



# 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*

## ECMH STAFF MEMBER CHOSEN TO TRAIN

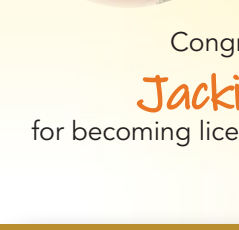


**Amy Nation**, one of our Early Childhood Mental Health Specialists was one out of 1200 applicants chosen to attend a sought after training. The Echo training is offered by the Center of Excellence for Infant and Childhood Mental Health Consultation through Georgetown University. This is a 6 session monthly virtual training for ECMH consultants who serve rural, tribal and/or underserved geographic regions. They offered it to all ECMHs throughout the United States and with a survey and an essay, they chose 100 individuals to attend this training. These trainings will help with understanding the needs and the disparities of these unique cultural and geographical regions and the people within them.

## STAFF MEMBERS LICENSED



Congratulations to **Becca Hooper-Esquibel** for becoming licensed as a **Marriage and Family Counselor!**



Congratulations to **Jackie Barton** for becoming licensed as a **Social Worker**



## BLACK HISTORY & SHADES OF BLUE



The Shades of Blue Project is dedicated to breaking cultural barriers in maternal mental health by raising

awareness and ensuring action is being taken to break the stigma surrounding seeking treatment in the minority community when experiencing complications after childbirth. The Shades of Blue Project began due to prior treatment on pregnant women of color. What used to happen, is that if a woman of color had a c-section doctors would automatically fix the Mother against their will to control their race. Women weren't treated equitably. Founders of the project are dedicated to helping women before, during and after child-birth with community resources, mental health advocacy, treatment and support. Their vision is to change the way women are currently being diagnosed and treated after giving birth and experiencing any adverse maternal mental health outcome.

## SURVIVAL & HOPE - MAYA ANGELOU

### Still I Rise Maya Angelou - 1928-2014

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.  
Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like tear-drops,  
Weakened by my soulful cries?  
Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.  
You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame I rise

Up from a past that's rooted in pain I rise

I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.  
Leaving behind nights of terror and fear I rise

Into a daybreak that's wondrously clear I rise

Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.

I rise  
I rise  
I rise.