



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 4: Adderall not working

- (ADD vs ODD: what time of day, how long after dosing?)
- What is now inadequate: the dose or the duration of action of that dose?
 - Is he still taking it?
 - Any recent stomach flu causing vomiting?
 - Any new family stressors? Death, divorce, changed schools, injury preventing sports, bullying, addition to the family, death of pet
 - Not working at home and at school?
 - Not working when your son is with you or with everyone?
 - Any particular time of day?
 - Since when has the medication stopped working?
 - What is it no longer doing right for you, for your daughter?
 - Was whatever it did do, was it enough at the time?
 - Is it no longer doing what it did do, or are you having those breakthrough symptoms plus additional symptoms now?
 - Did you have those breakthrough symptoms before it "stopped working" and are they now worse?
 - The symptoms which it erased, which of them are back now?
 - His attitude is back >> ODD.
 - He's irritable again >> ADD or ODD or both
 - Irritable as spite?
 - Irritable but at the same time delightful?

I'm having side effects from Lithium!

• Patient's premise:

I have diarrhea! The Lithium causes it!

- Did the diarrhea start before or after the dose increase?
- Associated nausea and vomiting?
- When (approx) was Lithium started?
- Was the dose recently increased?
- When did your diarrhea begin (approx)?
- Did you decrease or stop it because of this?
- Are you on NSAIDS or antibiotics or steroids now?
- Hot weather, new exercise? (Hydration?)

Trazodone is not working!

- Dose?
- HS and start-of-your-day?
- Hard to get to sleep and/or stay asleep?
- Early-morning wakening?
- Are you afraid of going to sleep?
- Where do you sleep? (Recliner, bedroom, in-law's house?)

Please follow for the next 7 weeks as this will be a weekly column by Dr. Freda.

CELEBRATING PRIDE - LGBTQ+ ATHLETES

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.

Jason Collins:

Retired NBA player

Chris Mosier:

Chris Mosier is the first openly transgender athlete to earn a spot on a men's U.S National team.

Megan Rapinoe:

A member of the U.S. Women's National Soccer team

Joanna Lohman:

Former member of the U.S. Women's National Soccer Team and Washington Spirit midfielder/defender

Kye Allums:

In 2010, Kye Allums became the first openly transgender NCAA Division I college athlete.

Layshia Clarendon:

A WBNA basketball player for the Atlanta Dream

Billie Jean King:

A legendary tennis player

Billy Bean:

Billy Bean is a former Major League Baseball (MLB) player

John Amaechi:

Former NBA player

Robbie Rogers:

Played for the Los Angeles Galaxy Soccer

Brian Anderson:

Professional skateboarder

Bill Kennedy:

Bill Kennedy is a professional basketball referee for the NBA

IN CASE YOU MISSED IT

As part of a DEI initiative at Centennial, the cultural diversity committee is requesting that everyone fill out the anonymous survey below. The information will be used to celebrate the diversity among Centennial employees and to help our clients and communities feel safe and welcomed when they walk through our doors. It would be most helpful if everyone could fill out the survey by Friday, July 2nd so that we can begin working on the project as soon as possible.

[Click here to complete the survey](#)

Thank you on behalf of Centennial's Cultural Diversity Committee!

CONGRATS TO STAFF!



Danielle Storevik

Obtained her Endorsement for Culturally Sensitive, Relationship-Focused Practice Promoting Infant Mental Health (IMH-E®)

Casey Cooper

Obtained his Masters



Congrats to you both on your accomplishments!