



EMPOWERING MONTANA NATIVE FAMILIES AND COMMUNITIES




MONTANA
STATE UNIVERSITY
EXTENSION

- Food & Nutrition
- Family Economics
- Housing & Environmental Health
- Family & Human Development

FAMILY & CONSUMER SCIENCES

Montana State University Extension FAMILY & CONSUMER SCIENCES PROGRAMS

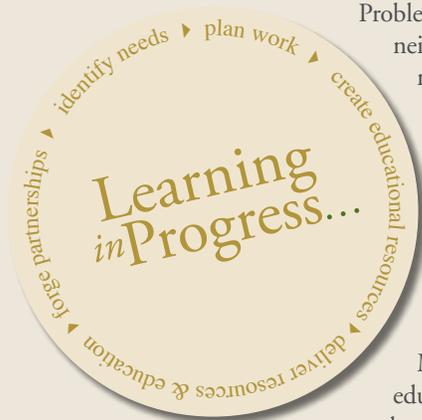


Our mission is to empower individuals, families and communities to apply unbiased, research-based information to make informed decisions.

Integrated programs respond to needs

Problems don't always have borders, and neither should solutions. One issue may have multiple impacts within a community that require a strategic, coordinated response. To address complex community concerns, Extension specialists and agents work together and team with others, combining expertise and resources to deliver broad-based solutions that make an impact.

Many Extension programs blend educational resources across disciplines and you find dramatic examples on the following pages.



Who are we?

MONTANA STATE UNIVERSITY

Extension is a unique organization serving all the people of Montana with research, skills and knowledge from Montana State University in Bozeman.

Extension Family and Consumer Sciences professionals serve people and families of all shapes and sizes—from the elderly to kids, from single parents to stepfamilies. We provide what people need to make informed decisions and suggestions on change. This can be up to date information on family finance, practical advice on how to deal with energy issues, support groups to help grandparents raising grandchildren, or workshops on eating healthfully on less money. We pool our expertise in food and nutrition, housing, health, family issues, personal finances, and environmental health to provide innovative and targeted programs based on the needs of families, individuals, businesses and communities.

Our MSU Extension network consists of Extension agents based in Montana's counties, Indian reservations and tribal colleges; and specialists who are based on campus at MSU in Bozeman. This network constantly links with groups of communities and the national Extension network in order to produce the best educational resources.

Together, we respond to local needs in your community with friendly advice, useful tips, one-on-one consultations and educational presentations.

If you've never heard of Extension and our Family and Consumer Sciences programs, we invite you to find out more. If you're a longtime "customer," we hope you will enjoy reading about some of our recent programs.



Native AIR (Asthma Intervention and Reduction)

Within the medical community serving Native American families, it is widely known that Native children suffer from asthma at a rate of almost three times that of the general U.S. population. The goal of Native AIR (Asthma Intervention and Reduction) is to develop, implement and evaluate a culturally specific asthma education program for reservation-based families. The project is ultimately designed to assist Native American families throughout the U.S.; however, Native AIR initially is focusing its research and development efforts on all Montana reservations.

To identify and select participating families, the MSU Extension Service housing program is partnering with tribal organizations such as Indian Health Services, the Indian Housing Programs, tribal schools and all Extension offices located on the reservations.

Working through a designated reservation project leader and reservation-specific partners, Native AIR is providing culturally specific marketing and outreach materials to all participating families. Children participating in the project are given “Asthma Trigger Pacs” loaded with asthma education materials. Older children serve as mentors to their parents and younger children to educate them about asthma trigger identification and prevention. Native AIR is funded by the United States Environmental Protection Agency.

For additional program information contact:
 Michael P. Vogel, MSU Extension Housing Specialist,
 (406) 994-3451 or mvogel@montana.edu

Inheriting Trust Lands

Planning for the Passing of Agricultural Reservation Land to Avoid Further Fractionation under the American Indian Probate Reform Act (AIPRA) of 2004

To create an awareness of the detrimental consequences of fractionation and to educate Indian landowners and heirs about the American Indian Probate Reform Act (AIPRA), MSU Extension developed a program to explain the estate planning provisions of the law with the goal of helping participants avoid further division of their ancestral lands.

A variety of educational materials were developed for this program: 14 fact sheets, 13 media articles, eight PowerPoint presentations, marketing brochure, display, and Web site. Because AIPRA is a federal law, the educational materials that were developed can be distributed and used by tribal leaders and reservation Extension agents across the United States – saving each group valuable time and resources.

One indicator of the program’s success is the acceptance of the materials by other groups of stature who have linked the 14 fact sheets on their Web sites: Institute for Indian Estate Planning and Probate, Seattle University School of Law; and Indian Land Tenure Foundation.

Another indicator is the extent the fact sheets are being read and downloaded online. During January 2008 there were over 2,500 hits on the Web site with 99 who visited more than once.

Funding from the Community Outreach and Assistance Partnership program focused the initial program in Montana and Idaho.

The Idaho Extension team made 14 presentations reaching more than 135 Fort Hall tribal members. Packets were
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distributed to 311 participants as a result of requests after meetings and articles that were published in the reservation newspaper *Sho-Ban*.

The Montana Extension team members also had successful programs: 15 presentations reaching close to 250 tribal members on the Blackfeet, Fort Belknap, and Fort Peck reservations and the distribution of 500 information packets. Articles were also printed in the *Fort Peck Journal*.

The two-day symposium, *Inheriting Indian Land: Indian Land Tenure in the Wake of the American Indian Probate Reform Act of 2004*, was held at MSU in April, 2007. The two-day event attracted 75 participants from the regional area (North Dakota, Wyoming, Idaho, Washington, Montana). Featured were 22 speaker and panel presentations from a variety of Indian organizations and federal agencies. The State Bar of Montana is utilizing the symposium notebook and taped presentations as a Continuing Legal Education (CLE) course that is available to Montana attorneys. The 14 fact sheets, including a full description, can be downloaded at www.montana.edu/indianland.

Fact Sheet #1: What is AIPRA and how does it affect you?

Fact Sheet #2: Fractionation: Inherited undivided interest

Fact Sheet #3: How reservation land is owned?

Fact Sheet #4: Your Individual Trust Interest (ITI) Report: How to read it?

Fact Sheet #5: Who is eligible to inherit your trust land and retain trust status?

Fact Sheet #6: Your undivided interests of 5% or more: What happens if you pass away without a written will?

Fact Sheet #7: Your undivided interest of less than 5%: What happens if you pass away without writing a will?

Fact Sheet #8: What is a life estate?

Fact Sheet #9: Writing a will

Fact Sheet #10: Purchase options at probate

Fact Sheet #11: Partitioning an allotment

Fact Sheet #12: Ways to avoid further fractionation of reservation land

Fact Sheet #13: Your Individual Indian Money (IIM) account: What happens to your money if you pass away without a written will?

Fact Sheet #14: Definitions

For additional information contact:

Marsha Goetting, MSU Extension Economics Specialist
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Nutrition Education Programs Serving Tribal Communities

In partnership with the Montana Department of Public Health and Human Services, Montana State University Extension is currently providing nutrition education to those eligible for food stamps and/or commodities in Montana through the Supplemental Nutrition Assistance Program. SNAP-Ed has experienced success in serving youth in school and adults in small group settings over the past several years, including education on six Montana Indian reservations.

Paraprofessionals (Nutrition Assistants) are hired and trained to teach a series of six lessons to youth in schools and a series of sessions to adults. Emphasis is on experiential, learner-centered education focused on knowledge and skills for eating healthfully for less money. Nutrition Assistants are supervised by Extension agents, and are part of Extension's mission to make a difference in the lives of Montanans.

For additional information contact:

Coleen Kaiser, MSU Extension Nutrition
Education Coordinator
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Steps to a New You in Tribal Communities:

Educating and Motivating to Move more, Eat Better, and Feel Good about Yourself

Many Native Americans express interest in helping their families to be healthier. One way to help their families and tribal community is finding a way that helps them eat better, move more, and feel better about themselves. Over 100 tribal members joined the *Steps to A New You* program. This program was fun and engaging as it included hands-on experiences, pedometers and record-keeping tools to help participants develop new attitudes and behaviors related to food, physical activity, and body image.

Extension agents were trained and delivered the *STEPS* program, and gathered the data from the eleven impact measurements listed below. When data from participants were analyzed, most of the impact measures improved by:

Food and eating

- Eating more fruits, vegetables, and whole grains
- Drinking less soda pop
- Ordering fewer super-sized portions
- Less often eating while doing another activity

Physical activity

- Increasing their average daily steps
- Adding physical activity to their daily routine
- Participating in more physical activities, including strength-training
- Increasing their enjoyment of physical activity

Body image

- Caring less about what others think in terms of their body size and shape
- Feeling they have abilities, skills, and strengths more important than their body size and shape
- Less often letting self-consciousness about body size or shape keep participants from participating in physical activity.



Laurie Lutt, MSU Extension in Big Horn County, was thrilled with the enthusiasm for the *Steps to a New You* class in her tribal community. She said her group set walking goals that they continued to surpass. Their first goal was to “get to” Las Vegas. When they had accumulated enough steps among themselves to reach there, they decided to walk to Disney World and then headed to the Statue of Liberty. “Toad” Nedens logged close to a million steps during the program.

Randi Torske, an employee at Big Horn hospital, said she learned a lot about the program. “It has taken me a while, but I now walk about a mile and half every day,” Torske says. She said the one of the most useful parts of *Steps to a New You* program was that it emphasized that a specific body type or look was not important. “You have to feel good about yourself,” she said. “Look at yourself and don’t compare to yourself to anybody else. If you pick up ideas from other people and try to apply them to yourself, it doesn’t necessarily work. The program gave permission for you to be yourself.”

For more information on *Steps to a New You* contact: Lynn Paul, MSU Extension Food and Nutrition Specialist (406) 994-5702 or lpaul@montana.edu



Meth in Tribal Communities

Methamphetamine (Meth) is an American problem infiltrating Montana communities. Unfortunately, according to the National Congress of American Indians, meth has disproportionately devastated Native American tribal communities. These communities experience the highest meth usage rates of any ethnic group in the nation. To provide prevention outreach and education to tribes throughout the United States, Montana State University Extension has developed, in partnership with NCAI, a tribal community planning toolkit called *Meth in Tribal Communities – Preserving Our Sacred Culture and Way of Life*.

The goal of the toolkit is simple: help raise awareness about methamphetamine in tribal communities. Included in the *Meth in Tribal Communities* toolkit is a leader's guide of tribal codes for dealing with meth and helping with meth lab clean up; in-depth PowerPoint presentations focusing on youth, the effect of meth on the brain, signs of meth use, etc.; media campaign materials as well as consumer education handouts. The toolkit also includes information cards for different businesses in our communities, such as motels and agricultural product stores, so they can look for signs of the purchase of meth ingredients and production.

Toolkit information and links to additional meth education can be found at www.stoptribalmeth.org.

For additional information contact:

Michael P. Vogel, Director
Tribal Meth Education, Training and Help Center
(406) 994-3451 or mvogel@montana.edu.



Powerful Tools for Caregivers in Tribal Communities

The baby boom generation is aging, as is the general population. The fastest growing age group is individuals over 85 years old. Along with extended life expectancy comes a variety of chronic illnesses. Most older individuals live on their own or with a spouse yet they often require a certain level of caregiving. *Powerful Tools for Caregivers* is a course designed to help the caregiver learn self-care so they can provide care – either direct care or managed care – to a loved one. Informal (unpaid) caregivers will have tools to assist them in self-care as they provide or manage care for a friend or loved one.

MSU Extension has partnered with the Montana Department of Health and Human Services Aging Services Bureau and the Alzheimer's Association, Montana Chapter to train class leaders as well as offer the program across the state.

Montana has 60 certified class leaders, who have offered the program in Billings, Kalispell, Missoula, Butte, Glasgow, Great Falls, Plains, Eureka, St. Ignatius, Havre, Harlem, Hardin, Lewistown, Polson, Superior, and Hamilton. To date, nearly 200 individuals have taken the class.

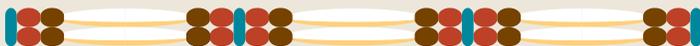
Program Outcomes

Results from the evaluation of participants show that the average age of caregivers is 60 years with a range of 38-86 years of age.

- 29% of the caregivers were caring for someone with Alzheimers Disease, however 54% were caring for someone with memory loss.
- 17% of the care receivers had diabetes and 23% had heart disease.
- 78% of participants rated the course as good or very good.
- 78% stated that they utilize action plans.
- 70% have used relaxation tools taught in the class.
- 70% have used positive self-talk taught in the class.
- 85% are using "I" messages when communicating with others.
- 48% are very confident or extremely confident that they can get help with daily tasks.
- 56% are very or extremely confident that they can do something to feel better when feeling discouraged.
- 63% are very or extremely confident that they can cope with the stress of caregiving.
- 44% are confident that they can discuss with family members the needs and concerns related to caregiving.

For additional information contact:

Sandra Bailey, MSU Extension Family and Human Development Specialist
(406) 994-6745 or baileys@montana.edu





Celebrating Safe Food at Pow Wow's

Food vendors preparing and serving food to the public at Pow Wow Celebrations or other outdoor events face specific challenges in regards to food safety and sanitation practices. Seven Native American Indian Reservations in Montana host numerous Pow Wow events throughout the summer months serving thousands of people. Montana's tribal sanitarians voiced concern and a need for food safety materials designed specifically for food vendors serving food at Pow Wow events.

This food safety education program is the product of a cooperative effort between Montana's seven tribal communities and Montana State University Extension. It is designed to help Native American entrepreneurs thrive by demonstrating how food vendors can boost profits by learning and practicing food safety techniques.

Program Outcomes

- 100% of Montana Reservations utilized the food safety video with over 700 Pow Wow food service vendors.
- When food safety vendor participants were asked what changes they plan to make when preparing or serving food, they responded: "Watching my time and food temperatures," and "Observe my workers more when they are preparing food."
- 100% of evaluated participants strongly agreed or agreed with the statement, "I have more skills in preparing and serving food safely to prevent the risk of illness."
- 98% of evaluated participants strongly agreed or agreed with the statement, "I feel more confident that my commitment to serving safe food will result in more profit through repeat customers."
- 91% of evaluated participants either strongly agreed or agreed with the statement, "I will better train others working at my stand about the importance and methods of serving food safely."

- Montana sanitarians and food safety educators speak highly of the program's realistic and culturally appropriate information.
- Food safety educators noted, "It is an excellent video, very true to Pow Wow settings."

For more information on contact:

Lynn Paul, MSU Extension Food and Nutrition Specialist
(406) 994-5702 or lpaul@montana.edu

Tribal Communities Make ServSafe Food Protection Manager Certification Training a Priority

Every Montana reservation has at least one, if not more, *ServSafe Food Protection* Managers. Each of these food safety managers participated in a nationally recognized course, *ServSafe Food Protection* Manager Certification Training. This 8 hour class provided in-depth information in controlling time and temperature when handling food, ensuring proper personal hygiene, preventing cross-contamination, and proper cleaning and sanitizing with 100 percent of participants gaining knowledge in these areas.

Throughout the state, 300 participated in the trainings. Of 191 participants evaluated, 93 percent passed the test and received the national *ServSafe Food Protection* Manager Certification. In a follow-up survey 3-6 months after class, 98 percent strongly agreed or agreed that they have "More knowledge to pass our food safety inspection." Also, 96 percent strongly agreed or agreed that they have "More confidence that food safety will increase profits. One tribal food safety manager said as the result of the class he will "Make sure employees follow all safety requirements from handling to preparing foods, hot and cold."

For more information contact:

Lynn Paul, MSU Extension Food and Nutrition Specialist
(406) 994-5702 or lpaul@montana.edu





Connected to the Earth... Tribal Healthy Homes

Connected to the Earth provides educational programs, on-site assistance and a confidential guide to help Native American home occupants evaluate and eliminate environmental and health risks in and around their homes. The *Connected to the Earth* program features a do-it-yourself series of 11 fact sheets. For some topics, this program offers all the information needed to minimize or eliminate a pollution risk. For others, it provides a starting point to locate further information. The main idea is to identify risks, then where possible—to take actions to reduce them and prevent future problems. During 2008, 235 Native families received and completed *Connected to the Earth* assessments.

Fact Sheets:

- Site Assessment: Protecting Water Quality Around Your Home
- Preventing Pollution From “Stormwater Runoff”
- Making Sure Your Drinking Water is Safe
- Household Wastewater: Septic Systems and Other Waste Treatment
- Hazardous Household Products
- Lead In and Around the Home
- Yard and Garden Care
- Diesel and Fuel Containers
- Indoor Air Quality: Health Risks in the Air You Breathe
- Heating and Cooling Systems
- Dealing with Household Waste: How to Reduce, Reuse, Recycle and Compost

For additional program information contact:
Michael P. Vogel, MSU Extension Housing Specialist,
(406) 994-3451 or mvogel@montana.edu.

National Tribal Pollution Prevention Web site Initiative



With funding from the U.S. Environmental Protection Agency, and in partnership with the National Pollution Prevention Roundtable Tribal Workgroup, the MSU Extension Pollution Prevention Program is taking the lead for national management, development, and maintenance of the tribal Pollution Prevention Web site: www.tribalp2.org. This Web site is a collection of tribal specific pollution prevention resources and a showcase for successful projects. For networking and sharing with other tribes, the MSU program invites all tribes from throughout the United States the opportunity to highlight their pollution prevention and environmental program successes.

For additional program information contact:
Michael P. Vogel, MSU Extension Housing Specialist,
(406) 994-3451 or mvogel@montana.edu.



The Crow Men's Health Project

The Crow Men's Health Project began in 2007 as a partnership between Montana State University faculty and Crow men to work collaboratively to identify and address health issues of concern. The project uses an approach called Community-Based Participatory Research (CBPR) to guide the collaboration process. CBPR is based on the premise of an equal partnership between traditionally trained experts and members of a community by sharing power, resources, credit, results, and knowledge.

The partnership is coordinated by a five-member Crow Men's Health Advisory Council and MSU researchers Paul Lachapelle, Assistant Professor in the Department of Political Science and Tim Dunnagan, Department Head in the Department of Health and Human Development. Together, they are responsible for creating a collaborative research environment to collectively define a problem, select an appropriate research design, conduct the research, interpret the results, and then determine how the results should be used for action.

Community meetings open to Crow men of all ages have been initiated at different locations on the reservation while bringing in health experts and introducing health data collected from existing sources. Among the issues identified by meeting attendees have been cancer, obesity, alcohol-related diseases, diabetes, mental illness and heart disease. The Advisory Council decided to focus on the health topic of prostate and colorectal cancer; topics that have been repeatedly raised and discussed at community meetings.

Since the project began, the partnership has much to show. Together, this new collaborative effort has held numerous community meetings, received the approval and support of the Crow tribal Chairman, organized a tribal *Ride for Health* ceremony with 70 men participating in traditional attire, and is drafting a formal tribal Endorsement to be introduced in the Crow Legislature. From here, the project will continue community meetings, design data collection methods to better understand present and future health-related needs, and pursue long-term funding to address prostate-colorectal cancer intervention.

For more information contact:
Paul Lachapelle, MSU Extension Community Development Specialist
(406) 994-3620 or paul.lachapelle@montana.edu



Montana Grandparents Raising Grandchildren Project Serves Reservations

This project, sponsored by Montana State University Extension, is directed by Sandy Bailey, Family and Human Development Specialist. The project provides support and education on issues related to grandparents (and other relatives) who are parenting a second time around.

Support groups, fact sheets, newsletters, conferences, and seminars on kincare issues have been provided for the more than 6,000 Montana grandparents who are rearing their grandchildren. Currently there are 14 support groups in Montana including three on reservations – one on the Blackfeet Reservation at Eagle Shield Center, one on the Fort Belknap Reservation and the other on the Rocky Boy Reservation through the Stone Child College Extension office.

Additional program information can be found online at www.montana.edu/wwwhd/grg/grg/index.htm or contact: Sandra Bailey, MSU Extension Family and Human Development Specialist
(406) 994-6745 or baileys@montana.edu





Native American Housing Technical Assistance Institute

The MSU Extension Native American Housing Technical Assistance Institute was established in 1982 to serve Native American populations in Montana and neighboring western states. The Institute's primary goal is to partner directly with Native American communities, to enhance access to quality, health and safety of affordable housing. NAHTAI provides on-going training, technical assistance and continuing-education services to all tribes. To effectively meet its goal, the Institute works directly with tribal programs such as tribal Extension offices, tribal colleges, housing programs, Indian Health Services and tribal Environmental programs located on each Reservation. To address unique learning styles and teaching situations, the MSU Institute has developed culturally appropriate outreach programs and materials. During 2008, the NAHTAI provided 14 housing-related training and technical assistance events for tribes throughout the West.

The services included:

- Two–32-hour tribal Weatherization Trainings for 17 tribes across the U.S.
- Two–8-hour tribal Healthy Home Trainings for Montana tribes
- One–4-hour Lead-Based Paint Certification Training for Montana tribes
- One–2-hour emergency response training for one Montana tribe

For additional program information contact:
Michael P. Vogel, MSU Extension Housing Specialist
(406) 994-3451 or mvogel@montana.edu.

“Power Bill” Home Energy Fact sheets

www.weatherization.org

Where do Montanans get credible, Montana-specific information about home energy conservation? When it comes to saving energy – it's back to the basics. Turn down the thermostat, change the furnace filter, insulate the house, tune up the heating system. To help Montana consumers cope with rising home energy costs, MSU Extension in partnership with the Montana Weatherization Assistance Program, provides 16 illustrated and easy-to-read fact sheets dealing with these energy topics:

- Top Ten Home Energy Savings Tips
- Mobile Home Energy Savings Tips
- Home Insulation Choices
- Air Sealing - Keep Heat Where it Belongs
- Put a Lid on Heating Costs by Installing Attic Insulation
- Controlling Condensation in the Home
- Energy Efficient Lighting - A Bright Idea
- Gas Appliances & Your Health
- Insulating Side Walls of Existing Homes
- How you can Prevent Carbon Monoxide Poisoning
- Cooling Your Home Naturally
- Floor and Foundation Insulation
- How to Save Energy Heating Your Home
- Indoor Air Quality
- Storm Windows
- Water Heater Maintenance

All fact sheets are available at Extension offices across the state as well online at www.weatherization.org.

For kids to learn about home energy saving tips you can also get a Power Bill Coloring and Activity book at your local county Extension office.

For additional information contact:
Michael P. Vogel, MSU Extension Housing Specialist
(406) 994-3451 or mvogel@montana.edu



MSU Extension Offices

Reservation Offices

Blackfeet Browning..... 406-338-2650
 Flathead Pablo..... 406-675-2700
 Fort Belknap Harlem 406-353-2205

Fort Peck Poplar..... 406-768-3581
 Northern Cheyenne.. Lame Deer.....406-477-6498

County Offices

Beaverhead Dillon..... 406-683-3785
 Big Horn Hardin 406-665-9770
 Blaine Chinook 406-357-3200
 Broadwater Townsend 406-266-9242
 Carbon Joliet..... 406-962-3522
 Cascade Great Falls..... 406-454-6980
 Chouteau Fort Benton 406-622-3751
 Custer Miles City 406-874-3370
 Daniels Scobey 406-487-2861
 Dawson Glendive..... 406-377-4277
 Deer Lodge Anaconda 406-563-4035
 Fallon/Carter Baker 406-778-7110
 Fergus Lewistown 406-538-3919
 Flathead Kalispell..... 406-758-5553
 Gallatin Bozeman 406-582-3280
 Garfield Jordan 406-557-2770
 Glacier Cut Bank 406-873-2239
 Granite Philipsburg..... 406-859-3304
 Hill Havre..... 406-265-5481
 Judith Basin Stanford..... 406-566-2277
 Lake Ronan 406-676-4271
 Lewis/Clark Helena 406-447-8346
 Liberty Chester 406-759-5625
 Lincoln Libby..... 406-296-9019
 Madison/Jefferson.. Whitehall 406-287-3282
 McCone Circle..... 406-485-2605

Mineral Superior 406-822-3545
 Missoula Missoula 406-258-4200
 Musselshell/
 Golden Valley Roundup 406-323-2704
 Park Livingston..... 406-222-4156
 Phillips Malta 406-654-2543
 Pondera Conrad 406-271-4054
 Powder River Broadus 406-436-2424
 Powell Deer Lodge..... 406-846-3680
 Prairie Terry 406-635-2121
 Ravalli Hamilton..... 406-375-6245
 Richland Sidney 406-433-1206
 Roosevelt Culbertson..... 406-787-5312
 Rosebud/
 Treasure Forsyth..... 406-346-7320
 Sanders Thompson Falls.. 406-827-6934
 Sheridan Plentywood 406-765-3406
 Silverbow Butte 406-723-0217
 Stillwater Columbus 406-322-8035
 Sweet Grass Big Timber..... 406-932-5146
 Teton Choteau 406-466-2491
 Toole Shelby 406-424-8350
 Valley Glasgow..... 406-228-6241
 Wibaux Wibaux..... 406-796-2486
 Wheatland Harlowton.....406-632-4728
 Yellowstone Billings..... 406-256-2828





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