

SEPTEMBER EVENTS



Bismarck

- Sept 4th Dream Center Bismarck Block Party 4:30-6:30pm
- Sept 5-7 United Tribes International Powwow, United Tribes Tech College
- Sept

Dickinson

- Sept 19th Teen After Hours, 9pm-11 pm West West River Community Center
- Sept 20th Out of the Darkness Walk 9am, Dickinson Legacy Square

Grand Forks

- Sept 2-5th Kelly Services Potato Harvest Hiring Event, Job Service
- Sept

Fargo

- Sept 6th Roam the Red 8:30am-7pm Dike East
- Sept 10th Casselton Career Fair 2-5:30PM Central Cass Public School
- Sept 13th Movie after Dark: Top Gun Meverick 8pm Essentia Health Plaza

Jamestown

- Sept 6th A Moment of Freedom's Barn Dance - 6pm, Stutsman Cty Fairgrounds
- Sept 20th ND Book and Arts Festival 10am Reiland Fine Arts Auditorium

Williston

- Sept 5-7th Tioga Farm Festival, Tioga
- Sept 18th NW ND Semi-Annual Job Fair 3-6PM the Well, Williston State College
- Sept 20 Flannel Fest, Lewis & Clark State Park, 11am-4pm

Billings, MT

- Sept 10th Family fun day block party 11am Humanity Mid-Yellowstone Valley's Build Site

Milwaukee, WI

- Sept 13th Shorewood Feast Oakland Avenue
- Sept 20th Health Olympics 11am-3pm at Forest Home Health Center

Kemmerer, WY

- Sept 13th Kemmerer Outdoor Discovery Day 10am-2pm Triangle Park

JOIN THE AFTERCARE SPECIALISTS FOR OUR FREE MONTHLY VIRTUAL WORKSHOP:

the vibe studio

Art & Music for Mental Health

This online workshop will be held via Teams meeting and is an exclusive event for Home on the Range aftercare youth! Learn about using your creativity to enhance wellbeing! Plus earn a **reward** and be added to a special drawing just for attending!



SCAN QR CODE TO REGISTER
OR USE THIS LINK:
[HTTPS://FORMS.GLE/AUEC3HFAGFC1ZLNU9](https://forms.gle/AUEC3HFAGFC1ZLNU9)



Wed September 24th



4:00PM - 5:00 PM MST
5:00 PM - 6:00 PM CST

STAY IN TOUCH!

Heather:
Sunni:
Megan:



heatherm@hotrond.com
sunnih@hotrond.com
meganc@hotrond.com



701-330-8847
701-449-6734
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HOME on the Range

TRAILBLAZER

Aftercare services newsletter for your path forward



CANINE UPDATE

Hello Everyone!

Here is your monthly Foxy update! This 18lb spit fire has been doing great things the last couple of months. She has been a wonderful addition to the K9 program. Since coming here, she has done several individual, along with group therapies. She teaches patience, how to deal with frustration, how to treat others, and my all time favorite, she will imitate behaviors that kids have in the dorm. This is helpful because it shows the residents how they can sometimes act in the dorm. It can be a "light bulb" moment for them. She is still looking for her Furever Home, but we will keep her for however long it takes! Have a great school year!

Sunni

BARN BANTER

This is Rabbit! He's one of our newer horses to the program, with being bought within the last year or so. He's a short little palomino with lots of energy and wants to go fast. He's a fun ride and easy to pick out in the herd because of his light color! In the summertime, his coat gets some beautiful dappling on it too!



Interested in Equine Therapy or Horse Related Activities?
ask your Aftercare Specialist about options in your area or to get a referral!



MINDFULNESS

Progressive Muscle Relaxation

What it is:

Progressive Muscle Relaxation is a stress-relief exercise that helps you notice the difference between tension and relaxation in your body. By tightening and then releasing different muscle groups, you can calm your mind, ease stress, and feel more in control of your emotions.

How to do it:

1. Find a comfortable spot – Sit or lie down where you won't be disturbed.
2. Start with your breath – Take a slow, deep breath in through your nose, then exhale through your mouth.
3. Tense and release – Beginning at your feet, tighten the muscles (curl your toes and squeeze) for about 5-7 seconds. Then let go, noticing the relaxed feeling for 10-15 seconds.
4. Move upward – Work through each muscle group:
 - Feet and legs
 - Stomach and lower back
 - Hands and arms
 - Shoulders and neck
 - Face (squeeze your jaw, scrunch your eyes, wrinkle your forehead)
5. Finish with a deep breath – After you've gone through your whole body, take a few slow breaths and notice how much calmer you feel.

Tip: Use PMR before bed, after a stressful day, or whenever you feel anxious or restless. With practice, your body will relax more quickly each time. Or scan the code below to listen to a guided mp3 you can listen to on your phone from

<https://caps.byu.edu/relaxation-recordings>



Megan



988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT



Join Dusty Hillebrand on The Job Pod where he talks with North Dakota employers about their businesses. Learn about job-getting skills and explore careers in North Dakota.

Whether you're looking for your first job, your next job, or just like learning about other careers, you'll find something to love on The Job Pod – the place for North Dakota's career conversations. New episodes publish weekly.

<https://thejobpod.libsyn.com/>

SUICIDE PREVENTION MONTH

Each September, NAMI recognizes Suicide Prevention Month as a time to raise awareness, spread hope, and spark meaningful action around one of the most urgent mental health issues of our time. The goal is to ensure that individuals, friends, and families have access to tools, resources, and support they need to talk openly about suicide prevention, recognize warning signs, and seek help.

This month: Start a Conversation. Be the Difference.

With one conversation, asking someone how they're really doing, and being ready to truly listen, can save lives. Because here's what we know: No one has to face this alone. Help exists. Healing is possible. And all it can take is for one person to start a conversation.

Crisis Resources:

#SuicidePreventionMonth reminds us that talking about suicide isn't harmful — silence is. One honest conversation can be a turning point in someone's life. Throughout this month — and beyond — we invite you to share the messages below or create your own about Suicide Prevention Month through the power of courageous community conversations.

Call, text, or chat 988 to speak to a trained crisis counselor offering support 24/7/365.

Heather



RUReady ND .gov

Explore Careers & Plan Your Path. Start Your Journey with RUReady.ND.gov

- Career Exploration
- High School Planning
- College Planning
- Financial Aid Planning

FENTANYL FACTS

fentanyl: fentanyl: changes everything

#FacingFentanyl

THERE IS NO SUCH THING AS A SAFE DOSE OF FENTANYL

It's highly addictive and just 2mgs is enough to kill

Illicit fentanyl is a made synthetic opioid

50x's stronger than heroin 100x's more potent than morphine

Fentanyl poisoning is the #1 cause of death in Americans ages 18-45

WARNING **SIGNS OF FENTANYL POISONING or OPIOID OVERDOSE**

Unconsciousness, very small pupils, vomiting, inability to speak, limp arms & legs, purple lips and/or fingernails

Discolored Skin: bluish/purple (lighter skin complexions); grayish (darker skin complexions)

Weak pulse, foaming at the mouth, and/or blood from nose and mouth

Snoring, gasping or gurgling sounds - heartbeat slows or stops

IMMEDIATELY **CALL 911 IF YOU SUSPECT FENTANYL POISONING BE SAFE NOT SORRY!**

CARRY NALOXONE **THIS SPRAY CAN SAVE A LIFE**

Naloxone (Narcan) is a medicine that rapidly reverses an opioid overdose. It can quickly restore normal breathing to a person, their breathing has slowed or stopped because of a poisoning, opioid overdose. It has no effect on someone who does not have opioids in their system, and it is not a treatment for opioid use disorder. Naloxone needs to be administered immediately, even second counts.

facingfentanylnow.org

resources provided by: <https://www.dea.gov/onepill> & <https://nida.nih.gov/publications/drugfacts/naloxone>