

# Spookinaapi (Good Health) Project

## **Key Staff:**

Cinnamon Crawford  
Kimberly Tatsey-Mckay  
Jennifer Tatsey-Ehlers  
Daniella Rineheart  
Tessa Wells  
Curtis Noonan, PhD- Epidemiologist

## **Project**

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

## **Update on Goals**

Goal 1. Provide Prevention education, activities and awareness for the schools and community. Spookinaapi team made the initial introduction into the class rooms, met with the administrators to schedule time in the classrooms to introduce prevention strategies

Goal 2. Continue to serve caseload in each building and provide access to Mental Health services. Spookinaapi team will continue serving their case load and provide Mental Health Services.

Goal 3. Establish a mentoring program for each building and target at-risk students. The Spookinaapi team will develop a mentoring program in each building to target at-risk students

## **Current Projects**

All Star Prevention Curriculum arrived, Prevention Specialist will participate in an All Start prevention 6-week on-line training. We are collaborating with Everett Armstrong and planning a New Years Drug and Alcohol prevention trip to Great Falls, we are planning on taking 200 students total (100 from BMS, 100 from BHS). The Suicide prevention tribal programs met with

the Middle School 7<sup>th</sup> & 8<sup>th</sup> grade classes and the High School 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders to provide resource material to the students, before we go on Christmas break.

BHS- Daniella is offering insight classes at the high school for students who have a violation of using drugs/alcohol and smoking tobacco, she is on her 3<sup>rd</sup> cohort. She is visiting the advisory class rooms and introducing the Spookinaapi Project. Collaborating with the BHS councilors and starting and after school "alternative Exercise" Project involving at risk students who would benefit from the positive effects of movement (walking, yoga, dance, ect.) This would benefit their mental health, physical health and promote healthy outlets, positive coping skills to reduce the risk of addiction and suicide ideation.

BMS- Jennifer is in the 7<sup>th</sup> & 8<sup>th</sup> grade class rooms implementing drug and alcohol prevention and bullying lessons. She was working with a small group for 6 week's topics that were being discusses were Drugs/Alcohol and learning coping strategies.

BES- Kim has been working with the 2<sup>nd</sup> & 3<sup>rd</sup> grade class rooms. Topics she is working on are social skills, recognize bullying & identifying feelings and reporting bullying and learning more about feelings.

Napi- Tessa is in the health classroom talking and educating the students on healthy choices, the CSAP Strategies she is utilizing is Circle of Control, an only control yourself and not others, what are healthy choices, peer pressure (just because other are doing it, is it the right choice?)