



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

IN CASE YOU MISSED IT

In support of Suicide Prevention Month, and on behalf of the Zero-Suicide Initiative Committee with CMHC, we will be hosting an “a-wear-ness day” this upcoming **Wednesday, Sept. 22nd** where we invite you to wear **PURPLE** &/or **TURQUOISE** all day in-office and virtually. Be creative with integrating your colors – the more participation the better!

It’s that easy?! Well not so fast! You come wearing the colors, but your entrance fee is to gift us with a song selection. Use the link below to submit your favorite ‘feel-good’ or ‘pick-up-song’ – a playlist will be compiled afterwards and shared with everyone. Music says so much for so many of us, so what’s better than a playlist cultivated by your own caring community to put you in a good mood?! Bonus: if you want to take any photos of you or others participating we will post a collage of everyone with the next briefing!

Thanks for helping us give a visual to our support for suicide prevention!

[Submit your songs and photos here](#)

*mondays
are for
fresh starts*

DIVERSITY COMMITTEE NEWS

The Diversity, Equity and Inclusion (DEI) Statement has been approved by the Board of Directors. This statement will accompany Centennial’s non-discrimination policy on public documents and other agency communication and media.

Centennial Mental Health Center is committed to the idea that different ideas, perspectives and backgrounds create a stronger and more creative work environment that delivers better care for our clients and communities. We seek to identify and alleviate health care disparities, and aim to foster awareness, cultural humility and respect for all persons as we work together to move lives forward.

PROJECT RESILIENCE

September’s Resilience Topic is:
“Find Meaning in Your Work”

“...Meaning seems to rest deeply on our connection to others, it makes sense then that changing how we relate to others during our workday can make our job feel more meaningful. As Emily Esfahani Smith elucidates throughout her book *The Power of Meaning*, whether it’s simply asking a co-worker about her weekend or bringing a smile to customers in a coffee house, any act that makes us feel more connected to others also makes our work - and our lives - more meaningful. (Rebecca Fraser-Thill, Senior Contributor, Careers)

STAFF KUDOS

Gratitude to Sean Jones for immense over-‘n-beyond persistence. You contacted the American Embassy in Tokyo for one of our clients?!? I can’t imagine the work you did in order to even KNOW to do this, Sean . . . and getting the results we needed. My thanks and hats off to you! - Dr. Freda