

CONSTRUCTION FIELD REPORT



Project Name: NCMRWA Segment W3 Shelby to Cut Bank

◇ Report Date: 8/28/2016

Owner: NCMRWA

Project Location: Shelby to Cut Bank, MT

KLJ Project No: 4611005

Contractors: Downing Construction Inc. & Central Excavation Inc.

Reporter: Logan Tweet

Weather & Site Conditions

- Sunny and windy throughout daily highs in the 70s.

Downing Construction Inc.

- The week of August 21st Downing Construction began falling back and installing appurtenances that were skipped throughout the project as the watermain was being installed. This included installation of a flush hydrant at sta 359+70, ARV manholes (including drain pit) at sta 383+63 and sta 425+75 as well as installing the ARV in several locations. HDPE bore ends were also exposed at Sullivan Bridge and Stahl roads so forms for thrust blocks can be constructed.
- The week of August 28th Downing Construction plans to continue the above described tasks starting with the installation of the ARV manhole at sta 450+25 working east.

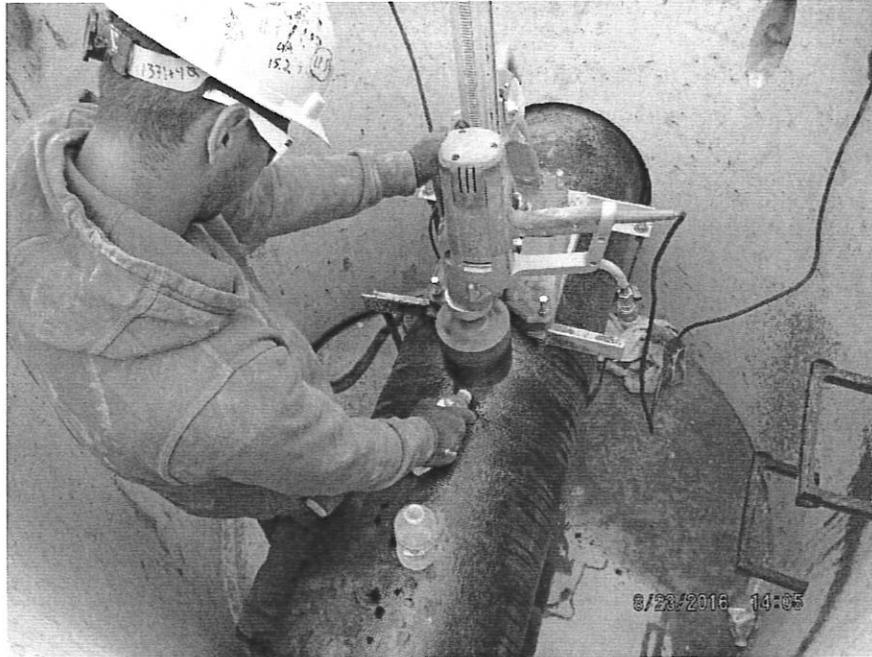
Central Plumbing & Heating Inc.

- Central Excavation spent the week of August 21st preparing the subgrade at the meter building for the upper level footing to be constructed and also continued to bring backfill up around the pumphouse as wall forms were removed. The week of August 28th Central plans to work on the underground pipe work at the meter building which will include installation of a gate valve and connecting the watermain to both the north and south sides of the meter building.
- Detailed Construction spent the week taking down the forms and scaffolding that were erected at the pumphouse to pour the upper level floor. Forms were also constructed for the upper level walls at the pumphouse. The week of August 28th Detailed plans to pour the upper level walls at the pumphouse and then being constructing forms and tying rebar for the upper level footings at the meter building.
- An additional crew was onsite Wednesday to demo the concrete that was poured last week for the standpipe foundation before the form failed. The standpipe foundation will be rebuilt in the weeks to come.

Construction Pictures



Tapping Ductile Iron Pipe to Install ARV



Preparing Subgrade for Upper Footing at Meter Building



BLOOMQUIST LAW FIRM, P.C.

John E. Bloomquist
Abigail J. St. Lawrence
Rachel K. Meredith
Rick C. Tappan
3355 Colton Drive, Suite A
Helena, MT 59602
(406) 502-1244

OFFICES IN HELENA AND DILLON, MONTANA
www.helenalaw.com

Patti L. Rowland
220 South Pacific Street
P.O. Box 1418
Dillon, MT 59725-1418
(406) 683-8795

August 29, 2016

Matt Miles, Deputy Regional Manager
Montana Department of Natural Resources and Conservation
Water Resources Division—Havre Regional Office
P.O. Box 1828
Havre, MT 59501-1828

**RE: Water Right Change Applications Nos. 41P 30072725 and 41P 30072726 by
City of Shelby**

Dear Matt:

I am in receipt of your August 25, 2016 letter setting forth proposed conditions on authorization of the above-referenced water right change applications. You and I have exchanged several emails and telephone calls regarding those proposed conditions. The purpose of this letter is to serve as the formal response due within 15 days of your letter and to confirm our communications.

On August 25th, you and I discussed modify Condition 1 as follows (modifications noted in bold underline):

Water must not be diverted pursuant to Change Authorizations 41P 30072725 and 41P 30072726 **to any individual place of use authorized in said change authorizations** until **a** required measuring device **is** in place and operating at the specified meter location **corresponding to the particular place of use.** The appropriator shall maintain the measuring devices in properly functioning condition so that the volumes are accurately measured

The purpose of this revision is to reflect what I understand to be your intent that each diversion has a measuring device before diversion begins, but not require all measuring devices to be in place before diversion at any particular location begins. Without the above revisions, the condition requires that all measuring devices be in place before any diversion can begin, even if not all locations are diverting.

On August 26th, we discussed a revision to Condition 2 as follows (again, modifications are noted in bold underline):

On a form provided by the Department, the appropriator shall record the monthly volume

of all water individual metered at each meter location. The volume of water at each meter location shall not exceed the following amount expressing in acre-feet: [table of volumes]. **This condition does not restrict the ability of the appropriator to divert up to an additional 161 acre-feet pursuant to Water Reservation 41P 71891 00.**

I understand that it was not your intent with the change authorization to prohibit subsequent diversion pursuant to Water Reservation No. 41P 71891 00 in addition to the diversions authorized under the change. However, as we discussed, I am concerned that a future administrator in your position may not understand that the reservation is in addition to the allowed volumes listed under Condition 2 and then have an issue if recorded diversions exceed what is listed in Condition 2 when the water reservation begins to be used. I appreciate you being willing to include the clarifying language to ensure that the City can use its water reservation.

In addition to the above modification to Condition 2, the specified seasonal limitations for each meter location need to be modified as follows:

	Shelby Master Meter	Prison Meter	Humic Meter	Ethridge Meter	Big Rose Meter	Devon-Dunkirk Meter	Cut Bank Metter	Shelby South Meter
Jan. 1- Apr. 30		20.93	22.4	1.79	0.6	20.7	62.73	
May 1- Oct. 31		31.4	33.6	10.11	3.4	31.05	354.0	
Nov. 1- Dec. 31		10.47	11.2	0.9	0.3	0.35	31.37	
Total		62.8	67.2	12.8	4.3	62.1	448.1	

These revised figures are based on the breakdown of actual monthly water use calculated based on existing City water use data. That data reflects that in November through April, 3.5 percent of annual water is used each month; May and June each account for 11.5 percent of annual use, July through September is 17 percent monthly, and October accounts for 5 percent.

If you agree with the above-specified modifications to the proposed conditions, would you please send me out a revised addendum to your August 25th letter? I will then sign off on that revised addendum, and we can move forward with the application process. If you have any questions or concerns, please don't hesitate to let me know. Thank you.

Sincerely,

Abigail J. St. Lawrence

cc: Luke Osborne, P.E. and David A. Donohue, P.G., HydroSolutions Inc.
 Mayor Larry Bonderud, City of Shelby
 Jason Crawford, KLJ

ON AUGUST 16, 2016 I RECEIVED A LETTER FROM THE CITY OF SHELBY, FROM ROBERT TASKER — BUILDING INSPECTOR / CODE OFFICIAL, STATING THAT I HAD TO MOVE MY CAMPER BY THE AUGUST 24, 2016 BECAUSE I WAS IN VIOLATION OF 7-3B-14 PARKING CODE.

I WAS IN VIOLATION OF THAT CODE. I HAD PARKED MY CAMPER AT MY RESIDENCE ON CEDAR AVE. I WAS PARKED THERE FOR TWO WEEKS, ONE DAY. LEFT FOR A WEEK, CAME HOME, PARKED FOR A WEEK AND TWO DAYS, AND THEN LEFT AGAIN FOR FIVE DAYS. CAME HOME, READ THE LETTER AND MOVED MY CAMPER. I WAS IN THE WRONG, I ADMIT TO THAT.

ON THE OTHER HAND, WITHIN A FOUR TO SIX BLOCK AREA THERE ARE FOUR TO FIVE BOATS, UTILITY TRAILERS AND CAMPERS THAT ARE PARKED, AND FOUR OF THEM HAVE BEEN THERE TWO MONTHS OR SO AND 3 OF THEM ALL SUMMER, AND THAT'S JUST IN MY LOCATION, AND NOTHING IS BEING DONE TO THEM.

ON MY LIST OF VEHICLES, I DID NOT INCLUDE CAMPERS THAT WERE HOOKED UP TO PICK-UPS. SOME OF THEM HAVE BEEN SITTING THAT WAY FOR WEEKS. THERE WERE 12-15 UNITS LIKE THAT.

I FEEL MR. TASKER HAS TO DO A BETTER JOB, AT HIS POSITION THAN WHAT HE IS DOING RIGHT NOW. IT NEEDS TO BE ADDRESSED BY THE CITY COUNCIL AND TAKEN CARE OF.

PEOPLE NEED NOT PICKED AT RANDOM. EVERYONE SHOULD BE TREATED EQUAL.

I WILL BE MONITORING THIS SITUATION, AND WILL SUBMIT A LIST TO THE CITY COUNCIL EVERY TWO TO THREE WEEKS OF THESE VEHICLES TO SEE IF ANY THING IS BEING DONE.

DONOVAN "BUCKY" HILLEBRAND
Approval Bucky Hill

CITY OF SHELBY

112 First Street South
Shelby, MT 59474
Telephone: (406) 434-5564
FAX: (406) 434-2143
www.shelbymt.com



Mayor: Larry J. Bonderud
Council: Debbie Clark, Eugene Haroldson,
Bill Moritz, Lyle Kimmet,
Don Lee, John "Chip" Miller, Jr.
Animal Control: Mark Warila
Attorney: William E. Hunt, Jr.
Building Inspector: Rob Tasker
City Planner: Jim Yeagley
Community Development: Lorette Carter
Finance Officer: Jade Garoski
Judge: Joe Rapkotch
Recreation Director: Cindy Florez

NOTICE

DATE: August 16, 2016

TO: Donovan Hillebrand
805 Cedar Ave.
Shelby, MT. 59474

RE: 7-3B-14 :PARKING OF TRUCKS, TRAILERS, MOTOR HOMES, OR PICKUP CAMPERS

Under Title 7 Chapter 3B article14, It shall be unlawful to park any truck, trailer, motor home, or pickup camper upon the streets or avenues of the city, with the following exceptions:

1. Trucks may be parked on the streets or avenues of the city for a period not to exceed four (4) hours while loading or unloading is in progress;

2. Recreational vehicles whose rated vehicle weight may exceed ten thousand (10,000) pounds may be parked on the streets or avenues of the city for a period not to exceed forty eight hours while loading or unloading is in progress;

3. By permit approved by the city council;

- The vehicle is a: Wilderness travel trailer
- The vehicle license is: 21-5659A
- The VIN is:
- The vehicle is located at: Cedar Ave.

Under Section 8.16.030 S.M.C., it shall be the duty of the sheriff's office or such other person or persons as the city council may from time to time direct to enforce the provisions of this chapter, to mail a notice of violations that are determined to exist, to the owner of the vehicle, or post notice on the vehicle. Section 8.16.030 S.M.C. further states that you must remove such disabled vehicle from the premises within **seven (7) days** or the city will cause the vehicle to be removed, with the costs thereof to be charged to the owner.

THIS VEHICLE MUST BE MOVED ON OR BEFORE August 24th, 2016
BY ORDER OF THE CITY OF SHELBY

Robert Tasker
Building Inspector/ Code Official

- * * P/U box GMC trailer — Lic. # BHN22 —
LOCATION 7th AVE. So.
- * * OPEN UTILITY TRAILER — Lic. # E3022 —
LOCATION 4th St. So.
- * BOAT — Lic. # 21N78 LOCATION — 726 7th St. So.
- ENCLOSED UTILITY TRAILER — Lic. # BGL231
LOCATION — 621 ASH AVE.
- * * ENCLOSED UTILITY TRAILER — Lic. # 21-7265A
LOCATION — 315 5th St. So.
- ENCLOSED UTILITY TRAILER — Lic. # 21-4221A
LOCATION — 257 PLUM ST.
- ENCLOSED UTILITY TRAILER — Lic. # 26-0116B
LOCATION — 5th AVE. So. (W. SIDE OF
METHODIST CHURCH)
- POP-UP CAMPER — Lic. # 21-3988A LOCATION —
221 9th AVE. So.
- CAMPER — Lic. # 21-8300A LOCATION —
211 9th AVE. No.
- * * CAMPER — Lic. # (NO PLATES) LOCATION —
110 W. CASCADE
- CAMPER — Lic. # 21-4138A LOCATION — W.
RICHLAND AVE.

UTILITY TRAILER — LIC. # 21-4718A
LOCATION — W. RICHLAND AVE.

BOAT — LIC. # 21-7239A LOCATION —
GRANITE AVE.

* CAMPER — LIC. # 7-A1900 LOCATION —
GRANITE AVE.

UTILITY TRAILER — LIC. # 2328-UJ
LOCATION — BENTON AVE.

CAMPER — LIC. # 21-08961 LOCATION —
426 VALLY ST.

* CAMPER — LIC. # 5135-9A (ALBERTA)
LOCATION — 675 TETON AVE.

CAMPER — LIC. # 21-2638A LOCATION —
920 MARIAS AVE.

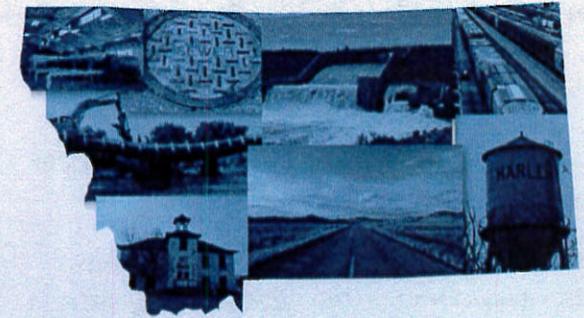
* — ONE STAR THE VEHICLE HAS BEEN
PARKED FOR OVER A MONTH OR TWO

* * — TWO STARS, THE VEHICLE HAS BEEN
PARKED ALL SUMMER PLLIS

OUR MEMBERS:

- American Council of Engineering Companies of Montana
- American Society of Civil Engineers – Montana Section
- Ash Grove Cement Company
- Bear Paw Development
- Big Sky Chamber of Commerce
- Big Sky Economic Development Corporation
- Billings Chamber of Commerce
- Bozeman Area Chamber of Commerce
- Butte-Silver Bow
- City of Bozeman
- City of Colstrip
- City of Helena
- City of Shelby
- City of Sidney
- Dawson County
- DOWL Engineering
- Fallon County
- Great Falls Development Authority
- Great West Engineering
- HDR
- Highway 2 Association
- Interstate Engineering
- Kalispell Chamber of Commerce
- Kalispell Regional Healthcare
- KLJ
- McKinstry
- Missoula Chamber of Commerce
- Missoula Economic Partnership
- Montana AFL-CIO
- Montana Association of Oil, Gas, & Coal Counties
- Montana Association of REALTORS®
- Montana Bankers Association
- Montana Building Industry Association
- Montana Business Assistance Connection
- Montana Chamber of Commerce
- Montana Contractors Association
- Montana Credit Union Network
- Montana Economic Developers Association
- Montana Farm Bureau Federation
- Montana Housing Coalition
- Montana League of Cities and Towns
- Montana Lodging and Hospitality Association
- Montana Petroleum Association
- Montana Telecommunications Association
- Morrison Maierle
- Motor Carriers of Montana
- Richland County
- Sanderson Stewart
- Snowy Mountain Development Corp
- Sweetgrass Development Corp
- Treasure State Resource Association
- WGM Group

**Solutions for Montana's Most Pressing
Infrastructure Needs**



Sound infrastructure provides the foundation for healthy communities and a robust state-wide and regional economy. Yet, Montana's aging infrastructure is approaching a critical state of disrepair.

It is time for a systemic change in how we fund critical infrastructure to avoid saddling future generations with the mounting infrastructure funding deficit we see today.

Join us in developing thoughtful policy options to fund infrastructure today and in the future.

Montana Infrastructure Coalition
PO Box 1203 • Helena, Montana 59624
Darryl James, Executive Director
406.441.9100 • darryl@jamesconsult.com

ASCE REPORT CARD

Over the course of 2014, the Montana Section of the American Society of Civil Engineers (ASCE) compiled a team of more than 30 civil engineers from the public, private and non-profit sectors with wide-ranging industry expertise to prepare a school-style report card for Montana's Infrastructure. Using a familiar A to F grading system, the Report Card took stock of eight specific infrastructure types in Montana as outlined below. Not a day goes by when we don't all rely on each of these systems to maintain our quality of life:

MONTANA'S GRADES:

- D- Schools
- D+ Wastewater
- C- Dams
- C- Drinking Water
- C Irrigation Canals & Waterways
- C Transportation
- C+ Transit
- B- Solid Waste

Montana's Overall GPA: C-



Did you know . . .

Much of the state's 10,000 miles of drinking water and wastewater pipeline is reaching the end of its useful life, as most of the pipeline is more than 75-years-old in older communities and more than 30-years-old in newer communities.

While Montana's traffic fatality rate is third highest in the nation, only a quarter of the state's \$14.8 billion of investment needs for the roadway and bridge system can currently be met.

From neighborhood roads and community schools to safe drinking water, our public infrastructure is aging and suffering from lack of adequate investment.

Given our relative distance to major markets, Montana's transportation infrastructure plays a crucial role in getting our goods and resources to consumers. Our roads, highways and bridges move commodities such as livestock, grain and timber; our railroads move resources such as coal and oil, building materials and manufactured goods; our electrical transmission lines move power from Montana generation plants to consumers across the west; and our phone, fiber optic and cell towers connect small businesses and high tech industries to the rest of the world.

All Montana citizens will benefit from addressing our infrastructure deficit because our infrastructure and economy are inextricably linked. Aside from providing the real and practical connections to markets as outlined above, our mere investment in infrastructure spurs additional private investment and overall economic growth.

We are at a crossroads as a state. Doing nothing is NOT an option. It is irresponsible to pass this unfunded liability on to future generations, because every Montanan has a stake in adequate infrastructure.



MT INFRASTRUCTURE COALITION

OUR MISSION:

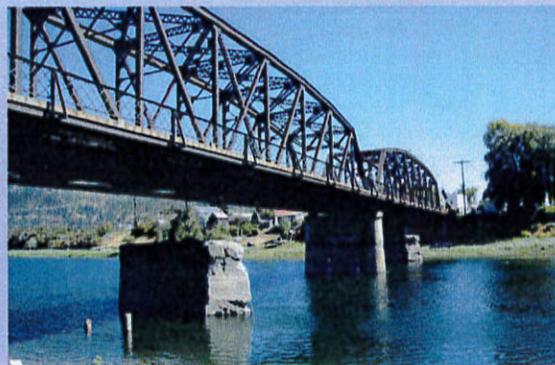
The Montana Infrastructure Coalition has been established to provide an inclusive, non-partisan forum for the objective research and development of sustainable funding solutions for Montana's most pressing infrastructure needs.

OUR GOALS:

Starting with the 2017 Session, the goal of the Coalition is serve as an ongoing source of education and information on the need for consistent and sustainable funding for critical infrastructure.

YOUR ROLE:

Whether you design, build, finance, maintain or use public infrastructure, we must all recognize the critical role our skeletal infrastructure plays in building communities.



**Become a Member of the Coalition,
take an active role in the conversation,
and be part of the solution!**

The Coalition envisions a multi-session approach to changing the way Montana funds critical infrastructure, and we need your help.

An introductory \$5,000 membership fee allows you to participate as a voting member of the Coalition. This entitles you to a seat on the governing body that will guide the research, analysis and execution of the public information campaign.

Beyond your financial assistance, we need your active participation in crafting a reasonable and supportable plan, and we need you to help spread the word around your community and with your elected officials.

The Coalition has additional opportunities for participation by Non-Voting members of the Coalition who may offer services and resources for the multi-media outreach. Non-Voting/ Associate membership is available for a \$500 fee.

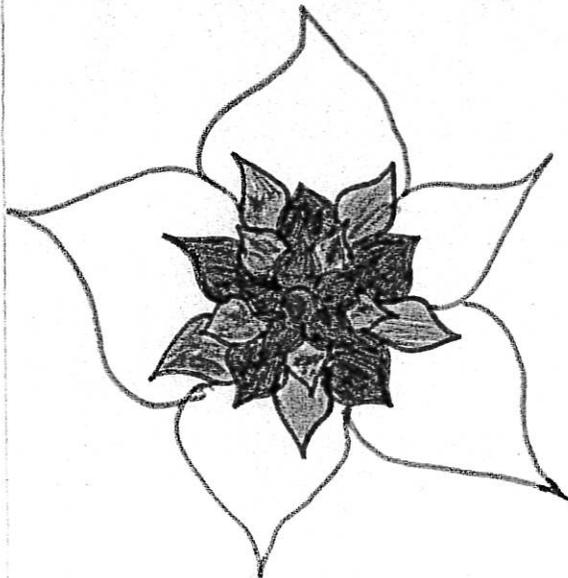
Please consider joining this important effort and playing a meaningful role in reprioritizing infrastructure investment and spurring new economic activity across Montana.



Thank you in advance for your acknowledgment of this critical need and for your willingness to stand with other industry professionals and make a difference in how we address our growing infrastructure deficit.

Thank

You!



8/18/16

Thank you signed from 4 of the kids that received free swimming passes this summer.

ROCKY BOY'S / NORTH CENTRAL MONTANA REGIONAL WATER SYSTEM PROJECT NEWS

Third Quarter 2016

IN THIS ISSUE:

Tiber Raw Water Pipelines Construction Progress

Core Pipeline Segment #0 Final Completion

Phase 2 Environmental

Spotlight: Sheila Bull - CCCC Lead Excavator Operation

Segment W3: Shelby to Cut Bank Construction Update

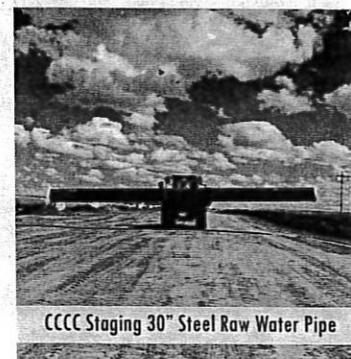
Segment W4-B1: Shelby to Conrad Bid Results

Tiber Raw Water Pipelines Construction Progress

Since breaking ground in March of 2016, the Chippewa Cree Construction Corporation (CCCC) has completed a significant portion of work on the Tiber Raw Water Pipelines project. Of the total 10,500 lineal feet of twin 30-inch steel pipes to be installed, approximately 5,000 feet are completed. Prior to installation of the pipe, CCCC undertook a mass excavation effort moving earth from varying terrain that included bedrock and steep slopes. This mass excavation was required due concerns such as long term slope stability, erosion protection, constructability, and operator access and safety. The raw water pipeline following a routing that was selected based on critical design elements such as easement restrictions, cost considerations, and geotechnical limitations.

Pipeline installation began in June in wide ranging terrain and soil conditions including shale rock. CCCC production rates have been up to 650 lineal feet of pipe per day, which is comparable to national contractor standards for the installation conditions to help improve pipeline operations and maintenance, the project includes installation of trench breakers, pipeline appurtenances and a cathodic protection system. CCCC hires local subcontractors whenever possible for specialty work such backfill compaction testing for quality control, suppliers, pipeline joint welding, final seeding, and spray foam insulation.

In July, CCCC began construction of a critical valve vault that will house key isolation and air release valves for the twin 30-inch pipelines. The

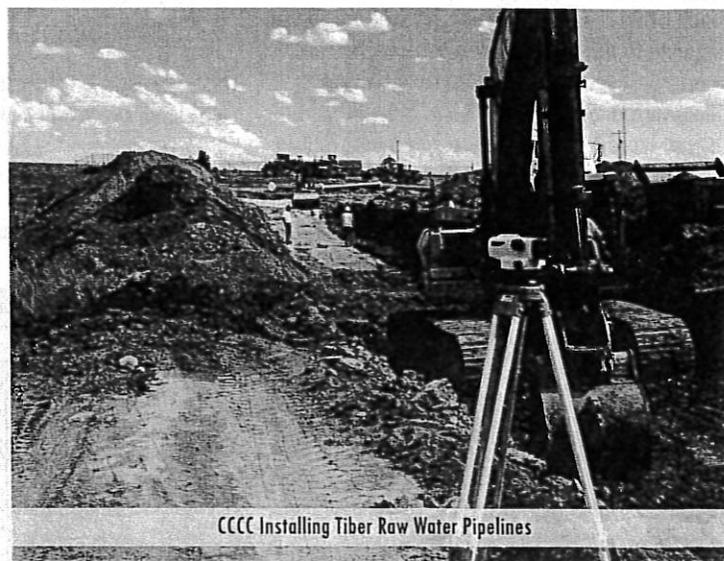


CCCC Staging 30" Steel Raw Water Pipe

valve vault will be a cast in place structure approximately 500 square feet, and will feature a small access building above grade to improve operations. The valve vault was designed for future installation of electrical service, which will allow automatic isolation and control of the raw water pipelines via the Rocky Boy's Water Treatment Plant Supervisory Control and Data Acquisitions (SCADA) system. ■



CCCC Installing Tiber Raw Water Pipelines



CCCC Installing Tiber Raw Water Pipelines

Check out the Rocky Boy's / North Central Montana Regional Water System Project Web Site: <http://www.rockyboynorthcentral.com/>

Core Pipeline Segment #0 Final Completion

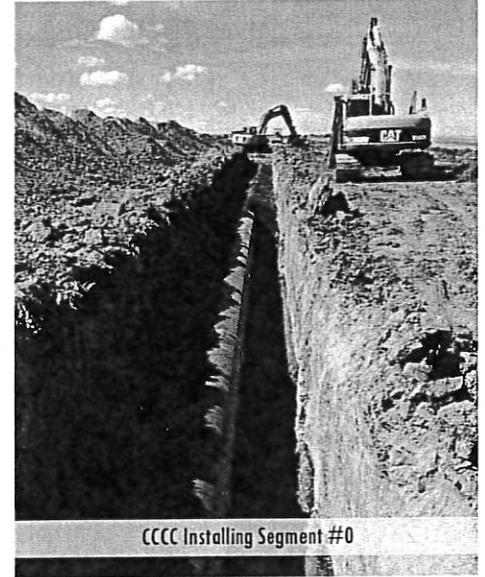
In July, Punchlist items for Segment #0 of the Core Pipeline were completed and a Final Completion Certificate is in progress. Issuance of the Final Completion Certificate

will initiate the warranty period, which will start the transfer process of complete Core System Projects from the Bureau of Reclamation to the Bureau of Indian Affairs

for operations, maintenance, and repair by the Chippewa Cree Tribal Water Resources Department. ■



CCCC Installing Segment #0



CCCC Installing Segment #0

Spotlight: Sheila Bull - CCCC Lead Excavator Operation

Sheila Bull operates the lead excavator for pipe installation for the Chippewa Cree Construction Corporation. She has worked in the Construction Industry and ran heavy equipment for 12 years. In addition to Core System pipeline installation, Sheila has also assisted in the installation of other On-Reservation Projects including Bonneau Dam, East Fork Dam, and Browns Dam. When on a construction site, Sheila says that she sees the importance of safety. She and the rest of the CCCC/AE2S construction team make it a high priority to look out for each other's safety. Although there are many aspects to the construction project, Sheila wanted to specifically recognize the pipe installation crew: Pete Houle, Ron Briere, Elijah Huntley, and Melvin Morsette. Sheila considers herself lucky to be a part of this



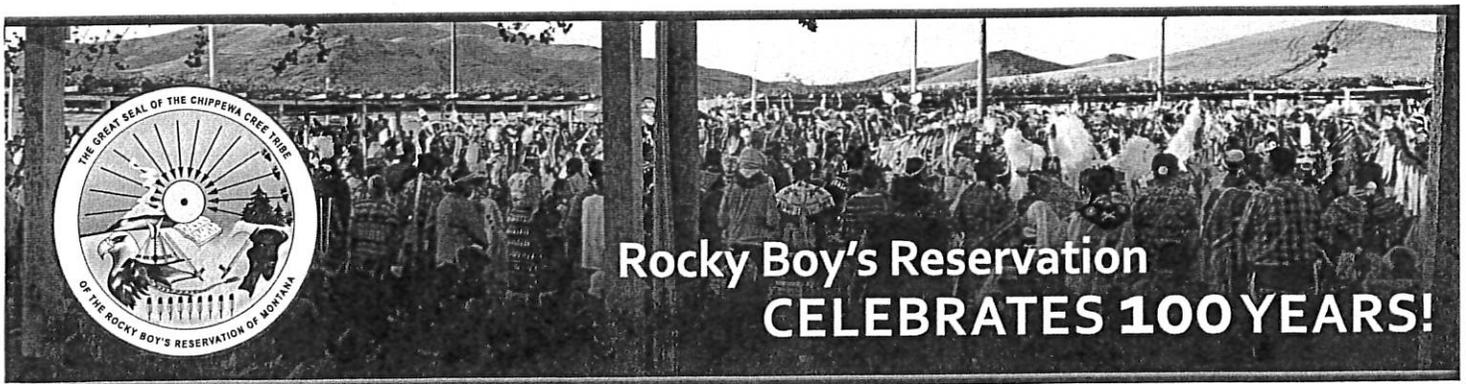
Sheila Bull - CCCC Lead Excavator Operator

significant water project and loves her job as an excavator operator. In her down time, she loves to spend time on her Harley with her husband.

“Sheila Bull is a key member of our team and lead excavator operator for daily pipe production” ~ Larry Morsette, CEO, Chippewa Cree Construction Corporation. ■

Phase 2 Environmental

In June 2016, the Chippewa Cree Cultural Resource Preservation Department Tribal Historic Preservation Officer (THPO) submitted the Core Pipeline Cultural Resource Annotated Bibliography System (CRABS) Report to the Bureau of Reclamation (BoR). Submission of this report is intended to initiate the BoR's consultation of the second half of the Core Pipeline Phase II routing (Rudyard Road to Box Elder). After completion of the consultation and concurrence process, the entire proposed Core Pipeline routing will be environmentally cleared. ■



Rocky Boy's Reservation
CELEBRATES 100 YEARS!

UPCOMING EVENTS

Rocky Boy's/North Central Montana Regional Water System Coordinating Committee Meeting

- Nov. 15, 2016 - 10am
AE2S Office in Great Falls

North Central Montana Regional Water Authority Executive Committee Meetings

- Oct. 25, 2016 - 10am
AE2S Office in Great Falls
- Nov. 15, 2016 - 1pm
AE2S Office in Great Falls

Quarterly Authority Meeting

- Sep. 27, 2016 - 1pm
Comfort Inn in Shelby

Rocky Boy's/ NCMRWS Operations, Maintenance, and Replacement - Joint Advisory Board Meeting

- Oct. 25, 2016 - 1pm
AE2S Office in Great Falls

Segment W3: Shelby to Cut Bank Construction Update

Construction activity has continued at a steady pace over the summer of 2016. Downing Construction (Downing) is nearing completion of the pipeline construction, and Central Excavation (Central) has made significant progress on the pumping, storage, and metering facilities.

The pipeline system consists of about 23 miles of transmission main ranging in size from 16 inches to 18 inches in diameter, extending from the vicinity of the prison tank near Shelby to tank hill on the east side of Cut Bank. Downing made great progress over the past couple months as digging transitioned from the hard rock excavation work near Cut Bank to the favorable soil material in the Ethridge and Shelby areas. The connection to the Shelby water system was accomplished using special equipment (top left) to install a tapping sleeve and gate

valve without the need to take the existing water main out of service. Typical trenching operations (top right) were used by the construction crews to install the 16-inch diameter pipeline in 20-foot lengths.

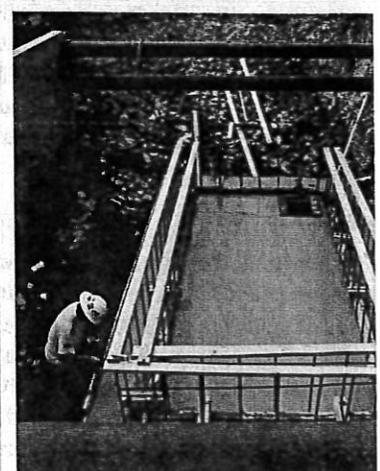
Central has made significant progress on the pump station near Ethridge. Construction has proceeded such that the top slab and finished floor of the concrete tank has been poured, allowing backfilling of the excavation and construction of the pump building. Three pipe spools (bottom left) represent where the pump assemblies will extend into the water stored in the tank below.

Site preparation of the foundation system for the standpipe is progressing, and the inlet and outlet piping (bottom center) has been installed. Crews are working toward completing the foundation, which will enable

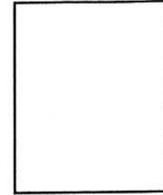
tank construction in the near future.

The foundation of the meter station for the City of Cut Bank consists of an underground chamber to allow the inlet and outlet pipes to enter and exit the building. The bottom slab of the meter station has been poured (bottom right) allowing work to proceed on the concrete walls. The piping will eventually be extended above grade inside the building to gain access to isolation valves, the control valve, and water meter.

Segment W3 remains on schedule for substantial completion in March 2017 and will provide the City of Cut Bank up to 750,000 gallons of water per day to address the risk of water shortages associated with drought conditions. ■



North Central Montana Regional Water Authority
PO Box 2456
Havre, MT 59501



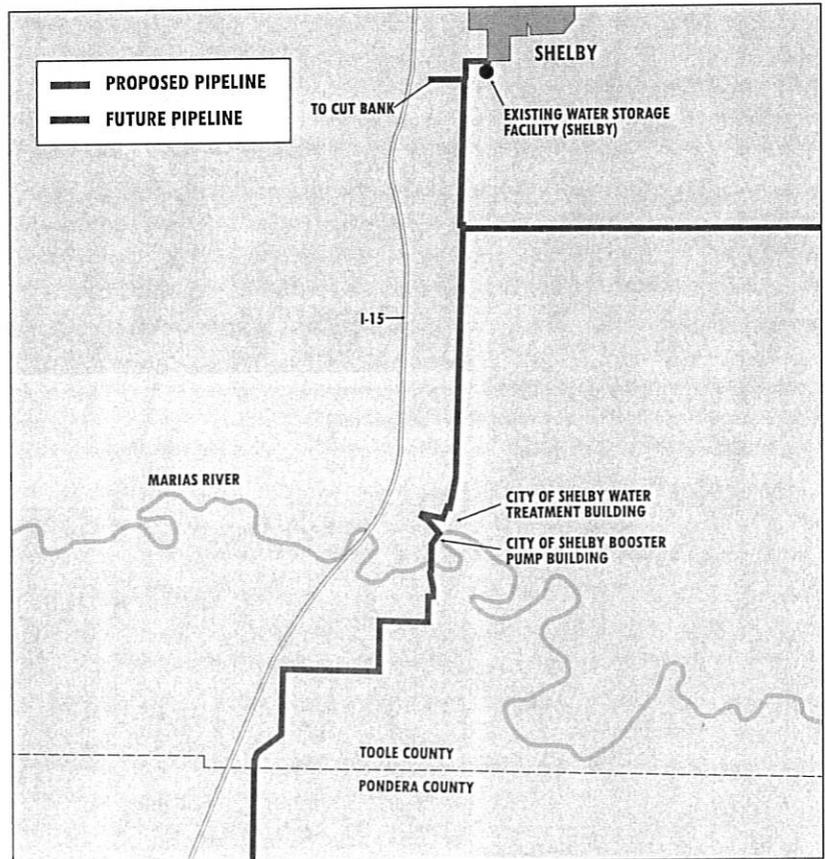
First Name Last Name
Address
City, State Zip

Segment W4-B1: Shelby to Conrad Bid Results

The North Central Montana Regional Water Authority (NCRMWA) initiated the process of bidding Segment W4-B1 in late July 2016. The segment consists of a large diameter pipeline system extending from the southeastern edge of Shelby, across the Marias River, to a termination point located along the Interstate 15 frontage road near the Toole/Pondera County line. A majority of the pipeline system is comprised of 24-inch and 20-inch diameter pipe. A schematic of the pipeline accompanies this article.

The Pre-Bid meeting was held on August 11, 2016, with several prospective contractors and suppliers in attendance. The Bid Opening was held on August 25, 2016. A total of ## bids were received, and ## of the bids were opened and read aloud. The apparent low bid was received from XYZ Contractor in the amount of \$#,###,###. The estimated construction cost of the segment was \$6.2 million.

The NCRMWA is working with the Bureau of Reclamation, the Montana Department of Natural Resources and Conservation, and the Montana Department of Environmental Quality to award the construction contract yet this fall. Limited construction activity is anticipated in the remainder of 2016. A majority of the construction will transpire during the 2017 construction season to comply with the Final Completion date of November 30, 2017. ■



TOOLE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN: 2017-2019



Public Health
Prevent. Promote. Protect.

TOOLE COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN: 2017-2019

INTRODUCTION

"Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead

The vision of the Toole County Health Department is "healthy people living in a healthy community", and the work that we perform on a daily basis supports that vision. Health is influenced by many factors which include: age, genetics, health behaviors, access to medical care, and the environment where we live. Additionally, health is influenced by other social and economic factors such as education, health insurance, income, employment, and housing. While the health department can influence some of the factors that affect the health of the population, we acknowledge that we need partnerships to create a healthy community.

The purpose of a Community Health Improvement Plan is to identify how to strategically and collaboratively address community priority areas to improve the health and well-being of our community. Community members, stakeholders, and partners used an assessment process to formulate the Toole County Community Health Improvement Plan and determine health priorities to address in our county.

Working with these individuals and organizations, we believe we have created a plan that aligns healthcare organizations and other partners in our community to work strategically to improve the health of the people who live, work, and play here. The creation of this plan would not have been possible without our partners in Toole County; even more vital, the collaboration and work of our partners will be crucial in the successful implementation of our plan.

We are fortunate to have many thoughtful and committed citizens who collaborate to create greater health for our residents. The Toole County Health Department looks forward to continued collaboration with the partners identified in the Community Health Improvement Plan and other partners that we discover as we work to improve the health of our community.

We all influence the community we live in. We invite the residents of Toole County to not only embrace their individual health and the health of their families, but also work with us to make Toole County a healthier place to live, work, and play. We hope that this Community Health Improvement Plan will not just be a document, but rather a strategic plan to make Toole County an even better place to live.

Kristi Aklestad, RN

Toole County Health Department

ACKNOWLEDGEMENTS

The Toole County Health Department would like to acknowledge the work of the community partners who collaborated to create a vision of health in our community, and in doing so, created this Community Health Improvement Plan. Without the partnerships in our community and their vision of health, we would not be able to achieve greater health outcomes for our community.

Additionally, we would like to thank the Montana Department of Public Health and Human Services Public Health and Safety Division and the Montana Healthcare Foundation for their assistance.

The following individuals, representing many organizations, have contributed to the creation of this Community Health Improvement Plan:

- Rikki James, Toole County Health Department
- Courtney Hovland, Toole County Health Department
- Steve Osgood, Toole County Health Department
- Kristi Aklestad, Toole County Health Department
- Angela Lamb, Toole County Health Department
- Donna Whitt, Toole County Sheriff's Department
- Deb Brandon, Toole County Commission
- Jessica Brusven, Marias Medical Center
- Dave Sibert, Marias Medical Center
- Tracy Richman, Marias Healthcare
- Erica Allen, Shelby School District
- Merilee Klieber, Shelby School District
- Lisa Clark, Shelby School District
- Lydia Bessette, Gateway Prevention
- Barbara Bessette, Gateway Prevention
- Lorette Carter, City of Shelby
- Alice Burchak, MSU Extension
- Jodi Duncan, MSU Extension
- Brenda Gilmore, Marias Medical Center
- Kristen Russell, Marias Medical Center
- Judy Richman, Marias Heritage Center
- Ann Verplogen, Big Sky Cooperative
- Scott Kiehn, Lutheran Church of Sunburst
- Jamie Brownell, Marias Healthcare
- Richard Hambly, Community Member
- Robyn Hambly, Community Member
- Rhonda Davidson, Center for Mental Health
- Jerry Puffer, Mental Health Advisory Board
- Sue Kasper, Mental Health Advisory Board
- Chad Scarborough, First Baptist Church

- Dana Hellinger, Youth Dynamics Inc.
- Vicky Warilla, Youth Dynamics, Inc.
- Susan Carlstrom, Youth Dynamics, Inc.
- Jodi Habets, Marias Healthcare
- Tracy Bartosh, Opportunities, Inc. Headstart

VISION OF HEALTH IN TOOLE COUNTY

A safe and connected community where everyone has access to all types of healthcare and includes the following:

- Access to preventive health services
- Access to mental healthcare
- Access to local healthcare services
- A community where members do not feel isolated
- A community with a sense of volunteerism and social mentoring
- Inclusion of members of the community
- Safe housing
- Youth with involved parents and other adults
- Healthy places to spend time
- A community that cares for its elderly

MISSION STATEMENTS

TOOLE COUNTY HEALTH DEPARTMENT MISSION:

In partnership with the communities we serve, Toole County, and the Montana Department of Public Health and Human Services, the mission of the Toole County Health Department is to enhance, protect and improve the health of the people in Toole County through evidence-based, public health related services, education, emergency preparation and policy support. We will provide services efficiently and without bias.

MARIAS MEDICAL CENTER MISSION:

Marias Medical Center will be the leader in providing primary, assisted living and select specialty care to the people in north central Montana. We will set the standard for quality and technology in our service area and continue to develop new services to meet the needs of all people in the communities we serve.

MARIAS HEALTHCARE MISSION:

Marias Healthcare Services, Inc. is dedicated to being a leader in providing and promoting quality health and wellness to our surrounding area.

COMMUNITY DESCRIPTION

Toole County is approximately 1,916 square miles of water and land with a population of 5,324. Of Toole County's population, 3,301 people live in Shelby, the county seat; while 2,023 live in the more rural areas of the county, which includes the communities of Ethridge, Galata, Kevin, Oilmont, Sunburst, and Sweetgrass. Toole County borders Glacier County to the west, Liberty County to the east, Pondera County to the south, and Canada to the north. One of the largest Montana/Canada border crossings is located in northern Toole County at Sweetgrass. Industry in Toole County is largely agricultural; though oil, wind energy, the border crossing, and a private prison housing state and federal inmates also contribute to the economic base of the county.

Healthcare plays a significant role within Toole County. The small rural population is served by a small health department with between four and five FTE. In addition, health services are provided by Marias Medical Center, Marias Care Center, Marias Healthcare Services, Marias Heritage Center, Center for Mental Health, Youth Dynamics, and other private providers, dentists, and doctors of optometry. Collaboration between public health, organizations, agencies, and service providers is a long standing tradition in Toole County.

COMMUNITY HEALTH IMPROVEMENT PLAN METHODOLOGY

The Toole County Community Health Improvement Plan began with an invitation to a number of stakeholders in the summer of 2015. The first steering committee meeting was held in November 2015 with 30 people attending representing 16 organizations. At the first meeting the vision of a healthy community and the priorities for health were determined, as well as how the group would work together over the next year to write a community health improvement plan.

The Steering Committee used the data from the Community Health Assessment completed in 2014 and the Community Needs Assessment completed in 2015 to determine the following priorities: Mental Health, Youth Risk Behavior, and Obesity Prevention. The committee also determined that the first priority that would be addressed was Youth Risk Behavior. In December 2015, a group of six people representing MSU Extension, the Toole County Health Department, Youth Dynamics, the Ministerial Association, and Shelby Public Schools met twice to determine the priorities health outcomes for Youth Risk Behavior, and the goals, objectives and strategies to achieve those outcomes. The group decided to focus on: suicide, adolescent mental health, adolescent reproductive health and risk reduction, and bullying. In January 2016, the Steering Committee met again to discuss the recommendations to address Youth Risk Behavior.

The Toole County Mental Health Advisory Board met in January, February and March of 2016 to determine priorities for the mental health portion of the Community Health Improvement Plan. The board completed a SWOT analysis of the current state of mental health care and knowledge of mental health in Toole County. After determining the top priorities, the board analyzed each to determine both feasibility of addressing and the importance of each. At the conclusion of that task, the following priorities were determined: increase awareness of mental health and mental health services in professionals, increase awareness of mental health in the general public, and increase the number of people screened for depression. In February and March 2016, the board determined strategies to

address these issues and board members volunteered to be responsible to lead the implementation of these strategies.

A sub-group of the Steering Committee volunteered to address obesity prevention in Toole County. This group of three represented MSU Extension, Marias Healthcare, and the Toole County Health Department. After completing a SWOT analysis, the group determined the feasibility and importance of each recommendation and settled on recommendations for adults and children in Toole County.

In May and June 2016, the Toole County Health Department wrote the first draft of the Community Health Improvement Plan and scheduled the next meeting of the Steering Committee for June 2016. The first draft of recommendations for goals, objectives, outcome indicators, strategies and tactics was presented to the Steering Committee for approval. After the June 2016 meeting, the Toole County Health Department completed the next draft, which was discussed at the August meeting. The final draft of the plan was sent to stakeholders for public comment in September.

COMMUNITY HEALTH PRIORITIES

Based on the Community Health Assessment performed in coordination with the North-Central Montana Health Communities Workgroup finalized in November 2013 and the Community Needs Assessment performed by Marias Medical Center in coordination with the Montana State University Office of Rural Health in July 2014, the community health improvement committee determined the following health priorities in our community:

1. Mental Health
2. Youth Risk Behavior
3. Obesity Prevention/Nutrition and Physical Activity

ASSETS AND RESOURCES

Toole County has a number of resources within the community that could support a Community Health Improvement Plan. This list is not exhaustive and is likely incomplete, as many private businesses, organizations, and individuals also contribute to the health of our community; however, it is provided to help guide the work of our community in improving health.

- Toole County Health Department
- Toole County Board of Health
- Toole County Commissioners
- Toole County Sheriff's Department
- Marias Medical Center
- Marias Healthcare, Inc.
- Marias Heritage Center
- Marias Care Center
- Healthy Toole County Coalition
- Senior Centers – Shelby, Sunburst, Kevin
- MSU-Extension

- Toole County Disaster and Emergency Services
- Shelby Public Schools
- Sunburst Public Schools
- Galata Elementary
- Toole Mental Health Advisory Board
- Youth Dynamics
- Opportunities, Inc.
- RECCS
- Shelby Area Chamber of Commerce
- Center for Mental Health
- Gateway Prevention
- City of Shelby
- City of Sunburst
- City of Kevin
- Toole County Education Foundation
- Kiwanis
- Crossroads Correction Center
- Hi-Line Help for Abused Spouses
- Toole County Ministerial Association
- Sagebrush Food Pantry
- First Baptist Church Food Pantry
- Sunburst Food Pantry

ACTION PLAN

MENTAL HEALTH

Mental health and resilience are important aspects of our overall health. Mental health is closely intertwined with physical health; an individual with mental illness is more likely to also have physical illness. Chronic disease is also associated with higher incidences of substance abuse and psychological distress (SAMSHA, 2016). It is important to incorporate the prevention, early detection, and treatment of mental health conditions in the care of a person's physical health care needs to achieve overall health and community health. According to SAMSHA (2016), "incorporating mental and emotional health development and promotion into community health and public health strategies and activities can make all health promotion more effective and help prevent other public health issues such as teen pregnancy, community and interpersonal violence, tobacco use, and homelessness" (p 2).

Toole County is designated as a mental health shortage area, meaning there are not enough mental health providers in Toole County to appropriately prevent, detect, and treat the population. Additionally, as a state, Montana, experiences a shortage in mental health providers. As a result, Toole County must address knowledge deficits and resource shortages related to mental health in order to achieve greater mental well-being.

Toole County's long term goal is to achieve greater mental health and well-being, as evidenced by a decreased suicide rate and decreased rate in the number of adolescents who report they felt sad or depressed. In order to achieve that, Toole County will work on the short term outcomes of increasing awareness among community members of mental health resources available, increase opportunities for adolescents to interact with positive adult role models, increase the number of people screened for depression by primary care providers, and increase access to mental health services for youth.

GOAL 1: INCREASE AWARENESS AMONG COMMUNITY MEMBERS WHO MAY REFER YOUTH TO SERVICES OR RESPOND TO A MENTAL HEALTH EMERGENCY OF THE MENTAL HEALTH AND SUICIDE RESOURCES AVAILABLE.

OBJECTIVE 1:

FROM 2017-2019, THE TOOLE COUNTY MENTAL HEALTH ADVISORY BOARD WILL COORDINATE AT LEAST FOUR TRAININGS AND EDUCATE AT LEAST 200 PEOPLE ABOUT MENTAL HEALTH AND/OR SUICIDE.

Outcome Indicators:

- a. Number of trainings held.
- b. Number of organizations with staff that attend training.
- c. Percent of Sheriff's Deputies who have increased knowledge related to mental health after Crisis Intervention Training.
- d. Percent of teachers who report increased knowledge of mental health and/or suicide after training.
- e. Number of healthcare providers who attend trainings.

Strategies:

- Provide trainings related to mental health and suicide.
- Educate school staff about mental health and suicide.
- Educate First Responders about mental health and suicide.
- Educate healthcare providers about mental health and suicide.

Tactics:

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>1. OFFER ASSIST TRAINING ONE TIME FROM 2017-2019</p>	<ul style="list-style-type: none"> • ASIST Trainer • Training Location • Funding for training (if not provided by DPHHS Suicide Prevention Program) • Coordination of training • Advertisement of training 	<p>Donna Whitt, Sheriff's Department</p>
<p>2. CRISIS INTERVENTION TRAINING FOR SHERIFF'S DEPUTIES</p>	<ul style="list-style-type: none"> • Funding • Availability of training • 	<p>Donna Whitt, Sheriff's Department</p>
<p>3. OFFER QPR ONCE PER YEAR (2017, 2018, 2019)</p>	<ul style="list-style-type: none"> • QPR Trainer • Funding • Location • Coordination with organizations who work with youth (school district, YDI, Sheriff's Department, Health Department, and other youth activities) 	<p>Scott Kiehn, Ministerial Association</p>
<p>4. ONE MEMBER OF MENTAL HEALTH ADVISORY BOARD WILL ATTEND A TRAIN THE TRAINER FOR QPR.</p>	<ul style="list-style-type: none"> • Training • Funding 	<p>Scott Kiehn, Ministerial Association</p>
<p>5. OFFER MENTAL HEALTH FIRST AID TRAINING ONCE PER YEAR</p>	<ul style="list-style-type: none"> • Trainer • Funding • Coordination between organizations and individuals 	<p>Vicky Warilla, Youth Dynamics</p>
<p>6. WORK WITH SCHOOL DISTRICTS TO EDUCATE STAFF ON MENTAL HEALTH AND SUICIDE AT LEAST ONE TIME PER YEAR.</p>	<ul style="list-style-type: none"> • Time in professional development schedule • Coordination with school districts • Funding 	<p>Kristi Aklestad, Toole County Health Department</p>

<p>7. TRAIN HEALTHCARE PROVIDERS, CLINIC STAFF, AND HOSPITAL STAFF ON MENTAL HEALTH RESOURCES AVAILABLE AND HOW TO UTILIZE THEM.</p>	<ul style="list-style-type: none"> • Time with providers and staff • Coordination between organizations • Resource list • Funding 	<p>Brenda Gilmore, Marias Medical Center</p>
<p>8. CREATE AND DISTRIBUTE A MENTAL HEALTH RESOURCE LIST FOR PROFESSIONALS.</p>	<ul style="list-style-type: none"> • Coordination between organizations • Time to create, update and distribute the list • A list of people to distribute the resource list to. 	<p>Brenda Gilmore, Marias Medical Center</p>

GOAL 2: INCREASE THE AWARENESS OF MENTAL HEALTH, SUICIDE, AND MENTAL HEALTH RESOURCES IN THE GENERAL PUBLIC.

OBJECTIVE 1: FROM 2017-2019, WE WILL HOLD AT LEAST THREE EVENTS AND INFORM AT LEAST 150 PEOPLE ABOUT MENTAL HEALTH, SUICIDE, AND MENTAL HEALTH RESOURCES.

Outcome Indicators:

- a. Number of events held.
- b. Number of students who attend events.
- c. Number of community members that attend events.
- d. Number of articles submitted to the local newspaper.

Strategies:

- Provide trainings to the general public regarding mental health and suicide.
- Hold events that raise awareness about mental health and suicide.
- Educate community members about mental health and suicide through media and social media outlets.

Tactics:

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) MENTAL HEALTH ADVISORY BOARD WILL HOLD A SUICIDE MEMORIAL WALK IN SHELBY AND SUNBURST ONE TIME PER YEAR.</p>	<ul style="list-style-type: none"> • Location to hold event • People to assist with event • Food • Speaker • Ways to advertise event 	<p>Scott Kiehn and Deb Brandon (Sunburst), Kristi Aklestad and Donna Whitt (Shelby)</p>
<p>B) MENTAL HEALTH ADVISORY BOARD AND OTHER PARTNERS WILL COLLABORATE WITH THE SCHOOL DISTRICTS TO PROVIDE A MENTAL HEALTH AWARENESS EVENT AT LEAST ONCE BETWEEN 2017 AND 2019.</p>	<ul style="list-style-type: none"> • Funding • Time in the school schedule • Relationship with the schools to conduct event • Volunteers • Speakers 	<p>Deb Brandon, Toole County Commissioner and DUI Taskforce</p>
<p>C) MENTAL HEALTH ADVISORY BOARD WILL CREATE, REGULARLY UPDATE, AND DISTRIBUTE A MENTAL HEALTH RESOURCE LIST.</p>	<ul style="list-style-type: none"> • Computer • Supplies to make copies of the list • Network to distribute the list to 	<p>Brenda Gilmore, Marias Medical Center</p>
<p>D) THE MENTAL HEALTH ADVISORY BOARD WILL HOST A SPEAKER AT THE SENIOR CENTERS ON THE TOPIC OF MENTAL HEALTH AT LEAST TWICE PER YEAR.</p>	<ul style="list-style-type: none"> • Speakers • Relationship with the local senior centers • Time 	<p>Deb Brandon, Toole County Commissioner</p>
<p>E) MEMBERS OF THE MENTAL HEALTH ADVISORY BOARD WILL CONTRIBUTE ARTICLES TO THE SHELBY PROMOTER</p>	<ul style="list-style-type: none"> • Time • People to write the articles • Resources to write the articles on • Topic list 	<p>Deb Brandon, Toole County Commissioner</p>

ONCE PER QUARTER ON MENTAL HEALTH TOPICS.	<ul style="list-style-type: none"> Relationship with the newspaper to print the articles 	
--	---	--

GOAL 3: INCREASE THE NUMBER OF PEOPLE WHO ARE SCREENED FOR DEPRESSION.

OBJECTIVE 1: OVER 150 PEOPLE PER YEAR WILL BE SCREENED FOR DEPRESSION AT PRIMARY CARE, SPORTS PHYSICAL, OR WIC APPOINTMENTS, AND APPROPRIATE REFERRALS WILL BE MADE FOR POSITIVE SCREENINGS BY 2019.

Outcome indicators:

- Number of people screened for depression.
- Tracking system established for depression screening.

Strategies:

- Work with primary care providers to provide depression screening routinely at primary care or sports physical appointments.
- Work with WIC staff to provide depression screening routinely for postpartum woman WIC certifications.
- Develop a referral system for primary care providers for positive depression screenings.
- Develop a referral system for WIC staff for positive depression screenings.
- Develop a system to track number of depression screenings, rate of positive screenings, and follow up.

Tactics:

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
YEAR 1:		
A. EDUCATE HEALTHCARE PROVIDERS ON DEPRESSION SCREENING TOOLS AND RATIONALE	<ul style="list-style-type: none"> Screening tools Time Space Time in providers schedules 	Brenda Gilmore
B. EDUCATE WIC STAFF ON DEPRESSION SCREENING, RATIONALE, AND REFERRALS	<ul style="list-style-type: none"> Educational information on depression screening Time Expert 	Kristi Aklestad, Toole County Health Department

C. ON-GOING ROUTINE SCREENING AT MARIAS HEALTHCARE	<ul style="list-style-type: none"> • Time 	Jamie Brownell, Marias Healthcare, Inc.
YEAR 2:		
A. DEVELOP SYSTEM FOR TRACKING DEPRESSION SCREENING THROUGH WIC CLINIC	<ul style="list-style-type: none"> • Time • Expertise in WIC software • Tools for the system 	Kristi Aklestad, Toole County Health Department
B. CONTINUE TRACKING DEPRESSION SCREENING THROUGH MARIAS HEALTHCARE, INC.	<ul style="list-style-type: none"> • Time • System of tracking 	Jamie Brownell, Marias Healthcare, Inc.
C. FURTHER DEVELOP REFERRAL AND FOLLOW UP PROCEDURES AT WIC CLINIC	<ul style="list-style-type: none"> • Time • Expertise 	Kristi Aklestad, Toole County Health Department
YEAR 3		
A. IMPLEMENT TRACKING SYSTEM FOR DEPRESSION SCREENING IN WIC CLINIC	<ul style="list-style-type: none"> • Time • Expertise • Developed system 	Kristi Aklestad, Toole County Health Department

YOUTH RISK BEHAVIOR

Adolescence and young adulthood are generally healthy time periods in life, though several health and social problems can peak or start during those years. Some examples are: suicide, motor vehicle crashes, substance use/abuse, smoking, sexually transmitted infections, and teen or unplanned pregnancy.

Health outcomes in adolescence are linked to many environmental factors such as school and family. Academic success and achievement are strong predictors of overall adult health outcomes. Proficient academic skills are associated with lower rates of risky behaviors and higher rates of healthy behaviors. Additionally, students who graduate from high school have lower rates of health problems, risk of incarceration, and more financial stability as adults. The school social environment affects students' attendance, academic achievement, and behavior. A safe and healthy school environment promotes student engagement and protects against risky behaviors and dropping out.

Adolescents who perceive that they are bonded to an adult and have good communication are less likely to engage in risky behaviors. Often, those relationships occur within the family setting, though other adults can fill that role, whether teachers, counselors, coaches, or other adult figures. Parents who provide supervision and are involved with their adolescents' activities provide a safe environment for their adolescent to explore opportunities and grow.

Toole County wishes to be a safe place for adolescents to grow into adulthood and provide positive adult influences in adolescents' lives. Our long term goals are to decrease the number of adolescents who report feeling sad or depressed, decrease the number of adolescents who report being bullied, decrease the number of youth who report using alcohol and other substances, and decrease the number of adolescents who report sexual risk behavior. We believe it is likely that it will take more than three years to achieve these goals. In the next three years, we will work to increase knowledge of these issues in the adolescent and adult populations, ascertain we are able to continue to measure these rates, and improve relationships between organizations, agencies, and the school districts to better utilize resources.

GOAL 1: DECREASE THE NUMBER OF STUDENTS WHO FEEL SAD OR DEPRESSED, AND/OR CONSIDER SUICIDE.

OBJECTIVE 1: INCREASE OPPORTUNITIES FOR ADOLESCENTS TO INTERACT WITH POSITIVE ADULT ROLE MODELS.

Outcome Indicators:

- Number of parents engaged in school system.
- Number of parents who attend educational offerings.
- Number of parenting education sessions offered.
- Percent of parents who report increased interaction skills with their children as a result of parenting education sessions.

Strategies:

- Recruit parents to be involved in the school system.
- Offer education for parents on parenting topics including, but not limited to: sleep, nutrition, mental health, suicide, safety, and parenting.
- Coordinate a list of volunteer opportunities for adults.
- Retain qualified teachers who serve as positive role models.

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) RECRUIT PARENTS TO BE PART OF THE MONTANA BEHAVIORAL INITIATIVE IN SHELBY SCHOOLS.</p>	<ul style="list-style-type: none"> • Time • A recruitment strategy • Network of people to help recruit • Funding 	<p>Erica Allen, Shelby School District</p>
<p>B) OFFER A STUDENT HEALTH AND WELLNESS FAIR DURING PARENT TEACHER CONFERENCES TO PROVIDE EDUCATION TO PARENTS AND STUDENTS ABOUT HEALTH AND WELLNESS.</p>	<ul style="list-style-type: none"> • Space for the fair at the school • Relationship with the schools • Volunteers to set up, present education, and clean up 	<p>Kristi Aklestad, Toole County Health Department Tracy Richman, Marias Healthcare Jodi Duncan, MSU Extension SNAP-ed</p>
<p>C) CREATE A YOUTH WELLNESS COUNCIL IN TOOLE COUNTY.</p>	<ul style="list-style-type: none"> • Time • Access to youth • Funding 	<p>Jessica Brusven, Marias Medical Center Lydia Bessette, Gateway Prevention</p>
<p>D) OFFER PARENTING CLASSES OR EDUCATION TO THE COMMUNITY</p>	<ul style="list-style-type: none"> • Time • Space • Funding 	<p>Lisa Clark, Shelby School District Lydia Bessette, Gateway Prevention</p>
<p>E) CREATE A SYSTEM TO WELCOME NEW INDIVIDUALS (INCLUDING NEW TEACHERS) TO OUR COMMUNITY AND COORDINATE WAYS TO POSITIVELY ENGAGE IN THE</p>	<ul style="list-style-type: none"> • Time 	<p>Alice Burchak, MSU Extension</p>

<p>COMMUNITY THROUGH ORGANIZATIONS AND OTHER VOLUNTEER OPPORTUNITIES.</p>		
<p>F) EDUCATE VOLUNTEERS, COACHES, AND THOSE WHO WORK WITH YOUTH ON SUICIDE AND MENTAL HEALTH</p>	<ul style="list-style-type: none"> • A network to distribute information to volunteers, coaches and those who work with youth • Speakers • Space and time to hold presentations 	<p>Kristi Aklestad, Toole County Health Department</p>
<p>G) EDUCATE SCHOOL STAFF ON ADVERSE CHILDHOOD EXPERIENCES AND HOW THEY AFFECT STUDENTS</p>	<ul style="list-style-type: none"> • Speakers • Time • Possible funding 	<p>Erica Allen, Shelby School District</p>
<p>H) EDUCATE THE COMMUNITY ON ADVERSE CHILDHOOD EXPERIENCES AND HOW TO PREVENT ACES</p>	<ul style="list-style-type: none"> • Speakers • Space to hold presentations in • Time • Funding 	<p>Kristi Aklestad, Toole County Health Department</p>

OBJECTIVE 2: INCREASE KNOWLEDGE ABOUT AND ACCESS TO MENTAL HEALTH SERVICES IN THE COMMUNITY FOR YOUTH.

Outcome Indicators:

- Percentage of healthcare providers who state they have knowledge about mental health services for youth in our community.
- Percentage of school personnel who state they have knowledge about mental health services for youth in our community.
- Strategies:
 - Provide information to youth about mental health and suicide and community resources.

- Provide information to the school districts about mental health, suicide, and community resources.
- Determine the resources available for adolescent mental health and suicide for Toole County residents.
- Create a system to address youth health for at risk students in our schools.

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) ENCOURAGE THE CREATION OF A MULTI-DISCIPLINARY STUDENT HEALTH TEAM (POTENTIALLY MADE UP OF SOME OF THE FOLLOWING: COUNSELOR, PSYCHOLOGIST, HEALTH CARE PROVIDER, NURSE, STUDENT RESOURCE OFFICER, TEACHER, ADMINISTRATOR, AND YOUTH DYNAMICS) TO SERVE AS A LIASON BETWEEN SCHOOL AND HOME IN ADDRESSING HEALTH AND MENTAL HEALTH NEEDS</p>	<ul style="list-style-type: none"> • Time 	<p>Erica Allen, Shelby Public Schools</p>
<p>B) CREATE A MENTAL HEALTH RESOURCE LIST FOR THE SCHOOL</p>	<ul style="list-style-type: none"> • Time • Computer • Lists that have already been created as a starting point 	<p>Brenda Gilmore, Marias Medical Center</p>
<p>C) EDUCATE SCHOOL STAFF, HEALTHCARE PROVIDERS, AND OTHERS WHO WORK WITH YOUTH ABOUT MENTAL HEALTH SERVICES</p>	<ul style="list-style-type: none"> • Speakers • Time with staff, healthcare providers and others • Locations • Funding 	<p>Brenda Gilmore, Marias Medical Center Kristi Aklestad, Toole County Health Department</p>

D) EDUCATE YOUTH REGARDING THE SIGNS OF SUICIDE AND MENTAL HEALTH SERVICES	<ul style="list-style-type: none"> • Speakers • Time with students • Relationships with schools • Location • Funding 	Deb Brandon, Toole County Commissioner
---	---	--

GOAL 2: DECREASE THE NUMBER OF STUDENTS WHO PARTICIPATE IN ADOLESCENT RISK BEHAVIOR.

Objective 1: DECREASE THE NUMBER OF STUDENTS WHO REPORT USING ALCOHOL AND OTHER SUBSTANCES FROM 38.4% (ALCOHOL) AND 16% (TOBACCO) TO 34% AND 14%. (YOUTH RISK BEHAVIOR SURVEY, 2013)

Outcome Indicators:

- The percent of students who report using alcohol
- The percent of students who report using other substances.

Strategies:

- Decrease availability and access to alcohol and other substances
- Increase participation in other activities
- Change the community norm

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
A) PARTICIPATE IN THE YOUTH RISK BEHAVIOR SURVEY AND THE PREVENTION NEEDS ASSESSMENT EVERY TWO YEARS TO ESTABLISH GOOD COUNTY DATA ON ADOLESCENT ALCOHOL AND SUBSTANCE USE	<ul style="list-style-type: none"> • Relationship with schools 	Rikki James, Toole County Health Department

<p>B) CREATE A YOUTH LED COALITION TO INCREASE POSITIVE YOUTH LEADERSHIP</p>	<ul style="list-style-type: none"> • Relationship with schools • Location • Recruitment strategy • Funding 	<p>Jessica Brusven, Marias Medical Center Lydia Bessette, Gateway Prevention</p>
<p>C) EDUCATE PARENTS ON ADOLESCENT ALCOHOL AND SUBSTANCE USE</p>	<ul style="list-style-type: none"> • Educational program • Time • Space • Access to the parents 	<p>Lydia Bessette, Gateway Prevention</p>
<p>D) EDUCATE PARENTS ON LAWS REGARDING SOCIAL HOSTING</p>	<ul style="list-style-type: none"> • Educational program • Time • Space • Access to parents 	<p>Lydia Bessette Lorette Carter, City of Shelby</p>
<p>E) ADVERTISE AND ENCOURAGE YOUTH TO PARTICIPATE IN ACTIVITIES THAT ARE ALREADY OFFERED</p>	<ul style="list-style-type: none"> • Listing of activities • Access to youth • Time • Social media 	<p>Alice Burchak, MSU Extension</p>
<p>F) SURVEY ADOLESCENTS ON ACTIVITIES THAT THEY WANT TO BE INVOLVED IN</p>	<ul style="list-style-type: none"> • Access to adolescents • Survey questions • Time 	<p>Jessica Brusven, Marias Medical Center Kristi Aklestad, Toole County Health Department Deb Brandon, Toole County Commissioner</p>

OBJECTIVE 2: DECREASE THE PERCENTAGE OF STUDENTS WHO REPORT SEXUAL RISK BEHAVIOR FROM 22.69% WHO REPORT NOT USING A CONDOM TO 19% AND 28% WHO REPORT NOT HAVING LEARNED ABOUT HIV AND OTHER STI TO 25%. (YOUTH RISK BEHAVIOR SURVEY)

Outcome Indicators:

- Percentage of students who report being sexually active
- Percentage of students who are sexually active who report using a condom.
- Percentage of students who report knowledge of HIV or sexually transmitted infections.

Strategies:

- Assess current health curriculum in both school districts
- Assess opportunities for increased sexual health education.
- Assess external opportunities for increased sexual health education.
- Gap analysis for access to reproductive care for adolescents in Toole County.
- Improve access to reproductive healthcare.

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) PARTICIPATE IN THE YOUTH RISK BEHAVIOR SURVEY AND PREVENTION NEEDS ASSESSMENT EVERY TWO YEARS TO ESTABLISH GOOD COUNTY DATA ON ADOLESCENT REPRODUCTIVE HEALTH</p>	<ul style="list-style-type: none"> • Relationship with schools 	<p>Rikki James, Toole County Health Department</p>
<p>B) ASSESS CURRENT HEALTH CURRICULUM IN SCHOOL DISTRICTS TO DETERMINE ADEQUACY AND FEASIBILITY OF IMPROVING</p>	<ul style="list-style-type: none"> • School curriculum • Time • Other school curriculums and references • Relationship with schools and school board 	<p>Tracy Richman, Marias Healthcare Kristi Aklestad, Toole County Health Department</p>

<p>C) ASSESS EXTERNAL OPPORTUNITIES FOR GROUP SEXUAL HEALTH EDUCATION.</p>	<ul style="list-style-type: none"> • Resources on availability of programs • Time 	<p>Tracy Richman, Marias Healthcare Kristi Aklestad, Toole County Health Department</p>
<p>D) PERFORM AN ANALYSIS OF REPRODUCTIVE SERVICES AVAILABLE TO ADOLESCENTS IN TOOLE COUNTY</p>	<ul style="list-style-type: none"> • Time 	<p>Tracy Richman, Marias Healthcare Kristi Aklestad, Toole County Health Department</p>
<p>E) DETERMINE FEASIBILITY OF IMPROVING REPRODUCTIVE SERVICES FOR ADOLESCENTS IN TOOLE COUNTY</p>	<ul style="list-style-type: none"> • Time 	<p>Tracy Richman, Marias Healthcare Kristi Aklestad, Toole County Health Department</p>

OBJECTIVE 3: DECREASE THE NUMBER OF STUDENTS WHO REPORT BEING BULLIED FROM 21% TO 19%.

Outcome Indicator:

- Percent of students who report being bullied on the Youth Risk Behavior Survey

Strategies:

- Implement programs with school and community support

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) PARTICIPATE IN THE YOUTH RISK BEHAVIOR SURVEY DISTRIBUTED BY OPI EVERY TWO YEARS TO ESTABLISH GOOD COUNTY DATA ON BULLYING</p>	<ul style="list-style-type: none"> • Relationship with the school districts 	<p>Rikki James, Toole County Health Department</p>

B) IMPLEMENT THE DARE PROGRAM IN SCHOOL DISTRICT	<ul style="list-style-type: none"> • Funding • Officer time • School participation 	Robert Rivera, Toole County Sheriff's Department
C) IMPLEMENT THE MONTANA BEHAVIOR INITIATIVE IN SCHOOLS	<ul style="list-style-type: none"> • Funding • Staff time • Volunteer time • School participation • OPI resources 	Erica Allen, Shelby School District
D) IMPLEMENT ONE EDUCATIONAL DAY ONCE EVERY TWO YEARS THAT HAS A BULLYING COMPONENT (POWER OF CHOICE)	<ul style="list-style-type: none"> • School support • Location • Funding • Time • Volunteers 	Deb Brandon, Toole County Commissioner
E)RESEARCH AND EXPLORE THE FEASIBILITY OF IMPLEMENTING A COMMUNITY WIDE APPROACH TO BULLYING	<ul style="list-style-type: none"> • Time • Funding 	Brenda Gilmore, Marias Medical Center

OBESITY PREVENTION

Obesity has strong implications on health throughout the lifetime; being obese or overweight increases the risk for many chronic diseases, including heart disease, type 2 Diabetes, some cancers, and stroke. While diet and exercise are key factors in obesity and overweight, community factors can influence obesity as well. Factors such as access to healthy foods and safe places to participate in physical activity also play a role in preventing obesity at the community level.

Toole County desires a long term outcome of fewer people who are obese and overweight. In order to achieve this long term goal, Toole County will work for the next three years to increase access to physical activity and healthy foods for all of our residents, as well as educate both parents and school staff about physical health. In addition, Toole County will work to better define the issue within our community by measuring BMI and tracking aggregate data.

GOAL: DECREASE THE NUMBER OF PEOPLE WHO ARE OBESE OR OVERWEIGHT IN TOOLE COUNTY.

OBJECTIVE 1: DECREASE THE NUMBER OF CHILDREN 18 AND UNDER WHO HAVE A BMI CLASSIFIED AS OVERWEIGHT OR OBESE FROM 21% (FOR 10-17 YEAR OLDS) TO 18%. (NATIONAL BENCHMARK)

Outcome Indicator:

- The percent of children 18 and under with a BMI over 25

Strategies:

- Increase access to physical activity
- Increase access to healthy foods
- Educate parents about physical health
- Educate school staff about physical health

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
A) PARTICIPATE IN THE YOUTH RISK BEHAVIOR SURVEY TO GET ACCURATE INFORMATION ON SELF-REPORTED ADOLESCENT FRUIT AND VEGETABLE INTAKE AND ACTIVITY	<ul style="list-style-type: none"> • School support 	Rikki James, Toole County Health Department
B) MEASURE BMI AT WELLNESS VISITS AND SPORTS PHYSICALS FOR CHILDREN AND ADOLESCENTS	<ul style="list-style-type: none"> • Time • Staff support 	Jamie Brownell, Marias Healthcare
C) MEASURE BMI OF THIRD GRADERS IN TOOLE COUNTY SCHOOL SYSTEMS AND MONITOR AGGREGATE DATA EVERY YEAR	<ul style="list-style-type: none"> • School support • Time • 	Kristi Aklestad, Toole County Health Department

<p>D) WEEKEND MEAL SUPPLEMENT SCHOOL BACKPACK PROGRAM</p>	<ul style="list-style-type: none"> • Funding • School support 	<p>Alice Burchak, MSU Extension, Sagebrush Food Pantry Board</p>
<p>E) PROVIDE PHYSICAL ACTIVITY THROUGH AFTER SCHOOL PROGRAMMING</p>	<ul style="list-style-type: none"> • Relationship with after school program • Programming to utilize • Space 	<p>Erica Allen, Shelby School District Jodi Duncan, MSU Extension SNAP-ed Julie Olsen, RECCS Director</p>
<p>F) IMPROVE ACCESS TO NON-COMPETITIVE INDOOR PHYSICAL ACTIVITY IN COLD MONTHS</p>	<ul style="list-style-type: none"> • Space • Leaders for activities • Time • Advertising 	<p>Tracy Richman, Marias Healthcare</p>
<p>G) PLAY 60 CALENDAR FOR ACTIVITY</p>	<ul style="list-style-type: none"> • Time to create activity and advertise • Resources to create calendar • Advertising 	<p>Tracy Richman, Marias Healthcare Jessica Brusven, Marias Medical Center</p>
<p>H) STUDENT HEALTH AND WELLNESS FAIR DURING PARENT TEACHER CONFERENCES OR OPEN HOUSE TO EDUCATE PARENTS ON HEALTHY ACTIVITY, REDUCING SCREEN TIME AND SLEEP</p>	<ul style="list-style-type: none"> • Time • Space to hold the fair • Activities to engage youth and parents • People or organizations to host booths • Organizational skills • Advertising 	<p>Kristi Aklestad, Toole County Health Department</p>

I) SNAP ED EDUCATION FOR THIRD GRADERS	<ul style="list-style-type: none"> • School participation and buy in • Supplies • Funding • Space • Time 	Jodi Duncan, MSU Extension SNAP-ed
J) EDUCATE SCHOOL STAFF ON ASPECTS OF PHYSICAL HEALTH AND HOW IT AFFECTS STUDENTS	<ul style="list-style-type: none"> • Access to school staff • Time to create presentations • Evaluation method • Space to educate in 	Kristi Aklestad, Toole County Health Department
K) SUPPORT THE CONTINUATION OF SHELBY SCHOOLS WALKING PROGRAM (LUNCH WALKING PROGRAM AND WALK AND WHEEL)	<ul style="list-style-type: none"> • School staff time and buy in • Volunteers • Funding 	Erica Allan, Shelby School District Lorette Carter, City of Shelby

OBJECTIVE 2: DECREASE THE NUMBER OF ADULTS 19 AND OLDER WHO HAVE A BMI CLASSIFIED AS OVERWEIGHT OR OBESE FROM 63% TO 57%. (HEALTHY PEOPLE 2020 BENCHMARK, 10% DECREASE)

Outcome Indicator:

- Percent of adults 19 and older who have a BMI over 25

Strategies:

- Increase access to physical activity
- Increase access to healthy foods
- Educate adults on healthy activity and eating

TACTIC	RESOURCES NEEDED	ORGANIZATION OR PERSON RESPONSIBLE
<p>A) MEASURE BMI OF TOOLE COUNTY RESIDENTS AT HEALTHCARE VISITS AND MONITOR AGGREGATE DATA TWICE PER YEAR</p>	<ul style="list-style-type: none"> • Time • Staff support • Tracking system 	<p>Jamie Brownell, Marias Healthcare, Inc.</p>
<p>B) IMPLEMENT CHRONIC DISEASE SELF MANAGEMENT PROGRAM AT LEAST ONCE PER YEAR</p>	<ul style="list-style-type: none"> • Time • Trained staff to provide program • Funding • Space • Participants 	<p>Courtney Hovland, Toole County Health Department Angela Lamb, Toole County Health Department Alice Burchak, MSU Extension</p>
<p>C) INCREASE HEALTHY OPTIONS AND RECIPES AT FOOD BANKS</p>	<ul style="list-style-type: none"> • Funding through SNAP-ed • Time • Coordination with the Food Pantry 	<p>Jodi Duncan, MSU Extension SNAP-ed</p>
<p>D) PROVIDE SNAP-ED HEALTHY EATING EDUCATION TO ADULTS AT LEAST ONCE PER YEAR IN TOOLE COUNTY</p>	<ul style="list-style-type: none"> • Space • SNAP-ed funding • Referrals 	<p>Jodi Duncan, MSU Extension SNAP-ed</p>
<p>E) IMPLEMENT WORKSITE WELLNESS ACTIVITIES THROUGH AT LEAST THREE TOOLE COUNTY EMPLOYERS TO ENCOURAGE HEALTHY EATING AND PHYSICAL ACTIVITY</p>	<ul style="list-style-type: none"> • Time • Funding • Relationship with employers 	<p>Courtney Hovland, Toole County Health Department</p>

F) APPLY FOR A MONTANA HEALTHCARE FOUNDATION GRANT TO ADDRESS OBESITY PREVENTION IN TOOLE COUNTY BY 2018	<ul style="list-style-type: none"> • Time • Expertise in grant writing 	Kristi Aklestad, Toole County Health Department
G) DETERMINE THE FEASIBILITY OF A GROUP EDUCATION PROGRAM FOR OBESITY PREVENTION IN TOOLE COUNTY	<ul style="list-style-type: none"> • Time • Human resources 	Alice Burchak, MSU Extension

CONCLUSION

We believe we have created a Community Health Improvement Plan that can strategically and collaboratively address community health priorities to improve the health and well-being of our community. We invite stakeholders, health organizations, partners and community members to embrace improving not only the health of themselves and their families, but to also work together to create greater health in Toole County. This plan will not be achieved by any one organization, rather it can only be achieved by working together.

TEMPORARY PARKING PERMIT

Trailer Type	24' Scamper Trailer
Name	Rob Habets
Address	675 Teton Ave
Phone #	434-2453
Date(s) Valid	August 15—September 15, 2016
Permit Number	2016—023

MAYOR *Larry J. Bondarud*

CONDITIONS OF THIS PERMIT:

1. Valid *ONLY* for date(s) indicated.
2. Must be displayed while parked at all times.
3. The acceptance of this permit relieves the City of Shelby of any responsibility for damages to or loss of vehicle, its contents or accessories from any cause whatsoever.

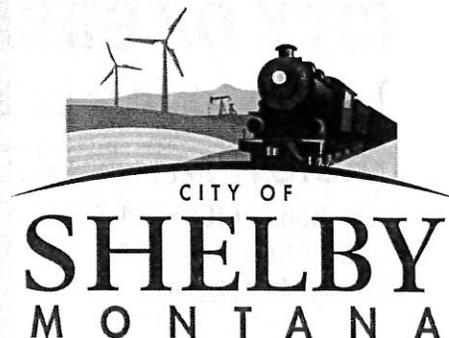
CITY OF SHELBY

112 First Street South
Shelby, MT 59474

Telephone: (406) 434-5222

FAX: (406) 434-2039

www.shelbymt.com



TEMPORARY PARKING PERMIT

Trailer Type	2010 Viking Pop Up Trailer
Name	Gary & Veronica Goodan
Address	221 9th Ave S
Phone #	470-4754
Date(s) Valid	August 23—September 5, 2016
Permit Number	2016-024

MAYOR *Larry Bondrud*

CONDITIONS OF THIS PERMIT:

1. Valid *ONLY* for date(s) indicated.
2. Must be displayed while parked at all times.
3. The acceptance of this permit relieves the City of Shelby of any responsibility for damages to or loss of vehicle, its contents or accessories from any cause whatsoever.

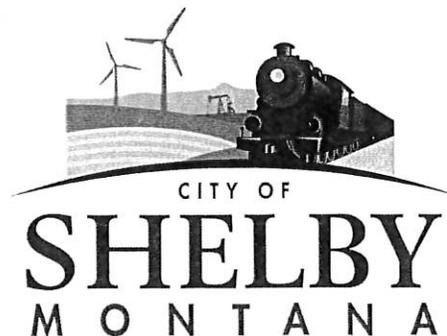
CITY OF SHELBY

112 First Street South
Shelby, MT 59474

Telephone: (406) 434-5222

FAX: (406) 434-2039

www.shelbymt.com



TEMPORARY PARKING PERMIT

Trailer Type	23' Hideout Camper
Name	Mike & Judy Norenberg
Address	956 Turner Ave
Phone #	460-1702
Date(s) Valid	September 5 - 9, 2016
Permit Number	2016-025

MAYOR *Larry Bondarud*

CONDITIONS OF THIS PERMIT:

1. *Valid ONLY for date(s) indicated.*
2. *Must be displayed while parked at all times.*
3. *The acceptance of this permit relieves the City of Shelby of any responsibility for damages to or loss of vehicle, its contents or accessories from any cause whatsoever.*

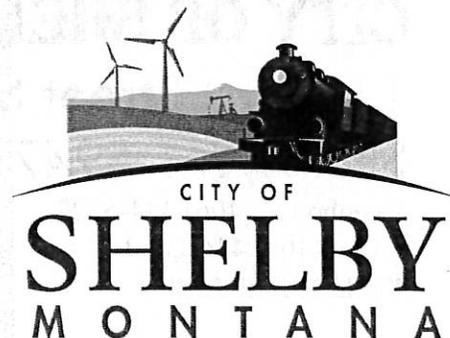
CITY OF SHELBY

112 First Street South
Shelby, MT 59474

Telephone: (406) 434-5222

FAX: (406) 434-2039

www.shelbymt.com



TEMPORARY PARKING PERMIT

Trailer Type	24' Citation Camper
Name	Jennifer VanHeel
Address	643 Granite Ave
Phone #	450-8688
Date(s) Valid	September 1-15, 2016
Permit Number	2016-026

MAYOR *Larry Bondrud*

CONDITIONS OF THIS PERMIT:

1. Valid *ONLY* for date(s) indicated.
2. Must be displayed while parked at all times.
3. The acceptance of this permit relieves the City of Shelby of any responsibility for damages to or loss of vehicle, its contents or accessories from any cause whatsoever.

CITY OF SHELBY

112 First Street South
Shelby, MT 59474

Telephone: (406) 434-5222

FAX: (406) 434-2039

www.shelbymt.com

