



THE CENTENNIAL BRIEFING



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Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

LET'S PLEDGE FOR EACH OTHER!

Hope and help are needed now more than ever.

The COVID-19 pandemic has impacted all facets of the mental health and substance use treatment field, while exacerbating existing health care hurdles and jeopardizing service delivery.

To get ahead during these challenging times, we need to harness the power of community. We need to unite through our shared commitment to increase access to care for all.

We must move Forward Together.

This World Mental Health Day, we're asking you to act alongside us. Join the National Council in a public pledge to help communities stay healthy and support individuals in need.

Our pledge consists of various ways to improve your own mental wellbeing and help family, friends and neighbors do the same – from original content to advocacy opportunities.

The Forward Together Pledge reflects our vision to make mental wellbeing, including recovery from substance use challenges, a reality for everyone. But we can't do it alone. Join us in building a better tomorrow today. Please take our pledge and share this opportunity with your networks. Together, we can move mental health treatment forward.

[Click here to pledge!](#)

PROJECT RESILIENCE - GRATITUDE

As we continue our exploration of the factors that contribute to personal resilience, this month we are focusing on GRATITUDE. A growing body of research demonstrates that gratefulness is a powerful antidote to depression, anxiety and stress. Take a few minutes to consider how you could begin to add a gratitude practice into your day!



Tool #2 Practice Gratitude

Gratitude is the practice of noticing and being thankful for what is valuable and meaningful to you. Research shows that grateful individuals experience

more positive emotions, are more satisfied with life, and experience fewer negative emotions including depression and anxiety. Gratitude fosters adaptive coping mechanisms and enhances our emotional resilience and builds our inner strength to combat stress.

- Keep a gratitude journal and add to it every day.
- Make time every week to personally express your gratitude to someone on your team either verbally or in a written note.
- Make a Gratitude Board and post it in the break-room; invite everyone to add their notes (or images) of gratitude for all to see and share
- Try to interrupt negative conversations by interjecting one grateful thought or comment
- Before turning on your computer in the morning, begin your day with a 2-minute gratefulness meditation

For more information on Gratitude:

"The Gratitude Diaries: How a Year Looking on the Bright Side Can transform Your Life" by Janice Kaplan

"The Psychology of Gratitude" by Robert Emmons & Michael McCullough

HOUSING HAPPENINGS

Greetings from the Housing Department!

The Housing Department staff have been busy and I wanted to take this opportunity to provide some updates with our programs and available funding.

COVID 19 Rental Assistance Funds – This funding is available to anyone in the 10-county catchment area that has been impacted by COVID. Applicants do not need to be connected with Centennial services. Since April 2021, we have distributed \$241,088.66 of the awarded \$596,000. These funds are to last us through June 2022, however it would appear that at the rate we are providing the assistance, funds may be expended before that time and we should be able to provide other alternatives if our funds become expended. At this time, funds can only be used for rent assistance, we are told that “soon” there will be an option for those who need mortgage assistance to be able to apply as well. More information will be provided once that is an option. If you have someone who you would believe could qualify for the program, the application is located online at: <https://cdola.colorado.gov/rental-mortgage-assistance#apply-now>

Seasonal Assistance Funds – This funding stream has become available effective October 1, 2021 through March 31, 2021 or until funds are expended, whichever comes first. These funds are generated through the Jeans for Joy and Project Christmas Joy campaign funds. Some examples of how these funds can be utilized are for hotel/motel assistance, deposit, rent, or utilities. We do have guidelines for assistance from this fund, they include, being an active participant in Centennial's treatment program, partnering with another agency to cost share and making a plan for future housing stability through some case management services. If you have someone in mind please email Housing@CentennialMHC.org, please DO NOT link any of the housing department staff with referrals as it makes it very difficult to track and increases the chances of being lost in the shuffle. We are available between the hours of 9 am – 3 pm to take requests for Seasonal Assistance Funds.

Housing Choice Voucher Program - The waiting list is currently closed and we are unable to accept applications at this time. We will send a notification when the waitlist opens. Our wait list was last opened in April 2021, we received approximately 35 applications. We are in the process of working through those applications and issuing vouchers. If you have someone who you know they have applied, they may call us to find out where they are currently placed on the wait list.

State Housing Voucher for Justice Involved Persons – We are routinely screening individuals for this housing opportunity. Decisions of who is able to be selected for this voucher is made by a committee through our Balance of State Coordinated Entry process. No one from Centennial's Housing Department makes the decision on their own. The waitlist is fluid and can change each time someone new is added to the list. Individuals selected from this list receive a score, in addition to the score from the screen that is completed, consideration is given to the length of homelessness, disabled status, is the applicant a high utilizer of psychiatric or medical services, frequency of contact with law enforcement and will they be homeless after exiting the criminal justice system. No criminal background check or sex offender registry check is required if individuals qualify for this program.

Fourth Street House – Applications are always accepted to Centennial's Fourth Street House located in Sterling. Criteria for Fourth Street is that a person must have a primary mental health diagnosis, meet the qualifications for disabled status, be enrolled with Centennial's services and if they have a history of substance use, must have proof for 6 months of sobriety or successful completion of a treatment program. Updated applications for Fourth Street are located at: <https://www.centennialmhc.org/services/adult-mental-health-services/>

Additional Notes:

- We in the Housing Department have our limitations with resources, we do not have immediate access to housing as we must go through the same process as anyone else looking for housing. While we do have great relationships with landlords, it does not mean they always have rental units available to meet whatever our need is at the time.
- Please provide referrals/inquires through Housing@CentennialMHC.org, please DO NOT use Lync to provide referrals. The housing distribution email will allow us to track all requests and not allow the referrals to fall through the cracks. Referrals are reviewed and distributed on Wednesday's. If we receive a referral and we are unable to contact them after several repeated attempts, typically after several weeks, we will notify the referral source and document it in the record.

If you have any questions, please email Housing@CentennialMHC.org.

Enjoy your day!

Kirstin Schelling
Housing & Supported Employment Program Manager