



# 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

## MARCH ANNIVERSARIES

## WOMEN'S HISTORY MONTH

### Book & Movie Recommendations

- 1) Women in Science who Changed the World (Rachel Ignotofsky)
- 2) Hidden Figures (both book and movie) Margot Lee Shetterly
- 3) My Own Words (Ruth Bader Ginsburg)
- 4) My Beloved World (Sonia Sotomayor)
- 5) No one is too Small to Make a Difference (Greta Thunberg)
- 6) Becoming (Michelle Obama)

"In 1980 President Jimmy Carter issued a Presidential Proclamation declaring the week March 8th as National Women's History week. By 1986, 14 states had declared March as Women's History month. Congress approved in 1987. Also, in 1987 (California) an educational task force kicked off this week with an International Women's Day. They wanted to draw attention to the fact that women's history wasn't included in K-12 school curriculums at the time. Since 1995, every President has issued a proclamation confirming this usually with a statement about its importance.

Until Congress passed the Equal Credit Opportunity Act (9174) women could not get credit cards in their own name. Of course, it was Ruth Bader Ginsburg who laid the foundation for this act. One of her most quoted opinions has to do with the Supreme Court appointees. She was asked, "When will there be enough women on the Supreme Court?" Her reply, "when there are nine." She went on to say that people were shocked by her answer to which she replied, "But there's been nine men, and nobody ever raised a question about that!"

Here's some other amazing women (most of which did not make American History:

Lydia Taft – First women to vote in colonial America – 164 years before the 19th Amendment was passed.

American novelist, Edith Wharton – First women recipient of the Pulitzer Prize (1921.) Years before, authors such as Jane Austin, Louis May Alcott and the Bronte sisters ALL used male pen named to avoid discrimination.

Jane Addams (Social worker) – First women laureate of the Nobel Peace Prize (1931.) Prior to this she was a leader of the settlement house movement in Chicago. She was one of the first of her generation to earn a college degree; prior to this she was a reformer, sociologist and author.

Maria Curie (scientist) is the ONLY person who has EVER received TWO Nobel Peace prized in two different science categories.

### THANK YOU

to everyone for all your years of service and for continuing to move lives forward!

1 YEAR  
RHIANNA  
ROUNTREE



24 YEARS  
PAUL  
FREDA



6 YEARS  
JULIE  
SPRADLIN



4 YEARS  
JENNA  
ROBINSON



4 YEARS  
LAURA  
YAHN



3 YEARS  
LEE  
LINDSAY



2 YEARS  
JULIE  
ROBINSON



2 YEARS  
ELLINA  
BARAY



2 YEARS  
JESUS  
MARRUFO



2 YEARS  
DANIELLE  
STOREVIK



2 YEARS  
NANCY  
WASHBURN



1 YEAR  
CINDY  
AUDIA



1 YEAR  
TRINA  
KONECNE



1 YEAR  
RHIANNA  
ROUNTREE

## FEBRUARY NEW HIRES



AMEE GIBSON  
Family Navigator  
South Region



TRACY NAIMISH  
Family Navigator  
Centerwide



IKE IGWU  
Emergency Response  
Fort Morgan

SONJA BROWN  
Crisis Transport  
Journey Point

WELCOME! WE ARE GLAD YOU ARE HERE!

# 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.

## Jackie Barton

### Area you serve for Centennial:

Started as ERT for over a year and then moved to Outpatient, Sterling, NE regions, Adding Integrated Care one day a week in Holyoke starting in March 2021.

### Tell us a little about you:

Jackie moved to Logan County from the Denver area where she obtained a BA in Psychology and Philosophy, engaged in Fine Arts coursework and eventually obtained her Master’s of Social Work degree in 2017 from the Metropolitan State University of Denver.

In therapy sessions, Jackie uses a focus on systems and strengths, building on the client’s skill set and support system while working through problems with clear and honest communication. Jackie has a humanistic, collaborative, and culturally sensitive approach, most often using trauma-informed approaches, cognitive-behavioral approaches, dialectical behavioral therapy, narrative therapy, brief solution-focused therapy, experiential therapy and motivational interviewing in her work with clients.

In her spare time, Jackie enjoys painting, drawing, creating, cooking, reading, hiking and spending time with her family.

### Why do you love social work?

Collaborative, systems focused, solution focused, strengths based, comprehensive.



## Abby Henry

### Area you serve for Centennial:

I work as a case manager and my base office is Holyoke but I serve a large area from Illiff, to Julesburg and all surrounding towns of Holyoke.

### Tell us a little about you:

My name is Abby. I was born and raised in Haxtun so it is nice to be back to my home area. I have been a social worker for 8 years working in various roles in the community. I am a single mother of a beautiful 12 year old who keeps me busy. I enjoy scrapbooking, meditation, volleyball/softball, and bowling. Family is vital for me so, it is nice to be around them. I obtained my bachelor’s of social work 5 years ago and am currently enrolled at MSU Denver obtained my masters of social work.

### Why do you love social work?

I love social work because I am able to show my passion for helping others with their own successes and overcoming challenges in their own journey. Social work is a passion of mine and I am grateful to do it for a living.



## Jennifer Hadley

### Area you serve for Centennial:

Currently, I am a case manager in the Sterling office, serving our outpatient population.

### Tell us a little about you:

I am currently attending the University of Denver’s graduate school of social work. I am in my second semester and have been interning since January. A wise clinician guided me on the path of social work after working together with shared clients. She advised me that my approach was that of a natural social worker and the rest was history. My goal is to work in clinical practice after pursuing my license, while also working in policy making. I love working with families and strengthening their relationships.

### Why do you love social work?

Social work is an important role in my life, driving me to achieve my dreams of becoming a clinician.

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

## PREVENTION IN THE COMMUNITY



Maranda Miller and Andie La Combe of the Prevention team assembled 66 informational bags to be given out at COVID-19 vaccination clinics in Kit Carson County. Items included were Man Therapy and Colorado Crisis

Services materials.



Maranda also attended a firearm safe storage presentation to provide Gun Shop, Man Therapy and Colorado Crisis materials. 11 people attended.



# QPR

Question, Persuade, Refer

Don't Underestimate Your  
**ABILITY**

To Make Someone Else's Life Better - Even If You Never Know It

**3 SIMPLE STEPS** that anyone can learn to help **SAVE A LIFE** from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis - how to **QUESTION, PERSUADE, AND REFER** someone to help.

Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour.

**AS A QPR-TRAINED GATEKEEPER YOU WILL LEARN TO:**

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

**TRAINING DETAILS:**

**DATE:** Wednesday, April 7th, 2021 OR

**Monday, April 12th, 2021** PLEASE PICK ONE AS THESE ARE TWO OFFERINGS OF THE SAME TRAINING

**TIME:** 12:00pm-1:00pm

**LOCATION:** Virtual- Please RSVP to receive the Zoom Link

Questions or to RSVP- [events@centennialmhc.org](mailto:events@centennialmhc.org) or call 970-520-5603

*Please feel free to share the information about the above training in your community!*