

# 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:

Purchased a prevention program called Too Good for Drugs grades 2-12, Each curriculum has activities that the prevention specialist will teach in the class room, Each Specialist has a lesson plan for each month and a list of community program that they can contract to come in and be a guest speaker. I will be co facilitating during their scheduled times in the class room. Each specialist will plan a big activity for the school every starting March. The Spookinaapi Program is

currently collaborating with Suicide prevention programs on an activity that the students will help the programs come up with a logo for suicide prevention the grades that are participating are 6-12, the grades 2-5<sup>th</sup> will have a poster contest in their schools. The Suicide prevention programs will display the logo drawing at the Tribal Conference room and let the community pick the 3 class room winners.

### **Challenges**

The Spookinaapi program is slowly identifying the prevention programs in the community, it has been a challenge trying to find resources such as guest speakers and implementing activities with community programs. We did identify 8 suicide prevention programs and (3) program that offer suicide prevention services. (2) under-age drinking prevention programs and (1) prescription drug use prevention program. We also provide tobacco prevention education in the classrooms and already have collaborated with the Blackfeet tobacco Prevention Program.

### **Spookinaapi Specialist**

BHS- Daniellea Rhinheart

Daniella is still continuing insight classes working closely with school-based clinic LAC's, they have insight every Tuesday and Thursday during noon. Prevention education classes begin during advisory, she divided the freshman first, her lesson was on protective factors, stress factors, and coping skills. Daniella and I had scheduled a day to talk to all the students in small groups we invited special guest Wendy Bremner from Victims of Crime and Keith Augare from Culture and hope the topics that were addressed were Healthy Choices, Think of Safety STI's/STD's & Unplanned Pregnancy, MMIP, Risk Factors of Behaviors.

BMS- Jennifer Ehlers

- **Lunch groups** will be used to educate the students on drugs, alcohol, bully, friendships, suicide, depression, coping skills. I will be using fact sheets, worksheets and word searches to allow for discussion.
- **Fridays** will be used to attend the 7<sup>th</sup> and 8<sup>th</sup> grade science or social studies classroom and the Blackfeet Junior Academy (BJA). The time allotted will be at least 25 minutes to present a lesson either from the All Stars Curriculum and a Drugs & Alcohol curriculum. Suicide and depression will be briefly touch-on, which will consist of identifying coping skills, positive talk, self-esteem, positive self-image etc.
- **All Stars Curriculum Session 1-Activity 1 & 2**  
The first Friday's for 7<sup>th</sup> & 8<sup>th</sup> grade students will consist of Activity 1. setting the stage for the All Stars Curriculum along with Activity 2. Hope for the future
- **Drug and Alcohol Prevention: Lesson One**  
The Second Fridays for 7<sup>th</sup>, 8<sup>th</sup> & BJA student will be a lesson on "Reasons to avoid drugs and alcohol".

Napi- Tessa Racine

Tessa topics were Education, Environmental activity, the subject was 6 words: 1. Caring, 2. Forgiving, 3. Helpful, 4. Honest, 5, respectful, and 6. Responsible. Her activity for the lesson was Draw a cartoon of yourself that stand out from everyone else. Topics she talked about positive self-talk, compliments, we are all unique\_Its important to be kind to self and others to create a positive environment for everyone.\_Important to be caring and helpful in referring student in need to counselor and talked about safety, and who makes you feel safe and why.

BES- Kimberly Tatsey-McKay

Kimberly had 3 prevention topics that she taught to the class rooms, Refuse Bullying & Conflicting Feelings, Bystander Power & Accepting Differences and Way to stay safe & The Always First rule. Each session is 45 minutes in each class room, she also participates with the Bear Massacre presentations.