



# 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*

## PREVENTION IN THE COMMUNITY



Last Wednesday, Kris & Katie, School Based Specialists and Maranda, Prevention Program Manager, presented at the NE BOCES School Counselor meeting in Wray and delivered totes containing supplies that might be useful when

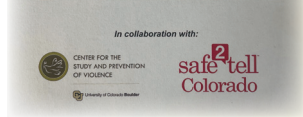
a traumatic event impacts a school. Thank you Bank of the West in Sterling for storing these items until we were ready to distribute them.



Kris Schell, School Based Specialist, led a presentation last Thursday at the Colorado Safe School Summit. She has spearheaded the creation of a School Care and Recovery Protocol in partnership with NE BOCES.



2021 Colorado Safe Schools Summit  
October 21 & 22, 2021  
Virtual Event



2:00 PM – 3:15 PM  
Strategies for Building Ongoing Collaborative Responses to Traumatic Events at School  
Kris Schell, Centennial Mental Health; Lonnie Brungardt, Merino Jr/Sr High School; and Megan Wolf, NE BOCES

## IN CASE YOU MISSED IT



*Below are some easy ideas to help you practice Gratitude in your daily life. Take a few moments to look at it, and commit to trying one of these simple exercises. You'll be glad you did!*

### Journal About Gratitude

Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.

### Write a Letter

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

### Visit Someone who you Appreciate

Write a letter to someone you appreciate as described above, but instead of mailing it, deliver the letter in person. Don't tell them why you're visiting! Read them the letter, and then allow them to keep it as a memento.

### Say "Thank You"

Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do every day that might be overlooked such as a colleague who always goes the extra mile, or a friend who always seems willing to listen.

### Take a Gratitude Walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.