

# Billings Area Injury Prevention Newsletter

Billings Area Indian Health Service

October-December 2009 Edition

Volume 3, Issue 4

## Honoring the Circle and Sober Behind the Wheel Campaign Presentations Designed to Increase Seat Belt Usage and Reduce Impaired Driving on the Fort Peck Indian Reservation

**November 2009-** The Billings Area Injury Prevention Program; Fort Peck Injury Prevention; Montana Department of Transportation's Safe On All Roads (SOAR) and "Respect the Cage" exhibit; and Northeastern Montana Emergency Medical Services (Poplar and Wolf Point, MT area) teamed up with county and tribal law enforcement, and the Montana Highway Patrol to provide a campaign entitled "Honoring the Circle and Sober Behind the Wheel: A Presentation for Teen Drivers 2009."

The campaign was brought to Frazer and Brockton High Schools located on the Fort Peck Indian Reservation this past November 2009. The overall purpose of the presentations are to reduce impaired driving and increase seat belt usage among teen drivers.

The Billings Area Indian Health Service Injury Prevention program and the local Fort Peck Tribal Injury Prevention helped to set up presentations to student assemblies. The combined presentations included "Fatal Vision" goggle alcohol-impaired simulation by Elliott Tapaha, Roosevelt County Sheriff's Deputy Officer; followed by local speakers Jean Marmon, Northeastern MT EMS, and MT Highway Patrol Officer David Moon.

The keynote speaker for the events was given by Mr. Derrick LeMay. Derrick was involved in an alcohol-related motor vehicle crash 6 years ago when he was 17 years old, the crash occurred on some back country graveled roads near Poplar, MT. The result of the crash killed a 15 year-old passenger and severely injured Derrick. Mr. LeMay was a driver at the time when the crash occurred and he explained to the students the series of events leading to the crash and the days, months, and years thereafter. Derrick suffered severe spinal cord injuries and is paraplegic as a result of the crash.



Photo courtesy of Elliott Tapaha

An addition to this year's presentations is the incorporation of the Montana Department of Transportation's "Respect the Cage Exhibit." This exhibit contains a car that was involved in a fatal alcohol-related motor vehicle crash. The second exhibit piece is a rollover simulator designed to demonstrate the effectiveness of seat belts. The rollover simulator buckles a crash test dummy in the vehicle, the operators crank a lever that spins the vehicle demonstrating how the dummy stays in the vehicle during a crash. The second part of the demonstration shows how an unbuckled crash test dummy is thrown from the vehicle during a rollover.

Thanks to all those who made this event possible. Special thanks to Adrian Spotted Bird, Ft Peck Injury Prevention Coordinator, and Darcy Merchant, Assistant Area Injury Prevention Specialist, for planning the two events. Thank you to Lance Four Star, Fort Peck SOAR coordinator, for his presentation of awards for recent SOAR activities to Brockton High School students, and to Katie Potts (MT Department of Transportation) and staff for bringing down the "Respect the Cage" exhibit to the Fort Peck Reservation.



Photo courtesy of Elliott Tapaha

**Pictured above: MT Highway Patrol Officer David Moon and local youth speaker Derrick LeMay presenting to Brockton High School students.**

Two very powerful testimonials were given by local Fort Peck Tribal members during the two day event. Mr. Michael Todd, former Ft. Peck SOAR coordinator, spoke about how his personal addiction to alcohol had affected his life and how he had lost several of his kin and immediate relatives to alcohol-related motor vehicle crashes and poisoning.



**"INJURIES ARE PREVENTABLE!"**

**In this issue:**

Honoring the Circle & Sober Behind the Wheel	<b>Pg. 1</b>
Area Wide News	<b>Pgs. 2-3</b>
National Health & Wellness Observance Calendar	<b>Pg. 2-3</b>
Events, Schedules, & Announcements	<b>Pg. 2</b>
IP Grant Opportunities	<b>Pg. 3</b>
Safe On All Roads News	<b>Pg. 4</b>
Safety Spotlight	<b>Pg. 5</b>
Contact Information	<b>Pg. 6</b>

### Injury Prevention Links



[IHS.gov](http://IHS.gov)



[IHS Injury Prevention Program](#)



[Injury, Violence, Safety website](#)



The IHS IP Newsletter would like to get your feedback on improving the newsletter! Please send an email to [Darcy.Merchant@ihs.gov](mailto:Darcy.Merchant@ihs.gov) to provide comments or suggestions.

December 2009

**National Drunk and Drugged Driving Prevention (3D) Month**



[nhtsa.dot.gov](http://nhtsa.dot.gov)

**Safe Toys and Gifts Month**



[preventblindness.org](http://preventblindness.org)

January 2010

**National Glaucoma Awareness Month**



[glaucoma.org](http://glaucoma.org)

[ihs.gov/optometry](http://ihs.gov/optometry)

February 2010

**Safe Spring Break Programming**



[acha.org](http://acha.org)

**Area Wide News and Events**

Crow Service Unit

**“Crow Reservation Community Action Against Drunk Driving: Crow 2010 Coup on DUI”**

**December 2009**– The Crow DUI Task Force is kicking off another year of DUI prevention for the Crow Reservation. The Indian Health Service, Bureau of Indian Affairs, Crow Tribal Programs, Montana Highway Patrol and Big Horn County Sheriff Department form a community composite to gather and compile data on traffic safety and apply the data to provide funding for safety projects on the Crow Reservation to reduce traffic fatality and severe injury. The major ongoing project(s) for 2010 are:

1. Sobriety check points conducted by the Crow BIA LES supported by the Big Horn Sheriff.
2. Monthly Seat belt safety surveys conducted by the Crow BIA LES and the Indian Health Service IP.
3. Community MT Certified Child safety seat training and installation provided by BIA LES & IHS.
4. Highway equipment for DUI-IP purchases BIA LES uses.
5. Communications and highway/roads MVC data collection IHS ICD9 & MDOT based at this time.
6. Satellite collaboration exists with the National and Montana Department of Transportation and the National and Montana Safe Kids Coalition.

Article submitted by **Deb Haines, Injury Prevention Coordinator, Crow Service Unit, 406-638-3474.**

Wind River Service Unit

**Fort Washakie Tribe Ready To Begin Elderly Fall Prevention Project**

**December 2009**– The Fort Washakie Service Unit, Environmental Health Services will be implementing a Fall Prevention Project targeting the elderly on the Fort Washakie Indian Reservation.

The Environmental Health Services Program will utilize the “First Nations Remembering When: A Fire and Fall Prevention Program for Older Adults.” The project will purchase grab bars, bath mats, night lights and smoke alarms. The project will begin January 2010 and will be completed by December. The IHS Service Unit Sanitarian will be coordinating and implementing the project.

Article submitted by **Jodee Dennison, Injury Prevention Specialist, Billings Area IHS, 406-247-7098.**

Fort Peck Service Unit

**National Expert on Gang Prevention and Awareness Speaks at Local Workshop**

**December 1-2, 2009**– Through the combined efforts of Roosevelt County and Fort Peck Tribes Police Department a “Gang Prevention and Awareness” training was brought to the area regarding gangs in Indian Country. Chris Grant, a gang specialist from Rapid City, SD gave a two day training on how to identify and combat gangs in Indian Country. School officials attended the training to help them deal with students that have that gang mentality in school.

Grant has presented gang-awareness training programs to hundreds of law enforcement, educational and civic organizations nationally, and has spoken at numerous regional and national conferences and seminars. In addition to providing training on national gang trends, Grant also specializes in gang awareness training programs dealing with Native involvement in the street and prison gang subculture. He has worked with numerous tribal communities, schools and law enforcement agencies. Grant is also a national gang specialist for the U.S. Department of Justice Gang Resistance Education and Training Program (Indian Country Today, published 2/24/2009).

Article submitted by **Adrian Spotted Bird, Ft. Peck IP Coordinator, 406-768-5322.**

**Events, Schedules, & Announcements**

**December 4th, 2009**– The November 2009 edition of the national IHS Injury Prevention Program newsletter is available, please [click here](#) for the newsletter.

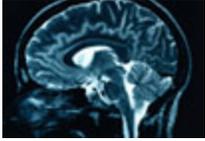
**January 22nd, 2010**– The State of Montana will be hosting an Injury Prevention Coalition meeting on Friday, January 22nd, 2010 from 10AM-3PM in Helena, MT. The meeting location is 1400 E. Broadway, Cogswell Building rooms C205 & C207. The meeting will be available by Webex and teleconference call for those who cannot attend in person. Please call Bobbi Perkins, State of MT Injury Prevention Coordinator, at 406-444-4126 for further information.

**February 2nd-5th, 2010**– An Introduction to Injury Prevention Course will be held at the Desert Diamond Casino and Hotel in Tucson, Arizona on February 2nd-5th, 2010. Please contact Don Williams, Injury Prevention Specialist, Tucson Area IHS at 520-295-5638 for more information.

**March 9th-12th, 2010**– An Intermediate Injury Prevention course will be held in Phoenix, AZ on March 9th-12th, 2010, please [click here](#) for more information and to register.

**March 2010**

**Brain Injury Awareness Month**



[biausa.org](http://biausa.org)

[biamt.org](http://biamt.org)

**National Poison Prevention Month**



[aapcc.org](http://aapcc.org)

**Workplace Eye Health and Safety Month**



[preventblindness.org](http://preventblindness.org)

**April 2010**

**National Alcohol Awareness Month**



[ncadi.samsha.gov](http://ncadi.samsha.gov)

**National Child Abuse Prevention Month**

[preventchildabuse.org](http://preventchildabuse.org)

**Law Enforcement Wellness Institute Targets DUI, Seat Belt Use On Reservations**

By the Billings Gazette Staff  
 Published by the Billings Gazette (12/15/2009)

**December 2009-** Northern Cheyenne and Crow Agency law enforcement officials plan to step up safety checkpoints and increase patrols around the clock during the holiday season, both departments announced.

Mobilization will take place on the Crow Reservation today through Jan. 3, and on the Northern Cheyenne Reservation Dec. 21 through Jan. 3.

The tribes are two of six in the state that plan to take part in the annual "Don't Shatter the Dream" mobilization, said Sgt. Pernell Brown, highway safety officer for the Northern Cheyenne agency.

"Traffic safety enforcement will be the emphasis of the additional patrol," Brown said in a news release. "Officers will be concentrating on seat belt laws and getting drunk drivers off the roads."

Northern Cheyenne officers made 22 DUI arrests during December 2008, he said. Checkpoints appear to deter driving under the influence of alcohol, Brown said.

Safety checkpoints operated by Crow Reservation law enforcement has been credited with helping to reduce alcohol-related fatalities, said Chief of Police Willard "Mike" Cuny of the BIA's Crow Agency

department.

Alcohol use still contributes to a high percentage of roadway deaths among the Crow, he said. Of the 18 American Indian fatalities on the Crow Reservation from 2004 to 2008, alcohol was involved in 15 deaths, or 83.3 percent. On other tribal lands in the United States, that percentage is only 57 percent.

"Drunk drivers are deadly," Cuny said. "They also are involved in a higher number of severe-injury crashes."

Like the Northern Cheyenne, patrols on the Crow Reservation will emphasize the need to wear seat belts, Cuny said.

"Wearing seat belts should be the new tradition in Crow Country," he said.

The enhanced enforcement for all of the participating reservations is funded under a grant from the Bureau of Indian Affairs Indian Highway Safety, as well as by the Montana Department of Transportation.

"Our job is to protect residents of tribal communities from unsafe drivers," Cuny said.

"In turn, they can protect themselves by using their seat belts and never riding with a driver who has been drinking."

**Injury Prevention Grant Opportunities ([GRANTS.gov](http://GRANTS.gov))**

**Preventing Unintentional Childhood Injuries (R21)**, Centers for Disease Control and Prevention.

Announced: 10/27/2009.  
 Closing Date: 1/8/2010.  
 Award Ceiling: \$175,000

**Research Grants for Preventing Violence and Violence-related Injury(R01)**, Centers for Disease Control and Prevention.

Announced: 10/27/2009.  
 Closing Date: 1/22/2010.  
 Award Ceiling: \$400,000

**Suicide Prevention Resource Center**, Substance Abuse and Mental Health Services Administration.

Announced: 12/18/2009  
 Closing Date: 2/16/2010  
 Award Ceiling: \$4,471,000

**The Methamphetamine & Suicide Prevention Initiative American Indian/Alaska Native Urban Programs**, Indian Health Service.

Announced: 12/3/2009  
 Closing Date: 1/5/2010  
 Award Ceiling: \$100,000

**Unintentional Poisoning from Prescription Drug Overdoses in Adults (R21)**, Centers for Disease Control and Prevention.

Announced: 10/28/2009  
 Closing Date: 1/19/2010  
 Award Ceiling: \$350,000

**Research on Interventions for Child Abuse and Neglect (R01)**, National Institutes of Health.

Announced: 11/27/2009  
 Closing Date: 1/7/2010  
 Award Ceiling: None Specified

## State of Montana News & Events

### Safe On All Roads Update

Montana Department of Transportation Native American Traffic Safety

October-December 2009

### Safe On All Roads office at Little Big Horn College

Little Big Horn College is the newest partner of the Montana Department of Transportation (MDT) program to reduce crash deaths and injuries among Native Americans in Montana. Safe On All Roads has had success in partnerships for prevention education with other tribal colleges, including Blackfeet Community College and Fort Peck Community College.



Pictured above: LBHC President, Dr. David Yarlott and new SOAR coordinator for the Crow Nation, Renee Crooked Arm.

The purpose of the partnership will be to increase seat belt use and prevent impaired driving. Little Big Horn College student Renee Crooked Arm was selected as the SOAR coordinator for the Crow Nation. She is already working with other agencies and organizations to reach target audiences of young adults and families. The current coordinators for the program on six reservations are listed at [www.safeonallroads.com](http://www.safeonallroads.com). A new coordinator is being sought for the Rocky Boy's Reservation.

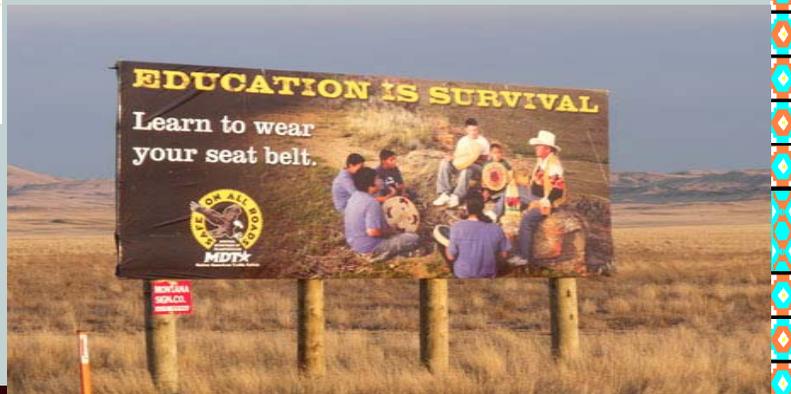
### Buckle Up Because You Love Me Keychains

Research conducted by the SOAR coordinators shows that most people, when asked why they don't buckle up, say they simply "forget" to wear their seat belt. Getting a reminder in their vehicle or in their hands is one of the tactics the program has used. In November, coordinators on the Flathead and Fort Peck Reservation began customizing photo frame key chains by taking pictures of children at events. The photos are taken digitally, printed out, trimmed down and inserted in the Lucite frame imprinted with the words, "Buckle Up Because You Love Me."



The keychains and photos were a hit at Christmas Bazaars and Santa Claus picture sessions, as well as the November Baby Fair on the Flathead Reservation.

### Education is Survival Billboards



The MDT program ran a media and school campaign in September for the promotion of seat belt use. The theme was based on the idea that formal education has replaced the hunting and gathering skills that once fed and sheltered Indian families. Now education provides the job skills needed to survive—but education also provides an important survival lesson: wear your seat belt.

In November, based on new billboard contracts, the "Education is survival" boards were posted at Harlem, and near East Glacier, Poplar, Elmo and Box Elder.

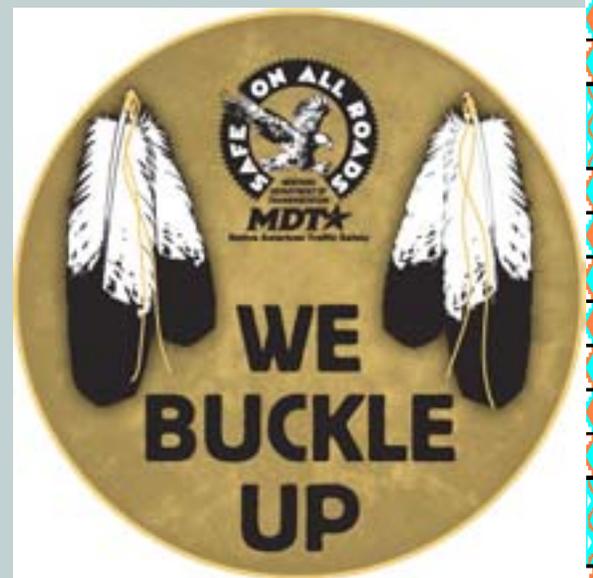
### Static Cling for Vehicle Windows

Confederated Salish and Kootenai Tribal sanitarian Fred Steele first suggested the development of a window cling customized for each tribe. The design was finalized in December. The cling will stick to the inside of a vehicle window facing outward.

On the back of each circle, a tribe-specific message will be written in Native language. That's the plan—and we hope the unique messages will add to the appeal and increase the association with tribal traditions, safety and seat belt use.

SOAR coordinators will help obtain the translations, with the help of elders and cultural teachers, and make the inscriptions.

Lance Four Star of the Fort Peck Reservation created the feather illustrations for the 5-inch cling.



Article submitted by Randi Szabo, Program Manager, Safe On All Roads, MT Dept. of Transportation, Native American Traffic Safety. For further questions or information, please call Randi Szabo at 406-454-3422, ext. 103.

# Safety Spotlight

## WINTER SAFETY DRIVING

### Before You Travel

- Have a mechanic check the following items on your car:

- Battery
- Thermostat
- Antifreeze
- Heater
- Lights
- Defroster
- Brakes
- Oil level
- Exhaust system
- Wipers
- Ignition system
- Windshield



Photo from MT Dept of Transportation Website

- Install good winter tires.
- Keep a windshield scraper and small broom for ice and snow removal.
- Carry a winter car kit. (See WINTER CAR KIT below.)
- Maintain at least a half tank of gas during the winter season.
- Plan long trips carefully.
- Listen to the radio or call the Local Transportation Department for the latest road conditions. Always travel during daylight and, if possible, take at least one other adult.
- Dress warmly.
- Wear layers of loose fitting, lightweight clothing.
- Carry food and water.

### If You Get Stranded

- Stay in the car.
- Do not leave the car during a blizzard to search for assistance unless help is visible within 100 yards. You may become disoriented and get lost in blowing snow.
- Avoid overexertion.
- Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack.
- Display a trouble sign.
- Hang a brightly colored cloth on the radio antenna and raise the car hood.
- Occasionally run engine to keep warm.
- Turn on the car's engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the dome light when the car is running. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow and open a down-wind window slightly for ventilation.
- Do minor exercises to keep up circulation.
- Clap hands and move arms and legs occasionally. Try not to stay in one position for too long.
- If more than one person is in the car, take turns sleeping.
- For warmth, huddle together.
- Use newspapers, maps and the removable car mats for insulation.
- Watch for signs of frostbite and hypothermia.

## WINTER CAR KIT

- |                                    |  |                                 |
|------------------------------------|--|---------------------------------|
| • Non-perishable food              | • Several blankets or sleeping bags            | • Jumper cables                 |
| • Bottled Water                    | • Newspapers for insulation                    | • Set of tire chains            |
| • Flashlights with extra batteries | • Matches and candles                          | • Local maps                    |
| • First aid kit with pocket knife  | • Small shovel                                 | • Essential medication          |
| • Flares                           | • Tools (screwdriver pliers, wrench)           | • Plastic bags (for sanitation) |
| • Extra sets of clothes            | • Small sack of sand for traction under wheels | • Toiletries and personal items |
| • Extra mittens, socks & wool cap  | • Tow chain                                    |                                 |





## Mission of the Indian Health Service

### Injury Prevention Program

**Billings Area Indian Health Service**

**Office of Environmental Health & Engineering**

**Injury Prevention Program**

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Please [click here](#) to visit the Billings Area Indian Health Service website.

**Past Newsletters**

For Past Issues of the Billings Area IHS Injury Prevention Newsletter, please [click here](#) to be redirected to the National IHS Injury Prevention website's Area Programs webpage.

**Billings Area Injury Prevention Newsletter is edited by Darcy Merchant.**

**THE MISSION OF THE INDIAN HEALTH SERVICE IS TO RAISE THE PHYSICAL, MENTAL, SOCIAL, AND SPIRITUAL HEALTH OF AMERICAN INDIANS AND ALASKA NATIVES TO THE HIGHEST LEVEL.**

**THE GOAL TO ASSURE THAT COMPREHENSIVE, CULTURALLY ACCEPTABLE PERSONAL AND PUBLIC HEALTH SERVICES ARE AVAILABLE AND ACCESSIBLE TO AMERICAN INDIAN AND ALASKA NATIVE PEOPLE.**

**OUR FOUNDATION. TO UPHOLD THE FEDERAL GOVERNMENT'S OBLIGATION TO PROMOTE HEALTH FOR AMERICAN INDIAN AND ALASKA NATIVE PEOPLE, COMMUNITIES, AND CULTURES AND TO HONOR AND PROTECT THE INHERENT SOVEREIGN RIGHTS OF TRIBES.**

**OUR MISSION:**

**TO RAISE THE HEALTH STATUS OF AMERICAN INDIANS AND ALASKAN NATIVES TO THE HIGHEST POSSIBLE LEVEL BY DECREASING THE INCIDENCE OF SEVERE INJURIES AND DEATH TO THE LOWEST POSSIBLE LEVEL AND INCREASING THE ABILITY OF TRIBES TO ADDRESS THEIR INJURY PROBLEMS.**