



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

JEANS FOR JOY TOMORROW

If you are participating in Jeans for Joy this year and have paid to wear jeans on Tuesdays, tomorrow is our **SECOND TUESDAY**, and you can also participate in the fun of dressing up!

Don't forget!

November 16th - Color Day:

Wear as many colors as you can!

Also please send any socially distanced photos to jacy@centennialmhc.org so we can share your participation!

HUNGER & HOMELESS AWARENESS

Housing is Healthcare

Housing is the solution to the physical and mental toll of homelessness. Without housing, it is nearly impossible to maintain good health, recover from an illness or medical treatment. Access to safe and affordable housing is one of the foundational factors identified in the Social Determinants of Health (SDOH). The SDOH conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources and affect a wide range of health, functioning and quality of life outcomes and risks. The health of people experiencing homelessness is more severely impacted due to their housing situation, which leads to increased mortality, chronic health conditions, mental illness, substance use and risky health behaviors.

Concurrently, illness and injury can be the catalyst to job lost, exhausted savings and worst cases homelessness. When resources are limited, difficult choices must be made. Families and individuals may be forced to choose between paying rent, buying nutritious foods or filling medications.

Source: Health and Homelessness Issue Brief 2019, Colorado Coalition for the Homeless

STAFF SHOUTOUT

I would like to give a HUGE shout out to my team. They continue to provide outstanding services to our clients, and our clients are excelling. Keep it up Team! Abby Henry

PROJECT RESILIENCE EXTRAS

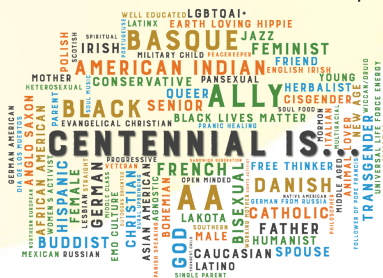
Here are some tidbits related to Resilience Tip # 3- Celebrating Small Victories! Our busy lives are often geared towards squeezing as many tasks as we can into our day. The opportunity to celebrate success can easily be overlooked. Cardiologists Meyer Friedman and Ray Rosenman coined the term "hurry sickness" to refer to our attempts to achieve more and more things in less and less time. In case you needed another reason to slow down and adopt a more positive outlook, "hurry sickness" increases our stress hormone cortisol and can cause physical and mental health problems. Making meaningful progress at work boosts emotions and positively shapes our perspective during the workday (Amabile & Kramer, 2011).



CULTURAL DIVERSITY BANNERS

Many of you may remember an email sent to all staff a few months ago to fill out a brief, anonymous survey asking everyone to list a few cultural identities that resonate with you. We received lots of positive feedback and used that information to better understand how diverse Centennial staff are; we also wanted to make the information digestible in a more visual manner by turning the words into an image. As a result, we're excited to announce that banners have been created with the image on them. We plan to distribute the banners to each office very soon, with the intent to hang them in highly visible spaces. Our hope is that, no matter who walks in to share spaces with us, people feel seen, respected, and that they belong.

We hope that all of you will join us in this endeavor as more exciting news from the Cultural Diversity committee makes its way to your inboxes over the next several weeks. In the meantime, please don't hesitate to reach out to the committee with any questions or concerns, or if you would simply like to know more about our work. We would love for more people to join our efforts.



Thanks to all on behalf of the Cultural Diversity committee