



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

CELEBRATING ACHIEVEMENT

Pictured are Rose Conley and Abby Henry who are celebrating this individual's accomplishment after she completed one of our programs. She has worked very hard to complete the program goals and was very thankful for our program and extra support.



AWESOME!

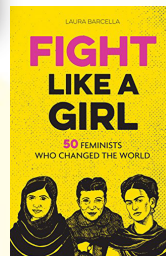
LEARNING MORE WITH MYSTRENGTH

Over the last year, we've become more aware of the painful reality of racism in America. We've seen unjust treatment as a result of race time and time again. Unfortunately, racism can sometimes be subtle and indirect. This can be as simple as avoiding eye contact or a minor comment. Still, these acts can cause emotional pain, no matter how "small" they seem.

For tips on how to stay healthy as you respond to these slights, or to simply learn more, dive into our A Thousand Cuts activity.

Click for Activity: A Thousand Cuts
Understanding and responding to race-related microaggressions.

Monthly Book & Movie Recommendation



By Laura Barcella, "Fight Like a Girl: 50 Feminists Who Changed the World" --snippets of information about 50 great women in history. One therapist on our staff remarked that she likes to use it with young women clients who can use reminding/role models of how amazing, resilient, accomplished and strong women are. Remember, women of color are credited with helping

push the feminist movement and female rights forward in this country.



Also highly recommended is a new movie "United States vs. Billie Holliday." Holliday was a famous blues singer who is often referred to as the "Godmother of Civil Rights." Her efforts (through her music) were contested by the FBI but she never relented.

Please look forward to additional items in the future as our Cultural Diversity committee will be highlighting more about all cultures!

HUMAN RESOURCES ON THE SCENE

This month Karen Lanckriet (HR) virtually attended the UNC and CSU Career fairs. Also, on Wednesday she will be doing mock interviews with the Yuma High School students through North-eastern Junior College.



PREVENTION TRAININGS CONTINUE



Teen Mental Health First Aid (tMHFA) was recently trained in Brush High School by two of our Prevention Specialists, Jacob Reyes and Mikayla Christenson. The

tMHCA curriculum is taught in 6- 45 minute sessions.

MARCH IS SOCIAL WORKER AWARENESS MONTH

Often in the Briefing we have found opportunities to highlight teams within our exceptional staff. March is Social Worker awareness month so naturally each week you will get to “meet” those staff members among us.

Jim Kuemmerle

Area you serve for Centennial:

I am the regional clinical director for the NE region.

Tell us a little about you:

I am originally from western Pennsylvania, outside of Pittsburgh. I received my undergraduate degree from the University of Pittsburgh. I received my MSW from Indiana University and an MS in Emergency Management from Millersville University of PA. Interesting facts about me...I am a retired emergency responder, 9/11 responder, served in the US Army twice. In my free time, I volunteer with Scouts. I am a Scoutmaster of a troop in Brighton. I serve in several other regional and national leadership roles in Scouting. My son is an Eagle Scout and a freshman at the University of Wyoming. Go Pokes.

Why do you love social work?

I love social work because I feel very well trained to function in many different roles. The skills I have learned I can use outside of the workplace, like in my volunteer roles. I have learned to treat or work with the entire individual and learned how one's environment can play a role as well. I feel that with my degree in social work has prepared me well for my current role.



Gina Ashmore

Area you serve for Centennial:

Integrated Care in the Northeast Region

Tell us a little about you:

I have been a social worker for almost 20 years. It was a field I never thought about till I was half a semester away from a degree in elementary education – and have never regretted since. I received my Masters in Social Work at Syracuse University and was trained early on as a trauma-based therapist working with children – which led to me holding positions in a variety of organizations . As my love for the field grew – so did my experience as I was fortunate enough to be able to work throughout the life span in my career. I have learned so much about life from my clients – more than all of my degrees or textbooks educated me on – my clients are my every day heroes.

Why do you love social work?

Being a social worker provides much more intrinsic rewards than any extrinsic reward will ever afford me – you don't become a social worker to be rich – you become one because you genuinely care about your fellow human being. I love this field and recommend it to anyone that considers a helping field.

If you'd like to highlight your team in future Briefings please reach out!