

From: [Turner, Vicki](#)
To: [Anilla, Mackenzie](#)
Subject: FW: MCHBG October 2016 Newsletter - Real Practical Resources
Date: Monday, October 31, 2016 2:03:10 PM
Attachments: [image004.png](#)

Do you want to try to add this one to Hot News?

Thanks.

VT

From: Lund, Blair
Sent: Monday, October 17, 2016 4:37 PM
Cc: Dockter, Debra; Frick, Dianna; Girard, Kate; Henson, Cristin; Koch, Kimberly; McCaffrey, Helen; Turner, Vicki
Subject: MCHBG October 2016 Newsletter - Real Practical Resources



For Teens in Crisis –Text Line Saves Lives

Data shows that only 2 percent of high school students use *telephone* crisis hotlines. The Crisis Text Line offers 24/7 free access to crisis counselors, through a format especially appealing to youth: *text message*. According to a recent [New York Times article](#), since the Crisis Text Line first launched, crisis counselors have exchanged over 16.5 million messages with individuals in distress.

The [Crisis Text Line](#) serves anyone, in any type of crisis. Here's how it works:

1. Text "mt", or "START" or "HELLO" to 741741 from anywhere in the USA, anytime;
2. A live, trained Crisis Counselor receives the text and responds quickly;
3. The Counselor helps to move the texter from a hot moment to a cool moment.

Download the [Texter flyer](#) and/or [Volunteer Recruitment flyer](#) to help spread the word! Check out the [Communications Guide](#) for complete information.

Get a HEADS UP on Concussion

Whether you are a parent, youth sports coach, school coach, school professional, or health care provider, the CDC's [HEADS UP](#) site will help you recognize, respond to, and minimize the risk of concussion or other serious brain injury. There's even a HEADS UP App which helps with real-time guidance.

The site has information on brain injury basics, helmet safety, and sports concussion policies and laws. There are also free continuing education courses, customizable materials, videos, graphics, survivor stories, PSAs, Podcasts and Radio Spots - all in the [Resource Center](#).

Buckle-Up for Safety in Strollers Too!

Falls from strollers and baby carriers can cause serious injuries. While they are generally safe when used properly, a [new study](#) is a reminder that even these devices can be dangerous, especially when parents don't use them properly.

Most of the injuries occur when a child falls from a stroller or carrier or when they tip over, and most involve the child's head and face. While many were just bumps and bruises, one-quarter of the stroller injuries — and more than one-third of carrier injuries — resulted in traumatic brain injuries or concussions.

Parents should never hang heavy items on a stroller's handles that can cause it to tip over, and they need to lock the stroller's wheels when parked. Carriers should be kept as close to the ground as possible to minimize injuries if falls do occur. Read more of the story in [Health News from NPR](#).

Drowsy Driving = 20% of Fatal Crashes

Nearly 84 million sleep-deprived Americans take to the roads every day. And, drowsy driving was a factor in crashes that claimed about [5,000 lives](#) last year. The threat posed by tired drivers prompted the U.S. National Highway Traffic Safety Administration to expand its definition of impaired driving to include not only drunk, drugged and distracted, but also *drowsy* driving.

Drowsy Driving Prevention Week™, November 6-13, 2016, is a public awareness campaign designed to educate young drivers (and everyone on the road!) about the dangers of driving while sleepy. Their [Toolkit](#) provides resources to inform your community about healthy sleep and drowsy driving prevention. Simply download the press materials, videos, PSAs, fact sheets, quizzes and PowerPoint presentations - and use them to spread the word.

No-Kid Safety Zones in Kitchens

The greatest number of pediatric burn patients are infants and toddlers younger than 3 years of age [burned by scalding liquids](#). Nearly 75 percent of all scalding burns in children are preventable. Hot tap water burns [cause more deaths and hospitalizations](#) than burns from other types of hot liquids.

One way to protect children is to establish a "no kid zone" in the kitchen around stoves, ovens and other hot items. Also, to make sure cords from appliances such as slow cookers, deep fryers and coffeemakers don't dangle over the counter edge. Resources and more information can be found at [SafeKids.org](#) and at the [Better Health Channel](#).

Family & Community Health Bureau, 1400 East Broadway, PO Box 202951, Helena, MT 59620-2951
Tel: 406-444-4572, Fax: 406-444-2750
<http://www.dphhs.mt.gov/publichealth/mch/index.shtml>



Blair Lund

Health Services Grant Specialist

Family and Community Health Bureau
1400 East Broadway, Room A-1116
PO Box 20295, Helena, MT 59620-2951
(406) 444-0276, (406) 444-2750 (fax)
<http://dphhs.mt.gov/publichealth/mch>
blund@mt.gov

"Children are one third of our population and all of our future." (Select Panel for the Promotion of Child Health, 1981)

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