



Family and Consumer Sciences

Photo from Pexels

Supporting Montanans with 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 for Rural Montana

An estimated 36,000 Montanans misused prescription pain relievers and 6,000 had Opioid Use Disorder each year from 2017-2018 (SAMHSA, 2019). In a statewide survey, MSU Extension found 63% of respondents felt opioid misuse is a problem in their community and 52% knew someone who had misused prescription opioids.

MSU Extension provides Technical Assistance Training on opioid misuse in counties and tribal communities, and distributed 1,231 Detera Medication Disposal Pouches and over 12,000 opioid awareness and educational publications in Montana since 2018. http://health.msuextension.org/opioid_misuse.html

Supporting Mental Health

Mental Health First Aid

Mental Health First Aid is an evidence-based program designed to inform and build skills to help someone who is experiencing mental health problems. Trained Mental Health First Aiders are better able to respond in supportive ways and suggest resources, especially professional help, to a person experiencing problems.

In 2019, MSU Extension facilitators trained 301 Montanans in Mental Health First Aid through 21 courses across 13 counties.

QUICK FACTS

In 2019, MSU Extension facilitators trained 301 Montanans in Mental Health First Aid through 21 courses across 13 counties.

Since 2011, 'Solid Finances' webinars have provided over 6,500 hours of financial education.

In 2020, the Buy Eat Live Better Program (SNAP-Education and the Expanded Food and Nutrition Education Program) served 6,000 Montanans with classes on healthy eating, physical activity, and food safety.

Youth Aware of Mental Health

Youth Aware of Mental Health (YAM) is a five-session, school-based mental health program for adolescents. YAM gives 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 'Youth Aware of Mental Health' education from MSU Extension facilitators. http://health.msuextension.org/mental_health.html

Montana Ag Producer Stress Resource Clearinghouse

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

online access to mental health resources presents a solution to stigma that surrounds these issues.

MSU Extension created an online clearinghouse of tools, information, and professional resources for Montana farmers, ranchers, and their families to better understand causes of stress, how to manage stress more effectively, how to talk to a loved one who needs assistance, or where to go for professional help.

Since the April 1, 2020 website launch, 3,372 individuals have visited the site (as of Nov. 2020). https://msuextension.org/wellness/stress-management/mt_farm_stress_clearing_house/

Supporting Caregivers

Montana 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 caregiving providers with supportive resources. More than 950 resource packets were provided to kinship caregivers and partner organizations in 2019. <http://msuextension.org/mtknp>

Supporting Financial Security and Family Legacies

Solid Finances

Personal financial management decisions can be challenging for many Montanans. Less than half of Montanans have a rainy-day fund.

MSU Extension developed the Solid Finances webinar series with free and unbiased financial education opportunities for working adults. Participants gain knowledge to make good financial decisions. Since the 2011 webinar series launch, over 6,500 hours of financial education have been provided on: 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 Montanans die without a will. Many estates go through a costly probate procedure. During the COVID-19 pandemic, Tuesday Tips webinars provided tools to prepare estates and legacies to pass to desired heirs rather than state-determined distribution. These FREE webinars were presented live, through ten 30-minute sessions and three 60-minute sessions.

Over 1,061 Montanans attended and 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 and Good Nutrition

Dining with Diabetes

In 2017, over 64,000 Montana adults aged 18 years and older reported a diagnosis of type 2 diabetes. Dining with Diabetes is a National Extension program piloted in 10 Montana counties in 2019. Participants reported improvements in managing their own or a family member's diabetes through nutrition education and diabetes friendly cooking practices.

98% of participants learned strategies for diabetes-friendly meals. <https://nutrition.msuextension.org>

Strong People

After age 30, individuals begin to lose up to 3-5% of muscle per decade. This can lead to less mobility and weakness, which increases the likelihood of a fall and/or bone fracture. Although a strength training program can help to combat this, roughly 60% of American adults do not engage in any strength training. MSU Extension Agents teach an evidence-based, 12-week, strength training class for older adults called The Strong People Strength Training Program. The program has proven effective in increasing participants' strength and balance, while participants also report a decrease in chronic pain and a strength in social ties to community. Agents teach classes both in-person and virtually. <https://msuextension.orghttps://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 on 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 physical activity behaviors. <https://buyeatlivebetter.org>