

Our Members:



Who is the Elevate Montana Helena Affiliate?

Elevate Montana is a statewide, grassroots movement dedicated to building resilient and connected communities throughout Montana. As the Helena Affiliate, we strive to raise awareness about Adverse Childhood Experiences (ACEs), their long-term health effects, the power of resiliency in overcoming ACEs and creating a more compassionate and connected community. You might be thinking, what are ACEs?

When children are exposed to high amounts of prolonged stress it can affect their developing brains and shape how they see, feel and react to situations for the rest of their lives. Not only that, if left untreated it can lead to self-medicating (drug and alcohol abuse, tobacco use, self-harm, suicide, etc.), and can affect the health of that child as they get older (high blood pressure, diabetes, obesity, heart disease, etc.).

While Adverse Childhood Experiences (ACEs) can impact the life of a child - a loving, caring, healthy relationship can offset the damage caused by ACEs. Resilience is a combination of skills learned through healthy relationships that help us overcome the adversity we have experienced in life.

Join the movement to help create a more compassionate and connected Helena! We meet the 2nd Monday of every month in the AARP Conference Room in the Silver Star Building at 10am.



UPCOMING ELEVATE MONTANA EVENTS

<p>Free Movie Showing Tues 1/23 5:30-7PM St Peter's Health Education Center</p>	<p>Free Movie Showing & Personal Story Mon 1/29 6-7:30PM Helena Middle School <i>Sponsored by: Reach Higher</i></p>	<p>Free Presentations on ACEs (1 hour each) Tues 1/30 12 & 6:30pm L&C Library</p>	<p>Free Movie Showing & ACEs Presentation Mon 2/12 5:30-7:30pm St Peter's Health Education Center</p>

For additional details please visit our Facebook page: @ElevateMTHelena
All of these events are free and open to the public.

Exciting Messages from Some of Our Affiliate Members

CONNECT Electronic Referral System

For agencies working to coordinate care or improve service delivery to clients, the CONNECT Electronic Referral System is an invaluable tool. Strategic referral tracking via CONNECT aims to improve the referral process in our communities by establishing accountability and improving processes for the exchange of client information. In Lewis & Clark County, CONNECT has over 50 agencies using the system to make, receive, and track referrals. It's free to use, and training and technical support is provided at no charge.

CONNECT is appropriate for social service agencies, schools, medical providers, mental health providers, or anyone offering a necessary support service to families, children or adults in our community. CONNECT is currently being utilized in Helena, Billings, Butte, Livingston, Great Falls, Kalispell, and Browning. The ultimate goal is to foster collaborative culture among service providers in Montana.

CONNECT is a secure, web-based system for sending and receiving referrals. Agencies are brought together under a single information sharing agreement Memorandum of Understanding (MOU) and Release of Information (ROI) that is HIPAA, FERPA, 42CFR and IDEA compliant. The system was created in 2009 with no incentives outside of client advocacy and desire to increase performance. The current version was launched in 2014 and has been continually enhanced since then.

If you are interested in setting up a demo of CONNECT and learning how your agency could benefit from being a part of the system, contact Megan Grotzke, Referral Coordinator for Lewis & Clark Public Health at mgrotzke@lccountymt.gov or 457-8979.

COMPASS CONSULTING, LLP, is Offering Parenting Classes in Collaboration with St. Peter's Hospital Community Education Program

Circle of Security Parenting® - weekly - starting Monday 2/26 to Monday 4/23 - Sleeping Giant Room

* Targeted audience: prenatal to 18 months

* 9-week program

* Mondays from 5:30 to 7:30 PM

* Targeted to parents who are currently pregnant and/or have children up to 18 months.

* Payment to Compass Consulting - \$125/individual or \$200/couple and includes all course materials

Parenting with Love and Logic™ - weekly - starting Tuesday 2/27 to Tuesday 4/3 - Education Rooms ABC

* Targeted audience: preteen/teen

* 6-week program

* Tuesdays from 5:30 to 7:30PM

* Target to parents of pre-teen/teenagers

* Payment to Compass Consulting - \$125/individual or \$200/couple and includes all class materials

INTERESTED PARTIES – EMAIL COMPASS CONSULTING at Kelly@compass2connect.com or val@compass2connect.com

Shodair's Upcoming Children's Miracle Network Events

IHOP's Coupon Balloon Campaign – February 1 - 27

HOP's National Pancake Day – February 27th

Youth Dynamics is Excited to Announce the Launch of our Statewide Common Sense Parenting Course!

This **FREE** class is available to all caregivers and can help parents develop continuous, consistent, and accountable interactions with the youth in their lives. This is a great way to support families and foster resiliency in the children we serve.

- We will be utilizing WebEx to bring this course to caregivers throughout the state. This means that parents can participate in the course over WebEx at their local office, from their home on a desktop, or live with a trainer if they are in a location where the current trainer is based. Parents participating in a Common Sense Parenting course from home over WebEx must have a landline. No cell phones please.
- We are offering four courses at two separate times so that we can accommodate as many families as possible.
- We have to cap each course at twelve participants due to group work involved. Classes will cap at a total of 48 participants (24 for school aged and 24 for toddler aged). Hurry up, space is limited! If we fill up the first round of courses, your family will be automatically enrolled in the next available course.
- The course meets once a week for six to seven weeks depending on whether it covers school aged or toddler aged children. This means you will need to work with your team to support your families in completing this course.

Additional Information can be obtained via Youth Dynamics' website (youthdynamics.org) or by contacting the Area Manager (Laura Thomas) at: (406) 204-0866.

Do the Write Thing Challenge

The Montana Board of Crime Control cordially invites all 7th and 8th grade students to participate in Montana's Do the *Write* Thing Challenge. Sixth grade students may participate if they are in the same building as the 7th and 8th grade students.

The challenge is an effective way for young people to identify and take a stand against bullying. By participating you will join more than 1,000 former students that submitted thought provoking essays or poems and took a stand against youth violence. Two state ambassadors are selected from student submissions to represent Montana in an all-expense paid trip to Washington D.C.

This past year Briana Puyear from Anaconda and Tristin Willyard from Laurel, as well as their parents and a teacher represented Montana at the National ceremony in Washington D.C. Please visit our website to learn all about this exciting opportunity and find the materials to forward to your middle school English teachers:

<http://mbcc.mt.gov/Programs/Juvenile-Justice/Projects/Do-the-Write-Thing>

If you need further assistance please contact Shawn Clark at 406-460-0488.

Want to stay 'In The Know'? Like us on Facebook!
@ElevateMTHelena

HECK YES

**I NEED A BREAK
AFTER FINALS!**

THURSDAY, JANUARY 18

7:00 P.M.

**HEADWATERS GYM
1020 CHOTEAU STREET**



**FREE Movie
Night!**



BRING A BLANKET & PILLOW...and come relax

GOSH!

YOUTH Connections
Prevent • Support • Thrive