

# MSU EXTENSION FAMILY & CONSUMER SCIENCES



## MAKING AN IMPACT SUPPORTING MONTANANS

Providing programs in mental health, wellness, substance misuse, physical activity, nutrition, finances, and estate planning.

## SUPPORTING EDUCATION, PREVENTION AND TREATMENT OF SUBSTANCE MISUSE

### OPIOID USE DISORDER AWARENESS & EDUCATION PROGRAM FOR RURAL MT

An estimated 36,000 Montanans misused prescription pain relievers and 6,000 had Opioid Use Disorder each year from 2017-2018 (SAMHSA, 2019).

A statewide survey conducted by MSU Extension found that 63% of respondents felt opioid misuse is a problem in their community and 52% knew someone who had misused prescription opioids.

Since 2018, MSU Extension has provided Technical Assistance Training on opioid misuse to 120 people from 5 counties and 9 tribal communities, has supported five Tribal Opioid Misuse Strategic Planning sessions, and has gathered opioid information from six community focus group sessions. Additionally, MSU Extension has distributed 1,231 Deterra Medication Disposal Pouches and over 12,000 opioid awareness and educational materials across Montana.

[http://health.msuextension.org/opioid\\_misuse.html](http://health.msuextension.org/opioid_misuse.html)

**For more information on these and other MSU Extension programs please visit [MSUExtension.org](http://MSUExtension.org)**

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## SUPPORTING MENTAL HEALTH

### MENTAL HEALTH FIRST AID

Mental Health First Aid is an evidence-based mental health literacy and stigma reduction program designed to increase knowledge and build skills to help someone who is experiencing mental health problems. The goal of the training is for Mental Health First Aiders to be able to respond in supportive ways and suggest resources, especially professional help, to the person experiencing problems.

In 2019, MSU Extension facilitators trained 301 Montanans through 21 courses across 13 counties.

### YOUTH AWARE OF MENTAL HEALTH

Youth Aware of Mental Health (YAM) is a five-session, school-based mental health promotion program for adolescents, typically implemented with ninth graders. YAM incorporates multiple teaching methods and interactive learning opportunities to give youth knowledge about emotions, communication, stress, crisis, depression, coping, helping a friend, and seeking help from adults.

During the 2019-2020 school year, 486 students across 12 schools received YAM from Extension facilitators.

[http://health.msuextension.org/mental\\_health.html](http://health.msuextension.org/mental_health.html)



### MT AG PRODUCER STRESS RESOURCE CLEARINGHOUSE

Many Montana farmers, ranchers, and their families have reported high feelings of stress, without knowing exactly how to effectively manage their stress or where to go for further mental health resources.

Especially given the high reported rates of stigma that continue to surround these issues, the lack of an online, central place where individuals can anonymously access these resources presents a problem.

MSU Extension has created an online clearinghouse of evidence-based tools, information, and professional resources so that Montana farmers, ranchers, and their families can better understand the causes of their stress, how to manage their stress more effectively, how to talk to a loved one that needs assistance, or where to go for professional help in their area. Since this website launched on April 1, 2020, 3,372 individuals have visited the site (as of Nov. 2020).

[http://msuextension.org/wellness/stress-management/mt\\_farm\\_stress\\_clearing\\_house/](http://msuextension.org/wellness/stress-management/mt_farm_stress_clearing_house/)

## SUPPORTING CAREGIVERS

### MT KINSHIP NAVIGATOR PROGRAM

47% of Montana children in foster care are being raised by grandparents or kin.

The Montana Kinship Navigator Program in partnership with Montana Department of Health and Human Services connects kinship care providers with supportive resources with over 950 resource packets provided to kinship caregivers and partner organizations in 2019 alone.

<http://msuextension.org/mtknp>

## SUPPORTING FINANCIAL SECURITY & FAMILY LEGACIES

### **SOLID FINANCES** SOLID FINANCES

**FINANCES** Personal financial management decisions can be challenging for many Montanans.

Only 42% of Montanans were able to get four or more questions correct on a five question financial literacy quiz included in the National Financial Capability Study. Less than half of Montanans have a rainy fund.

MSU Extension developed the Solid Finances webinar series to provide free and unbiased financial education opportunities for working adults. The series allows participants to gain the knowledge they need to make good financial decisions. Since the webinar series launched in 2011, over 6,500 hours of financial education has been provided on topics including: Home Buying, Student Loans, Retirement Planning, Budgeting, Estate Planning, Investing and Managing Health Expenses.

<https://solidfinances.msuextension.org>

### ESTATE AND LEGACY PLANNING

Over 70% of Montanan's die without a will. Many of their estates go through a costly probate procedure.

During the COVID-19 pandemic Tuesday Tips webinars provided attendees the tools to prepare their estates and legacies to pass to those whom they want rather than letting the state determine the distribution. These FREE webinars were presented live in a series of ten 30-minute sessions and three 60-minute sessions.

Over 1,061 Montanans attended. Recordings were made available on the Tuesday Tips webpage following each session. Recordings have been viewed 524 times. Prior to the pandemic presentations were made in 16 communities reaching 586 Montanans.

<https://montana.edu/estateplanning/tuesdaytips>

## SUPPORTING PHYSICAL HEALTH & GOOD NUTRITION



### DINING WITH DIABETES

In 2017, over 64,000 Montana adults aged 18 years and older reported having diagnosed type 2 diabetes.

Dining with Diabetes is a National Extension program piloted by MSU Agents in 10 MT counties in 2019. Participants reported improvements in managing their own or that of a family member's diabetes through nutrition education and hands-on diabetes friendly cooking practices.

98% of participants learned strategies to modify or substitute foods for diabetes-friendly meals. "I'm more aware of food labels and am paying more attention to them."

<https://nutrition.msuextension.org>



### STRONG PEOPLE

After age 30, individuals begin to lose as much as 3% to 5% of their muscle per decade. This often leads to less mobility and weakness, which increases the likelihood of a fall and/or bone fracture.

Although a strength training program at any age can help to combat this, roughly 60% of American adults do not engage in any type of strength training.

Numerous MSU Extension Agents across Montana have been trained to teach an evidence-based, 12-week, strength training class for older adults called The Strong People Strength Training Program. This program has proven effective in increasing participants' strength and balance, while participants have also reported a decrease in chronic pain and a strength in social ties to others in their community. Agents are able to teach these classes both in-person and virtually.

<https://msuextension.org/wellness>



### BUY EAT LIVE BETTER NUTRITION EDUCATION PROGRAM

63% of Montana adults are overweight or obese.

In 2020, the Buy Eat Live Better Program (comprised of SNAP-Education and the Expanded Food and Nutrition Education Program) reached 650 adults and 5,363 youth with classes focused on promoting healthy eating, physical activity, and food safety. Graduates from the program improved their behaviors. 72% of SNAP-Education adult graduates were more physically active, 37% ate vegetables more often, and 74% improved food safety practices. Among youth graduates, 88% made healthier food choices and 47% improved their physical activity behaviors.

<https://buyeatlivebetter.org>