



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

WEEK OF THE YOUNG CHILD REMINDER PROJECT RESILIENCE - CARING FOR YOUR HEALTH

Please send any responses to the above activities to ECS@centennialmhc.org. Remember, participants are eligible to win a prize!!

Monday

Positive relationships and interactions are so important for children as they learn and grow. Sometimes the first step in forming a positive relationship is to reach out and talk to someone. The activity for today is to see how many people you can reach out and say hello to...ask someone how their day is. At the end of the day, let us know how many people you made a point to talk to.

Tuesday

The activity for today to celebrate Week of the Young Child is "Tasty Tuesday". One way to engage with children and have fun is to make a recipe together. This is a great way to work together and model for children- they learn by watching what we do! Young children can help pour and mix ingredients, while some older children can help measure and gather items needed for the recipe. Think of a fun recipe you like to make and send it to us. Our team will put entries together and send out a list at the end of the week.

Wednesday

The activity today to celebrate Week of the Young Child is to take some time for Self-Care. We know that caregivers that practice self-care increase their ability to handle difficult situations with children and are mindful in how they respond to children appropriately. Plus, all of us know how important it is to take time out for ourselves! Our team hopes that you can take time for some self-care today. Some ideas are: *Take a walk (hopefully you don't blow away!) *Listen to soft music *Practice some deep-breathing *Read a book *Do some stretching *Look in the mirror and say 3 positive things about yourself *Have a hot or cold drink (depending on what you prefer). If you have any other ideas for self-care activities that work for you, please send them to us.

Thursday

The activity today to celebrate Week of the Young Child is "Thankful Thursday". We know that fond memories for young children are created when they have positive interactions with the people in their lives. We encourage you to think of a fond memory or situation you can remember as a young child that you are thankful for. This can be with a parent or caregiver, sibling, or other family member or friend. Please send these to us!



As we continue our exploration of the factors that contribute to personal resilience, this month we are focusing on personal health and wellness! Research shows that it takes 21 days to make a habit, and 90 days to make it a permanent lifestyle change!

Consider adopting one of these strategies to support your health and wellbeing, and build your resilience. Maybe ask a co-worker to do the same, and support one another as you form new habits and a healthier lifestyle.

Tool # 6 Caring for Your Health

A key element of building and sustaining resilience (the ability to withstand stress and perform optimally and with fulfillment) is our ability to maintain our own health and wellness. Fortunately there are a handful of health and well-being practices that you can do to accomplish this goal. The following are evidence-based strategies will help you build a strong, solid and resilient body and mind.

1. Strength-training (simply done at home by doing push-ups, working with a kettlebell, squats, step-ups, yoga, etc.).
2. Go for a walk. A 2018 study of 50,000 people found that regular, brisk walking was associated with a 20% reduction across all causes of death. Consider a brisk walk with a co-worker over the lunch-hour a few days per week.
3. Don't skimp on carbs. Eating moderate amounts of complex carbs can help the body stay resistant to illness and injury.
4. Don't smoke (get help quitting if you do by calling the Colorado QUIT Line 1-800-QUIT-NOW).
5. Don't exceed more than one alcoholic drink a day for women and two for men, if you drink at all
6. Act first. Research shows that behavioral activation when you're down or anxious—a strategy that involves doing something even if you don't feel like it (calling a friend, some creative work, even cleaning!)—is one of most effective ways to change your mood.
7. Get help if you need it! Centennial supports the mental health of our employees through our Employee Assistance Program – free, confidential counseling by a provider of your choice.



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.

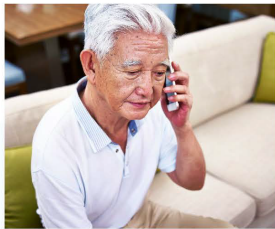
Email 988 questions to:
988Team@samhsa.hhs.gov

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.**



Developed in collaboration with the Centers for Disease Control and Prevention
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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.

LANGUAGE INTERPRETATION RESOURCES

Reminder from Director of Clinical Innovation, Anne Hellstrom

We have in-house interpreters that can offer support to direct service providers and their clients in-person or via telehealth. I have attached the list here and well as the SharePoint link: <https://tinyurl.com/2p84xkvj>

There is additional information for Language Line as well as, ASL interpretation contract providers. If you are needing an interpreter, please reach out to your OC to assist with scheduling this with your clients. If you have any questions, please talk with your local RCD, ROD or OC or your program director.

Cultural Diversity Language Guide

- Needs a translator for direct client services? Below you can find bilingual staff within CMHC. Please contact your OC for any of the options listed.

Bilingual Staff	Office Location	Language
Carolina Landeros Carmona	Fort Morgan	Spanish
Kemberly Alvarado-Minujarez	Fort Morgan	Spanish
Karina Serna	Fort Morgan/Central	Spanish
Nathalie Guereca	Northeast	Spanish
Diana Rios	Respite	Spanish
Dana Velazquez	Fort Morgan	Spanish
Dora Garcia	Sterling	Spanish
Jon Perez	Fort Morgan	Spanish
Jose Guereca	Sterling	Spanish
Luz Fierro	Fort Morgan	Spanish
Magda Cajero	Fort Morgan	Spanish

- Don't have the language you need? Below you can find other options available.
- Language Line Services-
 - Emergency 1-800-523-1786/ Routine 1-800-774-4344
 - You may find additional information on the Language Line Card in your office.
- Daylight Program
 - Hard of Hearing
 - May not be available in all locations.
- Connections for Independent Living- Hearing Impaired Resource in Elizabeth
- Contracted Labor-
 - Yuma and Wray Offices- Sylvia Castillo Spanish Interpretation
 - Fort Morgan Office- Ada Marquez Spanish Interpretation
 - Sterling Office- Nathalie Bejarano Spanish Interpretation