



Welcome to Silver Bow County

Silver Bow County is located in Southwest Montana along the Continental Divide in the Rocky Mountains. There is a county population of 34,403 with a land area of just over 718 square miles, making it Montana's smallest county. It is unique in the government, as Silver Bow County shares a government with the county seat of Butte. The Butte-Silver Bow Government is run by an elected Chief Executive

and 12 county commissioners. The county's economy is driven by health care, education, retail and mining, with St. James Healthcare and NorthWestern Energy being the top employers. The MSU Extension office is staffed by Family & Consumer Science/4-H Youth Development Agent, Kellie Kahtani, and SNAP-Education Agent, Abbie Phillip.



Courthouse picture from Granite Street

Extension Programs Benefit the Public in a Variety of Ways

County MSU Extension Brings Mental Health First Aid to Butte

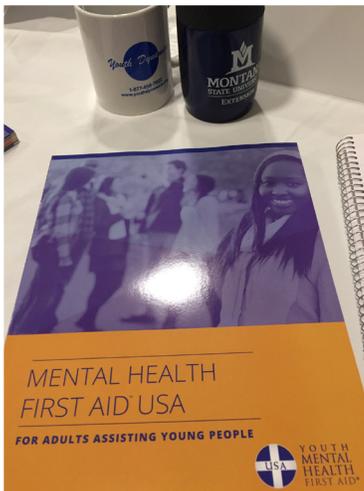
During 2018, Silver Bow County Extension agent Kellie Kahtani added new programming to the county. In July, she traveled to Phoenix, AZ, as part of a grant to become trained as an instructor for Adult Mental Health First Aid, and in November, traveled to Helena, MT, to become an instructor for Youth Mental Health First Aid. These programs will be offered throughout the community to help adults recognize the signs and symptoms of a mental health crisis and institute the ALGEE plan to help community members get the help they need. The ALGEE plan is a mnemonic device to help us remember the steps of “asses for risk of suicide or harm, listen non-judgmentally, give reassurance and information, encourage appropriate professional

help, and encourage self-help and other support strategies.” The steps are nonlinear and give a guide to follow depending on the situation. The Mental Health First Aid course is designed

to help bring local resources to attention for our community and train community members to be mental health first aid responders. During the first class offered through MSU Extension, partnering with another agent, 100% of the class stated they felt “more confident” in their ability to “reach out to someone who may be dealing with a mental health problem or crisis.” We are excited to be adding the Youth Mental Health First Aid class to our programming and training our community members who work with youth.

News from SNAP-Education

In 2018, Abbie Phillip, the Supplemental Nutrition Assistance Program Education (SNAP-Ed) agent for Silver Bow County, taught 206 classes of Youth Understanding My Plate (YUM), Essentials in Creating Family Meals (CREATES), and the Eating Smart Being Active series, reaching over 700 community members. In Butte, the YUM classes were taught to first, third and fifth grade students at Emerson, Kennedy, Margaret Leary, and West Elementary schools, reaching 410 students. The



Abbie explaining what the Eating Smart Being Active class is about at a recruitment event.

classes focus on making healthier food choices and increasing exercise, with 76% of those students reporting the classes “improved their diet quality” and ability to choose foods according to the Federal Dietary Recommendations. In the adult Eating Smart Being Active series, 75% of participants showed improvement in one or more diet quality indicators, such as eating fruits, vegetables, or drinking less regular soda, and cooking dinner at home.

Silver Bow County 4-H Grows

The 2018 4-H year has been one of growth and education in Silver Bow County. We implemented a few new areas within our programs, including project books and turning record books in for review at the fair. Our focus for the 2018 year was education. We added 10 new volunteers during the year to help with projects, adding new opportunities in robotics, embroidery, Cloverbuds (for youth ages 5-8), rabbits, poultry, horses, and teen leadership. With the addition of new volunteers, we also added 23 new members to the county 4-H program. Seeing the trend in numbers, we were also able to add a new 4-H club, bringing the number of clubs to three, with 71 members, and 30 volunteers.

Another area of change for our program was the Butte-Silver Bow County Fair. This year, the fair moved from the Butte Civic Center to the Vigilante Saddle Club and Rodeo, allowing us to move our animal projects outside and have a new experience for our members. Members exhibited outstanding projects in livestock, horses and indoor areas. Community members came out to see the projects and to support our members during the 4-H Cake Auction and Market Livestock Sale, ensuring a successful event.

This fall, our county added a “4-H Fun Day,” which hosted 20 members of our county 4-H program. This event provided workshops on arts & crafts, National Youth Science Day curriculum, Cloverbud curriculum, teen leadership, livestock reasons/public speaking, and community service. The workshops were presented by teen leaders as well as project leaders and the MSU Extension agent.

Members participating in a teen leadership workshop during the 4-H Fun Day, and showing rabbits at the fair.



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