



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

STAFF AUTHOR



Newest Early Childhood Mental Health Consultant, Cheryl Bills recently did a book signing, as she is author of two books. For Centennial, Cheryl serves Logan, Phillips and Sedgwick counties.

Bills contributed two essays to a new anthology published by a writers' group she is a member of. Her essays are about the deaths of her husband and her father six weeks apart, and the other is about the life of her grandmother. "Mountain Reflections – A Collection of Stories and Poems" features the work of 19 writers in the Red Feather Writers.

Her other book, "Split," which came out in 2015, is described by Bills as a book of self-discovery. It is the first in a trilogy featuring three main characters who face trauma in their lives. Bills says it is important to recognize that these girls could be anyone. "This book tells about choices we make with our hearts, choices we make with our head and always the importance of listening to that deep intuition."



Click the title below to read the rest of the article written about Cheryl Bills.

"Local Author Seeks to Inspire"

COMMUNITY RESOURCE RETREAT

In mid-January the Community Resource department was able to get together for their holiday party which was also combined with a retreat. Staff members from Prevention, Early Childhood, Housing, IPS and Marketing were able to get together. The group did a solution focused exercise introduced by Karla Rosas, and a fun game about teamwork introduced by Maranda Miller.



STAFF SPEAKS AT CAPITOL



Maranda Miller was approached by CBHC to testify at the state capitol in support of Bill SB20-001. The bill would establish an optional behavioral health "train the trainer" program for educators, administrators, and non-certified school personnel in the state of Colorado. School personnel who choose to enroll in these programs would receive evidence-based instruction aimed at improving school culture, creating a safe and secure environment for all students, and providing behavioral health trainings to their colleagues. This legislation calls on Colorado's Department of Education to select an evidence-based program that trains educators on:

- Identifying behavioral and mental health challenges and substance use disorders
- Improving youth behavioral and mental health challenges, as well as social and emotional health
- Suicide prevention and Bullying prevention
- Encouraging positive bystander behavior and providing best practices for non-escalation situations
- De-escalation of crisis situations
- Identifying resources for behavioral, mental health, and substance use disorder treatment

**The
Bill
PASSED!**

NORTHEAST HIGHLIGHTS



- The Sterling clinical office just had their holiday party. They had it catered in and they played Jeopardy and had a scavenger hunt.



- The Sterling Clinic will be hosting a food drive February 17-21. All donations will be taken to Cooperating Ministries on February 24. Please remember to check the expiration dates. There will be a large box in the lobby where donations may be placed.

- Staff from Sterling attended the annual Logan County Chamber Banquet on January 31st. Those that attended were: Jami Brecht, Sharon Greenman, Ally Kvachkoff, Bonnie Holzschuh, Edin Kulosman, Cody Jenkins, Lynn Bournia and Jackie Barton.



FEBRUARY ANNIVERSARIES

JANUARY NEW HIRES



28 YEARS
CHERYL
DILLON



23 YEARS
CHANTELL
CHRISTNER



20 YEARS
PAUL
FREDA



19 YEARS
DARCY
VANDRIEL



JENNIFER CONRAD
Prevention
Fort Morgan



HAVESH LATCHMAN
ERT
Centerwide



18 YEARS
KASSIDY
ADAMSON



13 YEARS
TIM
DAVIDSON



12 YEARS
TRACY
JUMP



9 YEARS
KAREN
LANCKRIET



7 YEARS
MARILYN
BOSKO



6 YEARS
LAURA
BRUM



5 YEARS
KARINA
AMEZQUITA



5 YEARS
ANDIE
LA COMBE



4 YEARS
LINDSEY
LEFTON



2 YEARS
TERI
COLVILLE



1 YEAR
ELLIE
CONRADT



1 YEAR
CHRISTIE
TURNER

*This is your
Monday morning
reminder that you
are **amazing** and you
can handle **anything**.*



THANK YOU

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