



# 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 #3:

Goals: A goal needs to express what the client wants to improve by attending therapy. The goal should be in the client's words. Examples: "I will not miss work because I am feeling sad or hopeless all the time"; "I will be able to go to the grocery store alone because I can control my worrying thoughts about others judging me"; "I will be able to resist alcohol cravings and remain sober."

### Tip #4:

Objectives: Objectives need to reference specific times, amounts or dates of completion so you and the client can measure progress. Example: "Client will take medication as prescribed 7 out of 7 days each week to help control symptoms of hopelessness and lack of energy"; "Client will reduce angry outbursts with parents to no more than 1x per week; angry outbursts will be logged on a chart posted on the refrigerator."

*Keep watching each week for  
more TIPS!*

## AKRON BEAUTIFICATION

A building beautification project in Akron took on new meaning last week. Staff members Bonnie Fisher, Christa Drum, and Diane Van Der Wege planned throughout the winter to put a simple mural on the side of the Akron building. In the absence of an outdoor water source for real plants, the trio designed a yard-like scene and began painting it in May. Shortly after midnight on June 9, the town of Akron and the surrounding area were hit by a macroburst with wind gusts as high as 102 mph. During the storm, Akron lost many of its

trees, some of them planted in the early 1900s, and many homes sustained damage from the falling trees. The Centennial office in Akron saw only minimal damage, with a cracked window and the sign ripped off of the building. However, the main electrical line into the



building was ripped out of the breaker box and the office was without electricity for the rest of a week. After a week-end service call from the local electrician, the electric company was able to restore power on Monday, June 15.

With the loss of some trees on the bordering property, as you drive into town from the east, you now have a clearer view of the mural that is in progress. The increasing sizes of the trees in the mural are significant of growth that we strive to help our clients achieve, and we hope the presence of the trees in the midst of the destruction is an inspiration.

