



Intermountain Health

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Serving our Montana communities for more than 140 years.

St. James Hospital, Butte - Founded in 1881

St. Vincent Regional Hospital, Billings - Founded in 1898

Holy Rosary Hospital, Miles City - Founded in 1910

Midtown Clinic, Bozeman – 2020

Gallatin Clinic, Bozeman - 2025



Our Mission

Helping People Live the Healthiest Lives Possible[®]

Our Catholic Mission



We reveal and foster God's healing love by improving the health of the people and communities we serve, especially those who are poor and vulnerable.

Our Catholic health Ministry and Mission is entrusted to us to honor the sacred dignity of human life and the inherent worth of every person and are aligned with our common values.

Our Values

We are
leaders in
clinical
excellence

We believe
in what
we do

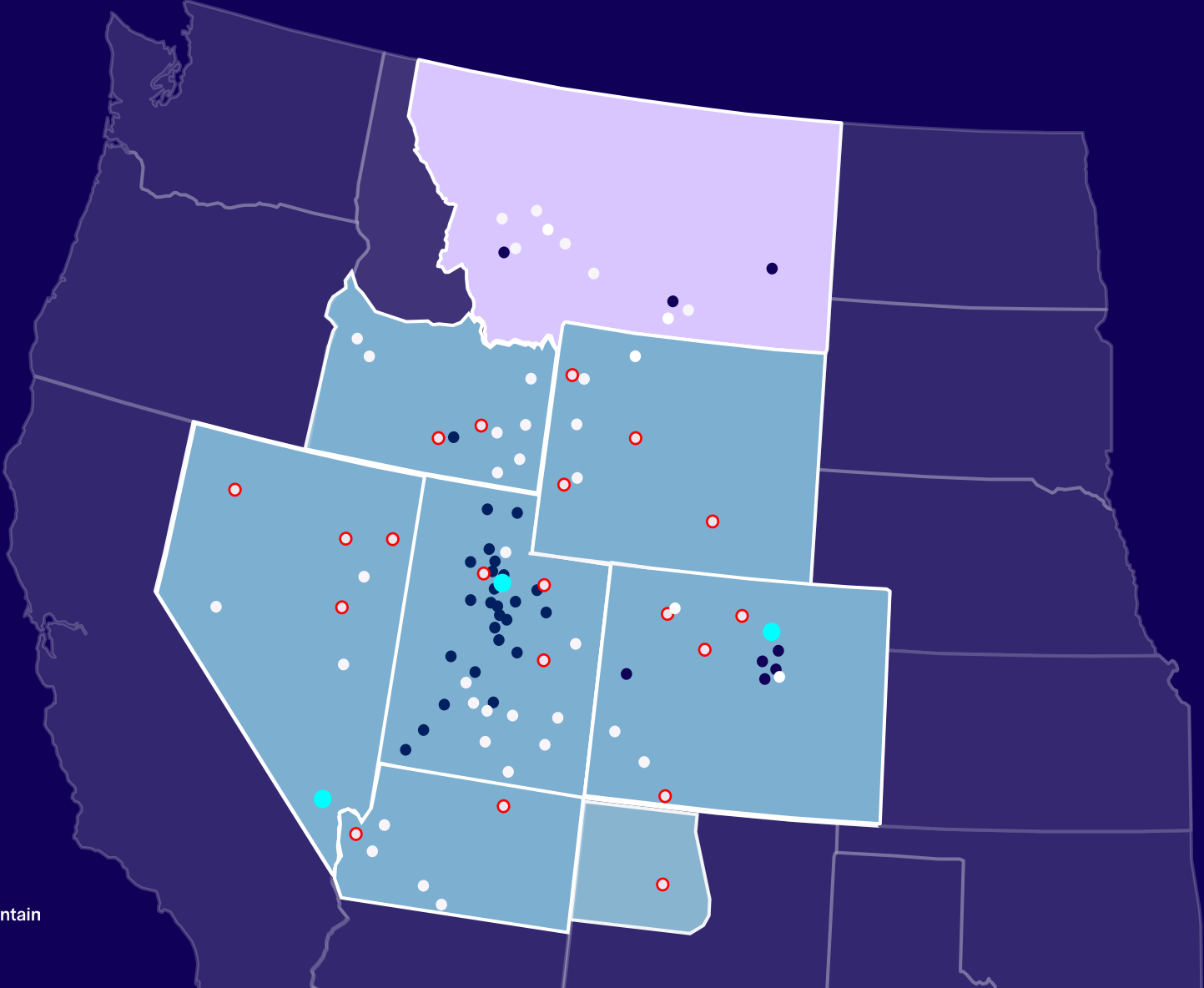
We serve
with
empathy

We are
partners
in health

We do
the right
thing

We are
better
together

Intermountain Health's Footprint



- Hospitals
- Region HQ
- Affiliate/Outreach Partnerships
- Flight & Ambulance Services

Caring for Bozeman

Bozeman Midtown Clinic | 711 West Main St.

- Family Medicine
 - Offering same day appointments

Bozeman Gallatin Clinic | 2825 West Main St. (Gallatin Crossing)

- Ear, Nose & Throat
- Cardiology
- Cardiovascular & Thoracic Surgery
- Neurology
- Neurosurgery
- Gynecologic Oncology
- Pediatric Gastroenterology
- Pediatric Endocrinology



Resources and Support



Free Firearm Safety Kit

No Questions Asked

Keeping our kids safe

In the United States, firearm injuries are a major cause of death in children. Be part of the solution. Take a free cable-style gun lock to keep your firearm secure.

To learn more about best practices in firearm safe storage, suicide prevention, and improving your child's mental well-being, please scan below.



Firearm Secure Storage & Suicide Prevention



Behavioral Health & Mental Well-Being



Guardar Las Armas de Manera Segura Y Prevenir el Suicidio



Salud conductual y bienestar mental

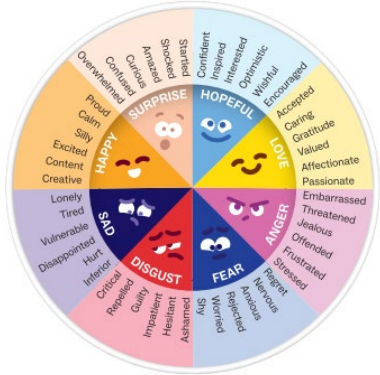


Kit de seguridad gratis para las armas de fuego: Sin necesidad de explicaciones

En Estados Unidos, una de las principales causas de muerte en niños son las heridas por arma de fuego. Sea parte de la solución. Obtenga un candado estilo cable completamente gratis para mantener su arma de fuego asegurada.

Para obtener más información sobre las prácticas recomendadas de almacenamiento seguro de armas de fuego, prevención de suicidios y mejorar la salud mental de su niño, escanee el código a continuación.

Feelings Wheel



Take Charge of your Mental Health



Life is full of challenges and sometimes, we all need a little extra support. With the right resources at your fingertips, you have the power to take charge of your mental wellbeing. Introducing a wealth of connections and tools to support mental wellness to help you live your healthiest life possible.

Intermountain Health is partnering with CredibleMind to offer a free online platform that brings together expert-rated and vetted videos, podcasts, apps, books, and articles all in one easy-to-use place. Take charge of your mental health with [Intermountain and CredibleMind](#).

CredibleMind covers over 100 topics that can help you and your friends/family:

- › Relieve stress
- › Sleep better
- › Beat burnout
- › Manage anxiety
- › Prevent depression
- › Find joy in life
- › Eat healthier
- › Become a better parent
- › Grow stronger relationships
- › Cope with grief and loss
- › Develop mindfulness
- › Manage your time
- › Develop resilience
- › Achieve goals
- › Recover from addiction
- › Cope with medical diagnosis
- › Age gracefully
- › *And more!*

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- › Is it Job Stress or Burnout?
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- › Is Your Mind Full or Are You Mindful?
- › How Strong is Your Resilience Network?
- › What's Your Meditation Style?



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◀ Scan QR code to get started today or visit: [Internountainhealth.org/takecharge](https://www.internountainhealth.org/takecharge)





Learn More About Suicide Prevention & Firearms:

Montana 211
Montana 211 provides information and connects people to resources for non-emergency needs, via an easy-to-remember phone number and website (montana211.org)

The Bright App
Search for a Behavioral Health Provider in Montana at www.montana211.org/bright_app_page_sne

Suicide Prevention Information and Resources
The Montana Department of Public Health and Human Services Suicide Prevention Program resources can be found at dphhs.mt.gov/suicideprevention/index

Tumbleweed 24-Hour Youth Crisis Line
Serving at-risk youth and young adults since 1976. Crisis counseling available 24 hours/day at 888-816-4702

Community Crisis Center
704 N 30th Street, Billings MT, 406-269-8800, crisiscenterbillings.org
24 hour/day crisis counseling services to include crisis stabilization and referral for adults with mental health, substance misuse and social service needs.

Intermountain Health Behavioral Health Associates
2900 12th Avenue North, Ste 2800L, Billings MT, 406-237-3585
Specialized behavioral health services.

Veterans Navigation Network
Veterans Navigation Network (VNN) is a Montana-based nonprofit providing personalized navigation, peer mentorship, and advocacy to service members, veterans, and families.
www.veteransnavigation.org | 406-433-9308

988 SUICIDE & CRISIS LIFELINE

Suicide & Crisis Lifeline call or text 988
If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
Veterans press 1 | En Español press 2 | LGBTQ+ Youth Press 3

Trevor Project for LGBTQ+ young people
Call 1-866-688-7388 or text 678-678 Or visit them online at www.thetrevorproject.org/get-help

Trans Lifeline 877-565-8860
A peer support phone service run by trans people for our trans and questioning peers. Online at translifeline.org/hotline

If you or someone you know is in immediate crisis, call 911 or go to your nearest emergency room.



The key to firearm safety and suicide prevention ... **is you.**



Guns are the **leading method of suicide** in the Mountain West.

When used in a suicide, firearm injuries usually **result in death.**

Given the frequency and fatality with which guns are used in suicides, injury prevention experts advise: **no person in suicidal crisis should ever have access to a gun.**

Since suicidal crises usually arise in **just minutes**, putting **space and time** between a person who is struggling and a firearm can save a life by allowing the crisis period to subside and the person to get help.

Safe firearm **storage** is one of the simplest and **most effective** things we can do to prevent suicide.



Suicide Warning Signs

- ▲ Talking about wanting to die
- ▲ Looking for a way to kill oneself
- ▲ Talking about feeling hopeless or having no purpose
- ▲ Talking about feeling trapped or in unbearable pain
- ▲ Talking about being a burden to others
- ▲ Increasing drug or alcohol use
- ▲ Acting anxious, agitated or reckless
- ▲ Sleeping too little or too much
- ▲ Withdrawing or feeling isolated
- ▲ Showing rage or talking about seeking revenge
- ▲ Visiting or calling people to say goodbye
- ▲ Giving away prized possessions
- ▲ Giving away pets or making preparations for future care of pets

988 SUICIDE & CRISIS LIFELINE



Have a Conversation

Take all warning signs seriously. If you're unsure whether someone is considering suicide, the best way to find out is to ask. Let them know you care and encourage the at-risk person to seek help from professional behavioral health services.



Safest Storage Options: Off Site

If legal in your state, ask a trusted friend to store your firearms off-site.

Ask your local gun shop or shooting range for storage options.

Self-storage rental units are a convenient option for unloaded guns.



Second Safest Storage Options: In the Home

Gun safes and lock boxes are the best in-home option. Lock ammunition separately, or don't keep it at home.

Trigger locks, cable locks, and camshell locks prevent the loading and firing of a firearm and are a convenient and affordable way to safely store your firearm. However, these options are not as secure as a high quality safe.

Taking guns apart and storing a critical piece, like a slide or firing pin, away from the barrel (or locked up) is another option.

****Remember:** This applies to the self-defense gun, too. When a household member is struggling, many families decide that protecting against suicide takes priority until the person recovers.



Employee Assistance Program (EAP)

- Intermountain's EAP helps organizations reduce absenteeism, improves retention, and creates a healthier, more productive workforce. Our confidential, professional support empowers employees to manage stressors, resolve conflicts, and stay engaged at work. 24/7 access for immediate help. Virtual and in person appointments.
 - Counseling
 - Credible Mind
 - Crisis Support
 - Financial/Legal Assistance
 - Trainings and Webinars

*Ready to improve employee well-being and reduce costs?
Contact us today for a customized quote.*

Phone: (800) 832-7733

Email: eap@imail.org

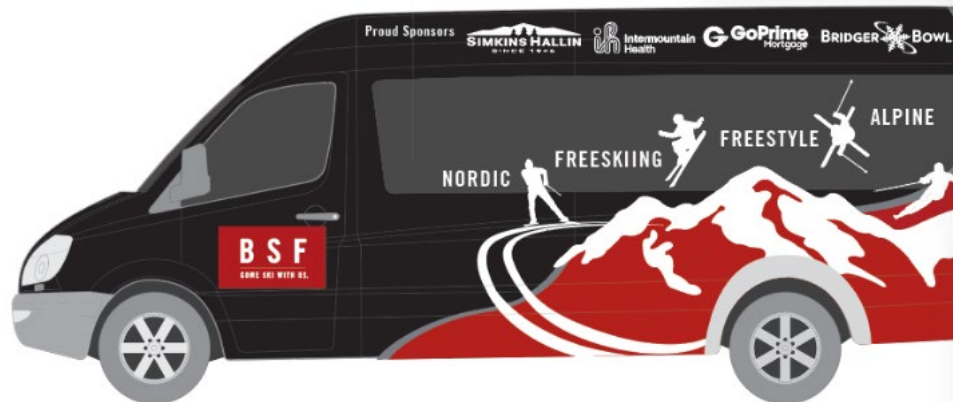
Visit: intermountainhealthcare.org/eap

Scan QR code to request a proposal



Community Connections

- Bozeman Chamber
- Prospera Business Network
- Downtown Bozeman Assoc.
- MSU College of Nursing
- Gallatin College
- Bobcat Athletics
- The Help Center
- Community Health Partners
- Music on Main
- Bridger Ski Foundation
- Thrive
- HRDC
- YMCA



Questions?



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Huddle Up Lift Up

52

prompts for each week
of the year to support your
emotional well-being



Intermountain
Health

52 weeks of individual and team activities in five categories:

Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth

WEEK

• 1 •

Mindfulness Bell and Three Breaths

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute. Notice your chest and/or stomach rising and falling as you breathe. To remind you to do this throughout the day, you can set up a reminder on your phone or post a broadcast on Vocera or designate a staff member to ring a bell at various intervals throughout a shift.



Team Activity

“

*Mindfulness isn't difficult, we
just need to remember to do it.*

—SHARON SALZBERG

”



Three Cycle Breathing

WEEK

• 2 •

Walk and Talk

Take a walk with a friend, coworker,
or family member today.



Individual Activity

“

*In every walk with nature one
receives far more than he seeks.*

—JOHN MUIR

”

social connection

WEEK

• 3 •

A Picture is Worth a Thousand Words

Find three pictures that make you laugh.
Share one of these pictures with your team and talk about why this picture or experience makes you smile.



Team Activity

“

*Laughter is the
language of the soul.*

—PABLO NERUDA

”

+

*If you have some of your own, great!
If not google it, a picture is worth a
thousand words, and these ones are
worth as many laughs.*

WEEK

• 4 •

Take 10 Breaths for Relaxation

Take a moment to pause and simply pay attention to the sensation of 10 breaths for relaxation. Notice where you feel your breath. Is it through the rise and fall of your chest? Is it in the expanding and contracting of your belly? You can place your hand on your chest as you pay attention to your breath. Do this at your own pace and don't worry if the mind wanders. Feel your body and your mind start to relax with each breath.



Team Activity

“

*Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor.*

—THICH NHAT HANH

”

mindfulness

WEEK

• 5 •

Celebrate YOU

Write down three positive things about yourself. What are your strengths? What are physical characteristics that you like about yourself? What personal characteristics are you most proud of?



Individual Activity

“

*You are what you believe
yourself to be.*

—PAULO COELHO

”



WEEK

• 6 •

1-Minute Breath Meditation

Close your eyes and pay attention to your breath as you inhale and exhale for one full minute. Experience the breath coming in and the breath going out. Notice the path your breath takes through your body as you inhale and exhale.



Team Activity

“

*Pausing even for one minute
can lower your blood pressure
and ease your mind.*

”



WEEK

• 7 •

Mind Dump Exercise

Take 5 to 10 minutes and dump out all the thoughts lingering in your mind. Use a pen and a piece of paper to write down all of the thoughts that are bothering you.



Individual Activity

“

*I can shake off everything as
I write; my sorrows disappear,
my courage is reborn.*

—ANNE FRANK

”



WEEK

• 8 •

Ordinary Moments Awareness

We have many ordinary moments throughout our days. Take time today to become aware of what is happening with your body, mind, and emotions during these experiences. When you become aware of yourself during those moments, does your experience change or does it stay the same? We don't need to change these experiences, merely bring curiosity to these ordinary moments.



Individual Activity

“

*You can change your day by
looking at it differently.*

—UNKNOWN

”



Bringing Awareness to
Ordinary Moments in the Day

WEEK

• 9 •

The Power of Growth Mindset

Take the growth mindset quiz to learn more about your growth mindset and fixed mindset tendencies.



Team Activity

“

When you go from a fixed mindset to a growth mindset, a new world of possibilities opens up.

— KELLER WILLIAMS REALTY

”



Growth Mindset Quiz

**This link is only accessible to Intermountain caregivers.*

WEEK

• 10 •

1-Minute Meditation with Sense of Touch

Close your eyes and pay attention to your body's sense of touch. Notice what your body feels like, what sensations you can feel, and what different parts of your body are feeling or touching (hands, arms, feet, legs, etc.).



Team Activity

“

*Drawing attention to the sense of touch
brings us into the present moment.
It is in these moments we can reduce
stress and anxiety.*

”



WEEK

• 11 •

Sunrise to Sunset Appreciation

Watch the sunrise or sunset sometime this week. Take a picture to remember the beauty in that moment.



Individual Activity

“

*Each sunset brings closure, and
each sunrise brings new possibilities
and both have beauty.*

—KARIN SCHWAN

”

gratitude

WEEK

• 12 •

1-Minute Meditation with Sound

Close your eyes and pay attention to the sounds around you and within you. Listen for those that are near to you, those that are far away, ones that are constant and those that are fleeting. Notice likes and dislikes and bring your attention back to the sound. Allow the sounds to pass through your ears.



Team Activity

“

Taking the time to pause and listen is an anchor to this present moment. It is in these moments we are most alive.

”



WEEK

• 13 •

Unplug

Turn off your phone and
disconnect for 30 minutes today.



Individual Activity

“

*Disconnecting from our technology
to reconnect with ourselves is
absolutely essential for wisdom.*

—ARIANNA HUFFINGTON

”

self-care & growth

WEEK

• 14 •

Make the Call

Call or FaceTime someone you love.



Individual Activity



*In a world of algorithms,
hashtags, and followers,
know the true importance of
human connections.*

—UNKNOWN



social connection

WEEK

• 15 •

1-Minute Meditation: Strong Sensation

Close your eyes, do a body scan and notice how you are feeling physically. If there is an area with a strong sensation, check in and see what that is. Scan again and notice if there is an area of less sensation. Move back to the strong sensation and explore that sensation again, is there a sensation of pushing away or tightening of your body? Get curious about your body in this present moment.



Team Activity

“

*It is not what happens to you, but
how you react to it that matters.*

—EPICTETUS

”

+

WEEK

• 16 •

A Moment of Self-Compassion

Share your favorite way to practice self-compassion when faced with a challenge.



Team Activity

“

Self-compassion—being supportive and kind to yourself, especially in the face of stress and failure—is associated with more motivation and better self-control.

—KELLY MCGONIGAL

”

self-care & growth

WEEK

• 17 •

Mindfully Looking

Take the time to notice the eye color of those you talk with today. Use your sense of seeing to bring you into the present moment.



Individual Activity

“

The emphasis is no longer to try to get somewhere better...but to see clearly what is going on right now.

—TOM DAS

”

mindfulness

WEEK
• 18 •

Respect your Boundaries

Make it a goal this week to not answer work calls or email outside of typical working hours. Practice using the going home checklist (only available to Intermountain caregivers) as you leave work and go home after your shift.



Individual Activity



Daring to set a boundaries is about having the courage to love ourselves even when we risk disappointing others.

—BRENÉ BROWN



Caregiver Going Home Checklist

**This link is only accessible to Intermountain caregivers.*

WEEK
• 19 •

Feet Focus

Bring awareness to your feet and where the pressure is under your feet. Shift the weight to the toes and pause, noticing the muscles that work to keep you here. Then shift the weight into your heels and notice the muscles that keep you here. Then shift to the right and pause and to the left and pause. Then let the weight be even throughout the feet and take another moment to notice how that feels.



Team Activity



Keep your mind where your feet are.

—LORI WREN ELERTS



For additional exercises, information and support, download  **Strength**.

Find myStrength in your MyHealth⁺ app! Tap Health Tools to get started.

Enroll online: mystrength.com/join
Use Registration Code: MYHEALTHPLUS

Download the app: Use Registration Code: MYHEALTHPLUS

WEEK
• 20 •

Celebrate Along the Way

Share something you have accomplished this week. It can be a small task or a large project.

Congratulate yourself!



Team Activity

“

*Don't wait for others to celebrate you,
learn to do it yourself.*

— MENSAH OTAH

”

self-care & growth

WEEK
• 21 •

Safe and Peaceful Place Guided Imagery Meditation

Gazing downward or closing your eyes, bring to mind a safe and peaceful place. What is the setting? What colors do you see? Is it warm or cold? Are there smells present? What sensations do you feel; warmth of the sun, rain or snow on your face, a breeze, rocks or grass under your feet? Is there a taste associated with this place? Are you alone or with people or animals? Pause for a few more moments taking in your safe and peaceful place.



Team Activity



*Even in the midst of life's many storms,
we have the capacity to stand in the
center of our own peace.*

PEACE FLASH/FB



WEEK
• 22 •

Practice a Gratitude Moment

Share one thing that you are grateful for today, whether it is to be something at work or personally.



Team Activity

“

Gratitude and attitude are not challenges; they are choices.

—ROBERT BRAATHE

”

gratitude

WEEK
• 23 •

Deep Breathing

Take in a deep breath while raising your arms over head and then exhale as you lower your arms back down.
Repeat two more times.



Team Activity

“

When people ask me what the most important thing in life is, I answer: 'Just breathe'

—YOKO ONO

”



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Launch MH+

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WEEK
• 24 •

Learning Opportunities

Share something that you've learned recently that helped you to grow.



Team Activity



Fixed mindset makes you concerned with how you'll be judged; growth mindset makes you concerned with improving.



Growth Mindset

**This link is only accessible to Intermountain caregivers.*

WEEK
• 25 •

Anchor Breathing

Imagine being on a boat, feeling calm, and safe.

Attached to the boat is an anchor. It keeps you there, where you want, calm, and safe.

Bodies, like the boat, also have anchors, and they can help us focus. Our breath is an anchor to help us feel grounded.

With your hands on your chest, breathe in deeply. Breathe out slowly. Feel your chest rise and fall.

As your mind wanders, gently bring it back to the anchor point.

Two more times, breathe in deeply. Breathe out slowly.



Team Activity



Get connected with yourself one breath at a time.

—UNKNOWN



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WEEK
• 26 •

Growth Mindset Versus Fixed Mindset

Discuss and learn more about the difference between growth mindset and fixed mindset.



Team Activity



Success is the ability to go from one failure to another with no loss of enthusiasm.

—WINSTON CHURCHILL



Fixed Mindset vs. Growth Mindset

**This link is only accessible to Intermountain caregivers.*

WEEK
• 27 •

Breathe and Focus

Start by taking long, slow deep breaths with increasingly longer exhalations. With each breath, gently disengage your mind from distracting thoughts. Then, kindly bring your mind back to your breath.



Team Activity

“

If you want to conquer the anxiety of life, live in the moment, live in the breath.

—AMIT RAY

”




Three Cycle Breathing

WEEK
• 28 •

Discover your Happy Playlist

Listen to your favorite “happy” playlist
and practice gratitude for this simple joy.

Amazon, Pandora, and Spotify all
have playlist options.

 Individual Activity

“

Happiness is an inside job.

—WILLIAM ARTHUR WARD

”

gratitude

WEEK
• 29 •

Butterfly-Anchor to the Heart

1

Put your hands in front of you, palms out.

2

Pull your hands to your chest and anchor your thumbs to your heart.

3

Curl your fingers around your thumbs, one by one, while repeating this phrase: "I can do this even though it's hard."

4

Look at your hands, to see the shape of a heart.

5

Press into your chest and push out with bravery.



Team Activity



How we pay attention to the present moment largely determines the character of our experience, and therefore, the quality of our lives.

—SAM HARRIS



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Download the app: Use Registration Code: MYHEALTHPLUS

WEEK
• 30 •

Strengthen Connections

Have a meal with family or friends this week.
Or schedule time to connect with a friend in
another way this week.

 Individual Activity

“

*Surround yourself only with people
who are going to lift you higher.*

—OPRAH WINFREY

”

social connection

WEEK
• 31 •

Calming down exercise

1

Stop

2

Take a big deep breath in and smell the flower

3

Then take a big deep breath out and blow out the candle

4

Relax your body



Team Activity



You don't have to control your thoughts, you just have to stop letting them control you.

—DAN MILLMAN



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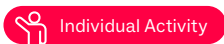
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WEEK
• 32 •

Get Outside

Make time to spend ten minutes outside today. Find your favorite park, go for a walk, or simply enjoy the beauty from your backyard.



“

*If you wish to know the divine,
feel the wind on your face and the
warm sun on your hand.*

—BUDDHA

”

self-care & growth

WEEK
• 33 •

Grounding with the 5 Senses

Look around the room you are in and notice:
five things you can see, four things you can feel,
three things you can hear, two things you can
smell, one thing you can taste.



Team Activity



*Grounding yourself in the now
gives you the strength to deal
with the future.*

—UNKNOWN



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WEEK
• 34 •

Empowered at Work

Share one thing that helps you to feel empowered at work.



Team Activity

“

You may not control all the events that happen to you, but you can decide not to be reduced by them.

—MAYA ANGELOU

”

workplace

WEEK
• 35 •

Body Scan Exercise

1

Combine your breath focus with progressive muscle relaxation.

2

Starting with your head and face, mentally release any physical tension you feel.

3

Move from muscle to muscle while releasing the tension and focusing on your breath.



Team Activity

“

Within you, there is a stillness and a sanctuary to which you can retreat at any time and be yourself.

—HERMANN HESSE

”



WEEK
• 36 •

Break for Lunch

Schedule and prioritize taking a lunch break every day this week. Support each other as a team to ensure that everyone is able to prioritize their lunch breaks.



Individual Activity

“

For the love of work, take a break.

—UNKNOWN

”

workplace

WEEK

• 37 •

Two Minute Power Pose

Want to boost your confidence or feelings of empowerment? Take two minutes to stand in the pose of accomplishment or excitement. Think of a runner breaking through the ribbon at the finish line and their arms and head go up with excitement of the accomplishment. With your feet separated a little, reach your arms up toward the sky with a smile on your face and hold this moment of success. Holding this position for two minutes will bring more confidence.



Team Activity

“

*A flower does not think of competing with
the flower next to it. It just blooms.*

—ZEN SHIN

”

mindfulness

WEEK
• 38 •

Recognition and Appreciation

Share your favorite way to receive recognition or appreciation from others. If you are an Intermountain caregiver, use Kudos to send a kind word to a coworker to share your appreciation.



Team Activity



*The cure for burnout is not self-care,
it's all of us caring for each other.*

—EMILY & AMELIA NAGOSKI



Intermountain Recognition

**This link is only accessible to Intermountain caregivers.*

WEEK
• 39 •

Repeat a Prayer or Phrase

1

Silently repeat a short prayer or phrase while focusing on your breath.

2

An example can be to repeat the following:
May I be well, may I be happy,
may I be peaceful, may I be loved.

 Individual Activity

“

The way you speak to yourself matters.

—UNKNOWN

”

+

WEEK

• 40 •

Practice Gratitude

Start a gratitude journal.
Get in the habit of writing down three things
you are grateful for each day.



Individual Activity

“

*I don't have to chase extraordinary
moments to find happiness—
it's right in front of me if I'm paying
attention and practicing gratitude.*

—BRENÉ BROWN

”

gratitude

WEEK

• 41 •

Avagard Pause or Handwashing Meditation

Take a brief pause throughout the day, while washing your hands or applying Avagard, to allow for self-regulation and coming to the present moment. Stand still for ten seconds paying attention to the sensations of rubbing Avagard on your hands or the sensation of washing your hands. Get out of your head and into the sensations of your body. Notice the water temperature, the feeling of the soap, etc. End with one mindful breath.

 Individual Activity

“

*Don't get lost in your mind.
Be in each moment.*

—UNKNOWN

”

mindfulness

WEEK

• 42 •

Coworker Check-in

Discuss as a team the best way to check in with each other regularly. Share how you like to be cared for at work. Consider one way you can personally check-in with a coworker today.



Team Activity

“

*People will forget what you said,
people will forget what you did,
but people will never forget how
you made them feel.*

—MAYA ANGELOU

”

workplace

WEEK
• 43 •

Cooked Noodle Exercise

1

Say the words “cooked noodle” and imagine all the tension leaving your body as if a light switch turned off.

2

Hold this relaxed position for ten seconds.



Team Activity

“

Your calm mind is the ultimate weapon against your challenges. So relax.

— BRYANT MCGILL

”



For additional exercises, information and support, download  myStrength.



Launch MH+

Find myStrength in your MyHealth+ app! Tap Health Tools to get started.

Enroll online:
mystrength.com/join
Use Registration Code:
MYHEALTHPLUS

Download the app:
Use Registration Code:
MYHEALTHPLUS



WEEK

• 44 •

Kudos

Write a thank you note to someone who has helped you this week.



Individual Activity

“

*Appreciation is a wonderful thing.
It makes what is excellent in
others belong to us as well.*

—VOLTAIRE

”

social connection

WEEK
• 45 •

Bringing Mindfulness to Difficult Communications

Think about a time this past week when you had a difficult communication with someone. Take a moment to write about this experience:

Who was it with, what was it about, how did it come about, what were you wanting from the person or situation, and what did you actually get? What did the other person(s) want and what did they get? How did you feel during and after this time? Were the issues resolved? If not, how might they be?

Work to remain aware of your body during difficult communications and how you're feeling.

 Individual Activity

“

*You can't stop the waves,
but you can learn to surf.*

—DR. JON KABAT-ZINN

”

+

WEEK

• 46 •

Mistake Response

Discuss as a group or journal about how you respond to a mistake or a failure.

How can we learn to view mistakes as learning opportunities?



Team Activity

“

In a growth mindset, challenges are exciting rather than threatening. So rather than thinking ‘oh, I’m going to reveal my weaknesses,’ you say ‘wow, here’s a chance to grow.’

—CAROL S. DWECK

”

self-care & growth

WEEK

• 47 •

Color your day with Self-Compassion

Pick a color that will be a prompt for you to repeat kind words to yourself. Then pick the kind, compassionate words you will say. For example: May I be kind to myself, May I be at peace, May I be safe, I'm doing the best I can, I am enough. When you see the color you have chosen throughout the day, say those kind words to yourself.



Individual Activity

“

Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.

—LOUISE HAY

”



Informal Compassion Meditation

WEEK
• 48 •

Three Good Things

Share three good things that have happened in the last 24 hours for which you are grateful.



Team Activity

“

*The more grateful I am,
the more beauty I see.*

—MARY DAVIS

”

gratitude

WEEK
• 49 •

1-Minute Meditation: Turning Toward Pain

Close your eyes and take a deep breath. Pay attention to what emotions, thoughts, or sensations are in your body, particularly ones that are annoying or painful. Pay attention to that, bring a kind curiosity to that sensation and what it is like. Turning toward pain allows for exploring what is here moment to moment. Does it change or stay the same?



Team Activity

“

*Letting go of what you can't control
is a beautiful kind of peace.*

—UNKNOWN

”



WEEK
• 50 •

TED Talk

Listen to a TED Talk on happiness.
Write down what you learned and how you
can apply these concepts in your life.

 Individual Activity

“

*Happiness is not by chance,
but by choice.*

—JIM ROHN

”

self-care & growth

WEEK

• 51 •

Unpleasant Events

Let's draw awareness to unpleasant events. How do you know something is unpleasant? Share or write down a time over the last 24 hours when something was unpleasant. What did it feel like? Was there a certain place that you felt it in your body? What was the sensation? What were the emotions that came along with it?



Team Activity



*It's not a matter of letting go—
you would if you could.
Instead of "let it go" we should
probably say "let it be".*

—DR. JON KABAT-ZINN



WEEK
• 52 •

Social Media Break

Take a social media break today and instead focus on deepening personal connections and pay attention to what's going on around you.

 Individual Activity

“

We might have to, sometimes, be brave enough to switch the screens off in order to switch ourselves back on. To disconnect in order to reconnect.

— MATT HAIG

”

self-care & growth

BUT WAIT—THERE'S

• MORE •

STOP Mindfulness

For a moment of mindfulness, remember to STOP. **Stop** what you are doing. **Take** a breath. **Observe** what you are experiencing and pause. **Proceed** with your chosen response. This STOP pause allows us to move forward skillfully.



“

Between stimulus and response lies a space. In that space lies our freedom and power to choose a response. In our response lies our growth and our happiness.

—VICTOR FRANKL

”



Stop Take a Breath Observe Proceed

BUT WAIT—THERE'S

• MORE •

Put it in a Different Perspective

Look at things from a new or different perspective. Discuss a situation or experience that, when viewed from a different perspective, changed how you viewed the situation or approached the challenge?



Team Activity

“

*If you change the way you
look at things, the things
you look at change.*

—WAYNE DYER

”

self-care & growth

BUT WAIT—THERE'S

• MORE •

Habit Loop

Learn about the habit loop of trigger, behavior, reward.

Something good or bad happens and it becomes a trigger. Your brain remembers, and it wants more of what caused that good thing to happen and wants it again. Your brain can do the same thing with negative experiences. When something negative happens, your brain can start a negative loop and instead of negative experiences getting better, the cycle causes them to escalate. Being mindful of our triggers and habits, we can stop this negative habit loop and instead implement habits that are positive and supportive.



Individual Activity



Replacing just a few key negative habits with a few positive habits can easily be the difference between being mostly unhappy and being happy almost all of the time.

—TYNAN



Mindfulness

Workplace

Gratitude

Social Connection

Self-Care & Growth



Learn More About Suicide Prevention & Firearms:

Montana 211

Montana 211 provides information and connects people to resources for non-emergency needs, via an easy to remember phone number and website (montana211.org)

The Bright App

Search for a Behavioral Health Provider in Montana at www.montana211.org/bright_app_page_one

Suicide Prevention Information and Resources

The Montana Department of Public Health and Human Services Suicide Prevention Program resources can be found at dphhs.mt.gov/suicideprevention/index

Tumbleweed 24-Hour Youth Crisis Line

Serving at risk youth and young adults since 1976. Crisis counseling available 24 hours/day at 888-816-4702

Community Crisis Center

704 N 30th Street, Billings MT, 406-259-8800, crisiscenterbillings.org. 24 hour/day crisis counseling services to include crisis stabilization and referral for adults with mental health, substance misuse and social service needs.

Intermountain Health Behavioral Health Associates

2900 12th Avenue North, Ste 280W, Billings MT, 406-237-3585
Specialized behavioral health services.

Veterans Navigation Network

Veterans Navigation Network (VNN) is a Montana-based nonprofit providing personalized navigation, peer mentorship, and advocacy to service members, veterans, and families.
www.veteransnavigation.org | 406 435-9308



Suicide & Crisis Lifeline call or text 988

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
Veterans press 1 | En Espanol press 2 | LGBTQ+ Youth Press 3

Trevor Project for LGBTQ+ young people

Call 1-866-488-7386 or text 678-678 Or visit them online at: www.thetrevorproject.org/get-help

Trans Lifeline 877-565-8860

A peer support phone service run by trans people for our trans and questioning peers. Online at: translifeline.org/hotline

If you or someone you know is in immediate crisis, call 911 or go to your nearest emergency room.



The key to firearm safety and suicide prevention ... **is you.**



Guns are the **leading method of suicide** in the Mountain West.

When used in a suicide, firearm injuries usually **result in death**.

Given the frequency and fatality with which guns are used in suicides, injury prevention experts advise: **no person in suicidal crisis should ever have access to a gun**.

Since suicidal crises usually arise in **just minutes**, putting **space** and **time** between a person who is struggling and a firearm can save a life by allowing the crisis period to subside and the person to get help.

Safe firearm **storage** is one of the simplest and **most effective** things we can do to prevent suicide.



Suicide Warning Signs

- ▲ Talking about wanting to die
- ▲ Looking for a way to kill oneself
- ▲ Talking about feeling hopeless or having no purpose
- ▲ Talking about feeling trapped or in unbearable pain
- ▲ Talking about being a burden to others
- ▲ Increasing drug or alcohol use
- ▲ Acting anxious, agitated or reckless
- ▲ Sleeping too little or too much
- ▲ Withdrawing or feeling isolated
- ▲ Showing rage or talking about seeking revenge
- ▲ Visiting or calling people to say goodbye
- ▲ Giving away prized possessions
- ▲ Giving away pets or making preparations for future care of pets

988 SUICIDE & CRISIS
LIFELINE



Have a Conversation

Take all warning signs seriously. If you're unsure whether someone is considering suicide, the best way to find out is to ask. Let them know you care and encourage the at-risk person to seek help from professional behavioral health services.



Safest Storage Options: Off Site

If legal in your state, ask a trusted friend to store your firearm offsite.

Ask your local gun shop or shooting range for storage options.

Self-storage rental units are a convenient option for unloaded guns.



Second Safest Storage Options: In the Home

Gun safes and lock boxes are the best in-home option. Lock ammunition separately, or don't keep it at home.

Trigger locks, cable locks, and clamshell locks prevent the loading and firing of a firearm and are a convenient and affordable way to safely store your firearm. However, these options are not as secure as a high quality safe.

Taking guns apart and storing a critical piece, like a slide or firing pin, away from the home (or locked up) is another option.

**** Remember:** This applies to the self-defense gun, too. When a household member is struggling, many families decide that protecting against suicide takes priority until the person recovers.



When Firearm Safety and Safe Storage is Your Goal

The safest thing to do while someone is at increased risk for suicide in your home is to store your firearms outside your home.



First, watch this **short video** about what youth experience and how you can help **protect your child**.



Next, learn about **safety planning** with help from a therapist and firearms expert to make your home safe.



Firearms are the **leading method of suicide**. Putting time and distance between a person in crisis and firearms saves lives. Protect teens and help prevent suicide by locking up guns and ammo in secure safes or moving them off-site until the crisis has been averted. **Watch this video** for one example of how gun safety can help protect lives.



► English



► Español

Take our **LiVe Well Suicide Awareness training** to learn more about suicide prevention with the tools you need to talk about suicide and help those in suicidal crisis be safe and access the resources they need.





Safe Off-Site Storage Options Include:

A Trusted Family Member or Friend: Phone a friend or family member. It will not only keep you and your loved one safe, but it will also provide you with more support to manage this difficult time.

Law Enforcement: Call local law enforcement to understand the procedures for giving them your firearms and returning them to you.

Offsite Storage at a Self-Storage Rental Facility: Some facilities have safety deposit boxes and smaller options if you are storing handguns. If you have shotguns and rifles, you may need a bigger space.

Shooting Ranges or Gun Shops: Some facilities have storage options. Call ahead to find out. You could also take your firearm(s) in to be cleaned and serviced and have them hold them until the risk is decreased.

Pawn Shops: Many pawn shops will hold your firearms either as a pawn item or for a small fee. Call ahead to verify with your local pawn shop.



When Off-Site Storage is NOT an Option, the Next Best On-Site Storage Options Include:

Store Your Firearm(s) in a Gun Safe or Firearm-Specific Storage Lock Box: Gun Safes are the most secure on-site storage option. Lock unloaded firearms with a cable-style gun lock, remove the firing pin and store them securely, change codes and secure keys. Family members often know “family passwords” to gun safes, update for added security.

Temporarily Store Ammunition Off-Site: Temporarily remove ammunition from your home or keep it in a separate locked location from secured firearms.

Trigger Locks and Cable Locks:

Trigger and cable locks aren't as safe as locking in a secure gun safe, but they are better than not locking at all. In addition, they can be used with a gun safe for extra protection.

Remove a Key Component of

the Firearm: Remove the firing pin, slide, or other critical component and give it to a family member or friend to hold until the risk has passed.



Other Options



Your safety is our top priority. A free, anonymous **decision support tool** can help you make decisions about temporarily reducing access to potentially dangerous things such as firearms, medicines, sharp objects, or other household items.



**Intermountain
Health**

What Options are NOT Recommended?

● Hiding Firearms is not Recommended:

Family members often know each other's hiding places.

● Doing Nothing is not Recommended:

If someone in your home has had suicidal thoughts or made a plan or attempt, please take them seriously; make your home safe by changing the codes on your safes and following these and other safety recommendations.

If you or someone you know is experiencing a mental health crisis, please call 988

988

**SUICIDE
& CRISIS
LIFELINE**

Question, Persuade, Refer (QPR) Gatekeeper Training



What is QPR

An evidence based training provided by a QPR Institute trained instructor. The mission is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

What is a Gatekeeper

A gatekeeper is someone in a position to recognize a potential crisis and the warning signs that someone may be having thoughts of suicide.

QPR Gatekeepers can be anyone, but include:

- Parents
- Teachers or school staff
- Minister
- Youth
- Medical Providers
- First Responders
- Mental Health Professionals
- And YOU!

As a Certified QPR Gatekeeper you will learn To:

- Recognize the warning signs of suicide
- Increase awareness of stigma and understand suicide as a public health issue
- Know how to offer hope
- Know how to access local and national referral resources
- Know how to get help and save a life

Interested in hosting a QPR training? Contact
Shari Charron, QPR Instructor
406.723.2991 or
shari.charron@imail.org





Community Health Campaign Guide

Keeping children safe and well through education and prevention



Car Seat Safety

75% of car seats are installed or used incorrectly

Our Car Seat Technicians help parents and drivers know which type of car seat is right for their child and how to use it properly to keep their child safe. Call for an in-person or virtual appointment.



Water Safety

Children should always be supervised by an adult around water

We offer safety tips to parents for open water and boating, pool and hot tub, in and around the home, and general water safety.



Pedestrian Safety

Everyone should cross at corners using traffic signals or at marked crosswalks

We provide overall pedestrian safety tips for walking during the day or at night. We also encourage teaching children not to play in streets or parking lots.



Off Highway Vehicle Safety

Children and adults should always be safely dressed and trained when riding an ATV

This includes helmet use, wearing protective gear, and proper certification before riding.



Emotional Wellbeing

As your child grows, new skills are needed to navigate feelings and emotions

Emotional health is the ability to express feelings, adjust to emotional challenges, tolerate frustration, cope with life stressors, and enjoy life. With some tools, tips, and practice, you can feel confident to talk about emotional health with your child through identifying, accepting, and validating their emotions.



Spot the Tot / Forget Me Not

Children should never be left alone in a vehicle. We encourage drivers to walk around their car prior to backing out of a driveway or parking spot

We educate drivers about the risk of leaving a child alone in the car during quick-rising temperatures and what to do prior to getting behind the wheel. We also help children understand that playing behind parked vehicles is dangerous.



Helmet Safety

Children and adults should wear helmets on bikes, scooters, and during other related activities

We educate everyone on helmet safety by providing step-by-step instructions on how to properly wear a helmet.



Window Safety

Children should always be supervised around an open window

In order to raise awareness for parents, we help educate about the potential dangers of window falls and how to prevent them. Children who lean against window screens can be seriously or fatally injured.



Vaping Prevention

Vapes contain toxic chemicals that can harm brain development in children

We help parents feel more confident in talking to their children about the dangers of vaping, identify warning signs, and teach them how to support their children in making healthy choices.



Firearm Safety

You are the key to firearm safety

Safe firearm storage is one of the simplest and most effective things anyone can do to reduce unintentional access to a firearm and prevent suicide. We offer safety tips and devices so you can properly store firearms.

Please contact us at:

801.662.6583
PCHHOTDL@imail.org

Or visit our website

intermountainhealth.org/childsafety

To request educational materials, safety devices or have us attend your event, scan the QR code and fill out our form.





Salud Comunitaria guía de campaña

Manteniendo a los niños sanos y salvos a través de la educación y la prevención



Seguridad en el asiento del auto

El 75 % de los asientos para el automóvil se instalan o se usan de manera incorrecta

Nuestros técnicos en asientos de auto ayudan a los padres y conductores sobre el asiento más adecuado para cada niño y les explican cómo usarlo correctamente para mantener al niño seguro. Llame para hacer una cita en persona o virtual.



Seguridad en el agua

Los niños siempre deben estar supervisados por un adulto cerca del agua

Asesoramos a los padres sobre seguridad en aguas abiertas, navegación, piscinas y jacuzzis, dentro y fuera de casa, y seguridad general en el agua.



Seguridad peatonal

Todos deben cruzar en las esquinas utilizando los semáforos o los pasos de peatones señalizados

Ofrecemos recomendaciones generales de seguridad peatonal para caminar de manera segura tanto de día como de noche. También fomentamos la importancia de enseñar a los niños a no jugar en la calle ni en los estacionamientos.



Seguridad en vehículos todo terreno

Tanto niños como adultos deben contar con la ropa y el entrenamiento adecuado para subirse a un vehículo todo terreno

Esto incluye el uso del casco y del equipo de protección, así como la certificación adecuada antes de subirse o conducir.



Bienestar emocional

A medida que el niño crezca, va a necesitar desarrollar nuevas habilidades para navegar sus sentimientos y emociones

La salud emocional se trata de poder expresar sentimientos, adaptarnos a los desafíos emocionales, tolerar la frustración, lidiar con situaciones que provocan estrés y disfrutar la vida. Con la ayuda de algunas herramientas, sugerencias y práctica, podrá ganar la confianza necesaria para hablar sobre salud emocional con su niño al identificar, aceptar y validar sus emociones.



Observame siempre / No me olvides

Nunca se debe dejar a los niños solos dentro de un vehículo. Les recomendamos a los conductores que den una vuelta alrededor del auto antes de salir en reversa de un camino de entrada o lugar de estacionamiento

Les enseñamos a los conductores el riesgo que implica dejar a un niño solo dentro del auto cuando suben rápidamente las temperaturas y sobre lo que deben hacer antes de ponerse al volante. También les explicamos a los niños que jugar detrás de vehículos estacionados es peligroso.



Seguridad de los cascos

Tanto niños como adultos deben usar casco mientras andan en bicicleta o en escúter o mientras realizan otras actividades similares

Les enseñamos a todos a usar el casco de seguridad con la ayuda de instrucciones paso a paso sobre su uso adecuado.



Seguridad de la ventana

Los niños pequeños deben estar siempre supervisados cuando se encuentren cerca de una ventana abierta

Con el fin de crear conciencia para los padres, los educamos sobre los peligros potenciales de las caídas desde las ventanas y les ofrecemos estrategias para prevenirlas. Los niños que se apoyan contra los mosquiteros pueden sufrir lesiones graves o mortales.



Prevención del vapeo

Los vaporizadores contienen sustancias químicas tóxicas que pueden dañar el desarrollo cerebral de los niños

Ayudamos a que los padres sientan más confianza al momento de hablar con sus niños sobre los peligros del vapeo, sobre cómo identificar señales de alerta y sobre cómo apoyarlos para que tomen decisiones saludables.



Seguridad de las armas de fuego

Usted tiene un papel fundamental en la seguridad de las armas de fuego

Guardar las armas de fuego en un lugar seguro es una de las medidas más simples y eficaces que podemos implementar para prevenir el acceso no deseado a ellas y el suicidio. Ofrecemos sugerencias y dispositivos para que guarde sus armas de fuego como corresponde.

Para comunicarse con nosotros:

801.662.6583

PCHHOTDL@imail.org

O visite nuestro sitio web

intermountainhealth.org/childsafety

Para solicitar materiales educativos, dispositivos de seguridad o para que asistamos a su evento, escanee el código QR y rellene nuestro **formulario**.

