



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

SUICIDE PREVENTION IN AG

NAVIGATORS IN THE COMMUNITY



Below is a link to the Salute to Agriculture that some of the local newspapers do each year. Maranda Miller, Prevention Services Program Manager wrote an article this year for this issue. You can read it on page 16 after you click on the following link:

<https://www.journal-advocate.com/2022/03/30/salute-to-agriculture-spring-summer-2022/>



Last week Cheri Teigen and Tami Whited, Family Navigators, attended the Northeast Colorado Food Summit at the Red Willow in Yuma. The goal of the summit is to bring together diverse food system stakeholders in order to find opportunities to leverage food policy in support of a shared food vision for Colorado.

WEEK OF THE YOUNG CHILD

Week of the Young Child- April 4th-8th

The Early Childhood Mental Health Consultation (ECMH) team at Centennial is recognizing Week of the Young Child April 4th-8th. This is a time to celebrate young children, and recognize that we all have an important role in promoting how healthy relationships and support help shape children during the early years of life. This is a week to have fun and not only celebrate the young children we support, but also celebrate the young child in all of us. During this time, the ECMH team will be recognizing all of the amazing work that early childhood educators and providers do each and every day with the children in their programs. The team will be sending out fun activities and information each day this week, so make sure to check your email and Centennial's Facebook page to learn more!

CHILD ABUSE PREVENTION MONTH

Child Abuse Prevention Month is a time to recognize the importance of communities working together to support children and families with the hope of preventing child abuse and neglect. In providing information and education, families and children have access to vital resources within their communities that can help them feel valued and supported. The Early Childhood Mental Health Consultation (ECMH) team at Centennial provides consultation services to help caregivers understand the importance of having secure relationships for children as they develop and grow. The team highlights that children's social-emotional development begins at birth and positive relationships and experiences develop a strong foundation of mental health that supports children throughout their lifetime. The ECMH team can:

- Provide support with building and managing positive relationships with children birth to six
- Support children and their caregivers in early care and learning settings
- Support caregivers with challenging behaviors
- Promote healthy social-emotional development and school readiness

The ECMH team does not provide direct therapy services, but does serve as a referral pathway to Centennial services and other resources within our communities. For more information, please reach out to the ECMH team at ECS@centennialmhc.org.



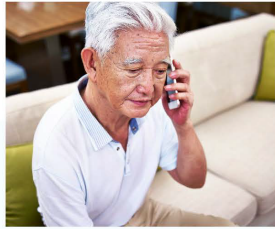
988
SUICIDE
& CRISIS
LIFELINE

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the lead federal agency, in partnership with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of 988 a reality for America. Moving to a 3-digit dialing code is a **once-in-a-lifetime opportunity** to strengthen and expand the existing National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for a **crisis care system that provides direct, life-saving services to all in need.**

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.



In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is **essential to meeting crisis needs across the nation.**



SAMHSA
Substance Abuse and Mental Health
Services Administration

Developed in collaboration with the
Centers for Disease Control and Prevention
3/23/16-D



Frequently Asked Questions

What is the Lifeline and will 988 replace it?

The Lifeline is a national network of over 200 local, independent, and state-funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. **Moving to 988 will not replace the Lifeline**, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number (which will not go away).

When will 988 go live nationally?

The **988 dialing code** will be available nationally for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis, should continue to reach the Lifeline at its current number, 1-800-273-8255.

How is 988 different from 911?

988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

How is 988 being funded?

Congress has provided the Department of Health and Human Services workforce funding through the American Rescue Plan, some of which will support the 988 workforce. At the state level, in addition to existing public/private sector funding streams, the National Suicide Hotline Designation Act of 2020 allows states to enact new state telecommunication fees to help support 988 operations.

Is 988 available for substance use crisis?

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health and/or substance use crisis.

Urgent realities.



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

Easier access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Email 988 questions to:
**988Team@
samhsa.hhs.gov**

WHAT ARE OUR FAVORITE GAMES?

Nicole Herrera

We love playing Garbage with our son, it is a great game for littles. We also love Five Crowns and Phase 10.

Paul D. Freda, M.D.

My wife and I really like playing the board game "Luxor". It's only about 5% luck. The rest is constant strategy, whether it's your turn or not.

My favorite video game is "Space Engineers" -- still in Beta stage. Build your own spaceships, space stations, or settlements on any world you choose, in a Sky Box of your choice. You decorate the outside, the inside, and you can place your Station anywhere. Travel at the speed of light in one of your ships if you care to.

Jackie Barton

Well a game I do not know enough about and wish I did is Bocce Ball, an Italian game. I think we should sponsor a team building when Covid restrictions are over that involves us all, to learn and play it together, along with a cookout.

My family used to play gin rummy at the huge kitchen table in Aunt Daisy's big Missouri farmhouse kitchen. We'd have tons of laughs and fun playing together, after supper, all squished up around the table in the 1970s. If it was summer, we were outside playing badminton in the huge yard next to the barn. Other oldies but goodies: Spoons card game, and Cribbage.

Andrew J. Denecke

My favorite game is SkipBo. I love how you can go from being so far behind the lead, to putting down a big run of cards to stay in contention. Some of my fondest memories from high school involved SkipBo tournaments with my family in the northwoods of Wisconsin.

Jennifer Spaulding

My favorite game right now is Rummikub!



Amy Nation

Me and my granddaughter Maddie and my family play a marble game called aggravation.

Jaci Yula

My husband and I own SO many games, and we love to host game nights with friends and family. Probably my favorite board game is Cranium. A combination of gestures, pictionary and trivia. For video games, I love a good competition in Mario Kart against Jacob Reyes, Andie La Combe, and my husband!