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Newsletter

Vol 10 no 38 August, 2016



www.sunburstfoundation.org



Kalispell News



BEEP! BEEP!

There is a new BUS STOP officially at the Sunburst Kalispell office.
You can go to any front desk and inquire about this great new accommodation!



"It Takes a Village Food Drive" brought in over 150lbs of food during the last month! Thank you to all who donated food that will go to families in need!



Peer to peer training is coming up and will be taking place on August 15-18th in Kalispell.
Already 10 participants have signed up to attend from different Sunburst locations!
Staff at Sunburst are also looking for new members for the participant advisory council.

If you are interested in becoming a Peer to Peer Support Volunteer, or serving on the Participant Advisory Council please contact Josh at 406-756-8721

Article By: Katherine Incashola
Information From: Josh Starcher



Happy Anniversary

Linda Baldwin – 8/16 – 4 Years
Deanna Leary – 8/1 – 2 Years
Denis Jackman – 8/1 – 2 years
Kelly Lambertus – 8/1 – 2 years
Mary Olstad-Hanson – 8/16 – 3 Years
Michael Jacobson – 8/1 – 1 Year
Penni Hand – 8/16 – 1 Year
Rebecca Fuller – 8/16 – 1 Year
Rick Greene – 8/1 – 1 Year
Robert Eberhardy – 8/16 – 1 Year



**HAPPY HAPPY BIRTHDAY TO YOU
AND YOU AND YOU!!!**

Kelly Russell – August 30th
Maureen Youmans – August 12th
Susan Smith – August 24th
Brandon Burke – August 17th



St. Ignatius News

Heather McLeod has been enjoyably facilitating Kids Art Group in Mission from 2:00 pm – 4:00 pm Monday through Friday until school starts!



Sunburst staff and participants continue to have a weekly yard sale every Friday to raise money for the kids groups, summer camps and other various activities! So, come on down to get a hot dog and find a treasure!!

Article By: Katherine Incashola

Libby News



The youth summer program in Libby concluded at the end of July with a BBQ at Fireman's Park. There were 13 children enrolled and each child left the last day with a back-to-school bag filled with school supplies.

Highlights of the 6 week program:

- Puppet-making, kite-building
- Geo-caching, gold panning
- Balloon tower construction
- Marshmallow bridge building
- Parachute games
- Chuck the Chicken
- And SO MUCH MORE!



Special thanks, to all the dedicated Sunburst staff who tirelessly showed up each day to make camp possible for kids. A huge thank you to Pizza Hut who provided the fundraising opportunity to support the program, Asa Woods from the Summer Lunch Program who provided daily nutritious lunches to children, and ACE Hardware and Monaghan companies who shared essential donation supplies.

We are greatly appreciative for all your help!

Article By: Katherine Incashola
Information From: Marcia Tharp



Eureka and Sunburst Art & Culture News

The Sunburst booth at the Eureka Farmer's Market has been doing exceptionally well this summer. People linger at the booth to hear the awesome weekly music. The month of July included cellist Lee Zimmerman and harpist Connie Frank. The August schedule opens with *Fairweather Band* and on August 10th the Ben Chappelow Duo will perform.



August will be a great month for Sunburst reaching out to the community. On August 9th Sunburst staff and volunteers plan to put on a community dinner with live music at the Tobacco Valley Senior Center. On August 23rd Sunburst will host Shakespeare in the Parks "The Comedy of Errors" at Eureka's Historical Village. From August 25-28th Sunburst will have a booth at the Lincoln County Fair where staff and volunteers from our Libby and Eureka sites will give out information and do crafts with children. The organizers for the fair appreciate the presence of Sunburst and always provide a great space for our booth that guarantees a lot of traffic.

A donation made to Sunburst to help local youth is being used to put up three outside basketball hoops in Eureka. A donation was made by an anonymous donor a few years ago with the stipulation the money be used for youth in Eureka. The Sunburst advisory board in Eureka decided basketball hoops would be a good way to encourage youth to be outside and active. After the hoops are constructed on the school grounds, the school district will maintain the hoops.



Article By: Rita Collins

Polson News



The Polson office is pleased to introduce Laura Sosalla as a new Service Coordinator who joined our team to serve families and people in Lake County. She grew up in Minnesota and went to the University of Minnesota for college. After finishing a BA in studio art, she moved to Colorado to invest in a career in Wilderness therapy and outdoor education. She returned to school and began working towards a Master's degree in Eco-psychology at Naropa University. Laura recently moved from Colorado to Montana and is excited to join the Sunburst community. Her favorite quote is "Be the change you wish to see in the world".

Her long-term goal is to finish her Master's degree and start an equine-assisted psychotherapy practice. "I love working with people struggling with addiction and overcoming trauma and I am amazed by the transformation people go through when working with horses." Congratulations Laura, the team hopes you enjoy your experience working at Sunburst to build a bridge to your future.

Article By: Faith Dawson

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Historical Trauma Training

In July the Polson mental health team welcomed Margaret Schildt, LCSW. A Psychology professor from Salish Kootenai College (SKC) who hosted a Training about Native American Historical Trauma. Her background includes almost three decades of years of working with Native tribes in the American Southwest.

Her wisdom gained from years of experience facilitated a session of how important it is that mental health providers take into account the impact of generational trauma while providing services to people on the Flathead Indian reservation. She shared, "Healing the individual is part of the role of the entire community. If the community is not in harmony, which it is not right now, then it affect will affect the individual. Medicine has to include bringing the whole community back into harmony to heal the individual."

Margaret said, historically tribes used treat people with differences in their mind or bodies with openness and welcomed people to be a part of community and everyday life. Today there is a stigma surrounding people with mental differences. This stigma means people whose brains are non-conforming end up being devalued and feared instead of supported and embraced. If a community does not acknowledge environmental and historical sources of trauma then resistance stands in the way individual and community recovery. The stigma of talking about painful experiences needs to be eradicated. The harmony of integrating people back into society needs to return. There needs to be a place where Native Americans can work through trauma to bring their heart back into harmony AND still have a place of honor in the community to belong and have a good life.



Understanding the impact of adverse childhood experiences and historical trauma should impact public policies, mental health services and how people treat each other. There is a difference in a community tolerating an individual as a problem -- than to value, honor, and listen to a lifetime of stories people have to share. For medical providers a humbleness and openness to listen to the voices of people struggling under the evidence of an unbalanced world is essential for community recovery. An approach of primary prevention to improve community health would reduce contributing factors to illness and improve wellness promotion for Native Americans and non-native Americans alike.

Margaret is a professor at the SKC and part-time therapist with Sunburst mental health center. She received her Master's degree in Social Work from New Mexico Highlands University. Since then she has been serving as a counselor for populations with mental health needs ranging from child abuse, child sexual abuse, co-occurring disorders, chemical dependency, intergenerational trauma, crisis intervention, and post-traumatic stress disorder towards recovery. As a former clinical director, she also served as a private consultant to hospitals to re-design mental health systems to offer holistic treatment of traditional Native American options, in addition to Western medicine.

For questions, comments, or request for a training workshop in your area please contact Margaret Schildt at mschildt@sunburstfoundation.org