TAKE A MOMENT

As we are finishing up the school year we need to take a pause. We are reminded that we have been through so much this past year, but we still have a way to go. We are all trying to find our way back to what feels normal and yet trying not to look back. In this new brave world we live in, things and situations have changed quite a bit for most of us. Change is hard.

As early childhood professionals, parents and caregivers when kiddos are losing control we always tell them to take a breath, take a moment and calm down. We may not use the words, refocus or redirect their thoughts, but we help them find the clarity and the way back to deal with the present. So, why are we not doing that for ourselves? We all need that moment of refocus and finding our center. With all we have been through we are still trying to gain our footing. Children learn by example and they learn resilience through observation and support. We need to ensure that we are able to give to show by example that this is how we cope with difficult times.

Take a moment to find out how you are feeling; stressed, worried, relaxed or confused – maybe some days it can be all of them? Now find some relaxing technique for you to gain that clarity and to refocus. Have some water, go for a walk, deep breaths, pet an animal or journal. Sometimes it is as simple as talking to someone. You do not have to give in to the chaos of your day or situation. You have options and you have people who can and will help support you.

Take a moment to remember that May is mental health month. What better time to model the need for mental health support and care as to show a child that our mental health is as important as our physical health. We can take a small step in normalization of mental health support. Would it not be wonderful to help the next generation to see the value and importance of mental health and how keeping mental health checks ups just as important medical health?

Quote of the Week

"Life is not measured by the breaths you take, but by the moments that take your breath away."
Meet Centennial’s Early Childhood Consultation Team

Amy Nation, MA,
IMH-E® Infant Family Specialist

Early Childhood Mental Health Specialist
821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext. 2231
Cell (970) 571-2174
amyn@centennialmhc.org

Ages 0-5
Covers the following counties:
Logan, Morgan

For additional support during the COVID-19 Pandemic you can call Centennial’s Community Support Line

You can do this by calling your nearest Centennial office:
- Akron - 970.345.2254
- Burlington - 719.346.8183
- Cheyenne Wells - 719.346.8183
- Elizabeth - 303.646.4519
- Fort Morgan - 970.867.4924
- Holyoke - 970.854.2114
- Julesburg - 970.474.3769
- Limon - 719.775.2313
- Sterling - 970.522.4392
- Wray - 970.332.3133
- Yuma - 970.848.5412

Erin Pounds, MS,
IMH-E® Infant Family Specialist

Early Childhood Mental Health Specialist
821 E Railroad Ave
Fort Morgan, CO 80701
Phone (970) 867-4924 Ext. 1152
Cell (970) 520-3320
erinp@centennialmhc.org

Ages 0-8
Covers the following counties:
Morgan, Washington & Yuma

Cheryl Bills, BSSW, MS
Early Childhood Mental Health Specialist
211 W Main St
Sterling, CO 80751
Phone (970) 522-4549 Ext. 291
Cell (970) 762-8044
cherylbi@centennialmhc.org

Ages 0-5
Covers the following counties:
Logan, Phillips, Sedgwick

Danielle Storevik, MA
Early Childhood Mental Health Specialist
650 E Walnut
Elizabeth, CO 80107
Phone (303) 646-4519
Cell (970) 571-4224
danielles@centennialmhc.org

Ages 0-8
Covers the following counties:
Cheyenne, Elbert, Kit Carson, Lincoln & Yuma

Contact your local Centennial Mental Health Center for assistance with any Early Childhood need.

WWW.CENTENNIALMHC.ORG
Centennial is an equal opportunity provider and employer
Centennial Mental Health Center es un proveedor y una empresa de igualdad de oportunidades

Launching Zoom Secure Telehealth Services!
Our ECMH team is excited to announce that consultation services are now available using Zoom Secure Telehealth Services. These services are available to client families, schools, childcare centers and community partners with group and individual meetings available. All services will be provided using this private, secure video platform, and can be accessed using most electronic devices. For more information or to set up a consultation appointment, please contact our ECMH team or your local Centennial Mental Health Center office.