

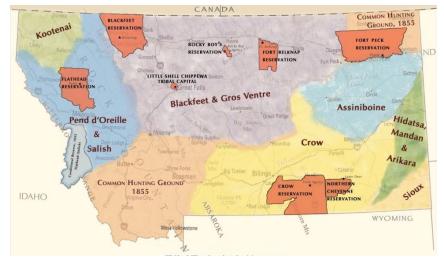
Mental Health Rural Solutions Roundtable

Indigenous Land Acknowledgement



As an employee of Montana State University, and a Federally Recognized Tribal Extension Program, I recognize that I live and work within the homelands of the sovereign, Confederated Tribes, of the Séliš-Qlispé and Kasanka People.

I extend my gratitude to the indigenous people who have belonged to that land since time immemorial. I understand that, as an ally, it is my responsibility to support and honor the culture and traditions of my native community.







CREATING 4-H SUPERHERO'S SINCE

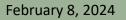
This program is 201 upported, but youth driven with the goal of building a stronger sense of belonging and support within out school systems and community.

As a non-traditional 4-H program we facilitate opportunities for our high school youth to connect and support K-4th grade students.

By providing an appropriate and caring mentor, the 4-H Mentoring Program creates learning opportunities that build and enhance academic, emotional, and social competencies.











High School Mentors – Big Buddies

- > Apply
- Maintain a Passing GPA
- Guardian Consent
- School
 Counselor/Advisor
 Approved
- 16 Hours of Training
 Weekly Commitment of 1 Hour



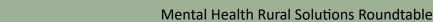
Grade School Mentees – Little Buddies

- Referred by Parent, Teacher, Counselor
 - declining academics,
 - are socially isolated or awkward,
 - ➤ and/or are suffering a loss.
- Guardian Consent
- School Counselor Approved









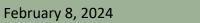


Children will not remember you for the material things you provided, but for the feeling that you cherished them. – Richard L. Evans

Currently have 75 youth participating. This is made up of 34 mentors and 41 mentees.







Graduating Class of 2023:

- > 16 graduates have mentored 27 Little Buddies
- Collectively, this senior class has donated 1,325 hours of lunch time. In Montana minimum wage is currently \$9.95 the average pay for a mentor is \$13.77 but usually requires some level of postsecondary education.
- So, if I average the two (\$11.86) and multiplying that by the 1,325 hours...then the Class of 2023, over the last three years, has gifted their school community and estimated \$16,000.











COOLER THAN

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QUICKER THAN FUNNIER THAN Smarter Than



C



FASTER THAN

BRAVER THAN

TOUGHER THAN



&



FOREVER R FRIEND

















February 8, 2024









Lemlmtš Hu sukiłqukni Thank you



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