



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

WOMEN'S HISTORY MONTH

TRAINING COMING UP

Another amazing woman unknown in history

Elizabeth Ann Seton

(One of the first Social Workers)


Elizabeth was born in New York City in 1774 and at the age of 19, she married William Seton and had five children. She and her sister-in-law became involved in social work and organized the Protestant Sisters of Charity to help the poor.

Due to her husband's tuberculosis she sailed to Italy in an effort to save his life. She was left a widow at 29 in a strange country without her children. During this time she was attracted to the Catholic faith and was able to return to America where he joined the Catholic Church. She was invited to Baltimore by a Bishop and moved her children there where she opened a school next to St. Mary Sanctuary. This was the first free Catholic school in America. She opened a school in Emmitsburg for poor children.

Despite the loss of her oldest daughter in 1812, she persevered and established a community with her Sisters of Charity in 1813. In 1816 her youngest daughter died. Elizabeth too died of tuberculosis in 1821. The first miracle credited to her intercession was the cure of a nun with cancer in Louisiana.

SHE WAS CANONIZED IN 1975 BY POPE PAUL VI.

(She is the Patron Saint of: death of children, loss of parents, opposition of Church authorities, and widows.)



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.

Mary Sheridan

Area you serve for Centennial:

I am currently the Integrated Behavioral Health provider for Banner Health in Brush, Fort Morgan, and Sterling.



Tell us a little about you:

I moved to Colorado to work for Centennial nearly 6 years ago from Chicago, Illinois where I was working with current and former public housing residents in/from "The Projects." I have grown to love the beauty of the Northeast plains, being able to see the stars at night, and having miles of open space around me. I studied Psychology & Business at a rural agricultural community college in Illinois, Psychology and Neurology at the College of Science and Health at DePaul University in Chicago, and obtained my MSW with an Adult Mental Health concentration in Clinical Social Work at Loyola University Chicago. My areas of interest include: psychosis, trauma, functional neurology, and migration/immigration of displaced persons/refugees.

Why do you love social work?

I feel it is a privilege to be privy to (and entrusted with) our clients' innermost thoughts, fears, hopes, and dreams. I am continually rejuvenated and inspired by the stories I hear and the resilience I witness.



Cheryl Bills

Area you serve for Centennial:

Presently, I am an Early Childhood Consultant with CMHC.

Tell us a little about you:

Born in Nebraska, but I've lived in 5 other states. I received my BSSW from University of Nebraska and my Masters in Counseling from University of Phoenix. I have worked in various types of mental health and education for 29 years. My area of specialty has mainly been youth at risk.

Why do you love social work?

I love being a social worker and know it has been by true purpose in life. Having worked with all ages, I've discovered over and over that families have more strengths than issues. Most of the time when they receive support of appropriate services (and some nurturing!) they become healthier people. Being a witness to this growth has been the most rewarding aspect of being a social worker.

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