



# HEALTHY TREASURES MONTHLY NEWSLETTER Montana



BIG HORN, CUSTER, ROSEBUD, AND TREASURE COUNTY BRINGING COMMUNITIES TOGETHER

*RVFM is on their last 2 days for this year*



## 2025 Schedule

RIVER VALLEY FARMERS MARKET

Thursdays 5 - 7:30 pm



- 8/7 • Kid Fest
- 8/14 • Beet the Heat
- 8/21 • Dog Days of Summer
- 8/28 • Find Your Roots
- 9/4 • Sea You at the Beach
- 9/11 • Vegapalooza

*See you at the Plaza*

(200 Block N Center Ave. Hardin, MT)

## UPCOMING EVENTS

*September Mammogram bus schedule*

*The Dangerous Truths About Today's Marijuana*

*Hysham Community Health Screening*



# Mammogram Bus is Coming to Town

Call Yellowstone Breast Center to schedule a mammogram  
@ 406-237-4373



SEPTEMBER 2025

SVRH MOBILE MAMMOGRAPHY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY HOLIDAY	2 JOLIET RIVERSTONE HEALTH	3 IHS CROW AGENCY	4 IMH RED LODGE CLINIC	5 MONTANA STATE WOMEN'S PRISON	6 IMH BROADWATER CLINIC
7	8 BRIDGER RIVERSTONE HEALTH	9 IHS LAME DEER	10 ROUNDUP MEMORIAL HOSPITAL	11 IMH LAUREL CLINIC	12 IMH LEWISTOWN CLINIC	13 IMH HEIGHTS CLINIC
14	15 WORDEN RIVERSTONE HEALTH	16 YELLOWSTONE COUNTY COURTHOUSE	17 IHS CROW AGENCY	18 IMH WESTEND CLINIC	19 BLOCKED- MAINTENANCE	20 IMH NORTH SHILOH
21	22 BILLINGS RIVERSTONE HEALTH	23 IHS LAME DEER	24 YELLOWSTONE COUNTY COURTHOUSE	25 CHINOOK- PUBLIC HEALTH	26 HARLEM- SWEET CLINIC	27 IMH LAUREL CLINIC
28	29 COLSTRIP MEDICAL CENTER	30 IMH ABSAROKEE CLINIC				

## FREE MAMMOGRAM

No Insurance or can't afford a mammogram?

Montana Cancer Control Program is here to help.



### MCCP 2025 Income Guidelines

1 person in household	\$39,125
2 people in household	\$52,875
3 people in household	\$66,625
4 people in household	\$80,375
5 people in household	\$94,125
6 people in household	\$107,875

Easy Enrollment QR Code:



Contact MCCP:

Melanie Frame email: [melanie.frame@onechc.org](mailto:melanie.frame@onechc.org) or call 406-874-8705

# **THE DANGEROUS TRUTHS ABOUT TODAY'S MARIJUANA:** *Johnny Stack's Story*



Laura Stack

**FREE COMMUNITY  
EVENT  
OPEN TO THE PUBLIC  
SEPTEMBER 15TH  
6:00PM-7:00PM**

*Middle School  
Auditorium 611  
5th Street W  
Hardin, MT*

**DISCOVER THE EFFECTS OF THC ON ADOLESCENT  
BRAIN DEVELOPMENT AND ITS CONNECTION TO  
MENTAL ILLNESS. "TODAY'S THC PRODUCTS ARE  
LAB-DESIGNED, HIGH-POTENCY, AND DANGEROUS  
FOR DEVELOPING BRAINS," SAYS LAURA. LET'S  
EMPOWER OURSELVES AND OUR COMMUNITY!**



**JOHNNY'S**  
AMBASSADORS



**Y.E.S.**

# Hysham Community **HEALTH** Screening

Sponsored by  
Treasure County Public Health

**Wednesday, September 24**

Hysham Community Center  
7:00am - 10:00am



## Reduced cost blood testing

- Comprehensive Metabolic Panel
- Complete Blood Count
- Lipid (Cholesterol) Panel
- Blood Pressure, Vitals, and BMI
- Personal Health Report
- \$59

Need assistance?

**1-866-932-6467**

Monday to Friday, 9am-4pm MST

**Register  
Online Today!**

[my.itstartswithme.com](https://my.itstartswithme.com)

IN PARTNERSHIP WITH  
 **It Starts With Me**  
HEALTH

# How do I register online?

- Go to [my.itstartswithme.com](http://my.itstartswithme.com)
- Login or Create an Account (new users)
- Use company code: **8718937**
- Select 'Other' in the relationship drop-down

Scan to Register



## Are there other blood tests available for purchase?

Yes, a full list of laboratory tests is available to view when registering online. A list will be available at the event, as well.

## Do I need to fast before the blood draw?

Yes! Fasting for at least 12 hours prior to your appointment will give you the most accurate results. Also, it's okay to drink water and take any prescription medications.

## What should I expect at check-in?

- Please bring a photo ID and payment.
- We accept checks and all major credit cards.
- We do not bill insurance, but a receipt will be provided.
- Individuals with appointments will be taken before walk-ins.

IN PARTNERSHIP WITH



# KRATOM

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## STREET TITLE

THANG, KAKUAM, THOM, KETUM, AND BIAK

### WHAT IS KRATOM?

KRATOM IS A TROPICAL TREE NATIVE TO SOUTHEAST ASIA. CONSUMPTION OF ITS LEAVES PRODUCES BOTH STIMULANT EFFECTS (IN LOW DOSES) AND SEDATIVE EFFECTS (IN HIGH DOSES), AND CAN LEAD TO PSYCHOTIC SYMPTOMS, AND PSYCHOLOGICAL AND PHYSIOLOGICAL DEPENDENCE. KRATOM LEAVES CONTAIN TWO MAJOR PSYCHOACTIVE INGREDIENTS (MITRAGYNINE AND 7-HYDROXYMYTRAGYNINE). THESE LEAVES ARE CRUSHED AND THEN SMOKED, BREWED WITH TEA, OR PLACED INTO GEL CAPSULES. KRATOM HAS A LONG HISTORY OF USE IN SOUTHEAST ASIA. IN THE U.S., THE ABUSE OF KRATOM HAS INCREASED MARKEDLY IN RECENT YEARS.

### HOW IS IT ABUSED?

MOSTLY ABUSED BY ORAL INGESTION IN THE FORM OF A TABLET, CAPSULE, OR EXTRACT. KRATOM LEAVES MAY ALSO BE DRIED OR POWDERED AND INGESTED AS A TEA, OR THE KRATOM LEAF MAY BE CHEWED.

### WHAT IS THEIR EFFECT ON THE BODY?

AT LOW DOSES: INCREASED ALERTNESS, PHYSICAL ENERGY, AND TALKATIVENESS. AT HIGH DOSES: SEDATION ADDICTIVE: CAUSES HALLUCINATIONS, DELUSION, AND CONFUSION, NAUSEA, ITCHING, SWEATING, DRY MOUTH, CONSTIPATION, INCREASED URINATION, AND LOSS OF APPETITE. LONG-TERM USE CAN CAUSE ANOREXIA, WEIGHT LOSS, AND INSOMNIA

[HTTPS://WWW.DEA.GOV/FACTSHEETS/KRATOM](https://www.dea.gov/factsheets/kratom)

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A DRINK CALLED **FEEL FREE**:  
IS SOLD AT GAS STATION?

HAVE YOU EVER GRABBED A DRINK  
NEAR THE CHECK OUT COUNTER NOT  
READING THE LABEL OR KNOWING  
WHAT THE DRINK HAS IN IT?

**FEEL FREE**: IS A BOTTLE THAT HAS BOTH KAVA AND KRATOM WHICH PACKS A SERIOUS PUNCH. PEOPLE ARE UNAWARE THAT THEY ARE ADDICTED TO THIS HERBAL TONIC. KAVA HAS BEEN LINKED TO LIVER DAMAGE AND KRATOM ACTS ON OPIOID-LIKE PATHWAYS AND CAN LEAD TO REAL DEPENDENCE AND WITHDRAWAL SYMPTOMS. THE MANUFACTURER POSITIONS THE DRINK AS A PLANT-BASED REMEDY FOR RELAXATION, ENHANCED PERFORMANCE, AND FOCUS. EXPERTS ARE SOUNDING THE ALARM, ESPECIALLY AFTER REPORTS OF PEOPLE CRUSHING MULTIPLE BOTTLES A DAY AND FEELING THE EFFECTS—EVEN WITHDRAWAL—WHEN THEY TRY TO QUIT.

**CONTACTS:**

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**PAST AND CURRENT NEWSLETTERS**  
**ARE ON THE**  
[TREASURECOUNTYHEALTH.COM](https://www.treasurecountyhealth.com) **WEBSITE**

**TREASURE COUNTY PUBLIC HEALTH**  
**P.O. BOX 201**  
**405 PIONEER AVE.**  
**HYSHAM, MT. 59038**



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**INSTAGRAM**

**CHECK OUT**  
**CALENDAR OF**  
**EVENTS**



THE COMMUNITY MAGAGEMENT TEAM OF  
MILES CITY OFFERS A GREAT RESOURCE FOR  
SE MT.  
**SOUTHEASTERN MONTANA RESOURCE GUIDE**

**BIG HORN COUNTY PUBLIC HEALTH'S**  
**RESOURCE GUIDE**

**ALL LOGO'S AND IMAGES ARE LINKED TO WEBPAGES**

