

# 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*

## SUICIDE PREVENTION - VIRTUAL WALK



This past Saturday some of the members of the Prevention Team met at Columbine Park to participate in the American Founda-

tion for Suicide Prevention (AFSP) virtual Out of Darkness Walk. They gave Sources of Strength Swag to the kids, and adults really enjoyed the Man Therapy and Crisis swag. One person thanked the team for being there as they were really in need of resources.

Please keep in mind you have the rest of the month to donate to the AFSP virtual walk this year. Funds raised from the event support AFSP's program development and we utilize many of those programs as well as past funds have partially supported some of our cost covered prevention efforts.

To donate click the link below:

[DONATE HERE!](#)



SEPTEMBER IS  
**NATIONAL  
SUICIDE  
PREVENTION  
MONTH**

## MENTOR SPACE TRANSFORMED



The Mentor space in the Sterling office has long needed a bit of an overhaul. Having been used for multiple purposes for a long time, a few of the Centennial staff decided it was time for a change.



The room has been re-organized, painted, decorated in themes that make it more of a "kid friendly" environment. It is set up in the way that kids can play, be in groups and work on projects.



One wall has been reserved for any art work, wood work, metal work or anything that kids' create, and they can display it. It also has been designed to quickly adapt for new activities that are more adequate for various groups and age differences.



Staff members that helped create the space were Mentors Shaylyn Burkholder and Jamie Krueger, Ally Kvachkoff (OC), Laura Francis (Case Manager) and Jacy Lantz (OA).