We Can All Prevent Suicide
Understanding the issues concerning suicide and mental health is an important way to take part in suicide prevention, help others in crisis, and change the conversation around suicide.

Know the Warning Signs
Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline.

Talking about wanting to die or to kill themselves
Looking for a way to kill themselves, like searching online or buying a gun
Talking about feeling hopeless or having no reason to live
Talking about feeling trapped or in unbearable pain
Talking about being a burden to others
Increasing the use of alcohol or drugs
Acting anxious or agitated; behaving recklessly
Sleeping too little or too much
Withdrawing or isolating themselves
Showing rage or talking about seeking revenge
Extreme mood swings

#BeThe1To Ask.
Don’t be afraid to ask the tough question.
When somebody you know is in emotional pain, ask them directly:

“Are you thinking about killing yourself?”

Find out why this can save a life at BeThe1To.com.
If you’re struggling, call the Lifeline at 1-800-273-TALK (8255)
What is the science behind the effectiveness of wearing a cloth mask? The CDC states that cloth masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice. This is called source control. This recommendation is based on what we know about the role respiratory droplets play in the spread of the virus that causes COVID-19, paired with emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

Can a face shield be worn instead of a mask? A face shield may be worn in public spaces when a mask is not feasible. Face shields do not provide equivalent protection to face masks. People who interact with a person who is hearing impaired may not be able to wear a mask and thus a face shield would be appropriate. Here are some considerations for individuals who must wear a face shield instead of a mask:

- Although evidence on face shields is limited, the available data suggest that the following face shields may provide better source control than others:
  - Face shields that wrap around the sides of the wearer’s face and extend below the chin.
  - Hooded face shields.
  - Face shield wearers should wash their hands before and after removing the face shield and avoid touching their eyes, nose and mouth when removing it.
  - Disposable face shields should only be worn for a single use and disposed of according to manufacturer instructions.
  - Reusable face shields should be cleaned and disinfected after each use according to manufacturer instructions or by following CDC face shield cleaning instructions.
  - Plastic face shields for newborns and infants are NOT recommended.
- We encourage individuals who cannot wear a mask due to an immunocompromising condition continue to self-isolate to avoid exposure.
SERVICES PROVIDED BY THE HEALTH DEPARTMENT

Immunizations: Adults and children, Monday-Thursday 8am-5pm and Fridays 8am-12pm. Walk-ins are welcome. To schedule an appointment call 271-3247.

Insurance Billing: Yes, the Pondera County Health Department does bill insurance for all immunizations.

WIC (Women, Infants and Children): WIC offers healthy food, breastfeeding support, nutrition tips, and connection to community resources. We offer WIC services 4 days/month.
- September 1,9,15,30 – We will be going back to in-person appointments!

Tobacco Prevention: Preventing tobacco use among youth and promote quitting among adult users. Free signs for CIAA compliance.

Comprehensive Cancer Program: We offer vouchers for women to get their breast and cervical screenings FREE of charge. Contact us today to see if you qualify.

Public Health Emergency Preparedness: Planning and coordination of community resources to prepare for public health emergencies.

Oral Health: Fluoride varnish application and assistance navigating the oral health system.

Car Seat Program: We have a trained certified passenger technician, who can assist you in installing your child car seat correctly. We also have car seats available at affordable prices.
**Pondera County Mental Health Resources**

**Crisis Contact Information:**
- Nationwide 24 hour Crisis Line: 1.800.273.TALK (8255) (Veterans, press #1)
- www.veteranscrisisline.net (chat option)
- Text support: 8382556
- Voices of Hope: 406.453.HELP (4357) or call 011
- Teen Help (text) • text "teen2teen" to 839863 (5-11 p.m.) or call 1.877.968.8491 (24/7)
- Montana Crisis Text Line: text "MT" to 741-741 (free service available 24/7)
- Montana Child Abuse Hotline: 1.866.820.5437 (toll-free, 24 hours)

**Community Contacts:**
- Adult Protective Services: 406.278.9217
- AA - Pondera Valley Lutheran Church: 406.278.7517
- Shutterstock: 877-978-5760
- Ailtacare - Uteback School: 406.278.3227
- Benefits Peace Hospice: 406.265.5340
- Big Sky Special Needs Co-Op: 406.271.7938
- Child & Family Services: 406.278.5142
- Celebrate Recovery - Conrad Mission Church: 406.671.9762
- Dept. of Public Health & Human Services: 406.271.4020
- Front Range Court Appointed Special Advocates (CASA): 406.567.7441
- Grief Share Group - Pondera Valley Lutheran Church: 406.271.3094
- Hi-Line's Help for Abused Spouses: 406.278.3342
- Crisis Line: 1.800.219.7338
- Indian Health Services - Heart Butte: 406.338.2151
- Pondera Medical Center - 24hr ER: 406.271.2201
- Pondera County Health Department: 406.271.3247
- Pondera County Sheriff: 406.271.4060
- Valier Clinic: 406.279.3771
- Valier Public School Counselor: 406.279.3613

**Local Mental Health Support Services:**
- Center for Mental Health - www.centermhn.org: 406.278.3205
- Counseling Connections
  - Pam McFarland, LPC - Conrad: 406.271.2834
  - Valier: 406.279.3538
- Eastern Front Counseling
  - Cheri Peterson, LCSW, LMFT, LAC: 406.278.0440
  - Tonya Carpenter, LCSW, LAC: 406.278.0440
- Marlas Healthcare Services
  - Leda Helld: LCSW: 406.271.2007
  - Paige Gianarello, PCLC, MFLC: 406.271.2007
- Pioneer Counseling & Community Support
  - Steve Balko, LPC, NCC – Conrad: 406.450.1685
- Pondera Counseling
  - Lisa Ellis, LCSW – Conrad: 406.239.1999

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**September Events**

- 1,9,15,30: WIC
- 7: Labor Day - Closed
- 10: World Suicide Prevention Day
- 18: E-waste Collection - Noon-5pm
- 19: E-Waste Collection – 9 am - 4 pm

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**What is PCOS?**

Polycystic ovary syndrome (PCOS) is a serious genetic, hormonal, metabolic and reproductive disorder that affects women. It is the leading cause of female infertility. PCOS can lead to lifestyle complications and other serious conditions including severe anxiety and depression, obesity, endometrial cancer, type 2 diabetes, liver disease and cardiovascular disease.

**1 in 10 Women**

**Common Signs and Symptoms**
- Irregular periods
- Excess facial and body hair
- Severe acne
- Small cysts in ovaries
- Insulin resistance
- Anxiety and depression
- Infertility
- Weight gain
- Male pattern hair loss

**PCOS Affects 1-in-10 Women**

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Prepared and provided by: Pondera County Mental Health Advisory Board (September 2020)
Food safety is always in style

September is National Food Safety Education Month, a great time to explore ways to promote safe food handling and prevent foodborne illnesses. And while there is no evidence that food is associated with spreading the virus that causes COVID-19, safe practices for handling, preparing, eating, and storing food are always recommended.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But some groups of people are more likely to get sick and to have a more serious illness. These groups are:

- Adults aged 65 and older
- Children younger than 5
- People with health problems or who take medicines that lower the body’s ability to fight germs and sickness
- Pregnant women

There are things you can do to protect yourself and your family. As you prepare and handle food, follow these four steps:

- Clean: Wash your hands, utensils, and surfaces often when you cook.
- Separate: Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- Cook: Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- Chill: Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it’s above 90°F.

Join us in sharing information about the four steps to food safety. Let’s make sure everyone knows how to protect themselves and their loved ones from food poisoning.

Take a Bite Out of Rabies!

September 28 is World Rabies Day. In the United States, rabies deaths are very rare thanks to successful animal control and vaccination programs. But around the world, rabies kills more than 59,000 people every year.

The importance of vaccinating your pet

While wildlife is much more likely to be rabid than are domestic animals in the United States, people have much more contact with domestic animals than with wildlife. Your pets and other domestic animals can be infected when they are bitten by rabid wild animals, and this type of “spillover” increases the risk to people.

Keeping your pets up to date on their rabies vaccinations will prevent them from acquiring the disease from wildlife, and thereby prevent possible transmission to your family or other people.
Colon screening is recommended for healthy men and women aged 50 to 75. Other recommended colon tests include:

- Yearly home stool tests are easy to do!
- Yearly home stool tests could save your life!
- If you are due for colon screening today and have a regular doctor, we would like to offer you a free home colon test!

Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers.

- Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.
- Children with obesity are more likely to have obesity as adults. This can lead to lifelong physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

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Childhood Obesity Is a Major Public Health Problem

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Childhood Obesity Is Influenced by Many Factors

Many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors. For some children and families, obesity may be influenced by the following:

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity
- easy access to inexpensive, high calorie foods and sugary beverages
- lack of access to affordable, healthier foods

Physical activity

A critical part of achieving and maintaining a healthy weight, especially for children, is physical activity. It burns calories, strengthens bones and muscles, and helps children sleep well at night and stay alert during the day. Good habits established in childhood help adolescents maintain healthy weights despite the hormonal changes, rapid growth and social influences that often lead to overeating. And active children are more likely to become fit adults.

Coping and support

Parents play a crucial role in helping children who are obese feel loved and in control of their weight. Take advantage of every opportunity to build your child's self-esteem. Don't be afraid to bring up the topic of health and fitness, but do be sensitive that a child may view your concern as an insult. Talk to your kids directly, openly, and without being critical or judgmental.

In addition, consider the following:

- Avoid weight talk. Negative comments about your own, someone else's or your child's weight — even if well-intended — can hurt your child. Negative talk about weight can lead to poor body image. Instead, focus your conversation on healthy eating and positive body image.
- Discourage dieting and skipping meals. Instead, encourage and support healthy eating and increased physical activity.
- Find reasons to praise your child's efforts. Celebrate small, incremental changes in behavior but don't reward with food. Choose other ways to mark your child's accomplishments, such as going to the bowling alley or a local park.
- Talk to your child about his or her feelings. Help your child find ways other than eating to deal with emotions.
- Help your child focus on positive goals. For example, point out that he or she can now bike for more than 20 minutes without getting tired or can run the required number of laps in gym class.
- Be patient. Realize that an intense focus on your child's eating habits and weight can easily backfire, leading a child to overeat even more or possibly making him or her prone to developing an eating disorder.

Just like the FLU,

COLON CANCER is PREVENTABLE and also TREATABLE and BEATABLE when found EARLY!

- Colon screening is recommended for healthy men and women aged 50 to 75.
- One recommended colon screening test is a yearly test that can be done at home.
- Other Recommended Colon Tests include:
  - Colonoscopy every 10 years or Flexible Sigmoidoscopy every 5 years
  - Yearly home stool tests are easy to do!
  - Yearly home stool tests could save your life!
  - If you are due for colon screening today and have a regular doctor, we would like to offer you a free home colon test!