



# 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*

## IN CASE YOU MISSED IT

I hope all of you are staying well and using all of your favorite pathways to lessen stress and increase resilience! Whenever I cross your paths, whether in the hall or in a video conference, I am grateful that most of you still have a smile to share—okay, sometimes I have to guess at the smile behind the mask.

At any rate, I want to update you on some things relating to our COVID-adapted services and our continued efforts at keeping you and our clients both as safe as possible. As you know from previous communications, we are taking a very intentional and slow approach to “reopening”. Especially as there are factors in our communities that will increase the possibility of transmission of COVID-19, including but not limited to schools soon going back in session, we would rather “go slow” than move ahead too quickly and risk having to go back to tighter restrictions.

Previously you have received guidance about how to resume some activities like mentoring or make other in-person connections outdoors. For a small numbers of clients, we have also approved for them to come into the office to connect with their service provider via telehealth from a stable platform, when connecting via loaner phones proved ineffective. Even more recently, we’ve brought back the option of self-administered drug testing in the office via mouth swabs. All of these changes have been considered thoughtfully and with an eye to what has been learned about transmission risk factors of time, space, and masking. We continue to take it one step at a time!

Still, we recognize that there are some of our clients who are not able to maintain effective engagement via video-telehealth, or may even begin to regress in their recovery process, despite their (and our) best efforts to serve them remotely. If you have any such clients you are concerned about in your own caseload, please start by discussing this with your clinical supervisor and getting their guidance.

Then, IF you are comfortable yourself seeing this individual in-person from the office, this request can be routed through your supervisor to one of our Deputy Directors for a final go-ahead. In such cases, we will use alternative spaces (e.g. group rooms) that will allow for a full 6-foot distance between you and the client or clients (e.g. with a family), with ALL parties remaining masked. The space will be disinfected thereafter, to minimize risk of any surface transmission.

Each office has, or will soon receive, additional tools to help with disinfecting a variety of surfaces and scenarios—some for use each time and others for use daily or as needed. We believe with continued awareness and precautions, we can begin to allow this relatively small portion of our client population back into our offices.

We absolutely want to continue to use telehealth for the great majority of our clients, whether you are connecting with them from your home or the office, in order to keep the volume of clients coming into our clinics low. We also want this additional option to be available, with supervisor and deputy approval, for those clinical and case management staff that are ready for it. If you are NOT comfortable seeing folks face-to-face under these circumstances, yet have a client that is clinically floundering, please bring that also to your supervisor’s attention so you can adjust in other ways or, if necessary, consider an internal transfer.

Meanwhile...whether you are at Centennial or doing your local grocery run, remember those 3 W’s! Wear your mask, Wash your hands and Watch your distance!!

Thanks for all you are doing EVERY day to keep our clients and communities strong!  
Liz

## OUT OF DARKNESS WALK

Welcome to the Out of the Darkness Northeast Colorado Experience. We would love for Centennial employees to join and be a part of this as well!!

While the Northeast Colorado Out of the Darkness Walk is going to look different this year, our mission to Save Lives and Bring Hope to Those Affected by Suicide has not changed. We are a strong and resilient community, united in our effort to fight suicide, raise awareness, educate our communities, support those who have lost loved ones, and support those with lived experience. We use our voices and share our stories to provide hope. We invite you to join us this Fall for an Out of the Darkness Experience. We’re working hard to plan meaningful opportunities to connect and inspire you, and we will share more details about our exciting plans in the coming weeks.

Registration is free and open to the public. Walk donations are accepted until December 31st. Contactless donations are encouraged - donate online today!

To join:  
[CLICK HERE](#)