



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

WE THE PROFESSIONALS

This information from Dr. Freda is intended to help guide the content in clinical notes and in communications with med providers. Please feel free to contact him with questions as he would welcome further discussion!



Part 2: The Process of the Posited Premise

So, we ask questions that challenge the validity of the premise

- But we might not get the answers to those questions because they cause the realization that the premise isn't valid . . . (Which might threaten the patient's self-image?)
- By insisting on those answers—or at least providing those questions to the patient—we provide a (reluctant) learning process for the patient.
- Because the reasoning process leading to the patient's premise might be flawed.
- My muffler is broken . . . because I know the rotten egg smell happens with that.
- Should the mechanic ask questions based on this assumption (the premise I posit) that broken mufflers cause that smell?
- My premise here—a fact I suppose to be true—is what I use as the basis for developing the idea that my muffler is broken. (If the mechanic questions that premise, is he implying that I don't know what I'm talking about here?)

Thing is: If I don't investigate the validity of that premise, I might miss the real problem

- My Risperdal stopped working . . . Really?
- Lithium causes me headaches . . . Really?
- Zoloft makes me suicidal . . . Really?
- I'm having SI . . . Really?
- Why do you cost so much? . . . What? I cost too much?
- Well, I guess I cost too much then! (so we then argue about my cost)
- You think it's the muffler? Ok then, let's haggle about muffler prices.

Caller's Words:

- I'm having suicidal thoughts
- I'm hearing voices
- My medicine isn't working
- I'm getting headaches
- I'm tired all the time
- The medicine is making me worse

Who is taking the call? What level of professional curiosity is operating during this call?

Our Expertise. Our Filters.

- SI or passive death wish?
- Inside or outside your head?
- Which medicine?
- Since when?
- AM or PM dosing?
- Worse in what way?
 - o What is it not doing that you want it to do?
 - o What was it doing that it's no longer doing for you?

*To posit = To assume an idea as a fact; To put forward as a basis of argument.

Please follow for the next 10 weeks as this will be a weekly column by Dr. Freda.

CELEBRATING PRIDE

Below is a compiled list of LGBTQ individuals who have not only made a name for themselves and are beloved worldwide, but many of them also heavily contribute to and are involved in activism for the LGBTQ community. Their success speaks to their resilience and their tenacity to be authentically themselves.

Ellen DeGeneres
Elliot Page
Laverne Cox
Janelle Monae
Billy Porter

BD Wong
JoJo Siwa
George Takei
RuPaul
Sarah Paulson

Ruby Rose
Billy Eichner
Kate McKinnon
Indya Moore
Ian Alexander

JUNE ANNIVERSARIES



30 YEARS
KARLA
ROSAS

When anniversaries were last mentioned Karla's years of service were camouflaged by the background. We definitely want to be sure Karla's dedication and time with Centennial is noticed. Thank you Karla, for everything you do for Centennial, and have done for the past 30 years.

PREVENTION UPDATE

Recently, the Colorado Office of Suicide Prevention released the 2020 suicide death numbers. Throughout the past year, overall deaths by suicide of Coloradans did not seem to be trending upwards according to state epidemiologists who were monitoring them closely. With that said, the Prevention Team as well as Mobile Crisis and the Outpatient Clinic responded to a surge of schools/communities in need of postvention support. The document below outlines the drastic and incredibly sad increase we did see in our ten counties. I am sure you will all agree with me when I say that I hope this is an isolated increase. I also hope that you all know how essential you are to helping the most vulnerable of our citizens. Please note that Colorado did see a slight decrease from 1,306 deaths in 2019 to 1,294 in 2020. I welcome any insight/feedback as we continue our prevention efforts.

Suicide Numbers

2014 - 2020

County	2014	2015	2016	2017	2018	2019	2020
<i>Cheyenne</i>	0	0	1	0	0	0	1
<i>Elbert</i>	7	7	4	4	4	4	13
<i>Kit Carson</i>	2	3	1	4	2	1	4
<i>Lincoln</i>	0	0	0	3	5	2	1
<i>Logan</i>	5	7	4	5	3	3	6
<i>Morgan</i>	5	7	3	5	6	3	7
<i>Phillips</i>	0	0	0	1	2	0	2
<i>Sedgwick</i>	1	2	0	1	0	1	2
<i>Washington</i>	0	0	0	1	0	1	2
<i>Yuma</i>	1	1	1	2	0	3	1
Total	21	27	14	26	22	18	39

Data Source- Colorado Office of Suicide Prevention Data Dashboard