



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

COVID 19 ANNOUNCEMENT

Centennial continues to monitor Local, State and National information sources as well as WebEOC Incident Command notices from our 10 County Health Departments and ESF-8 partners. In addition, Centennial is continuing to receive guidance from our contracted and licensing agencies in response to the COVID-19 Pandemic as it relates to our specific programs. Please take the advised precautions related to COVID-19:

- Wash your hands thoroughly and often
- Avoid physical contact with others (now is not the time to be shaking hands)
- Get appropriate rest and sleep

If you start feeling any cold or flu related symptoms, stay home and get rest, and seek medical care if necessary.

Below is a link entitled "Mental Health Considerations during COVID-19 Outbreak" by the World Health Organization (WHO).

Click below to read:

"Mental Health Considerations during COVID-19 Outbreak"

Thank you for promoting public health actions in your work in order to stay well and to maintain important services for individuals in Northeastern Colorado. Please review your email for continued updates regarding Centennial's response to COVID-19.

BREAKING THE ICE WITH JBBS



Michelle Goetz, our SUD JBBS Provider in the Southern Region, provided an ice breaker to the Judicial meeting that was held on March 10th in our Fort Morgan Office. Michelle helped to set attendee's intentions of embracing their spirit animals through a fun and creative medium. All of the staff present were able to discuss why they chose the animal they did and placed/glued it on a yard stick. They plan to bring out the Spirit Animal Totem during their Judicial Meetings to represent our programming.

Awesome idea Michelle!

COVID 19 - BE SMART AND HELP PREVENT



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

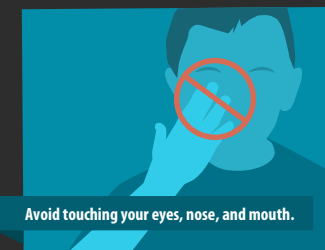
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

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**KEEP CALM
AND
CONTINUE TO**

*Move Lives Forward
also...wash your hands*

