



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

A REMODELED LOCATION FOR INTEGRATED HEALTH

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 10:

What had mattered to you most of all—and then somehow changed—without which change you wouldn't be here?

Headache, teachers complaints, meds not working – how long now? “Always been that way”

So which one got worse lately? “Irritability, for a while now”

What is ‘a while’? Well, my PCP changed my Lexapro to Prozac

Why did PCP change it and why then? “Well, I started taking it in the AM and I was getting very tired”

Did Lexapro do anything good? What dose of Lexapro? “Well, I guess I was feeling less depressed, but . . . Oh, I dunno”

Less sad but still blah? “I thought taking it in the AM would give me more oomph”

Well, did it? “No. I guess that’s why my doctor changed it to Prozac. I wish I can exercise the way I used to”

Ahhhhhhh, I see!

Ah, so now getting better, for you, means not only less sad, but also more motivation—to jog and also to get better.



Recently Haxtun Health celebrated the grand opening of its newly remodeled Fleming Clinic with a Logan County Chamber of Commerce ribbon

cutting. The clinic includes a full-service lab and several exam rooms for chronic care, family medicine and primary care, plus a counseling room with furniture supplied by Centennial Mental Health Center where Centennial will be hiring for an integrated behavioral health clinician.



[Click here to read further!!](#)

GARDENS IN FORT MORGAN



Check out the community garden in Fort Morgan! We continue to develop the garden with lots of hard work from staff, several outside agencies, and multiple programs within the region. We have Journey,

ACT, mentors, Offender Services, NECO Pride club, multiple agencies under the Morgan Family Center, a local Youth group, and more involved. John Sheridan our



maintenance staff and Garrett Tolan an assistant

to John, have done a huge amount of work weeding, spreading mulch, setting up the sprinkler system, setting posts, putting up the pergolas and more. A big thanks to them!!!!