



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 THE COMMUNITY

TRAINING COMING UP

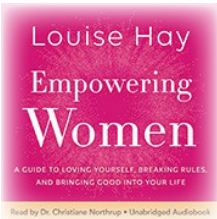


Last week Jacob Reyes, Andie La Combe and Kara Bellendir traveled to Brush High School to do "More Than Sad" presentations.

Their peer leaders did a tea light activity to show that when you ask for help your light starts to shine brighter. The team remarked that it was incredible to see the sight from all the students.

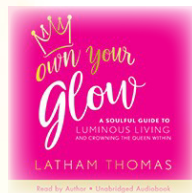
WOMEN'S HISTORY MONTH

Book & Movie Recommendations



1) Empowering Women (Louise Hay)

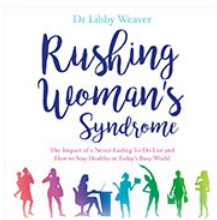
2) Own Your Glow (Latham Thomas)



3) Rushing Woman's Syndrome (Dr. Libby Weaver)

4) Distrupt-Her (Miki Agrawal)

5) Black Girl in Love (Trey Anthony)




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 or call 970-520-5603

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

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.

Kris Schell

Area you serve for Centennial:



I share the work of School Based Mental Health Specialist with Kara Bellendir, which covers 36 school districts in all of our ten counties. Collaborative efforts with BOCES and other youth and family serving entities is necessary to build capacity and support social emotional learning and the mental health of our school communities.

Tell us a little about you:

I am a happy (and sometimes tired) grandma to a bunch of ornery kids! My roots run deep here in Logan County and I have enjoyed being part of a farming family and rural living. I obtained a BA and MSW from Colorado State University and spent my entire professional career working in northeast Colorado (NE Services for the Handicapped, NE BOCES and RE-1 Valley School District). Retirement for a couple of years was great, yet it is exciting to be part of the CMHC prevention efforts this past year!

Why do you love social work?

Social work as a profession provides a variety of choices. I appreciate my many opportunities to develop on-going relationships with families and communities to support efforts toward healthy systems.

Aaron Shea

Tell us a little about you:



I started my career in social work in 2006 when I started my internship at Elbert County Department of Health and Human Services. I remained in my work as a child welfare worker for almost 10 years, have maintained a therapeutic private practice since late 2013, and started my work at Centennial Mental Health mid-2016.

Why do you love social work?

Since adolescence, I have had a draw towards others in need regardless of who they were. When exploring career paths, I eventually chose social work due to the explorative focus not only on the individual, but macro and mezzo factors that influence outcomes. The field of social work helped me develop into a professional that recognizes change as a process involving multiple facets working together.



Torri Bogan

Area you serve for Centennial:

Clinician in the Sterling Office

Tell us a little about you:

Born and raised in Mississippi. I received my BSW from Delta State University and MSW from Mississippi Valley State University. I have been working in mental health field for almost 10 years. I became a social worker because I enjoy working with and helping others.

Why do you love social work?

I enjoy helping others. One person can make a difference in so many lives without much effort.

Alicia Jakomait

Area you serve for Centennial:

I work in the central region.



Tell us a little about you:

I'm Alicia, they call me AJ. I chose social work after working in Dialogues on Diversity, facilitating hard discussions with students, and leading other experiential (Theatre and Art) workshops while an undergrad at the University of Michigan (Ann Arbor). I was thrilled to be accepted and graduate from the U of Michigan School of Social Work, in 2001. In 2007 I obtained my LCSW, and I have worked in a variety of roles, but I most enjoy working mobile crisis. My strength is in brief, strength, solution focused, and mindfulness based cognitive behavioral therapy, group facilitation. I thrive and am at my best by serving the most vulnerable among us. I'm happy to be part of a great team of people, and look forward to serving our communities here in Rural CO.

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

Area you serve for Centennial:

I am currently the clinical director for the south region and have been for about a year now. Prior to this, I worked as a mental health and substance use disorder clinician for about 4 years. I continue to keep a small caseload of clients with various needs, and my area of expertise is working with the adolescent population.