



# Little Shell Tribe of Chippewa Indians of Montana Newsletter

## Chairman's Corner

Aanii (Hello)!

We welcomed Ziigwan (Spring) in March and enjoyed warmer and longer days. We also welcomed celebratory news regarding a major step in a long-term, multi-tribal statewide project to expand substance use disorder (SUD) treatment for tribal members. After more than a year of analysis and planning, many Tribes in Montana incorporated a new, tribal non-profit – Red Shield 8 Nations, Inc. This organization was created to govern and direct operations of the Regional Treatment Center (Center).

The Little Shell Tribal Council was an early advocate for this project. We worked with the Montana Healthcare Foundation to provide seed funding and collaborated with Tribal Nations to initiate a feasibility study and strategic plan for the Center. Tribal Council continued to monitor planning progress and participate in data collection and analysis since the process started in fall of 2022. More recently, the Council voted to become founding members of Red Shield 8 Nations, Inc. and to provide seed funding to support the project from the Tribe's Opioid Settlement Fund.

Plans for the Center include providing medically assisted detoxification, residential SUD treatment, and behavioral health services for adult tribal members and their families. While the exact location for the facility has not yet been identified, Tribal Council has strongly encouraged the design team and other Tribes to consider Cascade County as a future potential site.

Regardless of the Center's site, the services are critically needed in our tribal community. Throughout the project, the Tribal Council has learned how difficult finding and securing residential treatment is for tribal members. The Tribal Council is dedicated to this collaborative project's success and will continue to share updates as they become available. We look forward to additional progress reports in the coming months.

Miigwech (Thank you), Chairman Gerald Gray



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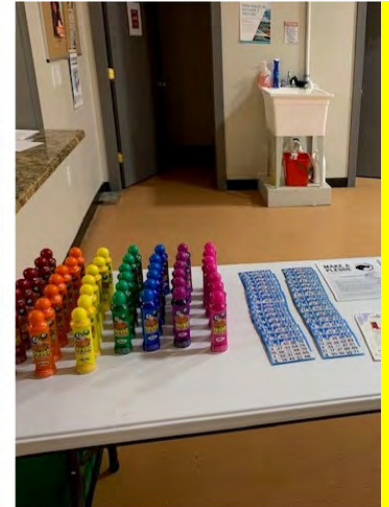
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Little Shell Tribal Health 's



Beading Class with Angie

Call 406-315-2400  
ext. 110  
to sign up



SPACE IS  
LIMITED

April 27 at 11:00 AM



615 Central Ave W



BINGO  
NIGHT

STARTS AT 6PM  
THURSDAY APRIL 18, 2024  
LITTLE SHELL ELDER'S CENTER  
1529 STUCKEY RD  
GREAT FALLS, MT 59404

JOIN US TO WIN SOME FUN PRIZES!

Join Us  
for  
Four Directions  
By Mike LaFountain

When: Saturday April 20, 2024

@ 1pm

Where: Raud Dogz House of Power

322 6th St S

Great Falls, MT 59405



Soup N Story

Saturday April 13, 2024

2PM - 4PM

Where:  
LST Elder's Center  
1529 Stuckey Rd  
Great Falls, MT  
59404

APRIL  
SPEAKER:  
BOB  
O'BOYLE

# Follow us on Facebook Little Shell Tribal Health

American Indian/Alaska Native (AI/AN) people have a higher rate of chronic diseases than other ethnic groups in the US. AI/ANs are twice as likely to be diagnosed with diabetes, have a greater prevalence of obesity, and are more likely to use commercial tobacco.



AMERICAN INDIAN  
Commercial Tobacco Quit Line  
1-855-5AI-QUIT  
MTAmericanIndianQuitLine.com



## MAAMAWI GROUP

THE PURPOSE OF THE MAAMAWI GROUP IS TO PROMOTE COMMUNICATION AND EXCHANGE OF INFORMATION AMONG MEMBERS, EMPLOYEES AND OUR COUNCIL AND ASSISTING ALL IN BEING SUCCESSFUL MEMBERS OF THE MONTANA LITTLE SHELL TRIBE OF CHIPPEWA INDIANS AND GOOD TRIBAL AND COMMUNITY CITIZENS. THIS GROUP ALSO SERVES AS A RESOURCE FOR ALL MEMBERS.

### WE ARE LOOKING FOR REPRESENTATIVES FROM GLACIER COUNTY!

IF YOU OR SOMEONE YOU KNOW FROM GLACIER COUNTY WOULD LIKE TO PARTICIPATE, PLEASE CALL THE OFFICE FOR MORE DETAILS!  
406.315.2400



## Little Shell Tribal Health

Beginners Yoga with Barb  
March 25th thru April 29th, 2024  
4:30 PM -5:45 PM

No cost. *Begin Where You Are*  
Paris Gibson Square Museum of Art  
1400 1st Ave N, Great Falls



Pictures above are examples of Restorative Yoga

a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters.

Call 406-315-2400 Ext. 110 to sign up



## Little Shell Tribal Health

and the Butte Native Wellness Center

are pleased to present

### Traditional Herbs and Medicines

*The Month of April herbs are*

*Lavender and Mint*

**April 19th**

**2:00PM -4:00PM**

Speaker is Terryn Williamson, Cultural Specialist for BNWC

The link will be available April 15th on the LS Tribal Health's Face Book page.

Microsoft Teams link will be the same as previous presentations.

Call 406-315-2400 ext. 110 for more information



# Little Shell Tribal Health,

Thank you for saving lives  
Cortee

Thank you for educating our community!  
-medica

Thank you -Nide s.

Thanks for taking time to teach us! our community!  
Rachael

Thank you for your help to our community!  
Liat

Thank you for educating the community!  
Khalia

Thank u  
Loren  
Sue

Thank you for sharing with our communities!  
-Melanie Frithaim

Thank you!  
mckenzie F.

Thank you for educating us All.  
Jackie

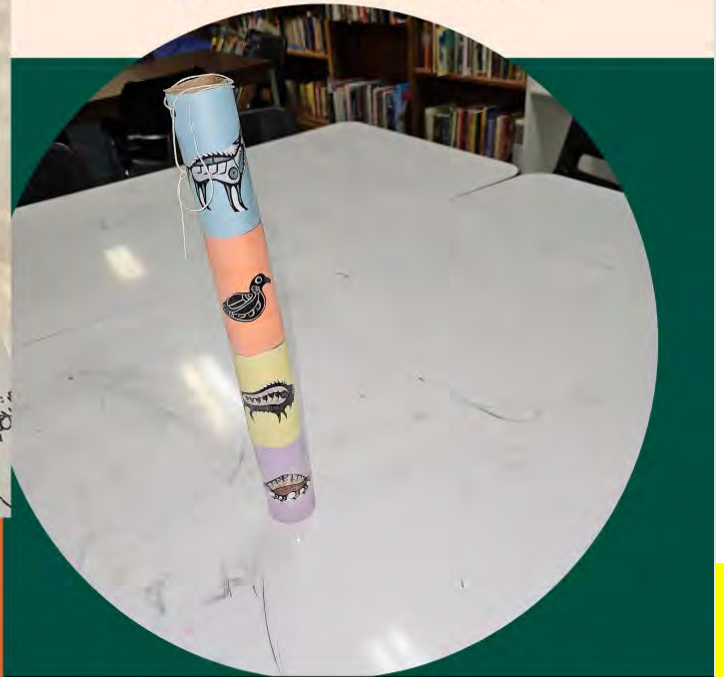
Thank you for all you do  
service  
Jade

Thank you so much for educating our community.  
Manas Healthcare Services  
J. Brunell, CEO

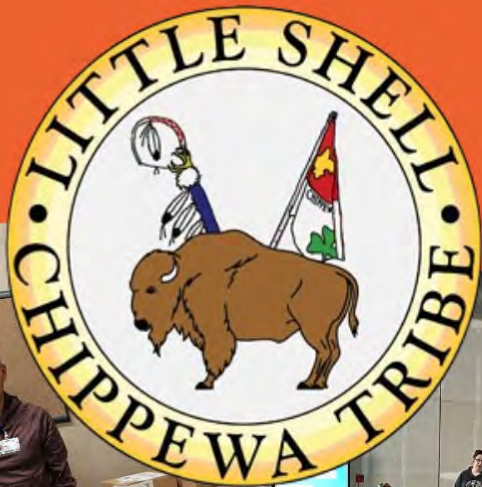
Thank you  
Shawna

Thank you for such a blessing!  
Willie  
a Jountai...

Buffalo Strong group at the Boys and Girls club learned our 7 Grandfather Teachings and built their own Totem based on which of the 7 Grandfather Teachings they related to the most



In March we distributed approximately 600 boxes of Naloxone or over 1000 Fentanyl Test Kits in our region



The next Buffalo Strong Teen peer support group will be an 8 week session with a customized curriculum using lessons from both “Native Stand” and “We R Native”

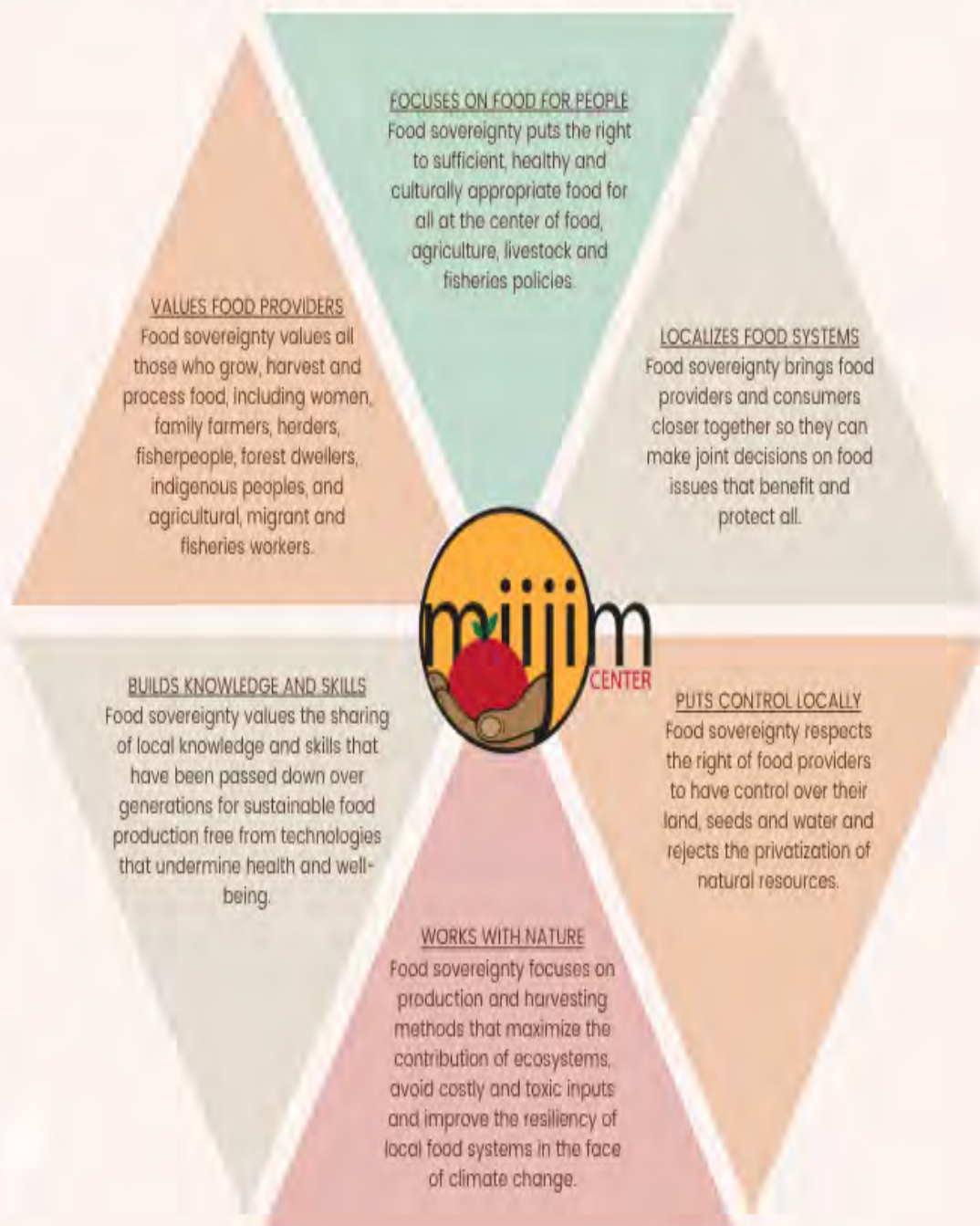
We’re proud to bring this culturally based curriculum in to support our youth.

# Food Distribution

## What is Food Sovereignty?

"Food sovereignty is the right of people to healthy and culturally appropriate food produced through *ecologically* sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations."

- Declaration of Nyeleni, the first global forum on food sovereignty, Mali, 2007



# INFORMATION



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line

**1-855-5AI-QUIT**

**MTAmericanIndianQuitLine.com**

**MY LIFE**  
**MY QUIT**<sup>™</sup>  
mylifemyquit.com  
1-855-891-9989

**American Indian Commercial  
Tobacco Prevention**



Honoring Sacred Tobacco and Sustaining the  
Health and Wellness of Indigenous People



*your* **TRIBE**

*your* **HEALTH**

*OUR* **FUTURE**

All Little Shell members  
should have health insurance!

To learn about the different health insurance  
options, and for help choosing the right  
coverage for you/your family, please contact  
Heather Warner at [H.warner@lstribe.org](mailto:H.warner@lstribe.org)  
or (406) 315-2400 x 110.





# LST HOUSING



Little Shell Tribe  
of Chippewa Indians

## APPLIANCE REPLACEMENT PROGRAMS



## The Tribe is Offering Two Appliance Replacement Programs

### HUD Appliance Program

- Open to Little Shell tribal homeowners **living in Cascade County**
- Little Shell **Elders 62 years+**
- Appliances replaced if not energy efficient
- Low Income Household
- Funding for program is not limited

#### Appliances Offered:



Washer



Stove



Dryer



Dishwasher



Hot Water Heater



Refrigerator

### Pembina Appliance Program

- Open to Little Shell tribal homeowners **living in Montana**
- Little Shell **Elders 62 years+** or Members with **long-term disability**
- Appliances replaced only if not working or member does not have the appliance
- Low Income Household
- Funding for program is limited

#### Appliances Offered:



Stove



Refrigerator



Furnance

### GET IN TOUCH

(406) 315-2400 Office  
(406) 315-2401 Fax

LittleShellHousing@lstribe.org  
www.montanalittleshelltribe.org

511 Central Ave. W.  
Great Falls, MT 59404

Join us in a Domestic  
Violence Education  
and Support Group.

Every other Tuesday  
6pm - 7:30pm

Believe survivors:  
our resilience is rooted in wisdom  
and woven with strength and unity.

# Violence Is Not Traditional

PLEASE CONTACT KASEY TO REGISTER

(406) 315- 2400 EX. 132  
K.SCHINDELE@LSTRIBE.ORG



This support group is rooted in the strength of tradition, where violence has no home. It is guided by an advocate and the voices of survivors themselves. We provide resources, advocacy, connection and hope to heal for survivors. The group fosters a journey of recovery and resistance, ensuring the path forward is paved with understanding, respect, and the enduring belief that violence is not traditional. If you have children, you can bring them too as we will have someone to watch and play with them while we focus on you.

# Are you eligible for Medicaid?

## Can we help you with Medicaid re-enrollment?

MEDICAID  
RESOURCE FAIR

\*LST Tribal Health in collaboration with Little Shell Clinic, Alluvion Health and City County Health Department will have community health workers on site, to guide you through the process\*

**Monday, April 29th**  
**4pm - 7pm**  
**511 Central Ave. West**

\*Resources for Community Health Programs will be available  
\*Snacks and giveaways



## WHAT IS YOUR MEDICAID STATUS?

A number of Tribal Health recipients have lost their Medicaid/HMK/CHIP coverage. Are you one of them? If you or someone in your family have lost coverage of any of these programs, let us help you. Come in and we will help you reapply!

## WHERE ARE THE LITTLE SHELL?

Our Little Shell are in every state!

