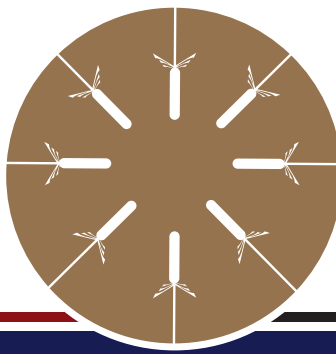




LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - August 2026

Good Medicine Community Moves Forward

Aanii (Hello),

I'm pleased to share another important step forward for the Good Medicine Community. The City of Great Falls has approved the annexation needed for the project, helping move us from planning toward construction.

This approval is significant. The Good Medicine Community represents our commitment to creating a permanent place for Little Shell families, culture, and community. Like many of the projects we have undertaken since federal recognition was restored, getting to this point has required patience, coordination, and a lot of work behind the scenes.

With annexation approved, the Tribe has engaged a contract manager to begin pre-construction services. This work will help us coordinate the many pieces that must come together before construction can begin, including design and engineering coordination, budgeting, scheduling, procurement planning, and preparation for construction.

As we prepare for construction, I also want to make sure Indian-owned businesses have an opportunity to participate in this important project. Indian-owned contractors and construction-related businesses interested in potential bidding opportunities for the Project are encouraged to contact the Little Shell Housing Program and express their interest. Providing your business information now will help the Tribe identify interested Indian-owned contractors as construction packages and procurement opportunities are developed.

I also want to be clear that annexation does not mean construction begins immediately. There are still important steps ahead. The project remains subject to additional review, approvals, permitting, and coordination involving both the City of Great Falls and our federal partners. Those processes are necessary to make sure the project meets applicable requirements and that we are prepared to responsibly move into construction.

For Little Shell, that careful work matters. We have waited generations for opportunities to build places that belong to our people. Our responsibility now is to make sure we build them well—and, whenever possible, to create opportunities for Indian-owned businesses and workers to be part of that work.

The Good Medicine Community is about more than buildings. It is another piece of establishing a lasting homeland and community presence for Little Shell people. Each approval gets us a little closer to seeing that vision become a reality. As we complete the remaining federal and City requirements and move through pre-construction, we will continue to keep our citizens informed about major milestones, upcoming contracting opportunities, and when we expect work on the ground to begin.

Miigwech to everyone who continues to support this project and the work of the Tribe.

Chairman Gerald Gray

INSIDE

• August Events

• Cultural Corner

• Community Corner

• Wellness Corner



AUGUST EVENTS

AUGUST EVENTS

LITTLE SHELL CULTURE CLASS



Connect, Learn, Belong

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.

Upcoming Dates TBD
Open Sign Up for Youth Rock Climbing team ages 13-17

BINGO



**August 13th
6pm 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.

TOBACCO AND CULTURE CLUB



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.

Upcoming Dates TBD

HOUSING

The Rehabilitation, Repair & Maintenance Program is not on track because of recent events. The Housing Department intends to keep this Rehab Program; however, time is needed to put the missing pieces together for a successful programmatic outcome. We will reach out to our Little Shell Tribal members when all comes together. For now and, in the interim, please feel free to reach out to Housing with questions.



Expanded Housing Assistance Program

REHABILITATION, REPAIR & MAINTENANCE

- **Program Launch Date: TBD**
- Reside in **Cascade County**
- Little Shell Tribal Member Must Own or Reside in the Home (**NO AGE RESTRICTIONS!**)
- Low Income Household

Permissible Items:

Site Maintenance	Building Exterior
Roof	Windows & Doors
Interior Walls and Ceilings	Flooring
Security	Kitchen
Bathroom/Laundry	HVAC
Pest Infestations	Structural
Construction for Accessibility	Smoke Detectors/CO Detectors
Weatherization	Overcrowding
Electrical/Lighting	Plumbing
Life Safety	

Not all requested items may qualify for assistance and will be determined following a site inspection and assessment of the home's condition, **life & health and safety concerns**, guidelines, and availability of funding.

(406) 315-2400 Office

(406) 315-2401 Fax

LittleShellHousing@lstribe.org

www.montanalittleshelltribe.org

511 Central Ave W.

Great Falls, MT 59404

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:





ICWA

Hello From the ICWA Department! We are busy here! As part of the ICWA Law, States are required to inquire or investigate if a child is an Indian child. We currently have 29 open cases, in 4 different states. The majority of our cases are in Montana and the majority of those are in Cascade County. The ICWA Department is assisting three parents with completing their required parenting class. If anyone is interested, please contact us!

The ICWA Department is working with a Court Improvement Team that has The Department of Health and Human Services, Attorneys, Judges, Tribes, and support from The State. The purpose of this team is to improve how we are dealing with Child cases here in Montana. We are hoping to get an ICWA Court in Cascade County at some point. There are positive changes being made due to this team.

If you know any Little Shell family that may be close to having involvement with Child Protection Services please encourage them to reach out for help. Please encourage them to reach out to the ICWA Department to help find 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! Edith Colman, ICWA Caseworker

ENROLLMENT



Important Notice: Update Your Information

It is time for tribal citizens to update their information with the Tribe. Keeping your records current helps ensure you receive important notices and services without delay. Please take a few moments to review your details and make any needed updates.

Why This Matters

- **Accurate records** — helps the tribe maintain up-to-date Citizen information.
- **Important communications** — ensures you receive notices, announcements, and deadlines on time.
- **Eligibility** — supports continued access to services, programs, and benefits.
- **Family updates** — keeps household and dependent information aligned with current needs.

What Information to Update

- ☐ **Contact information** — phone number and email address
- ☐ **Mailing address** — including any recent moves or seasonal changes
- ☐ **Family changes** — marriage, divorce, births, deaths, or guardianship updates

How to Submit Your Updates

1. **Complete** the Tribe’s change of information form or contact the enrollment office for assistance. The “Change of Address” form can be found on [Montanalittleshelltribe.org](https://montanalittleshelltribe.org) under Tribal Resources.
2. **Submit** your updates as soon as possible so your record stays current. Submit completed forms by email: Enrollment@lstribe.org. Or by mail: 511 Central Avenue West, Great Falls, MT 59404

Thank you for taking the time to keep your records accurate and up to date. If you have questions or need help, please contact the Enrollment Office for assistance.

HEALTH

REMINDER TO THE LSTHC PATIENTS



Our pharmacy operates under a 24-48 hour refill guideline. Please be advised that our team is not always able to accommodate same-day refills, and appreciates advance notice when you are running low on your prescription medications. Please allow our team 24-48 hours to fill your prescriptions.

SMILES ACROSS MONTANA



COMING TO HELENA INDIAN ALLIANCE
IN CONJUNCTION WITH THE
LITTLE SHELL TRIBE!
AUGUST 20TH & 21ST

COMING THE LITTLE SHELL POW WOW!
AUGUST 22ND & 23RD

We are coming to provide care for tribal members of all ages.
This clinic will offer preventive and restorative services.

FREE FOR MEMBERS OF ANY FEDERALLY RECOGNIZED TRIBE AND THEIR DESCENDANTS!



LOCATION

Little Shell Pow Wow Arbor
3300 6th Street Northwest
Great Falls, MT

To schedule services with the
Hygienist scan here.



WHAT WE DO

- X-Rays
- Cleanings
- Exams-Screenings
- Fluoride
- Sealants
- Silver Diamine Fluoride
- Curodont Repair
- Restorative Service
- Oral Hygiene Instruction
- Education Programs



WHO WE SERVE

- Montanans with a dentist
- Montanans without a dentist
- Insured
- Uninsured

To schedule services with the
Dentist scan here.



FOOD DISTRIBUTION



CELEBRATE NATIONAL WELLNESS MONTH!

August is a time to enjoy the last days of summer while preparing for a new school year. Whether you're getting children ready for school or simply enjoying Montana's beautiful weather, we're here to help provide healthy, nutritious foods for you and your family. Thank you for being part of our FDPIR community!

August Distribution please remember to:

- Bring a photo ID when picking up your food package.
- Notify us if your address, phone number, or household size has changed.
- Contact us if you have questions about your certification or recertification.

Healthy Living Tip. Small healthy choices can make a big difference.

- Drink plenty of water every day.
- Eat a variety of colorful fruits and vegetables.
- Take a short walk or stay active when you can.
- Get plenty of sleep each night.

Healthy habits help keep your body strong all year long.

RECIPE OF THE MONTH



RECIPE Ham & Vegetable Skillet

INGREDIENTS

- 2 cups diced FDPIR ham
- 2 cups frozen mixed vegetables
- 2 cups cooked rice
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Black pepper to taste



DIRECTIONS

1. Heat olive oil in a large skillet.
2. Add the diced ham and cook for 3–4 minutes.
3. Stir in the vegetables and cook until heated through.
4. Add the cooked rice and season with garlic powder and black pepper.
5. Cook another 5 minutes, stirring occasionally, and serve warm.

Makes 4–6 servings.

Food Safety Reminder
Keep your refrigerator at 40°F or below and your freezer at 0°F to help keep food safe and fresh.



BACK TO SCHOOL REMINDER

As families prepare for the school year, nutritious meals help children stay energized and ready to learn. Planning simple meals ahead of time can save both time and money.

We Appreciate You

Thank you for allowing the Little Shell Tribe FDPIR Program to serve you. Our goal is to provide nutritious foods and outstanding customer service to every family we serve. If you have questions about the program, eligibility, or food distribution, please contact our office. We are happy to help.

Have a safe, healthy, and enjoyable August!

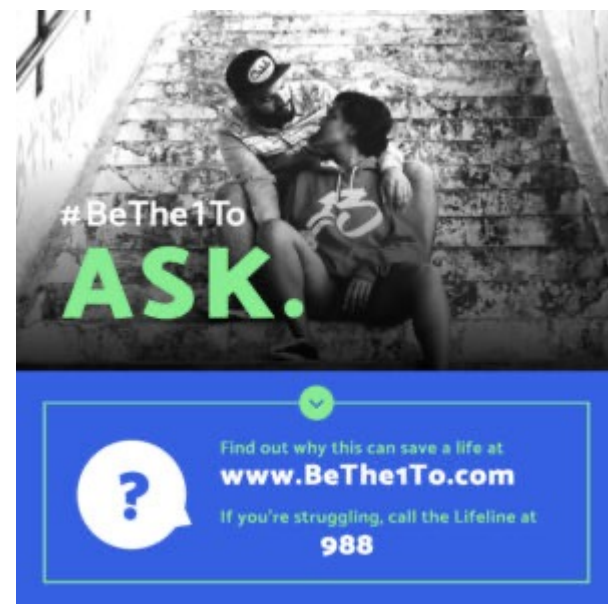
Need help getting started with FDPIR?

We're here for you! Visit us at the Little Shell Distribution Warehouse at 1301 Stuckey Rd or give us a call at 406-315-2400 Ext 130 to learn more and apply.

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.

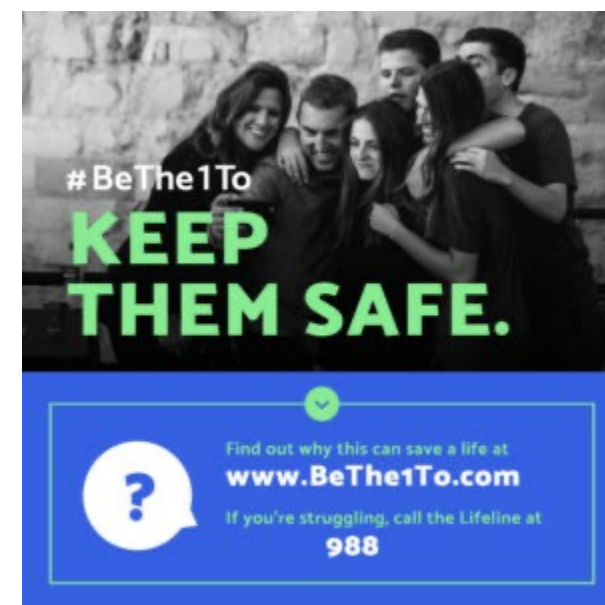
BE THERE

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.