

# May Newsletter

## VISION

**A healthy and safe Beaverhead County**

## MISSION

**To increase healthy opportunities and decrease substance misuse among youth through collaboration, education, and advocacy**

## May 12th-18th is National Prevention Week

### Meetings:

- May 1: Middle School Coalition Meeting
- May 3: High School Coalition Meeting
- May 6: Be the Change 406 Executive Board Meeting
- May 7: Lima Coalition Meeting

### Special Events:

- May 8: Ben Cort Lunch-n-Learn
- May 8: Ben Cort Community Talk at 7 PM, BTC Office

### Presentations:

- May 16: MT Internet Crimes Against Children Parent Presentation at BTC Office (124 S. Montana Street)

### Activities:

- May 17: May Game Night: Capture the Flag & Pizza at Lima School Football Field, 5-7 PM

**Note:** May 7th is National Fentanyl Awareness Day

### Let us know how you'd like to get involved!

Project Coordinator: Brooke Hill: (406)-925-2912

BTC406Coalition@gmail.com

BTC Board Chair: Erin Montgomery: (406)-594-1352

emontgomery@madisoncountymt.gov





#### 4.19 Friday Night Game Night was a blast!

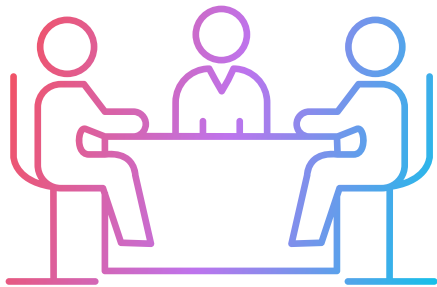
We played an epic game of 'Guess Who' using sticky notes on our foreheads, and the laughs were non-stop. These Friday nights keep getting better—thanks to everyone who joined us for a substance-free night of fun! Can't wait to see you all next time!

## APRIL RECAP



### Youth Coalition Meetings:

Our Lima chapter recently held their first meetings. In addition to electing officers and planning the first Lima game night, the meetings focused on upcoming projects and initiatives. Meanwhile, the Dillon Middle School coalition is preparing a presentation for 5th graders on substance prevention and how they can get involved next fall to help "Be the Change." Another exciting initiative is the summer youth retreat, offering opportunities for teambuilding growth and leadership development.



Erin & Brooke attended the **Hospital Board of Health meeting** to update them on our coalition's current activities and potential collaboration opportunities. These initiatives aim to enhance community health, and we look forward to collaborating with the board and other stakeholders for a greater impact.

Brooke attended the **Substance Use Disorders Strategic Taskforce meeting**, where she gathered valuable insights on marijuana use in Montana and the regulation of the Montana cannabis industry. The meeting provided an in-depth look at national, regional, and Montana-specific drug use trends, informed by Millennium Health's urine drug testing data.

[Find us on Facebook](#)

[Find us on Instagram](#)

[visit our website](#)

## On the Radar:

- reACT Youth Summit Carol College June 12-14th.
- Outdoor Retreat: \*in need of volunteers
  - Location: Centennial Valley
  - Date: TBD
- Frenchtown Youth Summit August 14-16th.
- Community Service project opportunities through JustServe:
  - May 11th, Bannack State Park Cleanup Day 9:00 a.m. to 3:00 pm
    - <https://www.justserve.org/projects/78a9b4b2-82de-41e4-96d6-8ad60d1f0c0b>
  - May 22nd, 6:00-8:00 pm, Mountain View Cemetery Cleanup:
    - <https://www.justserve.org/projects/5edfa05c-8955-4b64-afbc-f61b3d79003f>

## Call to Action: Spread the word

As we continue our mission to prevent substance misuse and promote healthy lifestyles, we encourage all members to spread the word about our coalition and invite others to join us in making a difference. Together, we can create a healthier, safer community for everyone.

## Stay Connected: Follow us on Social Media

Don't forget to follow us on Instagram & Facebook, @BeTheChange406 for the latest news, events, and opportunities.

That's all for now, Be the Change 406! Let's continue to work together, support each other, and inspire positive change in our community.

Sincerely,

Brooke Hill  
DFC Project Coordinator  
Be the Change 406

SAMHSA Mental  
Health Awareness  
Month toolkit



————— MAY —————  
is  
**MENTAL HEALTH**  
AWARENESS MONTH

