



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

DIRECTOR A PANELIST



Rachael Fryrear, Director of Judicial Services, was a panelist at the recent NADA (Acudetox) Regional Conference, presenting on the use of Acudetox in jails. Rachael's leadership on this issue has garnered attention from various Jail based behavioral health programs across Colorado and in neighboring states. Rachael and her team will be working on some innovative Acudetox protocols that can be used effectively even in the pandemic when social distancing is required. Stay tuned for more information! Thanks Rachael for your leadership and commitment to providing excellent care to our incarcerated clients!

RANDOM ACTS TO-DO LIST

We all must coexist on this planet, perhaps we should make time in our schedule to contribute to the happiness of others as well. Maybe if everyone performed acts of kindness each day, the world would look just a little brighter.

HERE ARE 10 ACTS OF KINDNESS YOU SHOULD ADD TO YOUR TO-DO LIST:

1 - SURPRISE YOUR PARENTS WITH A VISIT AND HELP THEM WITH CHORES AROUND THE HOUSE.

If you've been caught up with life and haven't seen your parents in a while, why not plan a trip and surprise them? You can add a lot of happiness and comfort to their life by visiting often and taking time to bond with them.

2 - DONATE UNUSED OR LIGHTLY USED ITEMS TO A CHARITY.

During a time when many people have lost their jobs and feel very unsettled about life in general, we can help ease their mind by donating items they may need. Donating to homeless shelters is also a good idea as more people have unfortunately lost their homes or apartments due to the pandemic.

3 - LEAVE INSPIRATIONAL MESSAGES ON PEOPLE'S WINDSHIELDS.

Many people need hope in these difficult times, and you could help inspire them with positive messages.

4 - BECOME A PEN PAL OR VIRTUAL COMPANION TO SOMEONE IN A NURSING HOME.

This is such a beautiful way to show kindness to some of the people who need it the most, so if you haven't, you should definitely add this to your bucket list.

5 - OFFER TO GO GROCERY SHOPPING OR DO ERRANDS FOR VULNERABLE PEOPLE IN YOUR COMMUNITY.

Right now, many elderly and immunocompromised people don't want to go in crowded places like grocery stores. You could help them out by going shopping for them or any other errands that they don't feel comfortable doing right now.

6 - GIVE EXTRA TIPS (IF YOU CAN) TO SERVICE WORKERS.

Right now, service workers have been affected more than any other sector of the economy, so any help you can give right now would be much appreciated.

7 - PAY FOR SOMEONE'S GROCERIES.

If you can, offer to pay for the person in front of you.

8 - PICK UP TRASH IN YOUR COMMUNITY.

You could either do this alone or organize a trash pickup (with social distancing rules, of course) in your city.

9 - SMILE AT STRANGERS.

This may seem like it wouldn't make a big impact, but you never know whose day you could make with a simple smile. Make it a point to smile at anyone you pass; perhaps this could help strike up a conversation with someone who needs a listening ear. Of course now with masks smiling can be a hard emotion to see so find other ways to smile at someone.

10 - SEND "THANK YOU" CARDS TO ANYONE IN YOUR COMMUNITY WHO MAKES A DIFFERENCE.

Think of firefighters, EMTs, nurses, doctors, teachers, soldiers, or anyone else who does so much for humanity as a whole. Everyone makes a difference in some way, but many first responders and educators don't get the appreciation and respect they deserve.

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." - Amelia Earhart