



ANNUAL REPORT 2019-2020

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EXECUTIVE DIRECTOR'S LETTER



Our Annual Reports are intended to provide you a quick overview of Centennial Mental Health Center's latest fiscal "year at a glance"—the highlights, successes, and changes as we continue Moving Lives Forward. You will see those again this year, though we are all aware that the backdrop of the COVID-19 pandemic emerging in the latter months of Fiscal Year 2019-2020 significantly redirected our focus and efforts at Centennial and personally as well!

Months "pre-COVID" saw us growing our continuum of services including outreach, school-based and community prevention, outpatient counseling, crisis support, as well as further expanding our housing and supported employment services to our clients and communities. We also made great use of some state expansion dollars to purchase two residences in Fort Morgan, which were subsequently developed into sober living homes with counseling and recovery services onsite. School-based telehealth was a developing program slated to pilot just as the pandemic hit and tossed schools upside down; thankfully it is a program now returning to the forefront, as many schools are eager to add behavioral health support to their students.

Centennial's concentrated response to the altered realities of the pandemic began in March 2020, and our teams responded quickly to shift our primary service delivery to phone and then video-based telehealth to clients off-site. While our offices remained open for walk-in needs and more limited clinical services, the great majority of our clinical services throughout the balance of the fiscal year (and indeed 2020) were delivered virtually. Thankfully, Centennial has used telehealth to bring our clients and providers together for many years, so it was not quite that stretch it otherwise would have been. However, the pivot to providing these services to clients' homes and their personal devices was quite different. With the help of various donations, we developed a loaner program for mobile devices so that all clients could take advantage of this access.

Centennial also redoubled our efforts and creativity to keep our support strong across all of our communities, developing virtual support meetings for daycare providers, revamping prevention materials into virtual presentations when schools were unable to have students in person, offering "warm line" support to community members, health and other front line staff stressed beyond measure. Our goal was to remain an active community partner, with a message of hope, resilience and strength.

As time and the pandemic has moved on, signs of strain in our communities remain, and as our Board president has so compellingly conveyed in his letter, our region has seen an increase in suicide, as well as other "deaths of despair" like drug overdose. While we know Northeast Colorado is not unique in this vein, these deaths have been heart-breaking, but simply must be responded to with even stronger dedication to what we know to be true—that no challenge or time of despair is too great when we have connection and support to help us through; that for those suffering with mental health or substance use disorder, treatment works and recovery happens; and that every day brings an opportunity for gratitude.

My thoughts of gratitude, from where I sit within Centennial, include a compassionate, strong and resilient staff; a dedicated Board of Directors; community partners we stand together with; the blessing of both federal and state dollars that have helped us ease the disruption and keep Centennial strong and able to continue to do our best work; and the beginnings of a vaccine roll-out and hope for our collective health and well-being!

Respectfully,

Elizabeth L. Hickman, Ph.D.

PRESIDENT'S REPORT



As I write this piece for the yearly report, the very last subject upon which I would want to opine here early in the new year is suicide. I would much rather be writing something about the terrific mental health services that are available through Centennial Mental Health and how we continue to provide excellent services all along the mental health continuum, from prevention to treatment.

But I can't. The topic of suicide is heavy on my heart this week. Here in northeast Colorado, we have experienced a number of tragic deaths by suicide over the past few months. These include a significant number of young people, and their decisions to put an end to their pain brings a wellspring of tears to my eyes, a deep sense of frustration, and an abiding feeling of loss.

This past year, suicide rates have increased throughout the entire country. Many thousands of lives have been lost to this preventable "disease." Suicide is a permanent solution to a short-term problem, yet a significant number of young people see no other way out, and end their own lives prematurely, robbing themselves of their God-given potential, devastating the lives of those who loved them, and leaving an empty place in the larger community.

We don't much like to talk about this sensitive subject. I know I don't. I've written a newspaper column now for nearly 15 years and I've never mentioned it. Not even once. That seems strange coming from someone whose professional life has been devoted to the amelioration of pain and suffering, but I suspect that I have avoided the subject because I really don't have any answers.

I'm suggesting today that whether or not we have "answers," as a community we must increase the attention we pay to this growing issue and must come together to try and bring about creative change that increases the likelihood that when people are struggling with sadness and depression, they will reach out for assistance.

And that assistance doesn't have to be a professional counselor or therapist. Research has shown that young people are much less likely to injure themselves when they feel connected to others—when they have a listening ear and people who are willing to allow them to express the disappointment, sadness and emptiness that they are experiencing without judgment or criticism.

Sometime soon, someone will link this to COVID-19, and someone will tie suicide prevention to the gun issue. And sometime soon, others will point to the existential malaise extant in some of the music that young people consume. And someone will suggest that it's the home life, or social media, or bullying at school...

While each of these items may be risk factors, they really aren't the "cause" of suicide, and while ensuring that guns are managed safely, and parental control is exerted relative to social media, and we promote anti-bullying programs in our youth programs, these "solutions" won't ever be sufficient in terms of stemming the tide.

PRESIDENT'S REPORT

CONTINUED...



I believe it is time for frank discussions about this topic. I believe it is imperative that each one of us serve as a community resource for someone in need. I believe that rather than ignoring the problem, hoping it will magically disappear, the entire community must become educated and involved. This includes us all—public entities, businesses, schools, parents, the faith-based community...

We have excellent mental health services in this region, but mental health centers only serve those to whom they are referred. They don't see the young man whose girlfriend just dumped him, or the young woman who has been badly cyber-bullied by her classmates, and unless the community and its members become knowledgeable about suicide ideations and are open to reaching out, opportunities to "prevent" may be squandered.

Here are some suggestions on how each of us can be a part of the solution. Don't be afraid to reach out to someone that you think may be struggling. It is okay to ask them if they have thought about harming themselves. Talking about suicide DOES NOT put that idea in a child's head. The truth is that many people who have contemplated hurting themselves are relieved when someone gives them permission to really express their feelings without criticism, minimization or judgment.

Be a good listener. Telling someone they are "being a drama queen" or are being "overly dramatic" isn't helpful. Many of us have suffered the pangs of adolescence and survived, but everyone has their own journey, and it is important that we not judge someone's predicated upon how we may have navigated this time in our own lives.

Let the person you are talking with know that you are concerned about them. Don't be afraid to say, "I'm afraid you're going to hurt yourself and I'm really concerned for your welfare." Assure the person with whom you're speaking that they are not alone. Let them know that you are there for them and will help them anyway you can.

Suicidal feelings usually mean that someone is feeling empty and hopeless and that no one can help and that there is no way out. Many of us have experienced similar feelings in our lives and moved past them; sometimes because of a counselor; sometimes because of our personal faith; sometimes because a trusted friend helped us through the valley of the shadow...

I am proud of Centennial Mental Health Center's dedication to prevention, and in the days and months ahead, I hope that the resolve CMHC displays relative to this issue can be a precipitating factor in our communities coming together to work on this difficult issue.

Tom Westfall

REVENUE & EXPENSES



REVENUE SOURCE

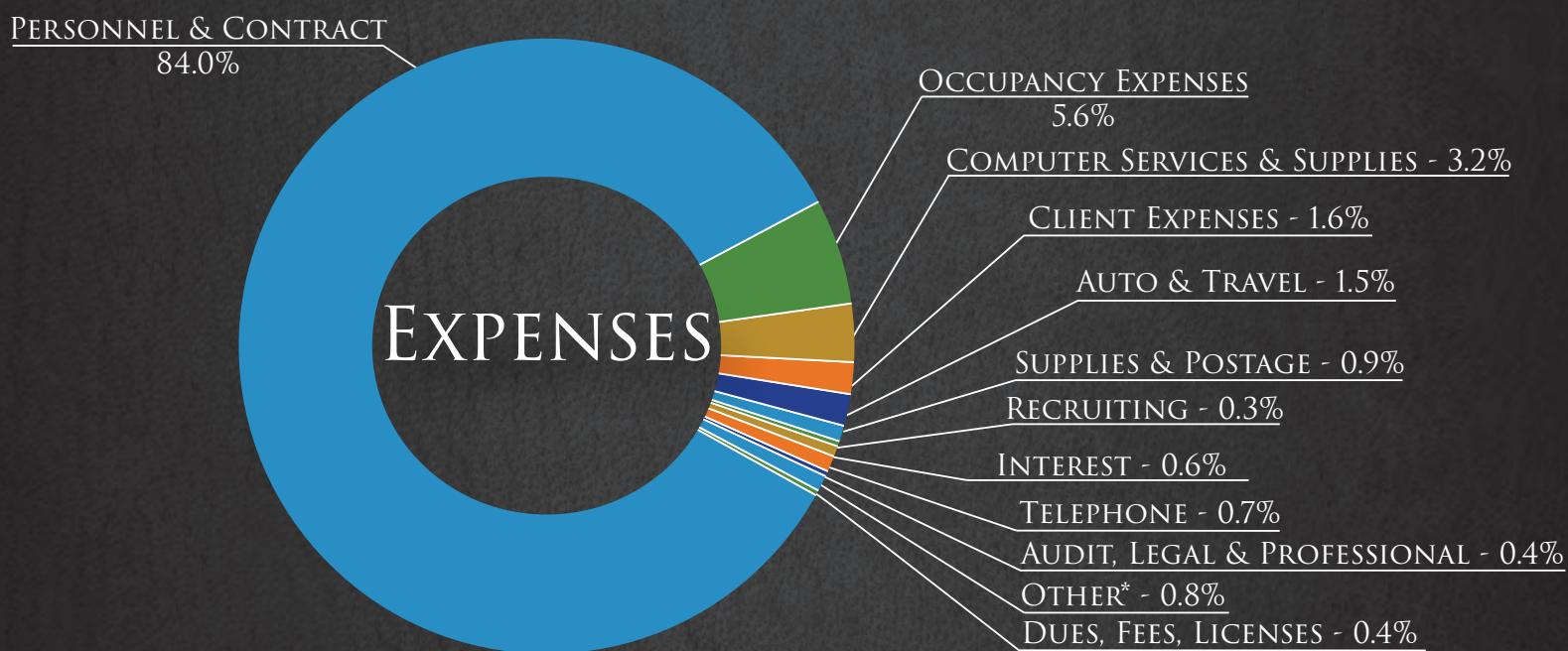
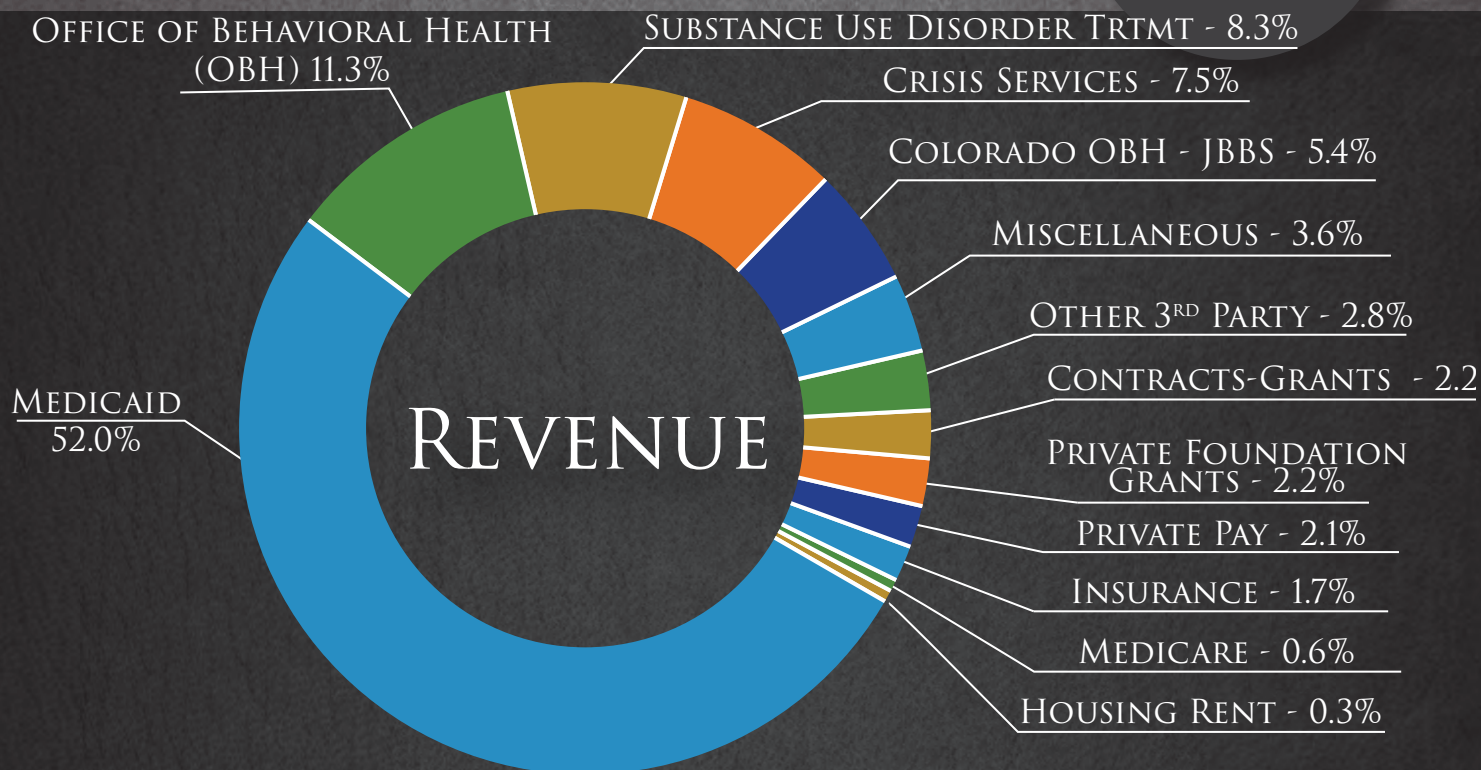
Medicaid	52.0%	9,091,635
Office of Behavioral Health (OBH)	11.3%	1,970,400
Substance Use Disorder Trtmt	8.3%	1,444,548
Crisis Services	7.5%	1,304,606
Colorado OBH - JBBS	5.4%	946,345
Miscellaneous	3.6%	628,870
Other Third Party	2.8%	491,905
Contracts - Grants	2.2%	389,297
Private Foundation Grants	2.2%	386,669
Private Pay	2.1%	365,026
Insurance	1.7%	291,243
Medicare	0.6%	108,413
Housing Rent	0.3%	57,929
	100.0%	17,476,886

EXPENSES

Personnel & Contract	84.0%	13,503,756
Occupancy Expenses	5.6%	896,545
Computer Svcs & Spls	3.2%	511,168
Client Expenses	1.6%	249,224
Auto & Travel	1.5%	235,322
Supplies & Postage	0.9%	146,176
Recruiting	0.3%	40,526
Interest	0.6%	98,582
Telephone	0.7%	120,232
Audit, Legal & Professional	0.4%	66,803
Other *	0.8%	129,532
Dues, Fees, Licenses	0.4%	69,099
	100.0%	16,066,966

* Other includes expenses that are less than 0.3% of the total

REVENUE & EXPENSES



* Other includes expenses that are less than 0.3% of the total

BY THE NUMBERS



4,135

Admissions

123

Respite

773

Crisis

260

Integrated Care

269

JBBS

41

Meds Only

8

Outpatient Competency Restoration

467

Outpatient MH + SUD

1,465

Outpatient MH

269

Outpatient SUD

460

Unenrolled

1,133

Emergency Services

819

Diversions to community based or crisis respite services

314

Inpatient or other treatment

Counties Served: Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington & Yuma

School districts in Centennial's service area

Communities in Centennial's service area

Individuals Centennial served FY 2019-2020

Total Prevention Encounters
FY 2019-2020


Square miles in Centennial's service area,
or 16% of Colorado's total land mass

Individuals or 2% of CO total population

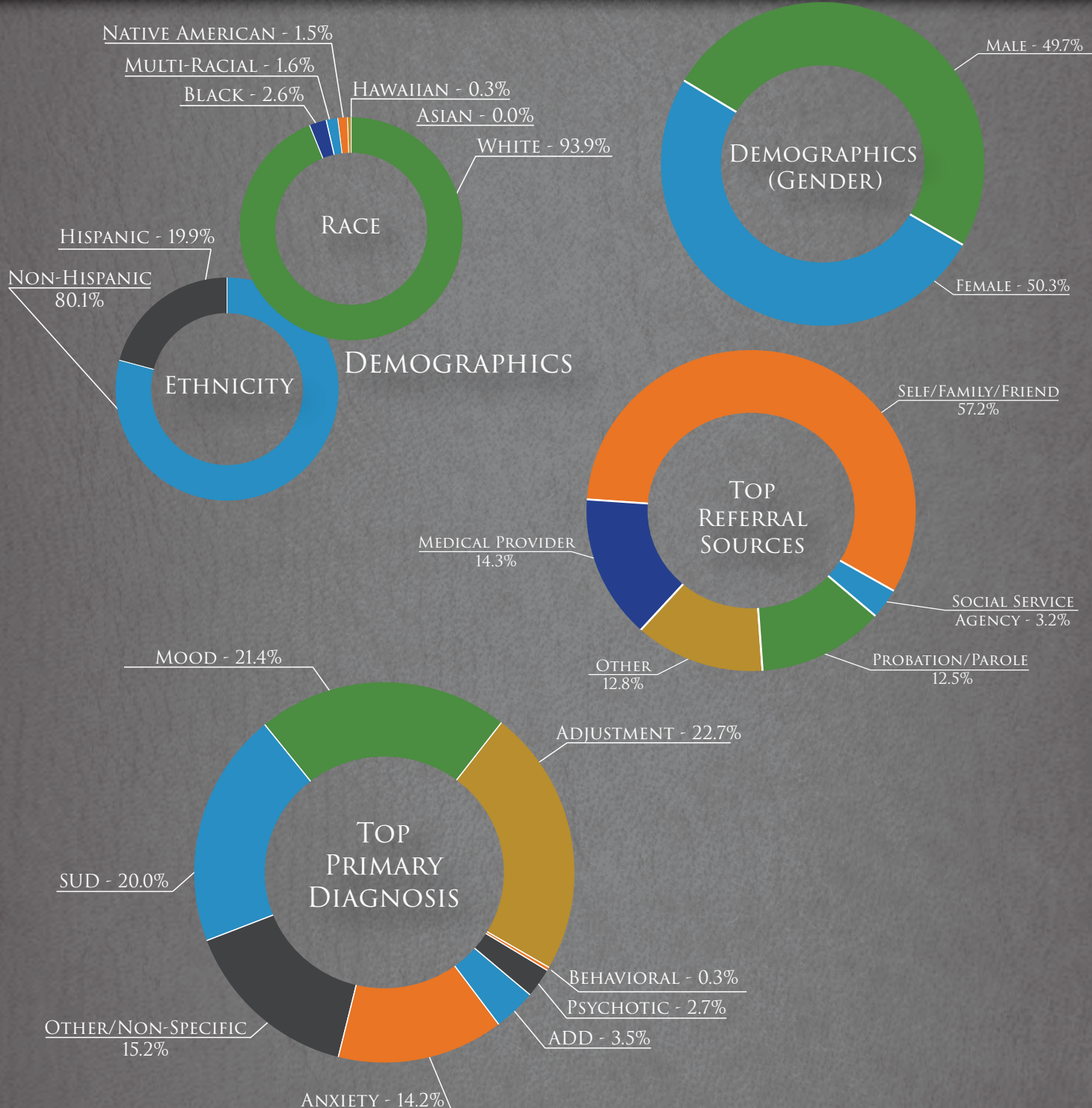
Combined mental health and substance abuse
services provided in FY 2019-2020

NUMBER OF CLIENTS & SERVICES



NUMBER OF CLIENTS AND SERVICES							
		DUAL	MENTAL HEALTH		SUBSTANCE USE DISORDERS		GRAND TOTAL
		CLIENTS	CLIENTS	SERVICES	CLIENTS	SERVICES	CLIENTS SERVICES
CHEYENNE	Child	0	3	10	0	0	3 10
	Adolescent	0	6	6	0	0	6 6
	Adult	1	15	74	3	8	19 79
	Senior	0	6	58	0	0	6 61
	Cheyenne Total	1	30	148	3	8	34 156
ELBERT	Child	0	101	831	1	2	102 833
	Adolescent	11	114	1168	4	195	129 1363
	Adult	96	387	4368	96	2719	579 7086
	Senior	6	54	501	2	247	62 748
	Elbert Total	113	656	6868	103	3163	872 10031
KIT CARSON	Child	2	48	449	0	0	50 449
	Adolescent	4	36	395	1	81	41 477
	Adult	55	173	2127	39	1324	267 3452
	Senior	4	25	214	3	39	32 253
	Kit Carson Total	65	282	3185	43	1445	390 4630
LINCOLN	Child	0	23	262	0	0	23 262
	Adolescent	11	29	575	10	116	50 691
	Adult	82	111	1813	71	2733	264 4546
	Senior	2	12	169	7	156	21 325
	Lincoln Total	95	175	2819	88	3005	358 5824
LOGAN	Child	0	109	1113	2	3	111 1116
	Adolescent	23	134	1949	19	484	176 2433
	Adult	332	529	12455	289	10454	1150 22909
	Senior	19	98	1843	9	750	126 2593
	Logan Total	374	870	17360	319	11691	1563 29051
MORGAN	Child	1	165	3441	4	18	170 3459
	Adolescent	14	166	3181	28	281	208 3462
	Adult	298	586	12669	322	9360	1206 22029
	Senior	12	78	1170	10	254	100 1424
	Morgan Total	325	995	20461	364	9913	1684 30374
PHILLIPS	Child	0	12	127	0	0	12 127
	Adolescent	2	22	244	8	135	32 379
	Adult	17	63	1119	52	1630	132 2749
	Senior	0	25	239	1	54	26 293
	Phillips Total	19	122	1729	61	1819	202 3548
SEDGWICK	Child	0	13	132	0	0	13 132
	Adolescent	3	17	223	3	17	23 240
	Adult	23	41	882	21	848	85 1730
	Senior	1	12	173	2	223	15 396
	Sedgwick Total	27	83	1410	26	1088	136 2498
WASHINGTON	Child	0	15	279	2	3	17 282
	Adolescent	2	19	246	4	182	25 428
	Adult	28	35	793	23	1261	86 2054
	Senior	2	5	78	2	50	9 128
	Washington Total	32	74	1396	31	1496	137 2892
YUMA	Child	0	40	554	3	4	43 558
	Adolescent	2	30	378	9	377	41 755
	Adult	57	136	2708	70	2983	263 5691
	Senior	3	18	325	2	204	23 529
	Yuma Total	62	224	3965	84	3568	370 7533
GRAND TOTALS		1,113	3,511	59,341	1,122	37,196	5,746 96,537

DEMOGRAPHICS, TOP PRIMARY DIAGNOSIS & TOP REFERRAL SOURCES



LICENSURE/NEW LICENSES OBTAINED



CLINICAL CURRENT STAFF LICENSURES	#
Bachelors/Certified Addictions Counselor II	1
Bachelors/Certified Addictions Counselor Specialist	1
Certified Addictions Counselor III	1
Child Psychiatrist	1
Licensed Practical Nurse	1
Licensed Psychologist	1
Masters/Certified Addictions Counselor III	1
Masters/Licensed Addictions Counselor/ Licensed Clinical Social Worker	1
Masters/Licensed Addictions Counselor/ Licensed Marriage and Family Therapist	1
Masters/Licensed Addictions Counselor/ Licensed Professional Counselor	2
Masters/Licensed Clinical Social Worker	2
Masters/Nurse Practitioner	2
Medical Doctor	3
Masters/Licensed Professional Counselor	13
Bachelors	31
Masters	34

COMMUNITY RESOURCES STAFF DEGREES/LICENSURES	#
Bachelors/Certified Addictions Counselor III	1
Bachelors/Individual Placement and Support Certification	1
Masters/Licensed Professional Counselor	1
Masters/I-MHE (Infant Mental Health Endorsement)	2
Bachelors/Certified Prevention Specialist II	3
Masters	5
Bachelors	6

ADMIN CURRENT STAFF DEGREES/LICENSURES	#
Masters	1
Masters/Certified Addictions Counselor III	1
Masters/Licensed Marriage and Family Therapist	1
Medical Doctor	1
Psychologist	1
Masters/Licensed Professional Counselor	2
Bachelors	10

Centennial takes an active role in encouraging staff to obtain licensure and is proud to celebrate with the following for their accomplishments last year!

EMPLOYEES	DATE OBTAINED	LICENSE
Kacey Sliger	01/13/20	LAC
Canna O'Carrol	05/29/20	LPC
Lindsay Mays	09/24/20	LCSW
Lindsey Lefton	10/06/20	LAC
Lee Lindsay	12/01/20	LPC

BOARD OF DIRECTORS



TOM WESTFALL
*President
Community*



TERRY HOFMEISTER
*Vice President
Commissioner*



ROBIN WILEY
*Past President
Commissioner*



CLARK BERNHARDT
*Past Vice President
Community*



SILVIA CASTILLO
*Secretary/Treasurer
Community At Large*



RON SMITH
Commissioner



STEVE BURGESS
Commissioner



DAVE LONG
*Commissioner
Delegate*



DAVE MARTIN
Community



TAMARA DURBIN
Community



DON SCHNEIDER
Commissioner



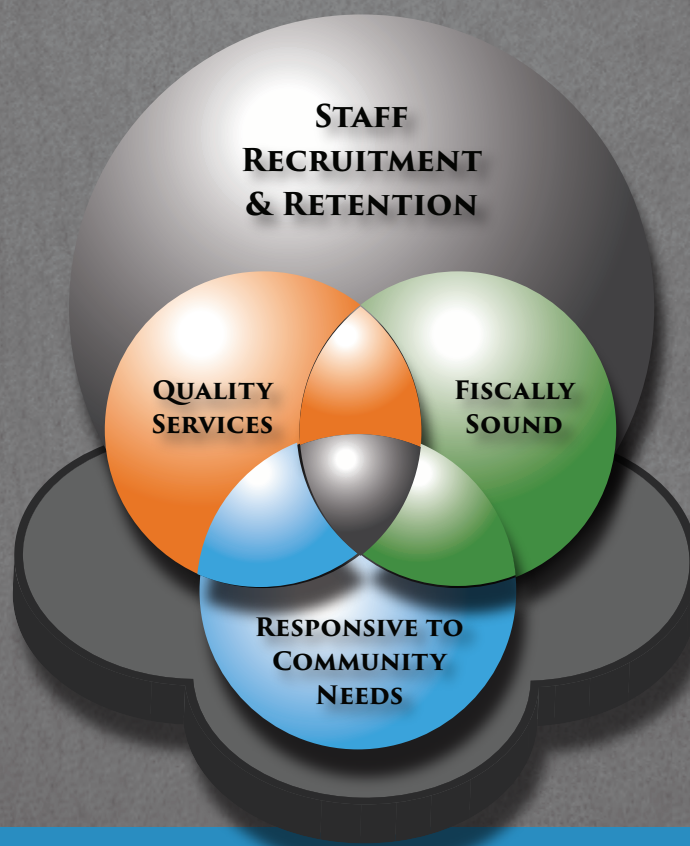
TONY WELLS
Commissioner

STRATEGIC FOCUS



Centennial's Board of Directors and Leaders Team continue to use Strategic Focus Goals originally framed in 2016 to help drive priorities and changes at Centennial: Quality Clinical Services, Fiscally Sound, Community Responsiveness, and Staff Recruitment and Retention. In 2019, the Board and Leaders developed our Centennial "Brand Matrix", which further fleshes out our intentions for service, values, culture, and communications, both externally in our communities and internally within our organization. Keeping our identified "Brand" and Strategic Focus goals in mind assists us in moving forward our Center's mission to achieve excellence in the provision of behavioral health services that lead to optimal health and well-being.

OPTIMAL HEALTH & WELL BEING



ADMINISTRATION



ELIZABETH L. HICKMAN, PH.D.
Executive Director



JENNIFER SPAULDING, AA
Executive Assistant



SPENCER GREEN, M. DIV., CACIII
Deputy Director of Operations



SHERRI K. DAVIDSON, MSM
Finance Director



SHARON GREENMAN, BS
Human Resource Director



PAUL FREDa, M.D.
Medical Director



PAM CRAIG, MA, LPC
Deputy Director of Clinical Services



KARLA ROSAS, MA, LPC
Community Resource Director



TROY PENNER, BA
IT Director

MEDICAL AND SPECIALTY SERVICES

ARLENE WEIMER, PSY. D., *Psychologist*

BOB VADNAL, M.D., *Psychiatrist*

ANDREW HALPERN - DO, *Psychiatrist*

KEYNA SCHLUP - M.D., *Medical Provider*

PATRICIA PAYNE, M.D., *Contracted Pediatric Psychiatrist*

LEAH BROWN, - MS, MPH, ARNP, *Nurse Practitioner*

ASHLEY WEYCER - MS, PMHNP, *Nurse Practitioner*

REGIONAL OPERATIONS DIRECTORS



KRISTI GROTHE, M.ED., LMFT
South Region



PHIL MOSS, MA, LPC
Central Region



JAMI BRECHT, BA
Northeast Region

CLINICAL DIRECTORS



AARON SHEA, MSW, LCSW
South Region



JAMIE FARMER MA, LPC
Central Region



JIM KUEMMERLE, MSW, LCSW
Northeast Region



CINDY AUDIA, MS, LPC
*Crisis Services Director
Centerwide*



ANNE HELLSTROM, MS.ED., LPC
*Clinical Innovation Director
Centerwide*



JOHN DUHAMMEL, MA, LAC, LPC
*Substance Use Disorder Director
Centerwide*

CENTENNIAL AWARDS SCHOLARSHIPS



In an effort to raise awareness of career opportunities in the behavioral health field to members of our communities, Centennial Mental Health Center developed an annual scholarship program to assist these students in achieving their goals. As such, Centennial is pleased to announce the recipients in the tenth annual Future Mental Health Professional Scholarship Program.

COUNTY	RECIPIENT	AMOUNT
Lincoln County	Amy Weisensee	\$2,000
Yuma County	Abbie Reed	\$500
Morgan County	Christine Chisum	\$500
Logan County	Kaitlyn Houghton	\$500
Lincoln County	Kaitlyn Radel	\$500
Yuma County	Lucy Day	\$500
Logan County	Makaela Hill	\$500
Kit Carson County	Ocean Gibson-Sherekhora	\$500
Logan County	Rebecca Mari	\$500
Lincoln County	Savannah Frasier	\$500
Morgan County	Whitney Frasco	\$500

Individuals eligible to apply are: traditional or non-traditional students who are graduates from high school or GED program by Summer 2020; United States citizens or legal immigrants; residents of Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington or Yuma County; and are intending to complete a minimum of a bachelor degree in a behavioral health related field (e.g. psychology, sociology, counseling etc). The winners were selected based on academic achievement, aptitude, and community service from the submitted application, transcript(s), letters of recommendation and essay.

Centennial, with administrative offices in Sterling, is an equal opportunity provider and employer that provides behavioral health services to individuals across the lifespan in Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma Counties. Services include a variety of behavioral health service programs: trauma informed care, outpatient therapy, community support programs, crisis intervention, emergency response, substance abuse treatment, and child, adult and family counseling. Services are offered at Centennial offices in each county, as well as other community locations such as private homes, schools, jails, nursing homes and hospitals.

OFFICE LOCATIONS



ADMINISTRATION

211 W Main St
Sterling, CO 80751
Phone: 970.522.4549
Fax: 970.522.9544

AKRON

871 E 1st St
Akron, CO 80720
Phone: 970.345.2254
Fax: 970.345.2744

BURLINGTON

1291 Circle Dr
Burlington, CO 80807
Phone: 719.346.8183
Fax: 719.346.0292

CHEYENNE WELLS

80 E 1st St N
Cheyenne Wells, CO 80810
Phone: 719.346.8183
Fax: 719.346.0292

ELIZABETH

650 E Walnut St
Elizabeth, CO 80107
Phone: 303-646-4519
Fax: 303-646-4451

FORT MORGAN

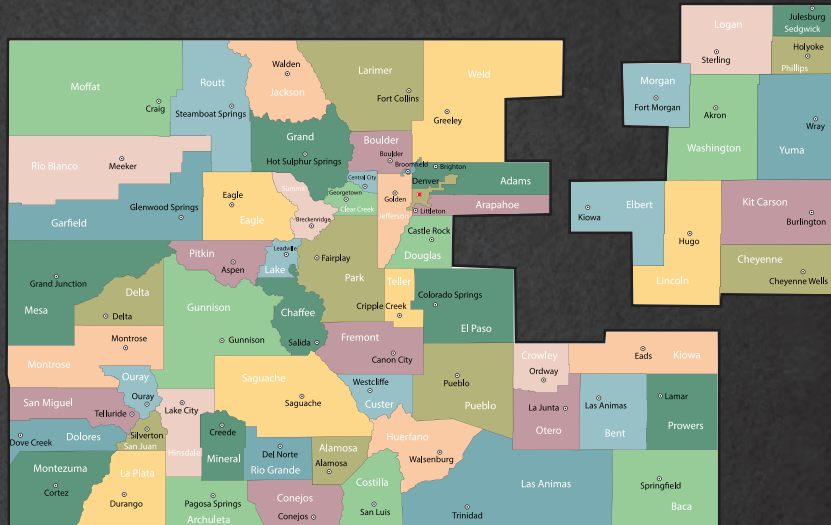
821 E Railroad Ave
Fort Morgan, CO 80701
Phone: 970.867.4924
Fax: 970.867.2695

HOLYOKE

115 N Campbell St
Holyoke, CO 80734
Phone: 970.854.2114
Fax: 970.854.4584

JOURNEY POINT

1112 N 4th Street
Sterling, CO 80751
Phone: 970.425.7201
Fax: 970.425.7204



JULESBURG

118 W 3rd St
Julesburg, CO 80737
Phone: 970.474.3769
Fax: 970.474.2099

LIMON

606 Main St
Limon, CO 80828
Phone: 719.775.2313
Fax: 719.775.2315

STERLING


211 W Main St
Sterling, CO 80751
Phone: 970.522.4392
Fax: 970.522.2217

WRAY

365 W 2nd St
Wray, CO 80758
Phone: 970.332.3133
Fax: 970.332.3134

YUMA

215 S Ash St
Yuma, CO 80759
Phone: 970.848.5412
Fax: 970.848.2414



*"Our mission is to achieve excellence in the
provision of behavioral health services that lead
to optimal health and well being"*

Centennial Mental Health Center is an equal opportunity provider and employer

