



Laugh until your heart overflows.



# Blackfeet Tribal Health Newsletter

Volume 1, Number 17 July 14, 2017

**Blackfeet Tribal Health PO Box 866, Browning, MT 59417 (406) 338-6326 email: [dhtribalhealth@gmail.com](mailto:dhtribalhealth@gmail.com)**

## Injury Prevention

### Debbie White Grass Bull Shoe, Coordinator

Eight Event Staff for the Injury Prevention program have successfully completed the objectives and skills evaluations in accordance with the curriculum of the AHA Heart saver First Aid CPR AED Program. Injury Prevention partnered with Emergency Medical Services EMS to make the training available. Mrs. Dee Ann Kipp was the instructor. Those completing and receiving their card were: Lisa M. Aimsback, Samuel L. Aimsback, Shawn Tyana Bullshoe, Clifford Bullshoe, Jamie Black Weasel, Stella No Runner, Bernadette Henderson and Robert Henderson. By completing the training, EMS will continue to support Injury Prevention activities.

Featured in the Blackfeet NAID Parade and the Opening of Youth Day 2017, as the children/parents were registering on to the grounds. As you entered the colorful gate to the grounds, a display of the wrecked Montana Highway Patrol vehicle stood that sends a message of a drunk driver killing Mike Haynes a MHP trooper. This accident occurred in 2009.

The Blackfeet Injury Prevention sponsored this activity for the day to share with youth, families and community. Trooper Mike Haynes succumbed to injuries sustained five days earlier when a car being operated by an intoxicated driver struck his patrol car head-on on US 93 near Kalispell. The drunk driver was driving the wrong way on the highway when the collision occurred at approximately 2:40 am. The intoxicated driver was also killed in the collision. Trooper Haynes was a member of the Montana National Guard and had served with the Montana Highway Patrol for two and a half years. He is survived by his wife, two young children, and parents.



Every oak tree started out as a couple of nuts who decided to stand their ground.

-- Anonymous



# Nadine Little Plume, Coordinator

## Blackfeet Tobacco Use Prevention Program

You really can quit tobacco! Millions of people have quit. Even if you have quit several times before, you can do it too! Every time you try to quit, you improve your chances of quitting for good. It is important to keep trying.

If you need additional support visit <https://montana.quitlogix.org>



If you need additional support visit <https://montana.quitlogix.org>. Living In Two Worlds ● ● ● ● Native American Teens Against Tobacco (NATA)

Nine youth attended the NATA Camp, an event that provides a forum for individual and community affirmation and ritual in a Native-specific way utilizing the GONA (Gathering of Native Americans) curriculum with values of Belonging, Mastery, Interdependence and Generosity.

June 26-29, 2017 for Youth Ages 12 and up at Rocky Mountain College Campus in Billings, MT, the cost was only the youth's enthusiasm, willingness to participate and ability to have fun! Some of the activities included: Native Games~ Cultural Activities~ Friendships~ Fun~ Leadership~ Arts & Crafts~ Promotional Engagement as a Role Model



A Tobacco Use Prevention information table top was set up. "Smokey Sue Smokes for Two" was an interest grabber, children and adults that visited the table questioned about the display of a baby gets what is ever the mother eats, drinks, or smokes when she is pregnant.



BTUPP's NAID parade float took honors in the parade. Thanks to Crystal, Ed, Waldo, Brandy and the youth from Polson and Harlem that rode on the float. The themes were, **Keep Tobacco Sacred**, **Be Smart Don't Ever Start**, **It's a New Day....Be Smoke Free....To be smoke free for good....** call the AI Commercial Tobacco Quit Line 1-855-372-0037 or the MT Quit Line...1-800-784-8669...Quit Now.



**DON'T EVEN THINK OF SMOKING HERE**







# Underage Drinking/Prescription Drugs



**Bernadette Yellow Owl,  
Prevention Specialist**

Underage Drinking/Prescription Drugs program provided to the general public a survey on Underage Drinking and Prescription Drugs during the Blackfeet Youth Day on Wednesday, July 5, 2017. The Prevention Awareness Survey will indicate whether the community has had experience with juvenile court and law enforcement; other questions asked about alcohol consumption, and prescription drugs. Draw String bags were provided to everyone that completed the survey. Underage Drinking/Prescription Drugs program continues working with Injury Prevention program in supporting Injury Prevention Coalition and DUI task force. Updates on the outcome of the survey will be in next article.

Thank everyone who participated in the Blackfeet Youth Day.

Be happy and alcohol/drug free.



## REMINDER

### Blackfeet Tribal Health

Blackfeet Tribal Health, is collaborating with Blackfeet Care Center, Kelly Boushie CDM.CFPP in offering ServSafe Food Handler certification. Any one wishing to receive your food handler's certification see Denise Heavyrunner, Office Manager at Blackfeet Tribal Health or call 338-6326.



I.H.S. Security Service  
Kwebb Galbreath, Administrator

I.H.S. Security staff, hospital staff and tribal health staff attended a training on Decon shower. The Hospital Decontamination Self-Assessment Tool helps hospitals plan for, and respond to, small and large-scale incidents requiring the decontamination of patients contaminated by or exposed to chemical, biological or radiological.

Decon shower is Inflatable Decontamination Shower for decontamination at a hazardous materials emergency is to limit the spread of contaminants from the release area, or "hot zone," to include the cleaning of responders and their equipment.

1-pc. fully integrated shower system is stable in high winds (up to 60 mph when properly anchored) and work in temperatures of minus 30 degrees to 140 degrees. Canopy is UV- and chemical-resistant. Single-line unit with a station: undress, shower, and redress configuration.



## 12 THINGS TO REMEMBER

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around comes around



## BLACKFEET YOUTH DAY A SUCCESS

Blackfeet Youth Day 2017 kicked off Wednesday, July 5, 2017 for all the children in the Browning and surrounding areas. Honor Your Life program who sponsored, coordinated and planned all the activities set up booth of information on their respective programs. These programs include: Community Wellness, Injury Prevention, Youth/Adult Healing to Wellness, Domestic Violence Prevention Initiative, Meth and Suicide Prevention Initiative and Underage Drinking and Prescription Pills.

Blackfeet royalty Miss Blackfeet Shawntyana Bull Shoe, Miss Heart Butte Society Azurdee Aimsback, Junior Princess Averiona Skunkcap and Tiny Tot Alea LaPlant gave encouraging words to everyone as well as welcoming everyone to the North American Indian Days. The Blackfeet Warrior Society/Veterans were assisted by Army Reserve soldiers from Chicago, Illinois and supported the Blackfeet Youth Day by providing toys for the event. Miss Blackfeet Shawntyana Bull Shoe provided the opening prayer for everyone. The DJ's Sheldon and Sheridan Ground owners of SNS Ground Shak'n music provided entertainment throughout the day by playing music, announcing events and keeping the flow of the events moving.

As opening remarks were made, children were still registering with their parents to come on to the grounds with their bag of goodies. As you entered the colorful gate to the grounds, a display of the wrecked Montana Highway Patrol vehicle stood that sent a message of a drunk driver killing Mike Haynes a MHP trooper. This accident occurred in 2009. This Blackfeet Injury Prevention sponsored this activity for the day to share with youth, families and community. The Injury Prevention program continues their efforts on the use of wearing your seat belt and Infant/Toddler restraint car seats. **ORDINANCE #85 PRIMARY SEAT BELT LAW** The Injury Prevention booth was set up to provide the Seat Belt Survey to the general public. Injury Prevention solicited their Seat Belt Survey. More than 200 were collected; those completing survey will gain a chance for the gas card raffle. More surveys will be distributed in Browning, Heart Butte, Starr School, Seville, East Glacier and Babb/St. Mary to complete them. The completion of the surveys will provide data to Injury Prevention program on safety seat belt and infant/child passenger restraint use.

Booths were set up along the fences to allow children to participate in their planned activities as well as pick up some freebies along the way. Some of the booths included: Blackfeet Boarding Dorm, Southern Peigan Diabetes Program, CHR's, Crystal Creek, Blackfeet Community College, Blackfeet Environmental Program, Blackfeet Manpower, Carol White Program EE GAH KI MAHT, Blackfeet Early Childhood Center and Department of Family Services. Volley ball games were planned by EE GAH KI MAHT program from Browning School district. Programs distributed their literature and incentives to children and families. This was a great opportunity for the programs to educate and promote their programs with the community.

The highlight of the day was the free admission to the Octopus ride, tubs of fun, mini Ferris wheel, kiddie swing, whizzer, bungee run, 4 bounce houses 20' foot slide and laser tag. Intermittently the Browning Fire Engine would spray water to cool everyone off, since the day got scorching hot for everyone. Blackfeet Fish and Game provided fishing opportunities to kids in willow creek by planting more than 200 fish in it. Poles and fishing gear was provided by Department of Family Services.

Throughout the day activities were planned per agenda. In the early morning the pet and doll parade was held. Color Me Rad run/walk was also held where color chalk is displayed in many colors for the walkers and runners to go through. The Buffalo Run was held in the far corner of the grounds to allow for room for the event. Head Start held the Pamper run. Honor Your Life programs sponsored the Native Fashion Show. Many different styles, colors and sizes of dancing outfits were displayed by children as models. These outfits can be checked out by families for their children to dance in during Indian Days.

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# Communities and Hospitals Together: Supporting the Breastfeeding Mother

A Hands-On Training in Breastfeeding Best Practice

Tuesday, August 8 @ 1:00 – 5:00 pm

Blackfeet Community College

Red Fox 102

No Cost to Attend

CFFIs Provided

RSVP online at: <http://bit.ly/2tJklzW>

This free 4-hour course is designed to cover 4 of the 5 hands-on clinical competency training hours required by Baby-Friendly USA™. This course will cover basic clinical skills supporting breastfeeding, including:

- counseling skills
- skin-to-skin practices
- how to breastfeed
- hand expression
- safe formula preparation

This Breastfeeding Clinical Competencies course is free for the community. For general information about the training, email the AI/AN CHAMPS team at [CHEERequity@gmail.com](mailto:CHEERequity@gmail.com).



## Meet the Trainer: Camie Jae Goldhammer

Camie Jae Goldhammer, MSW, LICSW, IBCLC (Sisseton-Wahpeton) is founder and chair of the Native American Breastfeeding Coalition of Washington, a member of the Native American Women's Dialogue on Infant Mortality, and a founding mother of the National Association of Professional and Peer Lactation Supporters of Color. Her work focuses on the effects of historical and complex traumas on American Indian/Alaska Native families, inequity in breastfeeding support and food/tribal sovereignty through breastfeeding.



CHAMPS (Communities and Hospitals Advancing Maternity Practices) is funded by the W.K. Kellogg

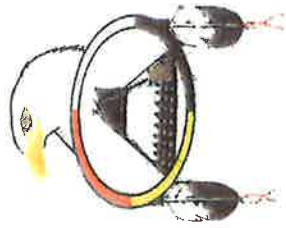


# METHAMPHETAMINE SYMPOSIUM

2nd ANNUAL

RETURN OF THE EAGLE STAFF

HOSTED BY: CRYSTAL CREEK LODGE TX CENTER



When: July 20 & 21, 2017

Where: New Eagle Shields Center  
Browning, Montana

For more information contact:

Lynda Beaudry 406-338-6362 / Becky Dwarf 406-338-6319

Mary Hall 406-338-6333/ Joetta Roberts 406-338-6361

CEU's available

Rooms Available at:

Browning Area:

Glacier Peaks Hotel: 406-338-2400

Going To the Sun Motel: 406-338-7572

East Glacier Area:

Dancing Bear Inn: 406-226-4402

Circle R Motel—406-226-9331







# Your Life Is Sacred

Do not abuse or misuse prescription drugs



Do not sell or share your prescription medication



 R DRUG ABUSE SPELLS TROUBLE



MONTANA-WYOMING  
TRIBAL LEADERS COUNCIL



# ***1<sup>st</sup> Annual Health & Wellness Campout***

***Sponsored by:  
Crystal Creek Lodge Adolescent Department  
Blackfeet Family Services-Meth Initiative  
Blackfeet Honor Your Life Program***

***This campout will be designed to share values, key concepts of drug and alcohol problems within the Blackfeet community, team building, and cultural enhancement that will develop our youths leadership skills that they can use in today's society.***

***ACTIVITIES:  
Story Telling  
Traditional Games  
Archery  
Blackfeet Etiquette  
Sweat Lodge Teachings  
Hand Game  
Bike Rides  
Paddle Boat  
Swimming***

***August 21-24, 2017  
Chewing Blackbones  
Ages: 12-18***

***Bring your own sleeping bags, blankets, pillows and Shower products.***

***Contact Information: Joetta Roberts 338-6333, Mary Hall 338-6333, Jade Acherman 338-5563, Xavier Old Chief 338-5171***