

Good Medicine Program update for December 2018:

- In the month of December, we held one Youth Mental Health First Aid training, where we presented at the Blackfeet Nurturing Center to their staff and several employees of the Child & Family Services. We had a total of 20 participants that completed the training.
 - ** October 8, 2018: 13 coaches/teachers
 - ** October 19, 2018: 16 individuals students/college/students/staff/community members
 - ** December 18-19, 2018: 20 CPS & Nurturing Center staff members

Scheduled Future dates:

- ** January 15, 2019
- ** February 19, 2019
- ** March 19, 2019
- ** April 16, 2109

On November 13-15, 2018, Karla Bird attended and passed the Youth Mental Health First Aid Train the Trainers Training in Helena, Montana. She has completed her first training on December 18-19, 2018.

- The Good Medicine Program Staff Members and School Counselors have completed the Signs of Suicide (SOS) and Question Persuade Refer (QPR) training for 6th-12th grade. I will present the data to the school board at a later date.
- On December 18, 2018, we received an email from Emily Jessop, stating that the Browning Public Schools will be receiving the donation of HappyLight Therapy lights from the Verilux Light Company. They are asking for positive feedback for the donation. Please go to the link below to read about the Happy Lights and what they can provide for our students.
<https://verilux.com/collections/happylight-therapy-lamps-boxes>
- The Good Medicine Program staff members have participated in the Assessment & Intervention with Suicidal Clients training. We are hoping that the School Counselors could take the training as it will provide them with the skills on how to use the Mood Rating Scale with a Suicidal Floor, the 8 Risk Dimensions, and how to create a safety plan, along with providing great roleplays of counseling suicidal students/clients. An email has been sent to the School Counselors to get their opinion on whether they should attend or not. If they feel this is something they are willing to participate in, an email will go out to the principals. Attached is the website for more info.
<http://www.psychotherapy.net/video/suicidal-clients-series>