

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

Another amazing woman in history Mother Theresa

She was born Agnes Gonxha Bojaxhiu in Macedonia in 1910. At age 19 she joined the Sisters of Loreta – an Irish community of nuns with missions in India. She took her vows as a nun in 1931 and taught until 1948 at a high school in Calcutta. The poverty and suffering there caused her to devote herself to working among the poorest of the poor. In 1950 she received permission from the Holy See to start her own order – The Missionaries of Charity. This Society of Missionaries has spread all over the world – even to the Soviet Union. All the workers in HER original work/development follow her spirit and charism in their families they work with.

- In 1972 she received the Peace Prize from Pope John XXIII and In 1972 she received the Nehru Prize for her promotion of international peace.

- In 1979 she received the Nobel Peace Prize for her humanitarian work. She was canonized on 9-4-2016.

Her life of caring for the poor and suffering exemplified one of her most famous quote: "Courage is not having the strength to go on. It's going on when you don't have the strength."

Movies to watch!

- 1) A league of her their own (1972) Penny Marshall & Tom Hanks
- 2) Hidden Figures (2016) True story of 4 women mathematicians who worked at NASA.
- 3) Frida (2002) World of Art story.
- 4) Mustang (2015) 5 orphaned sisters in Turkey.
- 5) Little Women (no explanation needed!)
- 6) Whale Rider (2002) 12 year old who dreams of being Chief of her Tribe.
- 7) Black or White (Kevin Costner as grandfather of bio/racial child)
- 8) Collette (LGBTQ) in the 1800's true story of Frances – a 19th century novelist.
- 9) Queen of Katwe – (2016) biographical film about an Ugandan girl who becomes a Woman Candidate Master for the World Chess Olympics.
- 10) On the Basis of Sex = amazing story of Ruth Bader Ginsburg who fought for Women's Rights and much more!

TRAINING COMING UP

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 "No!" 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 DO NOT MISS THESE ARE THE OPPORTUNITIES OF THE CENTENNIAL)
TIME: 12:00pm - 1:00pm
LOCATION: Virtual - Please RSVP to secure the Zoom link
Questions or to RSVP: training@centennialmhc.org or call 970-526-5663

DARKNESS TO LIGHT **STEWARDS OF CHILDREN**

EVERY child deserves to grow up FEELING safe and loved

April is National Child Abuse Prevention Month

What is Stewards of Children®?
Stewards of Children® is an evidence-informed, award-winning two-hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

Join us for FIVE (5) FREE Mini-Training Opportunities:

- [APRIL 5th through APRIL 9th](#)
- 4/5 (12-1:00) [Protecting Children from Boundary Violations](#)
 - 4/6 (12-1:00) [Commercial Exploitation of Children](#)
 - 4/7 (12-1:00) [Healthy Touch for Children & Youth](#)
 - 4/8 (12-1:00) [How to Talk with Children About Personal Safety](#)
 - 4/9 (12-1:00) [Protecting Children from Boundary Violations](#)

LOCATION: ZOOM MEETING - REGISTRATION REQUIRED
R.S.V.P. to lthomas@proverscounty.net or call: 719-688-0151

DARKNESS TO LIGHT **STEWARDS OF CHILDREN**

April 8 World Day for Prevention and Healing from Child Sexual Abuse

What is Stewards of Children®?

Stewards of Children® is an evidence-informed, award-winning two-hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

VIRTUAL TRAINING OPPORTUNITY

Thursday, April 8th
1:30 to 4:00

[CLICK HERE TO REGISTER](#)

Follow us on Facebook: [Stewards of Children - SE Colorado](#)
For more information: lthomas@proverscounty.net or call: 719-688-0151

DARKNESS TO LIGHT **STEWARDS OF CHILDREN**

KEEPING OUR CHILDREN SAFE

What is Stewards of Children®?

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VIRTUAL TRAINING OPPORTUNITY

Friday, April 16th
1:30 to 4:00 p.m.

[CLICK HERE TO REGISTER](#)

Follow us on Facebook: [Stewards of Children - SE Colorado](#)
For more information: lthomas@proverscounty.net or call: 719-688-0151

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.

Briana Gauvin

Area you serve for Centennial:

I will be working as an Emergency Response Specialist in Sterling.

Tell us a little about you:

I just moved here from Florida, though I grew up in Connecticut. I love doing things outdoors and am excited to be back in seasons. I have a fur baby named Tyson, who is an 8-year-old Beagle mix, and has a huge personality. I just graduated from University of Denver Graduate School of Social Work and am excited to start my journey towards becoming an LCSW with Centennial.

Why do you love social work?

I love social work for the compassion and empathy it requires for all human beings. This field has opened my eyes to many perspectives and has shifted my thinking about the world, in a wonderful way. I will be working as an Emergency Response Specialist in Sterling.

Arcelie Lopes

Area you serve for Centennial:

I am currently working as an outpatient therapist in Fort Morgan.

Tell us a little about you:

I became a LCSW this month. I obtained my dual degree: MA in Religious Education with emphasis in Family life and MSW from Andrews University in Michigan. My husband was hired by the Rocky Mountain Conference of the Seventh-day Adventist church to pastor six churches in the district. This is the reason why we moved to Fort Morgan.

Why do you love social work?

I choose to be a social worker because I wanted to be a counselor. I love helping people. It gives me satisfaction to see them happier and productive. It is a great honor and a privilege to be a part of their journey to healing.

ELIZABETH GETS A REFRESH

The Elizabeth Office just had the opportunity to remodel their waiting room. They removed a wall, painted, and added new flooring.



Karl Ingram

Area you serve for Centennial:

I am the an outpatient clinician for the Burlington office.

Tell us a little about you:

I received my undergrad in History from the University of Nebraska-Lincoln in 2008 and received my commission as an Armor Officer in the U.S. Army. After serving a tour in Afghanistan, I felt like it was time to leave the service and became a banker in Durango, CO. I received my MSW from the University of Denver in May 2019 and have been working at CMHC since.

Why do you love social work?

Having had several different careers, social work has drawn me in because I am able to help others, gives me purpose, and a way to give back to my community.

Also among our talented social workers are:

Darren Mackaravitz, Ike Ugwu, Lisa Belden, Melissa King, Lindsay Mays, Soraya Taylor

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

**ALL FAMILIES HAVE STRENGTHS.
HELP YOURS BECOME EVEN STRONGER!
FOR PARENTS AND YOUTH 10-14**



WRAY STRONG FAMILIES

ABOUT THE PROGRAM:

Your family will learn skills to manage emotions, set goals, avoid peer pressure, make better decisions & create better relationships.

Discover how to show love while setting limits, listen to your child & help family members show appreciation to each other.

Build stronger families in seven sessions!



JOIN US:

Join us starting
Sunday, April 18th

from 3:00 - 5:00 pm
at the WRAC in Wray

Contact:

Yuma County Extension
at 332-4151 or joy.akey@colostate.edu



COLORADO STATE UNIVERSITY
EXTENSION

**STRENGTHENING
Families PROGRAM**
FOR PARENTS AND YOUTH 10-14