



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

DOCUMENTATION TIPS TREATMENT PLANNING

Tip #1:

Make sure that "staff assigning" and "staff responsible" are updated for any active problems, goals, objectives and interventions. If you are updating the Treatment Plan, change the "staff assigning" to yourself.

Tip #2:

Problem: the "Problem" section needs to contain a statement regarding the symptoms a client is experiencing that aligns with the Diagnosis and lines up with the goal. Example: "GAD as evidenced by uncontrollable racing thoughts that result in sleep disturbance, irritability, and difficulty concentrating."

Keep watching each week for more TIPS!

CELEBRATING PRIDE

This month is Pride Month, celebrating the LGBTQ community. This June marks the 50th Anniversary of Pride Traditions in the US. Click the link below to find out more information about the history as well as resources for the LGBTQAI+ community.

Read more on Pride History

MYSTRENGTH CHANGE & RESILIENCE

Change is one thing you can be sure of. The start of summer may bring back memories of the past, but this year it all seems different. Does June usually mean warm days, big family picnics, vacations, or afternoons by the water?

Instead of taking a sigh of relief, you may be just getting back to your routine. Maybe you're trying to find a sense of stability in a sea of uncertainty.

When fun feels out of reach, it's important to tap into your resilience.

Click here to take a look at change and resiliency with this activity!

Monday Morning Manifestation

- I choose to live an awesome week
- I choose to love with expanded heart
- I choose to embrace my strength within
- I choose to move with focused mind
- I choose to thank for all I have
- I choose to work with a limitless source
- I choose to create a life desired.