

# LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - January 2026

Aanii (Hello),

As we reflect on the close of 2025, I want to take a moment to recognize and celebrate the incredible dedication, resilience, and hard work of our Little Shell tribal employees. This past year brought both challenges and opportunities, and through it all, our staff continued to show up each day with the commitment to serve our tribal citizens and strengthening our Nation.

Across every department, our tribal employees have played a vital role in advancing the Tribe's mission. Whether supporting families through food distribution and social services, managing growing programs, coordinating community events, or working behind the scenes to keep operations running smoothly, our tribal employees efforts have not gone unnoticed. Even during times of uncertainty, including external pressures and changing federal landscapes, our staff's professionalism and teamwork ensured that services continued with minimal disruption to our tribal citizens.

2025 was also a year of visible progress. Major projects, such as the continued development of the Ceremonial Center, expansion of health operations, and the advancement of the Good Medicine Community housing initiative are the direct result of strong collaboration between Tribal Council, staff, partners, and contractors. These projects represent more than buildings, they reflect our shared vision for community, culture, and future generations.

As we look ahead to 2026, there is much to be excited about. The coming year will bring new milestones, including the anticipated opening of the Ceremonial Center and the start of construction of the Good Medicine Community housing development. We will continue to focus on expanding programs, strengthening internal operations, and supporting professional growth for our tribal employees. Tribal Council remains committed to investing in our workforce, knowing that our people are our greatest asset.

I am confident that with the same dedication and teamwork demonstrated throughout 2025, the Tribe will continue to move forward in a strong and positive way. On behalf of the Tribal Council, I extend my sincere gratitude to every tribal employee for your service, passion, and commitment to our people.

Miigwech (Thank you),  
Chairman Gerald Gray

## INSIDE

• January Events

• Wellness Corner

• Cultural Corner

• Community Corner





# JANUARY



# EVENTS



## LITTLE SHELL CULTURE CLUB



**January 14th & 28th | 6pm-8pm  
Elders Center**

The Little Shell Culture Club invites youth, families, and community members of all ages to gather, learn, and reconnect with the traditions that shape who we are. Each session offers opportunities to explore traditional dance, drumming, songs, language, and other teachings that reflect the heart of Little Shell identity.

Culture Club is a welcoming space where knowledge is shared across generations and our stories continue to grow. Whether you are beginning your cultural journey or deepening what you already know, you will find encouragement, friendship, and a sense of belonging. Everyone is welcome. Come take part in the movement, the music, and the moments that keep our culture strong.

For updates on dates, times, and locations, please contact the Little Shell Culture Department or follow the Tribe's Facebook page.

All are welcome.

## TOBACCO AND CULTURE CLUB



**January 6th & 20th | 6pm-8pm**

Tobacco and Culture Club at East Middle School offers students a meaningful space to learn, grow, and connect with cultural teachings. Through this program, students explore the difference between commercial tobacco and traditional tobacco, gaining a deeper understanding of health, respect, and the role traditional tobacco holds within our culture.

Along with learning about tobacco harm and prevention, students receive cultural teachings that enrich their education and support a stronger sense of identity and belonging. The club is designed to be engaging, supportive, and empowering for youth as they navigate their cultural and personal development.

We look forward to seeing students there.

## BINGO



**Januray 8th & 22nd | 6 to 8pm**

Come enjoy Community Bingo Nights, an uplifting way to spend time with friends, family, and fellow community members. These evenings offer more than a chance to play bingo as they create space for laughter, conversation, and meaningful connection that strengthens our Little Shell community.

People of all ages are invited to join in, enjoy light refreshments, and take part in a relaxed and friendly atmosphere. Prizes and plenty of good energy are always part of the experience.

Community Bingo Nights highlight the importance of gathering together and supporting one another. We hope to see you there for a night of fun and community spirit.

All are welcome.

## NALOXONE TRAINING & DISTRIBUTION

### Free Community Service

Free Community Service  
Naloxone Available to Protect Our Community.

Little Shell Tribal Health continues its commitment to community safety by ensuring that lifesaving tools are accessible to anyone who may need them. Naloxone (Narcan) is a medication that can reverse an opioid overdose and having it on hand can mean the difference between life and death.

We provide free Narcan kits and brief training for any community member who wants to be prepared. The training covers how to spot an overdose, how to administer Narcan correctly, and what steps to take until help arrives. It is quick, supportive, and open to everyone.

Opioid-related emergencies affect many families and communities across Indian Country. Increasing awareness and access to overdose response tools strengthens our ability to protect one another and creates a safer, more informed community. If you or your department would like Narcan kits, schedule a training, or request additional information, please contact Kasey Schindele at [k.schindele@lstclinic.org](mailto:k.schindele@lstclinic.org) or visit the clinic.

Preparedness saves lives. Thank you for helping keep our community safe.



## FOOD DISTRIBUTION



### STAY STRONG WITH PROTIEN

Winter can challenge our health with cold temperatures, extra stress, and less daylight, but a diet rich in protein can support your body’s resilience. Protein is a vital building block for muscles, supports your immune system, and even helps keep you warmer by fueling your body’s natural energy needs. FDPIR provides a variety of protein-rich foods like poultry, eggs, beans, and nuts, making it easier to stay nourished without stretching your budget.

Adding more protein to your meals doesn’t have to be complicated. Start your morning with a filling breakfast such as scrambled eggs with vegetables, oatmeal topped with nuts, or yogurt mixed with fruit and peanut butter. For lunch or dinner, try baking or slow-cooking chicken with winter vegetables, making a hearty bean or lentil stew, or preparing a warm casserole using items from your box.

Staying consistent with balanced, protein-packed meals can help keep you and your family strong, energized, and ready to take on winter’s challenges. Remember, the foods provided through FDPIR are here to support your health all season long. Stay warm, stay nourished, and stay strong this winter!

## ICWA

Happy Holidays from The ICWA Department! We are part of an ongoing team that is led by the Judicial System in Montana and is focusing on making the whole process better to include ICWA.

I attended a workgroup with others with the focus on permanency and recruiting foster families. This is a special project of the Governor and I am excited and proud to be a part of this!

The ICWA department responds to an average of 100 requests per month.

We average 19 open cases in Montana and other states.

I continue to develop connections and relationships with the Citizens of The Little Shell Tribe, State Welfare program, Courts, and Attorneys, to help ensure that LST citizens, their families, and foster families of Tribal children have cultural resources to stay connected.

I continue to build relationships with other Tribes to learn how they deal with their ICWA cases and how I can best ensure that The Little Shell Tribe is responsive and progressive for their Citizens.

Update and maintain a database on ICWA cases and requests.

Helping citizens access community resources. I try to be a resource myself.

I am trying to gather culturally relevant information and materials so that LST Children who are placed in non- LST foster care can maintain a connection to their culture. If anyone has ideas, or point me in the right direction, call me!

## HOUSING



### APPLIANCE REPLACEMENT PROGRAMS

### The Tribe is Offering Two Appliance Replacement Programs

#### HUD Appliance Program

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

#### Appliances Offered:



#### Pembina Appliance Program

- Open to those **living in Montana**
- Little Shell Tribal Member **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:



#### 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



## WELCOME NEW STAFF

### OUR NEW COMMUNITY HEALTH WORKER



Boozhoo, Samantha LaMere nindizhinikaaz.

I am the new Community Health Worker for the Little Shell Health Clinic. A little about myself, I am from Rocky Boy Montana, and I am an enrolled member of the Chippewa Cree tribe. I am also a descendant of the Little Shell tribe, my great-great grandfather Gabe LaMere was a Little Shell Ojibwe. He would've been so proud to have been around to see the Little Shell tribe become federally recognized and see one of his descendants working for the tribe. I am a U.S. Navy Veteran (Seabees) and served 7 years in the military. After the military I pursued my education and graduated from University of Montana with a bachelor's degree in psychology and then received my master's in social work from Walla Walla University. I have experience working with Native American Veterans, Native families, experience in the mental health field, and experience in hospice as well.

You may recognize me from the annual Little Shell powwow I have participated in the color guard for the past 2 years with the Native Lady Veterans. I am very honored to be able to participate in such celebrations. I am so impressed by how far the Little Shell tribe has come in such a short period of time, and I look forward to working for the tribe and serving my fellow Ojibwe people as the Community Health Worker.

Mino-giizhigad

### OUR NEW MEDICAL DIRECTOR



Excited to Be Part of Your Care Team!

Dr. Bridget Brennan brings nearly 35 years of experience in emergency medicine and healthcare leadership. She and her family moved to Great Falls more than 11 years ago after falling in love with Montana's beauty—especially Glacier National Park. Outside of work, Bridget enjoys hiking, camping, and reading. Life at home is always full of adventure with five wonderful kids—and when the whole family is together, they share their home with 10 dogs and a cat! Bridget is thrilled to join the clinic team and looks forward to caring for this amazing community. She is passionate about providing compassionate, patient-centered care and believes in partnering with patients to make informed decisions about their health, while working side by side with her colleagues to give every patient the best care possible.

## 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](mailto:kimberlymckheehan@hotmail.com) or [k.schindele@lstclinic.org](mailto:k.schindele@lstclinic.org).



The Native Women's Group offers a warm and supportive virtual space where women can gather, connect, and strengthen their emotional and cultural well-being. This biweekly gathering is held in partnership with Kim Doney McKeegan, LCSW, and is designed to uplift and honor Native women wherever they are on their journey. Each meeting provides time for conversation, cultural grounding, and mutual encouragement. Women are invited to share what is on their hearts, learn from one another, and experience a sense of community that reaches beyond physical distance.

Whether you attend to reflect, to feel supported, or to simply be in the company of other Native women, you will find a space that welcomes your voice and your experience. The group is guided by compassion, cultural wisdom, and the understanding that healing often happens together.

All Native women are welcome to join. You matter, and there is a place for you here.

To join or for more information, contact Kasey at [k.schindele@lstclinic.org](mailto:k.schindele@lstclinic.org).



# COMMUNITY CORNER

## DECEMBER QUARTERLY MEETING SUMMARY



On December 11, 2025, the Little Shell Tribal Council hosted the Little Shell Quarterly Meeting. During this meeting, Little Shell Tribal Department Employees share information and updates on important tribal programs and services. The Tribal Council has provided a summary of department reports.

### LITTLE SHELL HEALTH CLINIC REPORT

The Little Shell Health Clinic (“LSHC”) reported that the migration from IHS servers to LSHC servers is progressing as LSHC work through each department. After sharing feedback with IHS regarding the frustrations expressed by tribal citizens, it was agreed that LSHC leadership would meeting weekly with PRC staff to review cases and eligibility. In addition, it will be a forum to discuss ongoing customer service and process concerns. Several key positions have been filled. LSHC now has a Director of Health Information and Technology, a Medical Director, a Pharmacy Technician, a Community Health Worker, and a Prevention Specialist. Current efforts are focused on HR, Pharmacists, and Primary Care providers.

### HOUSING DEPARTMENT REPORT

The Housing Department discussed HUD and Pembina Appliance Programs; twenty-three HUD assisted applications and twenty-one Pembina applications approved as of December 11, 2025, and applications continue to come in for appliances. The Little Shell Community Needs Assessment report is being finalized. The Needs Assessment report shows a need for the programming services including access to affordable housing. The Good Medicine Project is moving forward and the environmental assessment is nearing completion.

### ENROLLMENT DEPARTMENT REPORT

The Enrollment Department reported that the Little Shell Tribe has 7,214 enrolled Little Shell Citizens and 284 recognized First-Generation Descendants. The Enrollment Director clarified that in order to be a recognized first-generation descendant of the Tribe, a parent must be enrolled.

### INDIAN CHILD WELFARE REPORT

The ICWA Department is part of an ongoing team that is led by the Judicial System in Montana and is focusing on making the whole process better to include ICWA. ICWA staff attended a workgroup with others with the focus on permanency and recruiting foster families. The ICWA department responds to an average of 100 requests per month. We average 19 open cases in Montana and other states. ICWA staff continue to develop connections and relationships with the Little Shell tribal citizens, state welfare program, courts, and attorneys, to help ensure that LST citizens, their families, and foster families have cultural resources to stay connected.

### LITTLE SHELL FOOD DISTRIBUTION PROGRAM REPORT

Since the last meeting, the Food Distribution program has continued to grow through increased outreach, new partnerships, and expanded services across the Hi-Line and surrounding communities. Updated income guidelines have allowed more families to qualify, while program participation, food deliveries, and community engagement events have all increased this quarter. These efforts continue to strengthen food security and support for Little Shell Tribal citizens.

### TRIBAL HISTORIC PRESERVATION OFFICE REPORT

THPO announced that it was awarded two NAGPRA grants. THPO provided an update on the new Montana Historical Society Museum in Helena, MT, which recently held a ribbon-cutting ceremony. Over the past years, THPO worked hard consulting with the MTHS to develop of authentic, culturally appropriate displays for the museum. THPO gave an update on the ongoing NAGPRA consultations with the Wisconsin tribes and university systems. THPO discussed repatriations such as the Idaho private collection and items from the Montana Historical Society. THPO also discussed the Air Force Sentinel project, the ongoing surveys being conducted, and the impacts on a cemetery at the Saint Peter’s boarding school near the Birds Tail mountain.

## DOMESTIC VIOLENCE

### JANUARY IS NATIONAL STALKING AWARENESS MONTH

January is National Stalking Awareness Month when we turn our attention toward teaching and learning about the dangers of stalking. Whether you are in a relationship or not, the more you know about what stalking looks like, the methods perpetrators use to stalk their victims and the role of digital technology, the more prepared you'll be in preventing stalkers from harassing and/or otherwise harming you and your family.

First and foremost, stalking is about gaining power and control over another person by using a repeated pattern of behaviors that include unwanted attention, harassment and/or to make threats that would cause a reasonable person to fear for their safety and/or the safety of others. That said, definitions of stalking are not universal and may vary by federal, state and Tribal court jurisdictions.

#### UNLIKELY STRANGERS

Contrary to what horror movies may lead you to believe, perpetrators of stalking are rarely a complete and total stranger. Instead, the perpetrator is more likely to be a former intimate partner, current partner or may even be a trusted friend or associate. Making matters worse, signs of stalking may also be masked by a romantic gesture such as leaving flowers and chocolates on a car window. However, the signs become more obvious as the perpetrator increases their effort to persuade or gain control over their victim.

According to the National Intimate Partner Violence and Sexual Violence Survey (2010) some of the more alarming stalking statistics include:

- Two-thirds (66.2 percent) of female victims of stalking were stalked by a current or former intimate partner; men were primarily stalked by an intimate partner.
- One in six women (16.2 percent) and 1 in 19 men (5.2 percent) in the United States have experienced stalking that elicited fear and believed that they or someone close to them would be harmed or killed. In cases of domestic violence, stalking is a form of coercive control that escalates when an intimate partner tries to leave an abusive relationship. Perpetrators use every resource at their disposal and that includes digital technology.



#### DIGITAL ABUSE AND CYBERSTALKING

Digital abuse is a tactic of domestic violence when abusers hurt, threaten or intimidate their partner through the use of cell phones, computers and social media. Digital abusers may take away phones, iPads, or computers to control who the victim can contact. They may also demand access to your online social media accounts, read through your messages and impersonate you when sending threatening or degrading messages to your friends and family.

#### TRACKING DEVICES



Digital technology is very useful for parents with young children as they can track and locate their children using a cell phone's global positioning system (GPS) digital tracking technology. Unfortunately, this same technology can be used to track and stalk current and former intimate partners. The stalker may even use online forums, chat rooms, and message boards to send, post or share negative, harmful, even false information. In many cases, this type of behavior crosses into unlawful or criminal behavior.

Digitally compromised victims may experience:

- Planting devices: Apple Air tags can be planted in cars or hidden in outerwear, purses and luggage to track people without their knowledge.
- Video-voyeurism: involves installing video cameras that give the stalker access to someone's personal life. Some perpetrators may use undetectable tiny cameras placed in bedroom fixtures or smoke detectors fully equipped with listening devices and cameras to take pictures and record videos.
- Spyware: Spyware allows the abuser to monitor activity on the victim's computer as well as cell phone or other handheld devices. Monitoring can be done remotely nowhere near an unsuspecting victim.

#### WHAT YOU CAN DO



If you are being harassed or stalked on-line, there are several things you can do. Trust your instincts. If you suspect that someone knows too much about you and/or your activities, you could have a stalker.

- Plan for Safety. If you suspect that your computer is compromised, you can download a free anti spyware scanner and removal software or use a computer at the public library, church, or a community center.
- Be hyper vigilant, especially if your abuser is technologically savvy.
- Create new email accounts. Use an anonymous name and eliminate any information that an abuser could use to find you. Change passwords and pin numbers.
- Disable Digital Devices: Consider turning off your cell phone when not in use; and check your cell phone settings to see if it has been GPS enabled and consider turning it off.
- Minimize the use of cordless phones and baby monitors. Turn these devices off if you do not want your conversations overheard.
- Review StrongHearts additional Privacy Tips



SAFE PASSWORDS AND OTHER SAFETY MEASURES

- To maintain safety, victim survivors can also:
- Change passwords: Use gender neutral passwords; and, try to avoid using birth dates, numbers or phrases that your abuser may recognize.
  - Use a donated or new cell phone: Consider using a prepaid phone or phone cards and check to see if the local rape crisis center or shelter provides these types of phones.
  - Get a private mailbox and don't give out your real address.
  - Search for your name on the Internet. This can help you determine what information is online and if search engines have access to your contact information.

STRONGHEARTS AND OTHER RESOURCES

If you are in an abusive relationship and think you are being stalked, StrongHearts Native Helpline can help you plan for safety and/or connect you to service providers nearest your location. Learn more about the Address Confidentiality Programs (ACP/Safe at Home) in your state. Victim survivors can also reach out to the Stalking Resource Center and the Victim Connect Helpline at 855-4-VICTIM (855-484-2846).

SUPOUT FOR THOSE EXPERIENCING DOMESTIC VIOLENCE

If you or someone you know is facing domestic violence, please remember that support is available and you do not have to navigate this alone. Little Shell Tribal Health is committed to providing a safe, confidential place for survivors to seek help.

Kasey is available to assist with compassionate guidance, whether you need support building a safety plan, understanding available resources, or finding someone who will listen without judgment. Every situation is different, and together we can work toward greater safety and stability.

No one deserves to feel afraid in their own home or relationship. Reaching out for help is a strong and courageous step, and support is always accessible for those who need it.

For confidential assistance, information, or safety planning, please contact Kasey at [k.schindele@lstclinic.org](mailto:k.schindele@lstclinic.org).

**StrongHearts**  
advocates are  
always available to  
**Chat Online**



STRONGHEARTS  
Native Helpline



Trust. Speak. Heal.

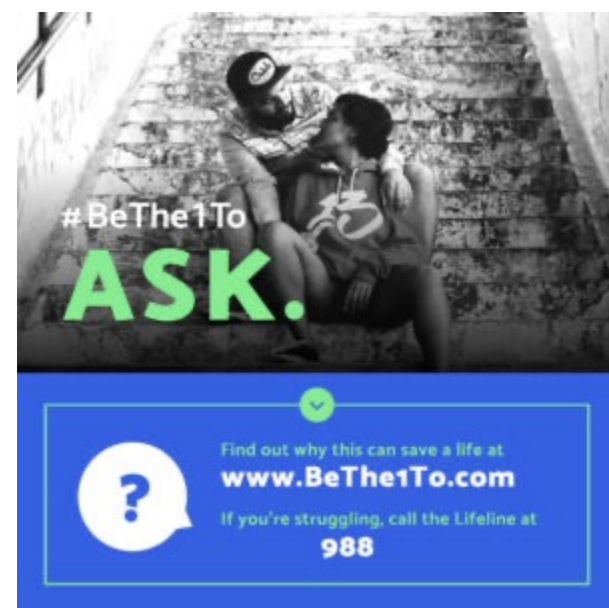
Visit our  
website:

[www.strongheartshelpline.org](http://www.strongheartshelpline.org)

## MENTAL HEALTH

### HOW AND WHY THE 5 STEPS CAN HELP HOW THE 5 STEPS CAN HELP SOMEONE WHO IS SUICIDAL

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.



#### ASK

**How** – Asking the question “Are you thinking about suicide?” communicates that you’re open to speaking about suicide in a non-judgmental and supportive way. Asking in this direct, unbiased manner, can open the door for effective dialogue about their emotional pain and can allow everyone involved to see what next steps need to be taken. Other questions you can ask include, “How do you hurt?” and “How can I help?” Do not ever promise to keep their thoughts of suicide a secret.

The flip side of the “Ask” step is to “Listen.” Make sure you take their answers seriously and not to ignore them, especially if they indicate they are experiencing thoughts of suicide. Listening to their reasons for being in such emotional pain, as well as listening for any potential reasons they want to continue to stay alive, are both incredibly important when they are telling you what’s going on. Help them focus on their reasons for living and avoid trying to impose your reasons for them to stay alive.

**Why** – Studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts. In fact, studies suggest the opposite: findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal ideation.

#### BE THERE

**How** – This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. An important aspect of this step is to make sure you follow through with the ways in which you say you’ll be able to support the person – do not commit to anything you are not willing or able to accomplish. If you are unable to be physically present with someone with thoughts of suicide, talk with them to develop some ideas for others who might be able to help as well (again, only others who are willing, able, and appropriate to be there). Listening is again very important during this step – find out what and who they believe will be the most effective sources of help.



**Why** – Being there for someone with thoughts of suicide is life-saving. Increasing someone’s connectedness to others and limiting their isolation (both in the short and long-term) has shown to be a protective factor against suicide. Thomas Joiner’s Interpersonal-Psychological Theory of Suicide highlights connectedness as one of its main components – specifically, a low sense of belonging. When someone experiences this state, paired with perceived burdensomeness (arguably tied to “connectedness” through isolating behaviors and lack of a sense of purpose) and acquired capability (a lowered fear of death and habituated experiences of violence), their risk can become severely elevated.

In the Three-Step Theory (or more commonly known as the Ideation-to-Action Framework), David Klonsky and Alexis May also theorize that “connectedness” is a key protective factor, not only against suicide as a whole, but in terms of the escalation of thoughts of suicide to action. Their research has also shown connectedness acts as a buffer against hopelessness and psychological pain.

By “being there,” we have a chance to alleviate or eliminate some of these significant factors.



#### HELP KEEP THEM SAFE

**How** – First of all, it’s good for everyone to be on the same page. After the “Ask” step, and you’ve determined suicide is indeed being talked about, it’s important to find out a few things to establish immediate safety. Have they already done anything to try to kill themselves before talking with you? Does the person experiencing thoughts of suicide know how they would kill themselves? Do they have a specific, detailed plan? What’s the timing for their plan? What sort of access do they have to their planned method?

**Why** – Knowing the answers to each of these questions can tell us a lot about the imminence and severity of danger the person is in. For instance, the more steps and pieces of a plan that are in place, the higher their severity of risk and their capability to enact their plan might be. Or if they have immediate access to a firearm and are very serious about attempting suicide, then extra steps (like calling for emergency help or driving them to an emergency department) might be necessary. The Lifeline can always act as a resource during these moments as well if you aren’t entirely sure what to do next.

The Harvard T.H. Chan School of Public Health notes that reducing a suicidal person’s access to highly lethal means (or chosen method for a suicide attempt) is an important part of suicide prevention. A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline. Research also shows that “method substitution” or choosing an alternate method when the original method is restricted, frequently does not happen. The myth “If someone really wants to kill themselves, they’ll find a way to do it” often does not hold true if appropriate safety measures are put into place. The Help Keep Them Safe step is really about showing support for someone during the times when they have thoughts of suicide by putting time and distance between the person and their chosen method, especially methods that have shown higher lethality (like firearms and medications).



# WELLNESS CORNER



## HELP THEM CONNECT

**How** – Helping someone with thoughts of suicide connect with ongoing supports (like the 988 Lifeline) can help them establish a safety net for those moments they find themselves in a crisis. Additional components of a safety net might be connecting them with supports and resources in their communities. Explore some of these possible supports with them – are they currently seeing a mental health professional? Have they in the past? Is this an option for them currently? Are there other mental health resources in the community that can effectively help? One way to start helping them find ways to connect is to work with them to develop a safety plan. This can include ways for them identify if they start to experience significant, severe thoughts of suicide along with what to do in those crisis moments. A safety plan can also include a list of individuals to contact when a crisis occurs.

**Why** – Impact of Applied Suicide Intervention Skills Training on the National Suicide Prevention Lifeline found that individuals that called the National Suicide Prevention Lifeline were

significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls handled by Applied Suicide Intervention Skills Training-trained counselors. These improvements were linked to ASIST-related counselor interventions, including listening without judgment, exploring reasons for living and creating a network of support.



## FOLLOW UP

**How** – After your initial contact with a person experiencing thoughts of suicide, and after you've connected them with the immediate support systems they need, make sure to follow-up with them to see how they're doing. Leave a message, send a text, or give them a call. The follow-up step is a great time to check in with them to see if there is more you are capable of helping with or if there are things you've said you would do and haven't yet had the chance to get done for the person.

**Why** – This type of contact can continue to increase their feelings of connectedness and share your ongoing support. There is evidence that even a simple form of reaching out, like sending a caring postcard, can potentially reduce their risk for suicide.

Studies have shown a reduction in the number of deaths by suicide when following up was involved with high risk populations after they were discharge from acute care services.

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention. Please visit our Follow-Up Matters page for more.

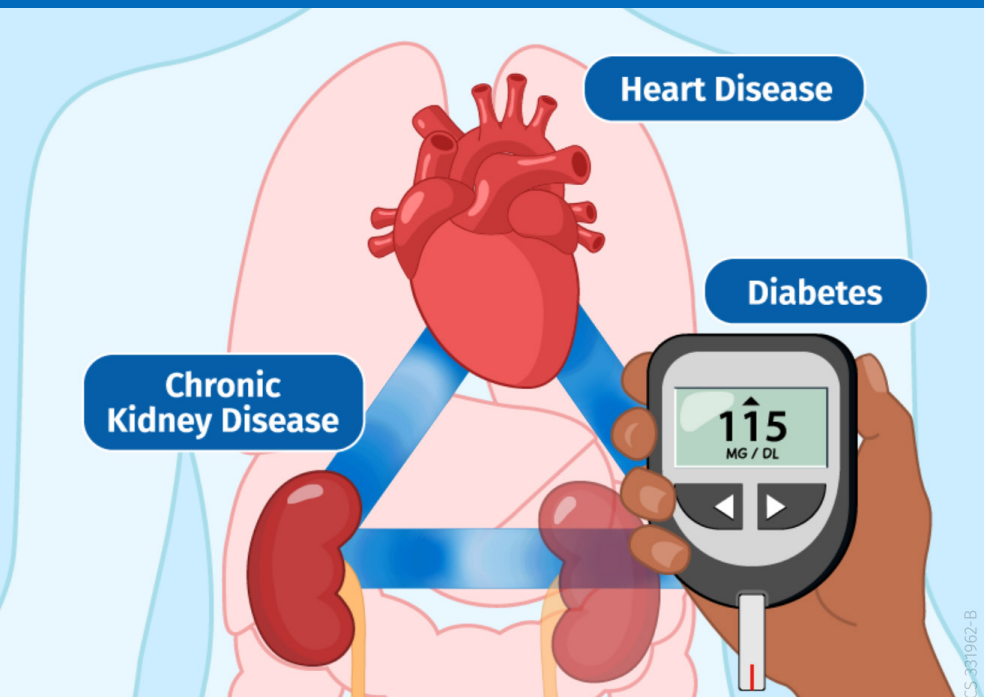
## CHRONIC DISEASE AWARENESS

### Did you know that these conditions are connected?

When you prevent or manage **one** condition, you can help prevent or manage **all three**.



Find out more:  
[cdc.gov/diabetes](https://cdc.gov/diabetes)



## HARM AND REDUCTION SUPPLIES

Little Shell Tribal Health continues to prioritize community safety by making harm reduction resources accessible to anyone who may need them. Harm reduction is rooted in compassion and practicality. It ensures people have the tools to stay safe, informed, and supported without judgment.

We offer free harm reduction supplies such as fentanyl test strips, naloxone (Narcan), and other items that help reduce risk and prevent overdose. These resources are available confidentially, whether you are seeking them for yourself, for someone you care about, or to help others in the community.

Reaching out for supplies is an important step in protecting health and saving lives. Every person in our community deserves the chance to stay safe and well.

For harm reduction materials or information on overdose prevention, please contact Kasey at [k.schindele@lstclinic.org](mailto:k.schindele@lstclinic.org).