



# EARLY CHILDHOOD MENTAL HEALTH CONNECTION

MOVING LIVES FORWARD

## DOING THE BEST WE CAN

We've all had times where we get irritated... with our children, spouses, family members, friends, colleagues and even ourselves. Things don't go the way we plan and people don't do the things we want them to. It's so frustrating! Why can't my preschooler just wake up and get ready for school? Why is this a struggle sometimes? Or, why does my teenager make really poor choices and get into trouble? Why can't the people I work with just get their paperwork in on time? In our minds, it's not that hard to do certain things because we think there will be a specific outcome. We may not see any problems with doing things the way we think is best. It's easy to think how we feel and what we think is the best choice...and the only choice. But...have you ever stopped, looked around you and saw things through the eyes of your children, spouse, friends, family members or colleagues? Have you truly listened to them to hear what they are feeling and possibly going through? Let's take a moment and reflect...have you ever had a hard time getting ready in the mornings? Have you been able to make good choices ALL the time? Have you ever struggled to meet deadlines and the demands at work? The answer probably is...YES!

This is definitely true when it comes to being a parent. We have certain things we think our children should do, but we also have certain pressures we place on ourselves. There are times when you have a hectic morning and maybe you get frustrated and raise your tone with your kids in the car. Or when you are running behind and pick up your child late from soccer practice. With all of the pressures and unknown circumstances in our world right now, it's easy to feel frustrated, inadequate, and get down on ourselves and others. But, it's also more important than ever to also remember-you

are doing the best you can right now. Just like our children, spouse, friends, family members, and colleagues-they are all doing the best they can too. What may seem like simple, easy choices may be more difficult for the ones around us. Everyday things may feel overwhelming and stressful for them and to us. When we have the ability to reflect on the experiences of other people in our lives along with our own, we can see that we ALL struggle from time-to-time. We all have bad days, times when we are irritated, frustrated with the way things are going and just down right not in the mood to deal with it. But along with that, all of us are managing different circumstances, trying to be good parents and doing the best we can. So maybe the next time you feel your fuse running short with those around you, you can offer to help or ask what you can do together to make the situation more manageable. When you start getting down on yourself about being a parent, reach out for support or think of the positive things you are doing. Maybe set small goals with yourself and others around you so things can feel more doable. Remember...all of us are doing the best we can with what we have available to us.

### *Cheryl's Corner of Caring*

*Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'*  
(Mary Ann Radmacker)

# MEET CENTENNIAL'S EARLY CHILDHOOD CONSULTATION TEAM



## LAUNCHING ZOOM SECURE TELEHEALTH SERVICES!

Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.



## AMY NATION, MA, IMH-E<sup>®</sup> INFANT FAMILY SPECIALIST

### EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

821 E Railroad Ave  
Fort Morgan, CO 80701  
Phone (970) 867-4924 Ext.2231  
Cell (970) 571-2174  
amyn@centennialmhc.org

#### **Ages 0-5**

Covers the following  
counties:  
Logan, Morgan

For additional support during  
the COVID-19 Pandemic you  
can call Centennial's  
**COMMUNITY  
SUPPORT LINE**

You can do this by calling your  
nearest Centennial office:

- Akron - 970.345.2254
- Burlington - 719.346.8183
- Cheyenne Wells - 719.346.8183
- Elizabeth - 303.646.4519
- Fort Morgan - 970.867.4924
- Holyoke - 970.854.2114
- Julesburg - 970.474.3769
- Limon - 719.775.2313
- Sterling - 970.522.4392
- Wray - 970.332.3133
- Yuma - 970.848.5412

## ERIN POUNDS, MS, IMH-E<sup>®</sup> INFANT FAMILY SPECIALIST

### EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

821 E Railroad Ave  
Fort Morgan, CO 80701  
Phone (970) 867-4924 Ext.1152  
Cell (970) 520-3320  
erinp@centennialmhc.org

#### **Ages 0-8**

Covers the following  
counties:  
Morgan, Washington  
& Yuma



## CHERYL BILLS, BSSW, MS EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

211 W Main St  
Sterling, CO 80751  
Phone (970) 522-4549 Ext.291  
Cell (970) 762-8044  
cherylbi@centennialmhc.org

#### **Ages 0-5**

Covers the following counties:  
Logan, Phillips, Sedgwick



## DANIELLE STOREVIK, MA EARLY CHILDHOOD MENTAL HEALTH SPECIALIST

650 E Walnut  
Elizabeth, CO 80107  
Phone (303) 646-4519  
Cell (970) 571-4224  
danielles@centennialmhc.org

#### **Ages 0-8**

Covers the following counties:  
Cheyenne, Elbert, Kit Carson,  
Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

[WWW.CENTENNIALMHC.ORG](http://WWW.CENTENNIALMHC.ORG)

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