



Newsletter Highlights

- Updates from the SHIP workgroups and subgroups,
- Resources, events, and educational opportunities from SHIP partners, and
- A calendar of upcoming SHIP events or opportunities.

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State Health Improvement Plan Newsletter

News

We hope everyone is enjoying healthy holidays with an opportunity to rest and recharge! The A Healthier Montana website has been updated with the following items:

- All meeting minutes and data presentations from the 3rd quarter meetings posted by topic area,
- The meeting minutes from the State Health Improvement Coalition annual meeting in October, and
- The recording of our first data webinar series: “The Impact of COVID-19 on Food Security in Montana.”

Our second webinar in our new data presentation series is scheduled for Friday, December 18, from 12 to 12:30 PM with Dr. Michelle Grocke: *The Impact of COVID-19 on Health Behaviors in Montana*. This “lunch and learn” presentation will describe the results of a statewide survey conducted with over 2,000 Montana residents from May through September 2020 to understand COVID-19's impact on health behaviors, both positive and negative. The results provide important data to build program, policies, systems, and environment to support positive health behavior change and mental health support to Montanans moving forward. Please [register in advance to attend](#).

As always, please continue to take good care of yourselves, your families, and your communities. Your hard work is seen and appreciated, as is your continued involvement with the State Health Improvement Plan.



Recent COVID-19 Research and Resources Related to the SHIP

Behavioral Health

[The behavioral health system and its response to COVID-19: A snapshot perspective, published August 2020](#)
[Mental health, substance use, and suicide ideation during the COVID-19 Pandemic— United States, June 24-30, 2020, published August 2020](#)

Chronic Disease

[Impact of COVID-19 on routine care for chronic diseases: A global survey on views of healthcare professionals, published September 2020](#)

[Prevalence of chronic disease in laboratory-confirmed COVID-19 cases and U.S. adults, published October 2020](#)

Motor Vehicle Crashes

[Adolescent driver testing during the COVID-19 Pandemic, published October 2020](#)

Healthy Mothers, Babies, and Youth

[The well-being of children and families during the COVID-19 Pandemic, published October 2020](#)

Upcoming Partner Events

Several statewide organizations have trainings and events available on an ongoing basis, including (but not limited to):

- The [Montana Primary Care Association](#),
- [Montana Peer Network](#),
- The [Montana Office of Rural Health](#), and
- The [Montana Public Health Training Center](#).

Upcoming SHIP Events

SHIP Webinar Series: The Impact of COVID-19 on Health Behaviors in Montana

Friday, December 18, 2020, 12:00 to 12:30 PM online via Zoom with Dr. Michelle Grocke, MT State University
This “lunch and learn” presentation will describe the results of a statewide survey conducted with over 2,000 Montana residents from May through September 2020 to understand COVID-19’s impact on health behaviors, both positive and negative. The results provide important data to build program, policies, systems, and environment to support positive health behavior change and mental health support to Montanans moving forward. Please [register in advance to attend](#).

SHIP Webinar Series: Essential Child Care Needs During COVID-19 and Beyond

Friday, January 15, 2020, 12:00 to 12:30 PM online via Zoom with Meghan Ballenger, MT Childcare Resource and Referral Network
This lunch and learn will describe the results of a statewide assessment of the impact of COVID-19 on child care needs across families, care providers, businesses and schools to understand the cascading effects of child care program and public school closures on family health. The results provide important data to build program, policies, systems, and resources to support Montana’s children and families. please save the date and remember to [register in advance to attend](#).



- In November, we recognize National Alzheimer's Disease Awareness Month and National Family Caregivers Month. Last year, 51,000 Montana family caregivers provided 22 hours a week of unpaid care for a loved one with dementia. These 58 million hours were valued at \$757 million. Many put their loved one's needs before their own with dire results. Forty percent die from stress-related disorders before the person for whom they are caring. Caregiving is hard, but it's harder without support. The Alzheimer's Association offers help and hope through their free 24/7 Helpline - 800-272-3900 or alz.org.
- Central Service Area Authority has representation on the board in many cross-sector partnerships, including: NAMI Montana, Montana Peer Network, Montana Child Protection Alliance, Providers, Elevate MT, United Way, Suicide Prevention Coalitions, Behavioral Health Local Advisory Council's in 15 Counties all with a wide range of community stakeholders that serve or intersect with behavioral health intercept. We also engage with the Western and Eastern Service Area Authorities, which partner in the same way with the other 41 counties. Not all 56 counties are active, but the SAA's are working on engaging with all.
- Central Service Area Authority has representation on the board of ELEVATE Montana Helena Affiliate. We discuss ACE's at every meeting and are joining in to support the legislation in the coming session called "Handle With Care." A member of our board is serving as a Co-Facilitator of a Helena parenting group that utilizes ACEs to support families and has been creative during COVID to continue support with safety.
- Taking charge of your diabetes is possible for everyone! The Montana Disability and Health Program partnered with nine other CDC-funded state disability and health programs, Montana Centers for Independent Living, and the Montana Diabetes Program to produce and promote an inclusive diabetes self-management education video. One actor said, "If people see the video with actors who are like them [have disability], it motivates them. It will help them know that their health is important." Watch and share at bit.ly/TakeChargeDiabetes! Then take this brief survey <https://bit.ly/DiabetesVideoSurvey>
- [Zero to Five](#) recently launched their Family Forward initiative to provide family-friendly resources and policy solutions to employers, connect employers with community resources, and recognize employers for implementing family-friendly policies. Examples of Family Forward Montana solutions include on-site child care, teleworking, and "bring your baby to work" policies.
- Drive Safe Missoula, home to Missoula County's DUI Task Force and Buckle Up Montana Coalition, has a brand new website and blog: www.DriveSafeMissoula.com. Our blog marketing strategy is four-fold. 1) Each partner volunteers to write a blog post, 2) The post generates content for and drives traffic back to the Drive Safe website, 3) The voice of each partner is heard and our message is coming from many sources, and 4) The Key! Each partner shares each blog post to spread our shared message and provide free marketing for the partner who wrote the post.
- Communities throughout the state, from Hamilton to Plentywood, hosted Child Passenger Safety events during the summer months leading into National CPS week which NHTSA sponsored from Sept 20-26, 2020. Dedicated CPS techs worked to help keep children safe on our roads. In addition to checking seats, techs were able to provide families in need with new car seats. Along with seats provided by numerous traffic safety partners including Toyota, AAA, HMHB and many other local resources, the MT Department of Transportation was able to provide over 500 seats to techs statewide through the NHTSA grant.



- Promote [Parenting Montana](#) resources for parents and caregivers raising children from ages 0-18 to help build strong children in Montana with social-emotional support. Parenting Montana is continuing to broaden resources for parents and caregivers on early childhood needs, developing coping and resiliency, substance use prevention, and, coming soon, resources specific to suicide prevention. Additional tools exist for community partners to share the Parenting Montana website and resources.
- The Office of Public Instruction will partner with the Montana Healthcare Foundation (MHCF) to implement a School Wellness Initiative. The initiative will support new partnerships between schools and high-performing health care providers to implement school-based health centers. The initiative will target schools with the highest concentration of students most in need of services, as judged by academic and health data. These include roughly 70 schools, among them alternative schools and schools with the lowest academic performance.
- The MT Project AWARE Initiative will develop state infrastructure at MT's OPI and DPHHS's CMH to support school districts across MT in developing Multi-Tiered Systems of Support (MTSS) for mental health promotion and response. This grant will also fund three LEAs, Billings PS, Dillon K-8 PS and Rocky Boy PS, in MT to implement evidence-based and culturally competent school mental health practices. Contact Tina.Eblen@mt.gov for more information.

Montana Healthy Communities Conference

Entire Virtual Journey Recorded!

If you missed any of the 16+ sessions you can view them and their accompanying data [here](#). *Bridging the Gap Between Economic Vitality and Health* was a powerful series with national keynotes covering topics including migration patterns in Montana, housing, accessibility, community planning, safe and complete streets, improving property value, mental health, schools and more.

Montana speakers shared specific examples of how to improve your community. Stories came from Sarah Calhoun, Owner of Red Ants Pants, Kayla Sanders a rancher and Network Director of Granite County, Alma McCormick of the Messengers for Health Program on the Apsáalooke (Crow) Reservation, Katie Biggs of NeighborWorks, Carol Ewen of Children, Families and Workforce Development and more.

The international pre-session includes **Montana county level data** about the “Social & Economic Wellbeing in Montana in Challenging Times” from the United States Prosperity Index. Find all of this and more at [Montana Healthy Communities](#).

Simple Tools for Solving Complex Community Problems—Customized for Montana and Free

Five of the 16 sessions in the [Montana Healthy Communities Virtual Journey](#) were facilitated by Business Designers from Do Tank, a design thinking consulting firm. Recordings from these sessions are here. The sessions are stackable or progressive and build upon each other. They are each paired with a customized visual canvas or “map” that guides the conversation and documents decisions.

Kayla Sanders, Network Director of Healthy Granite County has this to say about the canvases and Learning Hub. *“What previously took us two years, only took us 4 months using the Do Tank tools AND we did it virtually during COVID. It kept everyone focused, everyone was heard, priorities emerged faster and we could see exactly where to go and what we needed to do.”*

Take any problem and accelerate solution finding with these the canvases, guides and video tutorials on the [Learning Hub](#).