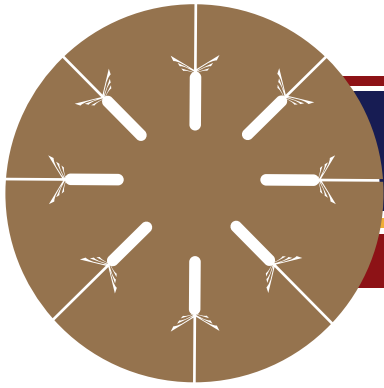




LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - October 2025

Aanii (Hello)!

The leaves are starting to turn and the air is a bit more chill – dagwaagin (it is fall)! Traditionally, this is the time to prepare for the winter months by gathering medicines, harvesting plants, and hunting game. Our teachings also tell us this is the time for self-reflection and to only take good feelings into the winter months. I think it is always important to practice our traditional ways of life as it provides grounding and growth.

The Little Shell Tribal Council is happy to share that the Tribe's federal audit for fiscal year 2024 has been completed and the Tribe received a clean audit! Every year, the Tribe is required to have a third-party auditor conduct a rigorous review of the Tribe's spending of federal funds. The clean audit confirms that the Little Shell Tribe has correctly accounted for its federal spending and that these expenditures met all the federal requirements.

The Little Shell Tribe has a strong and stable financial foundation. This clean audit provides assurance about the Tribal Council's growth and vision. As we establish new programs, services, and projects, we have consistently shown that our financial management systems are trustworthy and reliable. This is an important cornerstone of any successful government, and the Tribal Council is dedicated to ensuring compliance with a funding requirements.

The Tribal Council extends our deepest gratitude to our tribal employees, accountants, consultants, and attorneys for their continued efforts to ensure the Tribe remains fiscally responsible and stable. Our great tribal nation continues to grow, and with this growth, your Tribal Council remains committed to ensuring that all federal funds are being properly spent and used for our tribal government programming and services.

Miigwech (Thank you), Chairman Gerald Gray

INSIDE

• October Events

• Wellness Corner

• Cultural Corner

• Community Corner



OCTOBER

OCTOBER 2



FRY BREAD CHRONICLES- LITTLE SHELL HISTORY WITH JESSICA

Thursday, October 2 | 5:30–7:00 PM
Elder's Center | 1529 Stuckey Road

Join Jessica Gerlett and Noel for our next session of the Fry Bread Chronicles, a monthly gathering that explores the rich and complex history of the Little Shell Tribe. These evenings are an opportunity to share stories, deepen our understanding, and connect as a community.

All are welcome—come learn, listen, and be part of the conversation.

OCTOBER

Naloxone Training & Distribution

Free Community Service

We provide free naloxone training and distribution to help keep our community safe. During these sessions, you'll learn how to:

- Recognize the signs of an opioid overdose
- Properly use and store naloxone
- Be prepared to take life-saving action

Opioid use disorder continues to rise and has a significant impact on Native communities. With the right tools, knowledge, and support, each of us can play a role in saving lives and helping those who are struggling.

Save a Life Day – September 25

We're proud to take part in Save a Life Day on Wednesday, September 25, a community-wide initiative dedicated to making sure naloxone is accessible to anyone who might need it.

On this day, organizations across our community will join together to provide free naloxone at widely advertised distribution sites. While we already serve as a naloxone access point, this event highlights our ongoing commitment to saving lives and working in partnership with others to keep our community safe.

Naloxone can reverse an opioid overdose in minutes—it's one of the simplest, most powerful ways we can protect one another.

OCTOBER 11

MEAT AND GREET 10am - 12pm

Meat and food will be passed out to our citizens. Please have Tribal ID.



OCTOBER



October is Breast Cancer Awareness Month

This is a time to honor survivors, remember loved ones, and encourage early detection and healthy living. At the Little Shell Food Distribution Program (FDPIR), we proudly support our community's health — not just through awareness, but by providing nutritious foods that build strength from the inside out.

OCTOBER 17



SACRED CIRCLE FOR YOUTH

Sarah and Noel are continuing to host our monthly Sacred Circle gatherings for youth, creating a space for connection, learning, and creativity.

Next Gathering:
Friday, October 17 | 3:00 pm

In honor of Suicide Prevention Month in September, our focus was on building hope and resilience. We were excited to welcome an art professor from MSU, who guided participants in creating a collaborative banner. Each youth contributed their own unique artwork to help design something powerful and meaningful together.

For more details or to get involved, please contact:

Sarah at 406-315-2400 ext. 133
Noel at 406-315-2400 ext. 110

And don't forget to follow the Little Shell Tribal Health Facebook page for updates and photos!



WELLNESS CORNER



WELLNESS CORNER

8 Ways to Stay Safe on the Internet



The internet is a powerful tool for those experiencing domestic violence and can be an essential resource to access help. Here are eight tips for staying safe on the internet and ways to protect yourself, your devices, and your personal information online.

1

Avoid using shared computers or devices

- Computers and digital devices store information about the websites you visit. This includes the bills you pay, the purchases you make, and the emails you send, all of which can be retrieved.
- Practice **safe browsing methods** like using a virtual private network (VPN) to prevent abusive partners from tracking your internet history. Or use safe spaces such as a library, shelter, or workplace should you need to research legal issues, housing options, or relevant topics.

2

Protect your passwords

- You never have to share your passwords. Shield valuable information, such as your passwords, by keeping them private.
- Memorizing your passwords**, adding **encrypted passwords** to your phone or email, and changing your passwords can increase your safety and online privacy.

3

Be protective of your personal information

- Once your information is online, it's no longer under your control. Protect phone numbers, addresses, handles, and personal details – such as birth certificates, schools you attended, employers, and photos with landmarks – as this information makes it easier for anyone to reach you.
- Check your social media settings to ensure your privacy settings are secure, and **disable others' ability to tag you** in their photos or posts.

thehotline.org

4

Customize your privacy settings

- Often digital platforms such as social media allow users to control how their information is shared and who can access it.
- Customize these settings** in the privacy section of the website or app.

5

Safeguard your digital identity

- Your digital identity helps establish who you are online. It protects your privacy by verifying your identity when logging into websites or making purchases.
- Sharing your digital identity can expose you to risks such as **identity theft**, fraud, and even **cyberstalking**. Be cautious about what and where you post online.

6

Manage your search & browsing history

- Your **history can never be erased** from a computer or a device, even in "private" or "incognito" mode.
- Protect your digital privacy by **deleting your phone number** and clearing your internet browsing history after using digital devices.
- Ensure your web browser is up to date. Use the latest version and security features.

7

Limit what you share

- Many people are willing to share images privately with their partners, only to have them break their trust and later threaten to distribute those images publicly. These images or videos are often used as retaliation or blackmail by a current or former partner.
- Intimate images shared with your partner could be used as **revenge porn**, where nude or sexually explicit photos or videos are shared without your consent.
- If you find yourself in this situation, use this **Google form** to request removing your images from search results.

8

Create a digital safety plan

- Digital abuse uses technology and the internet to bully, harass, stalk, intimidate, or control a partner. It's often a form of verbal or emotional abuse conducted online.
- You are not alone. Technology is a powerful tool, and The Hotline's 24/7 advocates can help you create a **digital safety plan**.

Call: 1.800.799.SAFE ■ Text: "START" TO 88788 ■ Chat: thehotline.org



WELLNESS CORNER

BE PREPARED *for Sick Days*

**Stay on a straight path.
Be in a good way.**

People with diabetes can get sick even when doing their best to maintain balance. On sick days, managing blood sugar can be difficult. Work with your health care team to make a plan to be prepared when sick.

Prepare Before Getting Sick

+ PROTECT YOURSELF

Vaccines help protect against many preventable illnesses such as the flu, pneumonia, respiratory syncytial virus (RSV), and coronavirus. Be sure to get your annual vaccinations to help prevent getting sick or shorten its duration.

+ HAVE ON HAND

Medicines and Supplies:

- Diabetes medication(s)
- Glucose testing supplies
- Thermometer
- Glucose tablets or gels
- Fever/Pain relievers
- Medicine to control diarrhea
- Antacid

Food and Fluids:

Easy to prepare and contains carbohydrate:

- Sports drinks or juice
- Gelatin or applesauce
- Cereal or crackers
- Chicken soup
- Popsicles



+ DISCUSS WITH YOUR HEALTHCARE TEAM

- When to call your doctor or go to an emergency room
- How frequently to check your blood sugar
- How to adjust your insulin or oral medication, if necessary
- Which over-the-counter medications are recommended for colds or the flu

Practice preventive measures daily, such as avoiding people who are sick, covering your mouth when you cough, wearing a mask, and washing your hands often.



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

Free Diabetes Education Materials
Scan Now!



WELLNESS CORNER

On Days You Are Sick

+ TAKE YOUR MEDICINE

- Continue taking your diabetes medications as usual or adjust according to your sick day plan.

+ MONITOR

- Test your blood sugar regularly and manage highs and lows as illness can cause fluctuations. Checking Your Blood Sugar
- Check your temperature every morning and evening. Call your provider if your temperature is 101° or more for 24 hours.

+ STAY HYDRATED

- Drink clear liquids like water, tea, broth, and calorie-free fluids to prevent dehydration.
- Try to drink 4 to 6 ounces every half-hour.

Seek Medical Care

+ CONTACT YOUR PROVIDER IF YOU ARE:

- Unable to keep fluids down for more than 4 hours.
- Unable to eat or keep foods down for 24 hours.
- Unable to keep down medications.
- Vomiting or diarrhea for more than 6 hours.
- Feeling unusually sleepy or can't think clearly.

+ CALL 911 OR GO TO THE EMERGENCY ROOM IF YOU HAVE:

- Difficulty breathing
- High fever over 101° F for 24 hours
- Chest discomfort
- Blood sugars consistently LESS than 60 mg/dL
- Abdominal pain
- or MORE than 240 mg/dL, and unable to correct



It can be hard to eat when sick.
Try to eat or drink 50 grams of carbohydrates every 4-5 hours:
• ½ cup of applesauce or 4 ounces of fruit juice with 12 soda crackers

Talk with your health care team about making a sick day plan. Write down your plan, including your provider's name and phone number, and share your plan with a family member or a caregiver.
Provider's Name: _____ Contact Number: _____



Produced by the IHS Division of Diabetes Treatment and Prevention. For more diabetes information and materials, visit www.ihs.gov/diabetes. 07/2024

Free Diabetes Education Materials
Scan Now!





WELLNESS CORNER

VIRTUAL NATIVE WOMEN'S GROUP

Join us for support and empowerment every other Monday at 6pm–7pm. Led by Kim Doney McKeegan. **"We are the ones we've been waiting for."** To register, contact kimberlymckheehan@hotmail.com or k.schindele@lstclinic.org.



Reconnect. Reflect. Rise together.

Every Other Monday 6:00 – 7:00 PM

In partnership with Kim Doney McKeegan, LCSW, this bi-weekly circle invites Native women into a welcoming virtual space for emotional wellness, cultural strength, and shared empowerment.

Whether you want to share your story, nourish your spirit, or simply be present among other Native women, this circle offers a supportive environment rooted in tradition, healing, and resilience.

Wherever you are, you belong here.

Interested in joining?

Reach out to Kasey at (406) 315-2400 ext. 132 or K.Schindele@lsttribe.org



WELLNESS CORNER

October is
Domestic Violence
Awareness Month.

StrongHearts Native Helpline
honors Indigenous survivors.

1-844-762-8483
strongheartshelpline.org



COMMUNITY CORNER

COMMUNITY CORNER

HEALTH AND FOOD DISTRIBUTION TEAM



HEALTHY FOODS FOR A HEALTHIER YOU!

A balanced diet plays a big role in supporting long-term wellness and can help lower cancer risk. FDPIR offers a variety of items to support healthy eating:

- Lean meats & canned fish – great protein sources for strength
- Whole grains – like brown rice and oats to keep your body fueled
- Beans & legumes – loaded with fiber and plant-based protein
- Fruits & vegetables – packed with antioxidants and nutrients

Eating well is one step in protecting your health. Let's make our meals count — for ourselves and our loved ones.

OCTOBER REMINDERS

- | | |
|--------------|---|
| October 1st | Distribution Starts! |
| October 14th | Delivery Day: Be prepared for your drop-off |
| October 24th | "Pink & Plate" Awareness Day: Wear pink to show support when picking up your food |

Apply for FDPIR — Quick & Simple! Apply online anytime to join the program or renew your application.

If you need assistance, we're just a phone call away: (406) 315-2400 Ext. 130

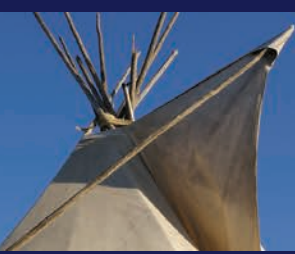
We Want to Hear From You

Have a favorite recipe using FDPIR ingredients? Want to recognize a breast cancer survivor in your family? We're inviting community voices to share experiences — email or stop by and tell us your story.

Final Thought

This October, let's stand together in strength. Whether you're nourishing your body with wholesome food or encouraging someone to get a screening, you're part of a caring, empowered community. We support each other. We grow stronger together.

With care, The Little Shell FDPIR Team



COMMUNITY CORNER

ICWA TEAM

Hello from the ICWA Department!! Hoping everyone had a great summer!

The Little Shell ICWA is working both locally and in other states to ensure that ICWA is being provided for all LST Citizens!

The ICWA Department is looking to assist Little Shell Citizens in becoming licensed foster parents so our children can stay within their culture. There is such a need for foster parents that can help the native children stay within their culture! Currently there are no Little Shell foster families for Little Shell Children to go to if need be. Please reach out if you are interested.

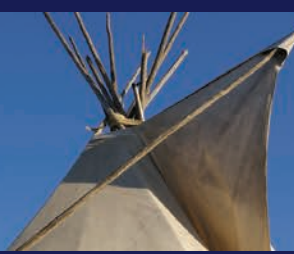
Please contact the ICWA Department to help us understand the barriers so we can work on getting them out of the way! 406-315-2400 ext:120

What to know about ICWA:

In 2025, Montana made its state-level Indian Child Welfare Act (MICWA) permanent, reinforcing federal ICWA protections for Native children and tribal sovereignty. This law was made permanent after the 2023 U.S. Supreme Court case *Haaland v. Brackeen* upheld the federal ICWA, following which Montana's 2023 version of MICWA was passed with a sunset clause.

Key provisions of ICWA in Montana

- Federal and state law coexist: The federal ICWA sets minimum standards that Montana's child welfare system must follow. MICWA codifies and solidifies these principles into state law, reinforcing protection for Native children and their families.
- Purpose: The central goal of ICWA is to protect the best interests of Native children by keeping them connected to their family, culture, and tribe. This is a restorative effort to reverse a history of disproportionately removing Native children from their families.
- "Indian child" definition: ICWA applies to any unmarried person under 18 who is either a member of a federally recognized tribe or is both eligible for tribal membership and the biological child of a tribal member.
- Jurisdiction: Tribal courts have exclusive jurisdiction over child custody proceedings for Native children who reside or are domiciled on a reservation. For children off-reservation, state courts may hear the case but must apply ICWA rules and can transfer the case to tribal court unless good cause is found not to.
- Higher standards for removal: State agencies must meet a higher standard of evidence to remove a Native child from their family. This includes:
 - Active efforts: A requirement that child welfare agencies make proactive, culturally appropriate efforts to provide services that prevent the breakup of the family. This is a more rigorous standard than the "reasonable efforts" typically required for non-Native families.
 - Qualified expert witness: Courts must hear testimony from a qualified expert witness on the prevailing social and cultural standards of the child's tribe before ordering removal.



COMMUNITY CORNER

- Placement preferences: ICWA establishes a strict hierarchy for placing Native children in foster or adoptive homes that prioritizes kinship and tribal connection. The order of preference is:
 1. Extended family members
 2. A foster home or adoptive family licensed or approved by the child's tribe
 3. An Indian foster home or adoptive family licensed by a non-Indian authority
- Tribal consultation and notice: When a child welfare case involves a Native child, the child's tribe must be notified in writing of the proceedings. The tribe has the right to intervene at any point.
- Rights of parents and tribes: Native parents and tribes involved in ICWA cases have the right to:
 - Intervene in involuntary child custody proceedings.
 - Request a transfer of the case to tribal court.
 - Be appointed counsel if they are indigent.
- Cultural compacts: The 2025 version of MICWA includes provisions for cultural compacts. These agreements, made between a non-tribal guardian and the child's tribe, ensure the child maintains a connection to their culture.

Ongoing challenges in Montana

Despite these laws, Native children remain overrepresented in Montana's child welfare system. In 2020, Native children made up 9% of the child population but accounted for 35% of the foster care population. Reasons for this disparity include:

- Implementation gaps: Inconsistent application of ICWA by state caseworkers, attorneys, and judges due to a lack of knowledge about both the law and its spirit.
- Resource shortages: Tribal communities often face a shortage of resources, which can hinder the timely licensing of Native foster families and the availability of culturally appropriate mental health support.
- Historical trauma: The legacy of federal policies that separated Native families has led to intergenerational trauma, poverty, and other hardships that increase the risk of child welfare system involvement.

Where to find help and information

- Montana Department of Public Health and Human Services (DPHHS): Provides resources and policy guidance on ICWA for social workers and the public.
- National Indian Child Welfare Association (NICWA): A key resource for information on ICWA and Native child welfare best practices.
- Tribal-designated ICWA agents: Each tribe has a designated agent who should be contacted if a case may fall under ICWA.
- University of Montana: The Center for Children, Families, and Workforce Development offers resources and information on ICWA.

COMMUNITY CORNER

LITTLE SHELL CLINIC



A NOTE FROM THE PHARMACY

We want to extend our sincere gratitude to everyone who has shown patience and understanding with the pharmacy team. We are working hard to become fully staffed and are nearly through the backlog.

Your support means so much, and we look forward to continuing to serve you with the care and dedication our community deserves.

HR DEPARTMENT

JOB OPENING

ACCOUNTANT

This position will perform a range of general clerical and accounting functions. The Accountant also maintains and monitors accounts, completes bank reconciliations and other end-of-month accounting activities.

Qualification Requirements: Minimum Training and Experience - Bachelor's Degree in Business - Accounting is preferred. In lieu of that, a High School Diploma or GED, with at least 3 years' experience in accounting, and/or related field with 3 or more years of equivalent professional work experience. Must have strong interpersonal skills and be able to work as part of a positive, outgoing, and representative team. Proficient in Microsoft Office Suite. For more specific details, please see the full job posting on Indeed.com or <https://www.careeronestop.org/JobSearch/job-search.aspx>

COMMUNITY CORNER

LITTLE HOUSING



APPLIANCE REPLACEMENT PROGRAMS

The Tribe is Offering Two Appliance Replacement Programs

HUD Appliance Program

- Reside in Tribal Service Area: Cascade, Glacier Blaine or Hill Counties in Montana.
- Little Shell Tribal Member must Own or Reside in the House (**NO AGE RESTRICTION!**)
- Low Income Household

Appliances Offered:



Pembina Appliance Program

- Reside anywhere in Montana.
- Little Shell Tribal Member Elders 62 years+ or Members with a Long-Term Disability
- Low Income Household

Appliances Offered:



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

LittleShellHousing@lstribe.org
www.montanalittleshelltribe.org

511 Central Ave. W.
Great Falls, MT 59404

WINTER IS COMING

IT'S TIME TO CHECK YOUR FURNANCES AND STOVES

The Little Shell Tribe's Pembina Appliance Program is offering repair and replacement of furnances and gas/wood stoves for tribal member elders!

The program is open to all Little Shell tribal homeowners elders age 62+ that live anywhere in Montana. With winter fast approaching, contact the Housing Department today about applying.

Call (406) 315-2400 or email us at LittleShellHousing@lstribe.org.

