



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

PROJECT RESILIENCE



Happy New Year everyone!

Below is Resilience Skill #4 about staying (or becoming) socially connected as a means to maintain resilience. The research is clear – social isolation is bad for your health – both physically and psychologically. Why not take a few minutes to think about how you could enrich your social connections in the coming year, both personally and in the work-place?

Tool # 4 - Stay Connected

Researchers in the area of Resilience agree: social connection is vital if one is to weather the storms of life. Resilient individuals draw strength from their social networks. They also provide social support to others. The availability of social support reduces anxiety, stress and depression. Connecting with empathetic and understanding people can remind you that you're not alone in the midst of difficulties. A significant body of research shows that having a sense of belonging improves both physical and mental health.

Many of us have found it challenging to build or maintain social connections in the midst of the pandemic. Here are some suggestions to help you stay connected in your work and personal life:

- * Schedule regular phone or video calls with people who energize and support you
- * Share humorous stories, jokes, memes and gifs with others through social media
- * Take virtual coffee breaks with co-workers and talk about your day, remembering to encourage one another (maybe share something you're grateful for!)
- * Take the initiative and reconnect with friends who you may have lost touch with over the years
- * Focus on nurturing and strengthening current relationships by sharing new experiences, enjoying date-nights, turning off social media and playing games, taking a walk together
- * Join an organization or interest group
- * Find ways to help and support those less fortunate

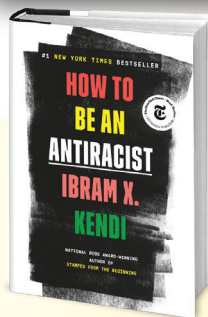
SOBER LIVING

Sober Living recently was awarded Recovery Living Support funding through Signal to use for scholarships for accepted clients. The funding is limited, and qualifying applicants will be awarded on a first come – first serve basis. Scholarship funds will be paid directly to CMHC to cover client self-pay sober living fees for a specific time frame. Scholarship funds are available now through June 30, 2022.

For more information about the program and available funding, please refer your clients to Kirsten Zeglis at 970-466-0639 and to the materials on Centennial's website under Services>Substance Use Disorders.



CULTURAL DIVERSITY BOOK CLUB



You've recently seen emails from Andie La Combe inquiring about interest for a Cultural Diversity Book Club. Andie serves on the Cultural Diversity committee, and is very excited to begin this journey with any Centennial staff that is interested. She's always eager to learn more through reading and figured this would be a wonderful opportunity to stretch our knowledge and understanding of Cultural Diversity.

The first book will be "How to Be an Antiracist" by Ibram X. Kendi.

How to Be an Antiracist is a 2019 nonfiction book by American author and historian Ibram X. Kendi. The book discusses concepts of racism and Kendi's proposals for anti-racist individual actions and systemic changes.

As a disclaimer, this book group is not intended to make anyone feel uncomfortable, unwelcome, or isolated. It will be an opportunity for us to learn about DEI&B together, how we can affect positive change, ask questions in a safe and vulnerable space, and anything else that might come up in discussion.

For more questions regarding the book club or future books please reach out to Andie at AndieL@CentennialMHC.org.