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Find out how the Montana DPHHS CHILD SUPPORT ENFORCEMENT DIVISION can help you!

The joys of caring for and raising your grandchildren are immeasurable; however, funds to support the children can often fall short of what is needed for clothing, school supplies, and many other expenses. If you feel your grandchildren are eligible for financial support from their absent parents, the **Child Support Enforcement Division** can help you.

What is the Child Support Enforcement Program? This division is designed to locate parents who are responsible to provide

financial and/or medical support for their children. The services include:

- Location of responsible parents.
- Establishment of paternity for children.
- Establishment of medical and financial support.
- Enforcement of child support, medical support and spousal support payments.
- Review and modification of support orders.

Who is eligible for the program?

- Families receiving temporary public assistance automatically receive these services. Payments collected go towards reimbursing the state and federal governments for the assistance payments made to them.
- Families not receiving public assistance will directly receive any payments collected.

What if the responsible parent lives in another state? The same location resources and services are available in all states and some tribes. Interstate cases are more difficult and generally take longer; however, with new federal legislation and more computer links between states, enforcement is improving.

Learn more today about support payments your grandchildren deserve! (800) 346-5437; <http://dphhs.mt.gov/csed.aspx>.

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Useful News

NEW and REVISED MontGuides Now Available

Montana State University Extension Service publishes fact sheets, or MontGuides, on a variety of topics important to Montanans and their families. Four of these publications, on topics important to anyone in a caregiver role, have been created or revised with new information.

Grandparents Raising Grandchildren: Parenting The Second Time Around

In Montana there are more than 6,600 grandparents raising grandchildren. Most grandparents become involved due to a family crisis. This completely revised guide answers many of the common questions grandparents and other relative caregivers have when they are faced with parenting a second time around, including:

- Custody and guardianship questions, including MCA §40-6-601 & 602, which became effective in 2007 and provides some protection for grandfamilies: if grandchildren are left with grandparents for longer than six months, and it is unclear if, or when, the parent will return and re-take child custody, grandchildren do not have to be returned immediately to the parent when the parent returns.
- Two other laws effective 2007, which allow grandparents to make medical (MCA §40-6-501 & 502) and education (MCA §40-6-501 & 502) decisions.
- How to access financial and nutritional services such as Medicaid/HMK Plus, SNAP, TANF, TANF Child-Only and WIC.
- How to access other services like childcare, respite care, parenting education and social support groups.
- Two pages of contact information (phone numbers, email addresses, websites) of local, state and national resources.



Order a FREE hard copy of this MontGuide: (406) 994-3273; <http://store.msuextension.org/>

Download a pdf: <http://store.msuextension.org/publications/HomeHealthandFamily/MT200706HR.pdf>

Understanding and Managing Stress

Stress is a part of daily life and happens to all of us. The challenge is to learn to manage our stress in order to have balance between being motivated but not feeling overwhelmed. This brand-new guide features information on:

- Causes of stress—both the small daily stressors that can add up over time and the major (both positive and negative) events that can lead to anxiety.
- A “Test Your Coping Skills” assessment that will inform you if you have adequate skills to deal with most stress in an effective and healthy manner.
- A “Stress Reduction Toolkit Ideas” section where you can get ideas for healthy stress reduction.

This MontGuide is intended to be used in concert with the **Fifty Stress-Busting Ideas for your Well-being** MontGuide. (<http://store.msuextension.org/publications/HomeHealthandFamily/MT200016HR.pdf>)

Order a FREE hard copy of this MontGuide: (406) 994-3273; <http://store.msuextension.org/>

Download a pdf: <http://store.msuextension.org/publications/HomeHealthandFamily/MT201605HR.pdf>



Useful News

NEW and REVISED MontGuides Now Available, cont...

Caregiving: When Our Parents Need Our Help

Most adult children do not initially see themselves as caregivers, and aging parents often do not see themselves as needing care. Often this changes gradually, starting with small acts of assistance. This revised guide will discuss issues to consider if you are faced with caregiving for an aging parent, including:

- Working together as a family to identify and address issues.
- What benefits are available to the caregiver.
- Making sure to take time for caregiver self-care.
- How to effectively communicate with the care-receiver, other family members and service providers.
- The different types of care available and what will work best for your family's situation.

Order a FREE hard copy of this MontGuide: (406) 994-3273; <http://store.msuextension.org/>

Download a pdf: <http://store.msuextension.org/publications/HomeHealthandFamily/MT200802HR.pdf>

Co-parenting After Divorce

Successful shared parenting is related to how well parents communicate and work with each other for the best interest of their children; children benefit when they have relationships with both parents. Research finds that children tend to adjust to divorce with less difficulty when they are able to maintain the family relationships that were important to them prior to the divorce and their parents are able to cooperate and be generally supportive of one another. This revised guide includes information on:

- Creating a healthy post-divorce environment for your family.
- Provisions to include in a parenting plan and things to consider when deciding on living arrangements.
- Where to go for help in resolving disagreements.

Order a FREE hard copy of this MontGuide: (406) 994-3273; <http://store.msuextension.org/>

Download a pdf: <http://store.msuextension.org/publications/HomeHealthandFamily/MT200111HR.pdf>

You can get MONTANA GRG PROJECT information many different ways!

Check out the GRG website—this site is regularly updated with new resources and information.
<http://www.montanagrandparents.org/>

Check out the GRG Pinterest board—features lots of pins containing resources, local and national partners, fun family activities, and other regularly updated information.
<https://www.pinterest.com/msuextensionhhd/>

Check out the GRG Facebook page—up-to-the-minute information is posted as well as links and information from our state, regional and national partners.
<https://www.facebook.com/pages/Montana-Grandparents-Raising-Grandchildren-Project/930862973615169>

Call or email us with questions and information requests.
(406) 994-3395; grg@montana.edu

Sign up to receive this newsletter three times a year.
<http://www.montanagrandparents.org/newsletters.html>



Resources

Sesame Street's *Little Children, Big Challenges* Toolkits Available

Often, children come to live with their grandparents or other relatives because their parents are not able to adequately care for them on their own. This can happen for many reasons, but two of the more common reasons are divorce and incarceration. These are complicated circumstances and

children, especially the younger ones, may have problems understanding why their parents are not in their lives. Sesame Street has created the **Little Children, Big Challenges** series to help children and their caregivers get through these situations. Each toolkit contains a DVD, a guide for parents and caregivers, and a children's storybook.



Little Children, Big Challenges: Incarceration

The incarceration of a loved one can be very overwhelming for both children and caregivers. It can bring about big changes and transitions. In simple everyday ways, you can comfort your grandchild and guide her through these tough moments. With

your love and support she can get through anything that comes her way. Here are some tools to help you with the changes your grandchild is going through:

- Use everyday routines to help your child.
- Encourage your child (ages 3–8) to express her feelings.
- Talk with your child about incarceration.
- Connect with your child's incarcerated parent.



Little Children, Big Challenges: Divorce

Though divorce and separation bring about very difficult transitions, they also bring opportunities for your grandchild to learn that our paths in life are always changing. Most of all, they're an opportunity to show your grandchild just how

strong your love can be.

Here are some tools to help you with the changes your grandchild is going through:

- Suggestions for addressing children's questions about divorce.
- Tips for encouraging children to express their emotions.
- Resources aimed at helping you get any support or information you might need.
- Ideas for helping children transition into a blended family.

There are two ways to get these great resources. You can go online and watch the videos and download all the materials in pdf format:

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/divorce#>
<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration#>

Or you can contact the main GRG office and request a toolkit be mailed to you:
 (406) 994-3395; grg@montana.edu



Services & Agencies

APPLY NOW for the Respite Voucher Program!

Fifty percent of people who are caring for loved ones experience stress. Routine activities may feel overwhelming. Respite provides temporary relief to caregivers by providing quality, competent care for the family member being cared for. Respite is particularly important to grandparents raising grandchildren, who may need a bit of “me-time” to recharge their batteries, allowing them to be better caregivers to their entire family.

The **Montana Lifespan Respite Coalition** is now taking applications for its respite voucher program that will allow eligible caregivers to obtain assistance and “take a break” every now and then. This voucher program features funding based on a sliding scale according to income. Once caregivers fill out an application, they will receive a phone call within five working days to let them know if they have been approved. If approved, they will receive a respite packet in the mail and will have 90 days to use the approved amount.



To read more about the program and to apply, call (800) 224-6034 or go to <http://dphhs.mt.gov/respite>.

You can also search for many other state-wide and local respite-related services by going to <http://www.montana-adrc.com/>.



Potential applicants need to apply in person at one of the 27 state WIC agencies.

The **Montana WIC Program** is a nutrition program that provides nutrition and health education, breastfeeding support (including breast pumps), healthy foods, and referrals to other services free of charge to Montana families who qualify. **WIC is for all kinds of families**—married and single parents, working or not working. If you are a father, mother, grandparent, foster parent or legal guardian of a child under five years, you can apply for WIC.

WIC income eligibility is 185% of federal poverty and below; however, applicants on Medicaid/HMK Plus, TANF, SNAP, Federal Food Distribution on Indian Reservations (FDPIR), and school lunch program automatically qualify. Besides meeting income eligibility guidelines, applicants must provide proof that they live in Montana, have a form of identification, and must present with a nutritional risk (most applicants do).

Learn more about this important program at <http://dphhs.mt.gov/publichealth/wic.aspx> or call (800) 433-4298 or (406) 444-5533.



214 N. Cedar ~Townsend
 115 4th St. S ~ Great Falls
 2220 Box Elder St. ~ Miles City
 207 West Bell ~ Glendive
 115 W. Commercial Ave. ~ Anaconda
 300 1st Ave. N ~ Lewistown
 1035 1st Ave. W ~ Kalispell
 25 W. Mendenhall ~ Bozeman
 302 4th Ave. ~ Havre
 802 Main St., Ste. B ~Polson
 1930 9th Ave. ~ Helena
 320 E. 2nd St. ~ Libby
 301 W. Alder St. ~ Missoula
 205 Bedford, Ste. P ~ Hamilton
 123 S. 27th St. ~ Billings
 1111 Main St., Rm. 120 ~ Thompson Falls
 100 W. Laurel ~ Plentywood
 25 W. Front St. ~ Butte
 905 4th St. NW ~ Choteau
 621 3rd St. S ~ Glasgow
 107 H St. E ~ Poplar
 100 Cheyenne Ave. ~ Lame Deer
 Old Person St., #6 ~ Browning
 Health Dept. ~ Crow Agency
 880 Mission Dr. ~ St. Ignatius
 656 Agency Main St. ~ Harlem
 RR 1, Box 664 ~ Box Elder



Health & Nutrition

Apples and Peanut Butter—So Simple, So Healthy, So Tasty!

Apple Smiles

Ingredients:
 1 apple
 2 Tablespoons peanut butter
 ¼ cup raisins or small marshmallows



Directions:

1. Slice apple into wedges
2. Spread one side of two wedges with peanut butter.
3. Top peanut butter on one wedge with raisins or small marshmallows for teeth.
4. Place other apple slice on top. Repeat with remaining wedges.



Apple Wraps

Ingredients:
 1 large apple, cut into small cubes
 1 medium, ripe banana, cut in slices
 2 Tablespoons peanut butter
 2 whole wheat tortillas

Directions:

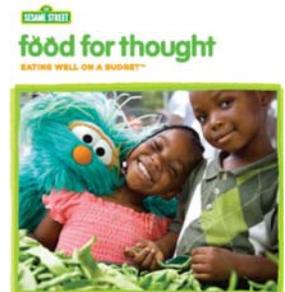
1. Spread peanut butter over one side of tortillas.
2. Sprinkle apple and banana over peanut butter.
3. Tightly roll each tortilla. Cut each wrap in half.

-Find more fun and easy recipes at <http://www.buvealivebetter.org/>

Also from Sesame Street: Food For Thought: Eating Well on a Budget

Healthy eating can give you the energy you need to juggle daily responsibilities with building solid family relationships. Sharing healthy meals has positive benefits for the whole family, too! Sometimes wondering how to pay for food or find time to cook can be overwhelming. And if there isn't enough food all the time, it may be especially hard to make healthy choices. You are not alone; many people face difficulties in meeting their families' food needs. Even if options are limited, you can find places to get affordable, nutritious foods. As a resource for you, Sesame Street has created **Food for Thought: Eating Well on a Budget**. Whether you're dealing with budget or time constraints, this toolkit offers positive steps you can take to help your family stay healthy.

- *Family Food Talk* offers ways for families to talk together about food and any related worries you and your children may have.
- *Healthy Foods on a Budget* has ideas to help you plan, shop, and save money.
- *Healthy Choices Anytime* offers tips for making healthy choices anytime, anywhere.
- *Making Connections* includes ways to reach out for support.
- *Sesame Street Recipe Cards* help your whole family feel good and have fun — for less!



Go online and get all this information at

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/food> or

contact the main GRG office and request a toolkit be sent to you: (406) 994-3395; grg@montana.edu

Grandfamily Support Contacts Across Montana—By County

Blaine County—Harlem & Fort Belknap Indian Reservation
MSU Extension
(406) 353-2656

Big Horn County—Wyola
Kristy Old Coyote
LBHC Extension
(406) 638-3114

Big Horn County—Hardin
Janice Eckman
Hardin Parent Center
(406) 665-4151

Big Horn & Rosebud Counties—Northern Cheyenne Indian Reservation
Ryhal Rowland
MSU Extension
(406) 477-6498

Cascade County—Great Falls
Jona McNamee
MSU Extension
(406) 454-6980

Mariellen Ritts
(406) 453-3554

Custer County—Miles City
Don & Vivian Westall
(406) 234-6727

Dawson County—Glendive
Pete Bruno
Family Life Institute
(406) 939-5591

Deer Lodge County—Anaconda
Abbie Phillip
MSU Extension
(406) 563-4036

Fergus County—Lewistown
Denise Seilstad
MSU Extension
(406) 535-3919

Flathead County—Kalispell
Cathy Brenneman
The Nurturing Center, Inc.
(406) 756-1414

Gallatin County—Bozeman
MSU Extension Family & Human Development
(406) 994-3395
grg@montana.edu

Glacier County—Browning & Blackfeet Indian Reservation
Carrie Bear Chief-Evans/
Connie Bremner
Eagle Shield Center
(406) 338-7257

Hill County—Havre
Katrin Finch
MSU Extension
(406) 265-5481 x233

Hill County—Rocky Boy Indian Reservation
Mary St. Pierre
Stone Child College & MSU Extension
(406) 395-4875

Lake County—Ronan
Nori Pearce
MSU Extension
(406) 676-4271

Lewis & Clark County—Helena
Jackie Stoeckel
MT Office on Aging
(406) 444-6061

Madison/Jefferson Counties—Whitehall
MSU Extension
(406) 287-3282

Missoula County—Missoula
Kelly Moore
MSU Extension
(406) 258-4206

Ravalli County—Bitterroot Valley
AnnaMarie White
La Paloma Agency
(406) 396-1937

Jo Ann Wilson
(406) 926-1711

Richland County—Sidney
Johanna Bunn
MSU Extension
(406) 433-1206

Roosevelt County—Culbertson
Ardis Oelkers
MSU Extension
(406) 787-5312

Roosevelt County—Fort Peck Indian Reservation
Carol Bemer
(406) 768-2430

Rosebud County—Forsyth
Jennifer Anderson
MSU Extension
(406) 346-7320

Rosebud County—Lame Deer & Northern Cheyenne Indian Reservation
Kay Medicine Bull
Boys & Girls Club of the Northern Cheyenne Nation
(406) 477-6654

Silver Bow County—Butte
Brenda Hergott
Butte 4-C's
(406) 723-4019
1-800-794-4061

Stillwater County—Columbus
Lisa Terry
MSU Extension
(406) 322-8035

Teton County—Choteau
Jane Wolery
MSU Extension
(406) 466-2491

Valley County—Glasgow
Roubie Younkin
MSU Extension
(406) 228-6239

Yellowstone County—Billings
Jackie Rumph
MSU Extension
(406) 256-2828



Family & Human Development
316 Herrick Hall
PO Box 173540
Bozeman, MT 59717-3540

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Organization
US Postage Paid
Permit #69
Bozeman, MT
59715

Contact Us

316 Herrick Hall
PO Box 173540
Bozeman, MT 59717-3540
grg@montana.edu
(406) 994-3395
www.montanagrandparents.org



Montana State University Extension is an ADA/
EO/AA Veteran's Preference Employer and
provider of educational outreach.

Montana Grandparents Raising Grandchildren Project

*"Call it a clan, call it a network,
call it a tribe, call it a family.
Whatever you are, whoever you are,
you need one."
~Jane Howard*