

## Volume 3, Issue 2

### DISTRICT 4 HRDC

#### MISSION STATEMENT

To stimulate a better focusing of all available local, state, private, and federal resources upon the goal of enabling low-income individuals of all ages to attain the skills, knowledge, and motivations, and secure the opportunities needed for them to become



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Check us out at:

[www.hrdc4.org](http://www.hrdc4.org)

# HRDC Spring & Summer Issue

Dedicated to helping others help themselves.

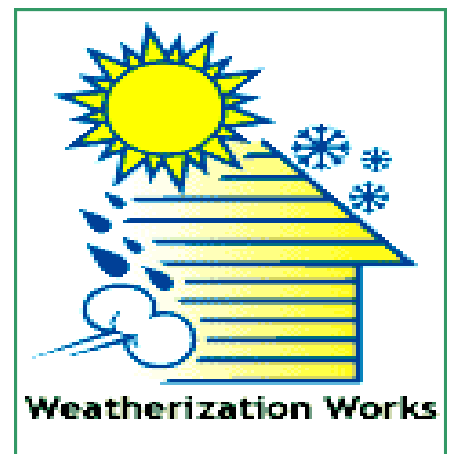
## Energy Program

**Teresa Wynia, Director**

What is the difference between LIEAP and Energy Share? LIEAP pays a portion of the low-income eligible applicant's heating bill directly to the utility provider during the heating season of October 1<sup>st</sup> through April 30<sup>th</sup> of each year. If your heat is included in your rent or the account is not in the household member's name, then it is paid directly to you. LIEAP is not a loan program. Energy Share is a year-round, one-time emergency assistance loan program for eligible individuals facing an emergency (furnace repair/replacement, utility disconnect.). Income is taken into consideration, but because the program is privately funded it is not restricted to certain income guidelines. The need of the household, level of emergency and available funds are all factors that weigh heavily when determining who will receive Energy Share

Assistance.

Energy Share is available only when all other resources are exhausted. For further information on any of our programs offered by the HRDC 4 Energy Program contact the Energy Program staff by calling (406)265-6743 or stop by the office at 2229 5<sup>th</sup> Avenue Havre.



## 5 Steps to Choosing Child Care

Vicki Wilkins, CCL Director

Nothing is so strong as gentleness. Nothing is so gentle as real strength.

-Frances de Sales

Choosing a child care program is one of the most important decisions you'll make as a parent. Your final choice will depend on many factors, and you will want to consider them carefully in order to best meet the needs of your child and your family.

Searching for child care can be a labor intensive process, but be assured that all the time you spend finding the right child care situation will be worth it. Parents can relax knowing their child is well cared for in a safe, nurturing, educational environment. The following steps will help you make the right decision for your family:

1. **Start Early.** Start looking as far in advance as you can as finding the right option can take time.
2. **Make a Call.** Begin by calling Montana's Centralized Referral Agency, Family Connec-

tions MT at 1-855-406-2273 or visiting their website at [www.FamilyConnectionsMT.org](http://www.FamilyConnectionsMT.org). This agency can provide you with profiles of licensed child care providers that may work for your family as well as information on choosing quality child care.

3. **Visit and Ask Questions.** Find out about key quality indicators, such as Adult-to-Child Ratios, Group Size, and Provider Qualifications.
4. **Make a Choice.** Assess the caregivers, setting, and activities in making the choice that is best for your family.
5. **Stay Involved.** Check in with the provider at drop-off and pick-up times or drop in during the day.



### Child Care Link- Trainings

CPR & First Aid Dates

June 1, 2013

9:00 AM-2:00 PM ~ Two Year Certification



Forty-two early care and education professionals from Hill, Blaine and Chouteau Counties as well as Fort Belknap Reservation and Rocky Boy Reservation enjoyed District 4 HRDC Child Care Link's spring mini-conference on April 20, 2013. The informative 6 hour mini-conference "Creating Environments for Learning" was led by Professor and Director of the Early Childhood Education program at the University of Montana-Western, Dr. Julie Bullard. Dr. Julie Bullard outlined early childhood philosophies, including Reggio Emilia, Waldorf and Montessori. She also presented new ideas for creating learning environments such as creating quiet places and writing centers, displaying children's art work and building with PVC pipe. One provider stated that

she had learned about "adding items to soften the room and to make it more home like and inviting".



Mini Conference participant exploring an Early Head Start reading center.



Dr. Julie Bullard and Kathy Fanning, Child Care Link's Professional Development Specialist

**Housing**

**Diane Savasten-Getten, Director**

Emergency Solutions Grants are available to qualifying individuals and families. This grant will provide a security deposit and the first month's rent for homeless individuals and families. Your ability to continue to pay the rent in the future, without assistance, must be shown. If you are currently homeless, call the Housing Department at HRDC to schedule an intake meeting.  
(406)265-6743



**APPLY FOR SECTION 8 BY COMPUTER.**

The web site is  
<http://www.housing.mt.gov/>

How to:

Scroll down to  
"Quick Links"

\*

Click on "Section 8 Program"

\*

Scroll down.

\*

Click "Apply online for section 8 assistance" in the left column.

\*

Click "to open application in a new window." Complete the application.

\*

Make sure to click The "submit" button.

**Havre Food Bank**

**Lorna Bjerga, Manager**

The past three months have been very busy at the Havre Food Bank. So far this year we have served over 1,777 clients. There were 490 boxes given out. Thank you to all that have donated so far this year. Please remember that on May 11 we will be having the postal food drive. If you would like to donate, just put a non-perishable food item with your mail for pick up or drop off at the post office.

*A special thank you to all of those who donated or volunteered.*

*With out you, our community would not be as well served.*



**Mission Statement**

The District 4 HRDC Community Food Bank is a non-profit organization which offers donations of food to persons in need, contributing to the common good of people in the community and surrounding areas.

"This Institution is an Equal Opportunity Provider and Employer"



Equal Housing Opportunity

## Information about Sequestration

Marit Ita, Grants & Training Manager

### Northern Montana Child Development Center

#### Sequestration cuts for Fiscal year 2013

NMCDC has received notification that the Sequester, a series of federal spending cuts, will result in a 5% reduction in its operating budget for 2013. While the exact amount has yet to be determined, NMCDC has made plans (see list below) to meet that reduction of funds. Our goals were to minimize the disruptions to currently enrolled children while still maintaining high quality services.

#### **Head Start:**

Classes will conclude 2 days earlier in May, 2013.

Enrollment will be reduced by one class (17 children) in the fall.

Early Head Start:

Early Head Start will close for 4 weeks this summer (July 22-August 16, 2013).

Enrollment will be reduced by 6 children in the fall.

#### **Program Wide:**

Staff vacancies will not be filled at this time.

There will be a reduction of staff hours.

For questions about NMCDC and the sequestration, call 265-5810.

Northern Montana Child Development Center, which includes Early Head Start and Head Start program, offers free child development services to primarily low-income families with children ages 0-5 in Hill, Blaine and Liberty Counties. Zero to 3 services are not available in Liberty County.

#### **NMCDC Program Options:**

**Expectant Family Option:** Monthly home visits designed for expectant families to receive prenatal information.

#### **Home-Based Option:**

Weekly home visits to support parents as the child's first teacher.

#### **EHS Center-Based Option:**

Child care center for children ages 0-3.

#### **HS Center-Based Option:**

Preschool classes for children ages 3-5.

#### **Combination Classroom ;**

(Hi-Line only)

Children ages 3-5 attend preschool classes two times a week, and receive home visits twice a month.

We plan to start a combination classroom in Havre for children 2 years old this fall.



## WIA Program “Summer Jobs ”

## GED Classes & Training

Andi Daniel, Director

It's that time a year again in the Employment and Training Program, when the WIA Youth Program participants will be looking for summer work. Not only will we help youth find summer jobs this summer, our program will pay their wages rather than the employer. So if any employers would be interested in helping us put youth to work this summer by hiring them and doing a work experience, please contact our office today. In the past we have set up several worksites in Havre, on the Hi-line and both Rocky Boy and Ft. Belknap.

Experiences that teens have done in the past:

**Retail:** Many teens find work as cashiers, baggers, and clerks in retail shops. They learn how to handle money, run cash registers, and communicate with a variety of customers. Teens in these environments must think quickly and often spend hours on their feet.

**Office Work:** Teens provide clerical support in offices. Job responsibilities may include answering phones, filing, and making copies. Teens with exceptional typing and writing skills may work as administrative assistants. These positions teach valuable skills for teenagers contemplating careers as office managers or secretaries.

**Jobs in Healthcare:** Hospitals often hire teens for administrative and support positions. Teens Interested in future medical careers should consider jobs at hospitals and nursing facilities. Many teens start in the food service, laundry, or custodial sectors of hospitals, but later find internships in emergency rooms, ultrasound, or phlebotomy departments.

**Landscaping:** Service lawn care jobs are easy to find in the summer. Hard-working teenagers find jobs with landscaping firms, nurseries, farms, and lawn mowing services. These jobs are good for

teenagers who enjoy working with plants and being outdoors. Because they are physically demanding, these jobs often pay more than most jobs for teenagers and are usually seasonal. Some teenagers start their own lawn care services. Not only do we help our participants find jobs, we also support them during the time of employment. We will provide them case management and work with their supervisor to make sure the youth and the employer are getting the most out of the work experience.

### Step Into Your Future!

Intensive GED Preparation and workplace readiness classes starting soon!

Intensive 6-week GED Prep class with 1 week of review

Class will cover ALL areas of the GED exam. The Official GED exam will be administered at the end of the course. 3.5 hours per day, 4 days per week

Morning Class: 9:00 am—12:30 pm

Evening Class: 6:00 pm—9:30 pm

Monday, Tuesday, Wednesday, Thursday

MUST attend a registration to enroll:

Saturday, May 18, 2013 at 9:00 am or 6:00 pm

Saturday May 25, 2013 at 9:00 am or 6:00 pm

Registrations are held in the fireside room of HRDC

Classes begin Monday, June 3, 2013

Treat people as if they were what they ought to be, and you help them to become what they are  
capable of being.  
- Goethe



North Central Montana Transit  
2012 - 2013 Schedule

Blue Line \$1.00 One Way Fare

Have Rocky Boy Service (M-F)

Morning route

Park & Ride (Old IGA lot)	6:45 AM
Rocky Boy Clinic	7:20 AM
Rocky Boy High School	7:25 AM
Stone Child College	7:40 AM
Box Elder (Box Elder School)	7:55 AM
MSUN SUB/Cowen Hall	8:20 AM
Northern MT Hospital	8:25 AM
Clinics (Medical Gp East, Bullhook, VA)	8:30 AM
IGA	8:35 AM

\$1.00 One Way Fare

Ft. Belknap to Have (M-F)

Morning Route

Ft. Belknap (Kwik Stop)	6:40 AM	8:00 AM	5:00 PM
Harlem (EZ Mart)	6:45 AM	8:05 AM	5:05 PM
Chinook (PA & Hwy 2)	7:15 AM	8:35 AM	5:35 PM
Have IGA	7:40 AM	9:00 AM	
MSUN SUB/Cowen Hall	7:45 AM	9:05 AM	
Northern MT Hospital	7:55 AM	9:10 AM	
Clinics (Medical Gp East, Bullhook, VA)	8:00 AM	9:15 AM	
Park & Ride (Old IGA lot)	8:05 AM	9:25 AM	6:00 PM
Holiday Village Mall	8:10 AM	9:30 AM	
Walmart	8:20 AM	9:35 AM	
Have to Ft. Belknap			

Harlem Shuttle \$1.00 Way Fare

Have to Harlem Shuttle (M - F)

Morning Route

Park & Ride (Old IGA Lot)	6:45 AM
Chinook (4th and Ohio)	7:15 AM
Harlem Elem. School	7:45 AM
Harlem High School	7:55 AM

Afternoon Route (Mon- Thur)

Harlem Elem. School	4:00 PM
Harlem High School	4:10 PM
Chinook	4:40 PM
Park & Ride (Old IGA lot)	5:15 PM

Friday

Harlem Elem. Schol	2:30 PM
Harlem High School	2:40 PM
Chinook	3:20 PM
Park & Ride (Old IGA lot)	4:10 PM

Green Line \$ 20.00 Round Trip, \$10.00 One Way Fare

Great Falls Service (Tuesdays & Thursdays)

Ft. Belknap (Kwik Stop, Tribal Office, College)	6:40 AM
Harlem (EZ Mart)	6:45 AM
Chinook (PA & 1st St.)	7:15 AM
Have IGA	7:40 AM
MSUN Northern SUB/Cowen Hall	7:45 AM
Northern MT Hospital	7:50 AM
Clinics (Medical Gp East, Bullhook, VA)	7:55 AM
Park & Ride (Old IGA Lot)	8:00 AM
Laredo (Northern Winz)	8:40 AM
Box Elder (Jitterbugs)	8:50 AM

Arrive Great Falls

GTF Transfer Center (4th St. & 1st Ave S.)	10:10 AM
Benefis West	10:20 AM
Benefis East	10:30 AM
GTF International Airport	10:45 AM

Depart Great Falls

GTF International Airport	2:15 PM
Benefis East	2:30 PM
Benefis West	2:40 PM
GTF Transfer Center (4th St. & 1st Ave S. GTF)	2:50 PM
Box Elder (Jitterbugs)	4:10 PM
Laredo (Northern Winz)	4:20 PM

Arrive Have

Walmart	4:40 PM
Holiday Village Mall	4:50 PM
Park & Ride (Old IGA Lot)	4:55 PM
MSUN Northern SUB/Cowen Hall	5:00 PM
Northern MT Hospital	5:10 PM
Clinics (Medical Gp East, Bullhook, VA)	5:15 PM
IGA	5:20 PM
Chinook (PA & 1st St.)	5:45 PM
Harlem (EZ Mart)	6:10 PM
Ft. Belknap (Kwik Stop, Tribal Office, College)	6:20 PM

\*11:00 to 12:45 route runs MWTF only

IGA	3:00 PM
Clinics (Medical Gp East, Bullhook, VA)	3:05 PM
Northern MT Hospital	3:10 PM
MSUN SUB/Cowen Hall	3:20 PM
Park & Ride (Old IGA lot)	3:25 PM
Holiday Village Mall	3:30 PM
Walmart	3:35 PM
Box Elder (Box Elder School)	4:00 PM
Stone Child College	4:15 PM
Rocky B. High School/ Agency	4:25 PM
Rocky Boy Clinic	4:30 PM
Park & Ride (Old IGA lot)	5:10 PM

IGA	11:00 AM *	3:15 PM	
MSUN SUB/Cowen Hall	11:05 AM *	3:20 PM	
Northern MT Hospital	11:15 AM *	3:25 PM	
Clinics (Medical Gp East, Bullhook, VA)	11:20 AM *	3:35 PM	
Park & Ride (Old IGA lot)	11:25 AM *	3:40 PM	
Holiday Village Mall	11:30 AM *	3:45 PM	
Walmart	11:40 AM *	3:55 PM	
Park & Ride (Old IGA Lot)	6:55 AM	11:45 AM *	4:00 PM
IGA	7:00 AM		
Have Tire Factory	7:05 AM		4:05 PM
Chinook PA & Hwy 2)	7:25 AM	12:10 PM *	4:25 PM
Harlem (EZ Mart)	7:55 AM	12:40 PM *	4:55 PM
Ft. Belknap (Kwik Stop)	8:00 AM	12:45 PM *	5:00 PM



## Rape, Sexual Assault and the Aftermath

Amber Thompson, Victim Advocate

### Rape, Sexual Assault, and the Aftermath

What is sexual assault?

Sexual assault is defined as illegal sexual contact that involves force upon a person without consent or is inflicted upon a person who is incapable of consent because of age, or physical or mental incapacity.

#### The Facts:

About 60% of rapes occur in the victim's home, which makes sense because...

90% of rapes are perpetrated by someone known to the victim – friend, relative, etc.

Rape victims are NEVER responsible for what was done to them. Regardless of how drunk they were, or how many drugs they used, or what they chose to wear, they are not responsible for being raped. Sexual assault can occur between opposite genders or the same gender. A man who rapes a boy is not necessarily gay – rape is about control and power, NOT about sexual attraction.

Engaging in some sexual contact, such as kissing or touching, does not mean someone has automatically consented to sex.

Everyone has the right to say “no” whenever they want to stop. 13% of all reported rapes were committed against male victims. Most often by male perpetrators.

Only 30% of rapists are intoxicated during the planning of or the act of rape, which means that the majority of the time the offender is sober.

Most rapes are planned in advance. The act is premeditated, but the victim is chosen based

on availability and vulnerability.

#### What can you do if you are sexually assaulted?

First, go somewhere you can be safe.

You can choose to report the crime, and doing so may help you regain a sense of control.

The sooner you report it the better chance law enforcement has of arresting and charging the person responsible.

Call someone you trust to be with you and give you support.

Try to preserve all physical evidence of the assault. Do not shower or clean yourself up, avoid eating or drinking, and keep the clothes you were wearing when it happened.

Within 72 hours, go to the nearest hospital for treatment. You may choose to do a Rape Kit as well as the medical exam. If you don't want to do a Rape Kit, a medical examination is still important for your health and will help to prevent STD's and pregnancy. You may have injuries you aren't aware of. If you think you were drugged, you should ask your doctor to take a urine sample.

Try to remember everything possible about the assault and the assailant. Although you may not want to think about it, any details you recall can be helpful to law enforcement. Write it down if you need to.

Don't be afraid to ask questions or discuss any concerns you may have. You can get assistance from your local agencies (in this case, District 4 HRDC) or online.

**HRDC crisis line number is 265-2222.**



Facebook.com  
District 4 HRDC

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2229 5TH AVENUE  
HAVRE MT 59501406-  
265-6743  
www.hrdc4.org

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**NMCDC serves children  
ages 0 to 5 including  
children with moderate  
to severe disabilities.  
NMCDC is free to all fami-**



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