



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

PREVENTION WORK CARRIES ON

While the vast majority of Prevention Services are remaining virtually, the Prevention Team has been providing a few QPR Trainings as well as teen MHFA in person. Stay tuned for pictures of future trainings!

Below is what the Prevention Team is currently offering this Fall.

IS YOUR SOUL EXHAUSTED?

In the beginning of the pandemic, aside some unfortunate happenings for some, many would report the pandemic allowed more family time and concentration to things put on a back burner. Now however, some are starting to sense the opposite effects of COVID and now more than ever, it is still extremely imminent that we concentrate on our mental health and the well being of others.



FALL 2020 OFFERINGS

MENTAL HEALTH AWARENESS & SUICIDE PREVENTION

CLASSROOM CONSULTATION | (Virtual, Limited In Person)
Audience: Educators
Content: Can be tailored to address specific needs
Duration: No time parameters/Available anytime

INFORMATIONAL BOOTH

| (Virtual, Limited In Person)
Audience: Parents, Educators, Students
Content: Mental Health, Substance Use and Suicide Prevention
Duration: No time parameters/Available anytime

MORE THAN SAD

| (Virtual, Limited In Person)
Audience: Educators, Parents, and Students
Content: Suicide Prevention, Depression, Treatment
Duration: Educators 1.5 hours, Parents 1.5 hours, 6-12th grade 1 hour

QUESTION, PERSUADE, REFER

| (Virtual, Limited In Person)
Audience: Educators and Parents
Content: Suicide Prevention Gatekeeper Training
Duration: 1.5 hours

YOUTH MENTAL HEALTH FIRST AID

| (Virtual, Limited In Person)
Audience: Adults who work with Youth
Content: Suicide Prevention, Depression, Anxiety, Substance Use, Treatment
Duration: 6 hours

RIDING THE WAVES

| (Virtual, Limited In Person)
Audience: 5th Grade
Content: Suicide Prevention, Mental Health
Duration: 12 sessions (20-45 minutes each)

SOURCES OF STRENGTH

| (Virtual)
Audience: Educators and 3rd-12th Grade
Content: Upstream Suicide Prevention
Duration: 1 day
 Additional Cost for Program

PHYSICAL HEALTH & WELL-BEING

INTRODUCTION TO TRAUMA INFORMED PRACTICES | (Virtual, Limited In Person)
Audience: Staff & Caregivers Pre-K - 12th Grade
Content: Facilitated conversations designed to explore the impact of trauma for individuals in order to enhance safe and supportive environments.
Duration: 1-2 hours

SCHOOL SAFETY

SAFE-2-TELL TRAINING | (Virtual, Limited In Person)
Audience: Educators, Students and Parents
Content: Conflict Management, Reporting, Digital Citizenship
Duration: 1 Hour

SUBSTANCE ABUSE PREVENTION

BOTVIN LIFESKILLS | (Virtual, Limited In Person)
Audience: 3rd-12th Grade
Content: Substance Use Prevention, Peer Pressure, Emotional Regulation
Duration: 8 sessions (30-45 minute sessions each)

LUNCH N' LEARN

Audience: Educators and Parents
Content: Can be tailored to address specific needs
Duration: 20 minutes

PARENT PRESENTATIONS

Audience: Parents
Content: Can be tailored to address specific needs
Duration: No time parameters/Available anytime

STRENGTHENING FAMILIES PROGRAM

| (To be determined)
Audience: Parents and youth ages 10-14
Content: Substance use prevention, parent/youth communication
Duration: 7 sessions

To learn more about any of these programs, or to schedule a training near you, reach out to your Prevention Team at: PREVENTION@CENTENNIALMHC.ORG

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WWW.CENTENNIALMHC.ORG

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Checklist of Soul Exhaustion Red Flags

When our spirit is worn down and our souls are crushed by the challenges of the world, red flags often emerge that tell us our soul needs feeding.

What are you experiencing?



- An overwhelming desire for sleep that does not relieve fatigue.
- Experience of loneliness while also making excuses to be alone.
- Inability to experience joy or happiness.
- Body fluctuating between feeling like a lead weight and being on the verge of collapse or meltdown.
- Loss of interest in hobbies or things you loved to do.
- Your body has constant aches and pains.
- Constant dread.
- You daydream about running away to a different, more quiet life.
- Life is on autopilot
- Feelings of detachment, disconnection and disorientation – emotional numbness.
- Small tasks seem overwhelming.
- Inability to empathize with others having a hard time.
- Feeling out of step with time.

Many of these changes may also be signs of depression or anxiety problems that are caused by physical or mental health conditions. If you are unsure, contact a medical professional.

For more information visit:
www.SpeakUpReachOut.org/find-help

Speak Up REACH OUT
www.speakupreachout.org

