



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

VIRTUAL MOTIVATE4MENTAL HEALTH

MOTIVATE⁴ MENTAL HEALTH

COMMUNITY / ACTIVITY / NUTRITION / AWARENESS

This year instead of an in person event Centennial, Northeast Colorado Health Department, and KPMX have decided to have our "event" on social media (Facebook) for the 4 weeks of May.

Week 3- Nutrition | May 18 - May 22: Some Centennial and NCHD cooking shows will be posted along with posts hear and there about healthy snacks and some recipes.

Week 4- Community | May 25 - May 29:

Andy Rice from KPMX will be pre-recording some music for everyone to enjoy. We are also including a virtual song that the NJC music students recorded, because music is great for our mental health. Lastly, we will have progress posted about a project that will soon get all communities and regions involved throughout Northeast Colorado.

CHECK OUT THE VIDEO TO THE RIGHT!!

HELP US SPREAD POSITIVITY FOR MENTAL HEALTH MONTH

This May for Mental Health Month the theme created by Mental Health Colorado is "Stepping Forward Together: Mental Health Matters". So this year, not only is Centennial "Moving Lives Forward" we are also "Stepping Forward" this Month and we would like our communities to be a part of it!

Check out the video below produced and created by the whole Community Resource team on a great activity we'd love for you to participate in and START this trend this May and continue to carry it on! Have your friends and family join in too, and post your pictures with the #M4MH on social media.

Let's spread some positivity and "Step Forward Together!"

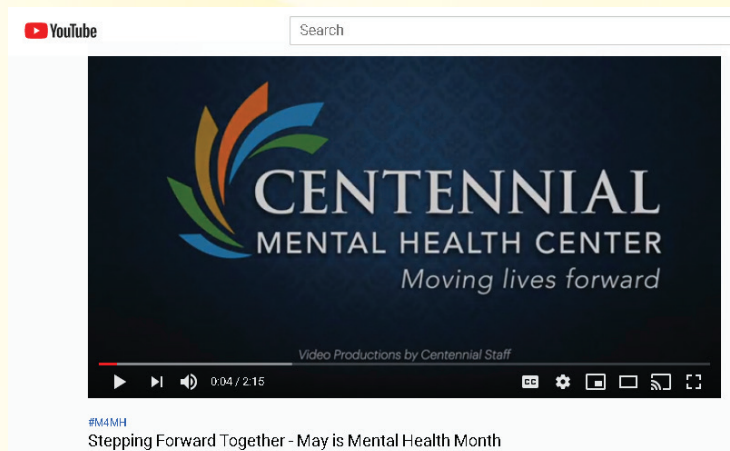
Click here to watch the video

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Nutrition
nu-tri-tion
/n(y)oo 'triSH(ə)n/
noun

1. The process of providing or obtaining the food necessary for health and growth.

What does it do for our mental health?
A nutritious diet isn't just good for the body; it's great for the brain, too. Your food choices can affect your mood and mental health. This is sometimes called the "food-mood connection."



So this year Cinco de mayo fell on Taco Tuesday. We serve a large number of Latino, Latina, Latinx, Hispanic clients and in Morgan County we are home to a large number of immigrants and refugees. Access to care is in many cases more difficult for this population due to a variety of factors. Our Latino staff are important in improving access to care and the comfort level that our Spanish speaking clients have, which in turn, improves their ability to receive much needed mental health and substance abuse services.

I want to recognize the staff that identify as Latino, Latina, Latinx, Hispanic and thank them for their contribution to our company and community.

Luz Fierro, Diana Ruiz, Amanda Garcia, Jon Perez, Carolina Landeros Carmona, Joe Contreras, Esther Camacho, Aubrey Alexander, Rikki Quintero, Maria Portillo, Veronica, Araujo, Kathy Dalrymple, Craig Vanhouette, Rachael Fryrear, and our contract interpreter Sylvia Castillo.

Some of you provide interpretation and translation services while others simply come and work alongside our clients providing some extra levels of safety and comfort. Others like Joe work tirelessly at keeping the buildings open and repaired.

We certainly see the need for more therapists and case managers like Esther and Rikki who have had the opportunity to receive a higher level of education. As a company we will continue to advocate for more support and access to education opportunities.

Phil Moss - Central Region ROD

We have approximately 1000 to 1400 LGBTQ individuals who live just in Morgan county so improving our own education and access to care is very much a priority for us.

-Phil Moss, Central Region RO

According to the Healthy Kids Colorado Survey, LGBT youth report feeling sad or hopeless at rates more than twice as high as their peers who do not identify as LGBT. Lesbian, gay, and bisexual youth seriously consider suicide at rates more than three times higher than heterosexual youth, and nearly 60% of transgender youth had seriously considered suicide.

MENTAL HEALTH

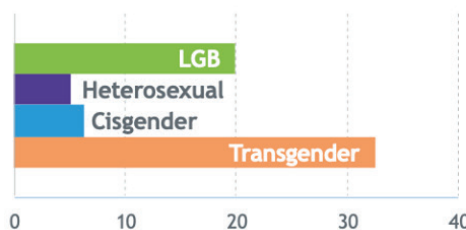
A total of **62.6%** of lesbian, gay or bisexual youth were sad or hopeless almost every day for at least two weeks in the past year, compared with **27.0%** of their heterosexual peers.

Transgender students reported a prevalence of feeling sad or hopeless almost every day for at least two weeks in the past year over twice as high as cisgender students (**66.7%** versus **30.6%**).

Nearly half (**44.8%**) of lesbian, gay or bisexual students had seriously considered suicide in the past 12 months, a prevalence more than three times higher than that among heterosexual students (**13.2%**).

Among transgender youth, **58.9%** had seriously considered suicide in the past 12 months. Approximately **16.3%** of cisgender youth considered suicide in the past year.

Attempted suicide in the past year.



Overall, **19.9%** of lesbian, gay or bisexual students had attempted suicide in the past year compared with **5.1%** of heterosexual students.

Compared with **6.3%** of cisgender

youth, **32.5%** of transgender youth reported attempting suicide in the past year.