

# Spookinaapi (Good Health) Project

## Project

- 5-year SAMHSA grant
- (3) Tier socio-cultural-ecological approach
- Target Areas
  - Under-Age Drinking
  - Marijuana use
  - Prescription pain Killers (Opioids)
  - Suicide
  - Family engagement
- Target population
  - Grades 2-12

Goals & Objectives for the program

Goal 1. Provide Prevention education, activities and awareness for the schools and community.

Goal 2. Continue to serve caseload in each building and provide access to Mental Health services.

Goal 3. Establish a mentoring program for each building and target at-risk students.

## Current Projects

The Spookinaapi program will be starting its last year of the grant. The program will collaborate with 21<sup>st</sup> century and Blackfeet Tribal Health and provide prevention education and activities. The Spookinaapi program will administer the YRBS and the Prevention assessment to the High and Middle School students,

Cinnamon Crawford is located at the Buffalo Hide Academy as the Spookinaapi Director, she over sees the day-to day operation of the project, Cinnamon will be working closely with the Blackfeet Tribal health programs to better serve the youth and the community. Currently the Spookinaapi Program is collaborating with the student activities, and wellness committee

Kiana McClure; Browning High School as the Prevention Specialist. Planning for the Browning High Schools 23-24 School includes collaboration for the 2nd annual Sobriety Ball that will take place in November. Insight class will resume normal scheduling this year during restorative Fridays and will be in place for the remainder of the year. Kayla Burns and I are working toward looking into and developing an evidence-based Indigenous Curriculum that is culturally relevant for Blackfeet students. While planning continues the Spookinaapi Program will use the Too Good for Drugs and Alcohol curriculum to educate students on prevention topics.

Harm reduction is a priority this year so the Safe Ride Home Ride program will remain in place. The goal for the Safe Ride Home program this year is to be able to reach out to other communities in Montana that would like to start their own events for their community and to be able to collaborate to see how it is working at the end of each event. This will allow us to better

modify the way the program is running while building relationships for collaboration. The second harm reduction event the Spookinappi Program would like to do is offer BHS staff Narcan training so teachers can have the option to have Narcan available in their classroom in case of an emergency.

Lastly, the Wednesday Prevention Trivia is emailed to students every week as a way to reach a broader audience that may not otherwise be reached in the week. Events for Red Ribbon Month, bullying prevention month, Lights on Afterschool, and any other holidays will be determined as they get closer to the date.

Kayla Burns; Browning Middle School Specialist – Kayla will be providing prevention education, and activities when she returns.

Kailey Hall ;Browning Elementary Specialist - I will be doing specials (Social Skills) for 2nd and 3rd grade at Browning Elementary. For the first few weeks of school, I will be covering class introductions- showing them where my office is, who I am and letting them know what I do in the building. As well as getting to know other students in the class, as our classes split up for specials. I will also start on the Too Good curriculum. I will be assisting with the Food Backpacks that are distributed every Friday (or as needed) to the student lockers and assisting families in signing up with that process. At BES, we are still targeting Kindness- I have a few lessons planned with that, as well as introducing them to the "Caught Ya Cards" that we do every Friday.

Tessa Wells; Napi Elementary as the Prevention Specialist- I plan on providing prevention education to the Napi Elementary Students during specials for the 2023-2024 school year. During specials I incorporate the Too Good for Drugs Curriculum that focuses on teaching students various ways to make healthy decision making skills. Some of the other activities that I would like to include during specials is inviting guest speakers from the community to present positive messages to students, culturally based prevention and or practices to sustain healthy lifestyles. Participate with the Napi Elementary staff to plan events for the students throughout the year. Some of these events may include Round Dance, Stick game, Pow Wow, beading, and cultural arts and crafts. I keep my door open during each grade level lunch for students to eat with friends, work on projects, or play. It is called the Spookinaapi Lunch Club. I also help the school counselor with Dessa groups that focus on increasing student Dessa score by providing lessons from the Aperture Program. Apart from the Napi Elementary School I work along side the Spookinaapi team to collaborate with community programs to provide events for the community and District. Some of these events are annual and some are relatively new. The lights out event, Sobriety ball, Trunk or Treat, Prom, School Dances, Carnivals, Golf Cart safe driving, and Health Fairs.



Community  
**Health  
Fair**



**Wednesday  
March 15, 2023  
At Browning  
Elementary Gym**

9:00AM-10:30AM BMS  
10:30AM-12:00 PM BHS  
1:00 PM-2:00 PM Napi,  
KW/Vina & BES

SOH-KIN-NA-PII  
Good Health



UNIVERSITY OF  
**MONTANA**  
Skaggs School of Pharmacy

**LIVE LIFE  
WITH HEALTH  
AWARENESS**



**FREE HEALTH TESTING**

- ✓ Diabetes Screening
- ✓ Vaccine Shots
- ✓ Health Screening
- ✓ Prevention Resources

Browning Elementary  
105 2nd Ave SW, Browning, MT 59417

For More Information Please Call BPS Spookinaapi (406)338-4380  
or Tribal Health (406) 338-7521 ex 2202







# SCHOLAR PRO Display Board

## Basis

**MYTH**  
Doing a "cleanse" or "detox" is a helpful way to increase energy, lose weight, and improve overall health.

**USE THE FAT**

- Eat fats in moderation
- Choose healthy fats like those found in avocados, nuts, and olive oil
- Avoid trans fats found in many processed foods

**MYTH**  
Eating just before bedtime is fattening.

**CARBOHYDRATES**

- Eat carbohydrates from whole grains, fruits, and vegetables
- Avoid refined carbohydrates like white bread and sugary snacks

**MYTH**  
Eating fat makes you gain weight.

**FACTS ABOUT FAT**

- Fat is essential for your health
- It helps your body absorb vitamins
- It keeps your skin healthy

WASH  
BALANCE

Healthy Habits

Try to drink  
at least 8  
cups of water  
each day.  
Don't drink  
too much.

2-8 hours





