



Newsletter

Vol 3 no 5 May 2015

www.sunburstfoundation.org

May is Mental Health Awareness Month!

...and there is a LOT going on. So hold on to your hat and get ready for all the great stuff that is happening. Sunburst has teamed up with numerous other organizations in the valley to make the entire month an opportunity for everyone in the Flathead to learn more about mental health and have some fun.

May 9th: Project Aware providing 'Now is the Time' Suicide Prevention Training at Kalispell School.

May 15th: NAMI mini golf tournament: Come play mini golf at The Summit! For a suggested donation of \$5, teams can dress up in costume to win fun prizes and play mini golf!

May 16th: Sunburst Mental Health: Participate in our Amazing Race Challenge at Depot Park! Teams of two race through the community solving challenges. Throughout the day, there will be additional festivities at Depot Park including live music, food trucks, games for the family, raffle prizes and more.

<http://sunburstsamazingrace.splashthat.com/>
www.facebook.com/sunburstamazingrace_

May 22nd: Youth Dynamics: Bring the kids for a fun craft project at the Book Shelf in downtown Kalispell! For only one dollar families can make fun arts and crafts.

May 29th: Join our Mental Health Fair at FVCC! This all day fair includes nurses doing free mental health screenings, local mental health provider booths, and speakers throughout the day! During this event there will be refreshments, a silent auction and TONS of great information. At the end of the day the fabulous Jason DeShaw will give a concert. 9am – 4pm

May 30th: Western Montana Mental Health: 'Stomp the Stigma' 5k run!

Give Local Flathead's Fiesta for Philanthropy



This first time event in the Flathead Valley is a one day happening to encourage everyone to donate to their favorite local nonprofit. Hosted by the Flathead Community Foundation and Northwest Montana United Way, Give Local Flathead is part of the national Give LOCAL America campaign. Give Local Flathead's goal is to raise \$100,000 for nonprofit organizations serving the Flathead Valley. There have been exuberant amounts of advanced publicity. On the day of the event, the nonprofits involved (including Sunburst) will have information, refreshments and music available at the Hampton Inn from 8am – midnight. All donations are made online so you can donate from wherever you happen to be on May 5th. If you don't have access to a computer and want to donate, stop by the Hampton Inn.

Sunburst in Libby is holding a Rummage Sale on May 15th from 10am – 4pm. The sale will be at the site and is organized to help raise funds for the mental health program and Family Concepts. The money raised that day will go to purchase toys for the visitation room and also art supplies for the art therapy program. Any additional funds raised will be used for an account at the local thrift store for consumers in need of clothes.

2nd Annual Kootenai Trail Fundraiser



The second annual Kootenai Trail Fundraiser will be held in Eureka on May 16 from 10am – noon. The event encourages individuals to walk, run or bike the family-friendly trail which goes from downtown Eureka to Lake Koocanusa. In 1997 Sunburst began efforts to turn the old unused railroad corridor into a “rails-to-trail”, a public, non-motorized trail for hikers, bicyclists and horseback riders. Through many fits and turns over the years, the original project vision was finally realized in the summer of 2005 with the opening of the full 7.5 mile length of the Kootenai Trail. A grant from Montana Fish, Wildlife and Parks provided most of the funding for the Eureka segment of the trail with additional support from the US Forest Service. The trail crosses land owned by the US Forest Service, US Army Corps of Engineers, the railroad and a private ranch owner. Two years ago the private owner deeded an easement to Sunburst to help ensure that the trail would exist regardless of the ranch’s ownership. It was a generous gift and means that each year funds need to be raised to cover Sunburst’s cost of insurance on the trail. The annual event is also a great opportunity though to let the community know about the trail. This past year with a grant from the Montana Fish, Wildlife and Parks, Sunburst worked with a young man becoming an Eagle Scout to construct interpretive signs that are placed along the trail. Ellen Sullivan who works with the US Forest Service and serves on the Sunburst advisory board in Eureka, was instrumental in getting the signs designed. The signs provide information on the history of the area, local fauna and do’s and don’ts concerning wildlife especially bears.

Polson Artists Selling Items

Numerous artistic consumers from Sunburst’s Polson site have been working on developing a line of items they will sell over the summer at farmers markets. Large canvas shopping bags painted with bright designs as well as bird houses in the shape of teepees are some of the items that have been crafted. The proceeds from the sales will go to the artist who made each of the items and a small percentage going to Sunburst to help cover art supplies.

New Security Cameras in Kalispell

Thanks to a grant from Flathead Electric Cooperative’s Round Up for Safety, Sunburst has installed new security cameras at the Kalispell site. The cameras will help monitor those rooms where medications are kept. Although the medications are kept in locked cabinets, there was concern about unauthorized individuals gaining access. The security cameras will serve as a deterrent as well as collect evidence if needed. The system was installed by Montana Technical Solutions which helped Sunburst find a system that was within the price range of the grant.

It is not too late to sign up for the Amazing Race. If racing isn’t your thing, you can stop by Depot Park on May 16th for food, music and entertainment.

**SUNBURST'S FIRST ANNUAL
AMAZING RACE**

FUNDRAISER FOR MENTAL HEALTH AWARENESS MONTH :
ALL PROCEEDS SUPPORT THE SUNBURST CRISIS INTERVENTION FUND, WHICH SUPPORTS
COMMUNITY MEMBERS WITH EMERGENCY FOOD, HOUSING, TRANSPORTATION, AND SUPPLIES
TO HELP DURING TIMES OF HOMELESSNESS.

May 16th 2015 | 12:00pm | Depot Park
<https://sunburstsamazingrace.splashthat.com>

Two person teams race through our
community to solve puzzles and challenges.
Cross the finish line first and win great
prizes!

To Register: One ticket for
25\$ enters two people
into the race. Buy your
tickets at Sunburst
Mental Health. Call for
directions or questions:
756-8721

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