



Bringing Communities Together

Working Together for a Healthier Tomorrow

SOUTHEASTERN MONTANA TOBACCO USE PREVENTION PROGRAM

Southeastern Montana Tobacco Use Prevention Program Newsletter

September 2019

Big Horn, Carter, Custer, Powder River, Rosebud and Treasure County Newsletter

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Contact information

#TobaccoFree

LOGO'S AND IMAGES ARE LINKED TO THEIR WEBSITE

FREE YOURSELF FROM VAPING

MY LIFE MY QUIT™
mylifemyquit.com
1-855-891-9989

Public Health 406 TOBACCO USE PREVENTION PROGRAM

TEXT "START MY QUIT" TO 1-855-891-9989 FOR FREE HELP QUITTING

Provided by CDC's CENTER FOR STATE, TRIBAL, LOCAL, AND TERRITORIAL SUPPORT

Did You Know?

Improper contact lens hygiene can increase the risk for complications such as microbial keratitis—inflammation of the cornea.

One-third of contact lens wearers reported never hearing any lens care recommendations during their most recent visit with an eye care provider, according to recent survey findings.

Eye doctors and public health professionals can use and share CDC resources and promotional materials to help prevent contact lens-related eye infections.

Get On Board

Awareness. Detection. Survival



**Ashland Big Horn
Valley Health Clinic
Tuesday,
September 17th,
9:00am – 3:30pm**



Say goodbye to excuses and hello to good breast health with the St. Vincent Healthcare Mobile Mammography Coach.

On the Mobile Mammography Coach, a mammogram takes just 15 minutes, is covered by most insurance plans and is completed by a team focused on helping you feel at ease.

We use the same 3D Mammography imaging equipment used in our on-campus site, and your confidential results are mailed directly to you and your healthcare provider. Mammograms can also be performed at Yellowstone Breast Center, 2900 12th Ave. N. Suite 276W, Billings, MT 59101.

To schedule your appointment call 406-237-4373.

MY LIFE  MY QUIT



LOGO'S ARE LINKED TO THEIR WEBSITE

20 Ways to Promote Red Ribbon Week in Your Communities and Schools



There are lots of ways to celebrate Red Ribbon Week and every part of your community can get involved. Here are some ideas.

Communities Can:

1. Contact your elected officials about issuing a proclamation declaring Red Ribbon Week in your community.
2. Invite elected and government officials to participate in Red Ribbon Week activities.
3. Display a basket of red ribbons in the reception area of your organization for visitors to take, along with copies of the Red Ribbon Week fact card.
4. Display red ribbons on the interior and exterior surfaces of your organization's building.
5. Sponsor a special drug abuse prevention seminar for the community. Invite a speaker who is an expert on drug prevention and invite the community to attend.
6. Submit a public service announcement about Red Ribbon Week activities to your local radio station.
7. Sponsor an in-service educational program for your employees and community leaders.
8. Organize a drug prevention awareness fair. Invite local nonprofit organizations to participate by staffing exhibit booths, disseminating educational materials, offering free health screenings, and much more.
9. Set up and staff an exhibit table at a local hospital, doctor's office, community center, or shopping center to promote Red Ribbon Week and to distribute drug prevention information and materials.
10. Post fact sheets and Red Ribbon Week event notices and other materials on community webpages, and on bulletin boards in libraries, hospitals, local churches, synagogues, gymnasiums, grocery stores, parks and recreation departments, health clinics, universities, and other public places.

Schools Can:

1. Wear red ribbons and distribute them to your friends, family, volunteers, staff, and employees.
2. Sponsor a Red Ribbon Week activity (e.g., fun run; bike-a-thon; bookmark, poster, or essay contest; classroom door decorating contest).
3. Incorporate drug prevention facts and tips in your school-wide announcements and websites throughout Red Ribbon Week. Create a bulletin board display about Red Ribbon Week and post it in a high traffic area of your school.
4. Have a Red Ribbon Rally with performances by local talent or school groups.
5. Have a school assembly (everyone can wear red) and invite a law enforcement officer to speak about the dangers of drug abuse.
6. Do a drug prevention and refusal skills presentation for your classmates.
7. Promote Red Ribbon Week at your school's sporting events by handing out red ribbons, providing information about Red Ribbon Week, and having parents and students take a drug-free pledge.
8. Sponsor an in-service training on drug prevention education for school administrators, teachers, counselors, nurses, and other staff.
9. Start a Red Ribbon Week Club that meets regularly to promote drug prevention throughout the year.
10. Sponsor a health fair and invite health and safety workers from the community to provide educational materials to students and parents.



Health in the 406: Focus on Breastfeeding

Breastfeeding provides [health benefits to both the mother and baby](#).

[Research](#) shows that when a breastfeeding woman's partner is involved in lactation education, the woman is more likely to be exclusively breastfeeding at four months and six months.

Instead of relying on feeding the baby to bond, [partners can cuddle, soothe, and bathe the baby](#).



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THE CARING
FOUNDATION OF
MONTANA™



SCL Health

Ashland FREE Health Screenings Day

What: FREE Health Screenings

When: Tuesday, September 17, 2019
8:30am-3:30pm

Where: Big Horn Valley Health Center-Ashland

Bighorn Valley Health Center, St. Vincent Mobile Coach with 3D Mammography, Care Van and IPHARM have teamed up to offer the following services/screenings for no out of pocket expense:

- bone density screenings,
- diabetes A1C screenings,
- blood pressure checks,
- retinal eye exams,
- lipid panel *8:30am-11am: fasting required, call 784-2346 to schedule*
- 3D mammograms *9:00am-3:30pm, call 247-4373 to schedule, ID and Insurance required, financial programs available for mammography*

Insurance not required, but if you have insurance please bring your card with you.

Questions?

Contact Bighorn Valley Health Center-Ashland at 406-784-2346



Please save the date!!!!

Fall Festival & Chili Cook Off

You're invited to the second annual Ashland Fall Festival & Chili Cook Off sponsored by Bighorn Valley Health Center-Ashland. We are asking for fruit and vegetable vendors, arts and crafts and merchandise vendors too! We will be hosting a wellness walk and outdoor games as well. Please come join us!

Where: Ashland Ranger Station

When: Saturday, September 28

Time: 9:00am-1:00pm

Contact: Ann Haley, 784-2346 ext 315

@Bighorn Valley Health Center



2019 ANNUAL FAM FEST



“This year’s FamFest was a huge success! We fed around 300 people a free meal, had 16 booths providing information for families as well as fun games and prizes, included in the booths were all 3 local clinics which is a first for this event! We were also able to have each kid leave with a book, backpack or water bottle and gave away 3 great prizes centered around family engagement. We are so thankful for all the local support for these families and are already looking forward to next year!”



DRIVERS: GIVE SCHOOL CHILDREN A “BRAKE”!

As Montana children head back to school this fall, let’s give our children the “brake” they need by exercising patience and caution around school buses and in school zones. Law Enforcement Agencies from across the state urge motorists to know the law and practice the following safe driving procedures: Check out <https://dojmt.gov/drivers-give-school-children-a-brake/> for safe driving procedures.

Montana's Peer Network
presents
2019

Recovery Conference

September 6, 2019

9-6pm

Delta Marriott
2301 Colonial Drive, Helena, MT

Featuring
Service Area Authority Congress

10 workshops, Opening Presentation, Awards Ceremony,
Giveaways, Raffle, Informational booths, Training,
Luncheon and a celebration of recovery!

MPN Members get in FREE!

\$20 at the door for non members

www.mtpeernetwork.org

MONTANA'S PEER NETWORK

NATIONAL RECOVERY MONTH 2019
30th Anniversary

Recovery is Possible

Made with PosterMyWall.com

HEADS UP
CONCUSSION IN HIGH SCHOOL SPORTS
GUIDE FOR COACHES

Click the Image to learn more about concussions

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

MONTANA TOBACCO

QUIT LINE

1-800-QUIT-NOW
1-800-784-8669

Contact Us:

QuitLine: 1-800-784-8669

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Visit us on the web at

www.treasurecountyhealth.com

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Healthy People. Healthy Communities.

MONTANA DPHHS

Department of Public Health & Human Services