
Office Assistant  
Julesburg



LAURA DUNAWAY  
MHP III  
Sterling



SAMMANTHA  
NICHOLSON  
MHP I - Mentor  
Elizabeth

KARLA WHITMORE  
Office Assistant  
Burlington







# THE CENTENNIAL BRIEFING

## SAFETY TALK

### Defensive Driving Answers

1. A pedestrian is crossing your lane. He is crossing against the light and there is no crosswalk. You: **B**
2. Which of the following contribute to distractive driving? **D**
3. After passing another vehicle, when is it safe to pull back into the lane? **B**
4. Under normal circumstances (daylight with dry roads), a safe following distance is: **B**
5. When driving in fog, you should use your: **A**
6. When driving, how far ahead should you scan the road? **C**
7. You may pass on the right of another vehicle: **D**
8. Which of the following is a type of aggressive driving? **D**
9. The best way to keep from hydroplaning on wet roads is to: **B**
10. All of these are defensive driving techniques, except: **B**



The winner from the quiz was Sharon Greenman!

## JEANS FOR JOY REMINDERS

### Here are upcoming dates and what to wear:

**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

## ACUDETUX JULESBURG OPEN HOUSE

Thursday, September 26th was the Julesburg Open House for Acudetox. It was a success with 11 people that came for an Acudetox session. These sessions combined with the 22 from the Holyoke open house earlier in September completed Rose Conley's requirements for her Acudetox certification. She also thanked Cheryl Dillon for supervising and Deb Giles for greeting people and getting waivers signed to streamline the process.

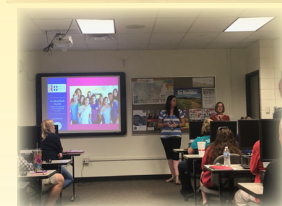
**Congrats Rose!**  
**Acudetox Certified!**



## CENTENNIAL IN THE SCHOOLS



To the left, Jackie Vasquez and Karen Lanckriet recently had the opportunity to visit CSU for their Career Fair. They visited with a few psych majors, a few social work majors, and probably talked to over 100 students.



Right, Prevention spent some time at Northeastern Junior College presenting QPR to students in the Nursing program.



Left, a presentation was given covering why we are doing the tMHFA (Teen Mental Health First Aid) pilot and what to expect with the program. The presentation was given to

teachers at Sterling High school.



Lastly, Sources of Strength, right, was presented at Lonestar school.

## TMHFA NOW IN THE SCHOOLS

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).

