



# 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 IN SCHOOLS



Last week Prevention Specialist, Phil Spaulding, School Based Specialist Kara Bellenidir and Prevention Program Manager Maranda Miller presented Sources of Strength at Yuma High School.

## GENOA CELEBRATING 1 YEAR!

**Celebrating one year!**  
Your Genoa Healthcare® On-Site Pharmacy



Life is complicated. Getting your medications doesn't have to be.

Genoa Healthcare pharmacy is celebrating one year of being open at Centennial Mental Health. Even if you are not visiting the center in person these days, we are here for you! We can safely help you with your medications and make sure your pharmacy needs are taken care



Pictured: Christina M, Francheska T, Alicia G

5 ways we can help during COVID-19 and beyond:

- Fill all your medications from any doctor
- Mail prescriptions to you at no cost, reducing the need to visit a pharmacy
- Provide your medicines in a pre-filled pill organizer so you don't have to keep track of a bunch of pill bottles.
- Coordinate the timing of your refills so that you can get them at the same time.
- Help with insurance or medication questions, all over the phone. We're here for you!

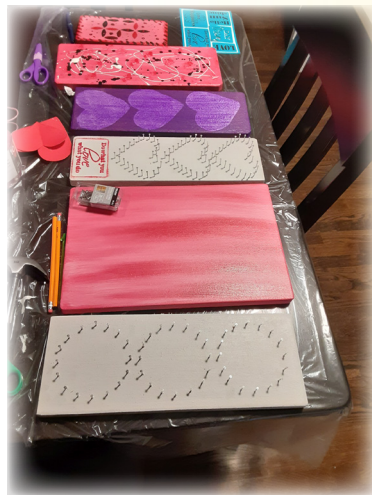
**Have questions or need someone to talk to? Give us a call today!**

Phone: (970) 427-4033

Hours: Monday – Friday 8:30am-5pm (closed for lunch 12:30-1pm)

## SOBER LIVING - ENJOYING ACTIVITIES

Our Sober Living facilities have been open and running now since October. At this current time we have 1 male client. Often times they work on activities and here are some photos displaying the work they've been doing. Valentines Day decorations are being created. Painted decorations and string art coming soon! Also, a big thanks to Bloedorn Lumber for the scrap wood.



## SELF-CARE TO TRY OUT

We all have our own ideas of self-care, but maybe there are some we haven't thought of. Here are a few self-care tips to TRY OUT this week.

**If you have 3 minutes:**  
**Delete your most used social media app**  
*Sometimes we all need a break...*

**If you have 5 minutes:**  
**Find a quote that resonates with you**  
*If feeling anxious or overwhelmed, sometimes it helps to spend just a few minutes re-reading pieces of wisdom...*

**If you have 10 minutes:**  
**Try a deep breathing technique**  
*You can easily find these on YouTube or you can download an app*