



# Let's Talk, Montana!

JANUARY 13-14, 2021

## “Holistic Health and Wellness during COVID-19 for Suicide Prevention”

~with Kathleen Little Leaf

Montana Social Scientists and Little Leaf Cultural Consulting are proud to be working with Rocky Mountain Tribal Leaders Council, sponsors for this workshop!

### VIRTUAL WORKSHOP

January 13, 2021: 9:00 – 10:30 am

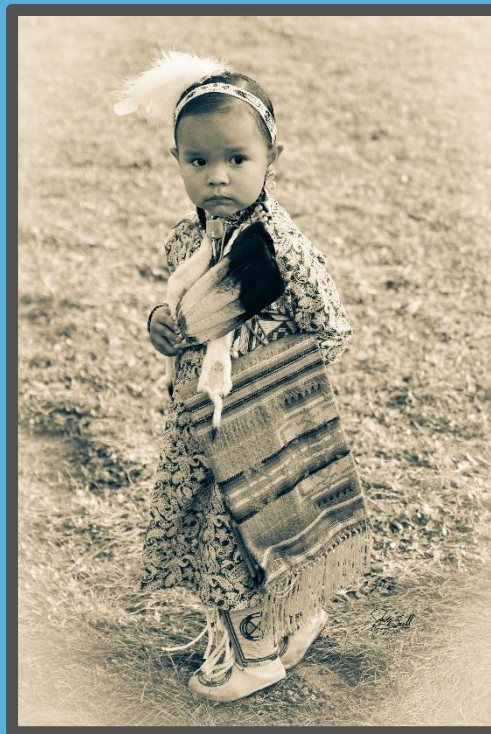
January 14, 2021: 9:00 – 10:30 am

### Holistic Health and Wellness during COVID-19 for Suicide Prevention

~with Kathleen Little Leaf

**Audience:** Tribal health, chemical dependency, LCPC, LCSW, LAC, LMFT, mental health providers, nurses, and teachers needing CEUs or Renewal Units.

Montana & Wyoming Boards of Behavioral Health, Office of Public Instruction, and Board of Nursing all accept our certificates.



**3 Continuing Education Units (CEUs) or Renewal Units are available!**

Need CEUs? Montana Social Scientists offers workshop attendees the option to receive a **Certificate of Completion**—good for four years.

Contact us today if you have questions or would like to register!

Email

[Montanasocialscientists@gmail.com](mailto:Montanasocialscientists@gmail.com)

Website

[mssce.com](http://mssce.com)

406-214-0029

Montana Social Scientists, LLC is a state-registered Renewal Unit Provider with OPI, Continuing Education Provider for licensees registered through Montana's Board of Behavioral Health (including LCSW, LAC, LMFT, and LCPC), and Montana's Board of Nursing.

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## Featured Speaker

**Kathleen Little Leaf, MSW, LAC, SWLC**

**“Native American Culture – Sensitivity, Understanding and Holistic Healing”**

Kathleen covers historically what our tribes would have looked like in respect to culture, family, and values, highlighting an intertribal perspective—that we are all not the same tribe-to-tribe. A reflection of the significance of cultural factors is also explained before segueing into historical trauma and colonialism, demonstrating its impact generationally—with a focus on Boarding Schools as an example of historical trauma.

She also looks at the other side of society with the issues of racism, discrimination, stereotypes and/or misunderstandings of Native people. This workshop ends on a positive note with Kathleen providing examples of what we can do collectively,

It takes an entire village to  
raise a child.....  
It takes an entire village  
To  
Reclaim our  
Community  
Today....is the Day...We will hurt  
no more....

in the mental health community, and in our communities at large.



***“To begin to break down barriers and gain understanding without assuming.”***

***~Kathleen Little Leaf***

Kathleen Little Leaf is an enrolled tribal member from the Blackfoot/Blackfeet tribes. She has worked within the health field and in Indian Health Services for over a decade and specializes in Mental Health and the facilitation of Addiction Prevention, Addiction Education and Addiction Recovery, Group facilitation, Individual Therapy, Native American Intergenerational Trauma Grief Recovery Groups, Native American 12 Step Groups, Corporate Cultural Awareness Trainings, Implementing Culturally Based Addiction/Mental Health Recovery Programming, Jail Diversion Cultural Programming, Addiction programming, Experience in Native American Jail Recidivism Research & Data Collection. Kathleen has provided support and testimony to groups and panels to the issues of Missing and Murdered Indigenous Women and men speaking on panels and providing awareness to the issues which has been plaguing Indian country for decades. Kathleen also has personal testimony on the issues of MMIW and men and the impacts this issue has had on her family. Kathleen loves being outdoors with her children and grandchildren where she can re-energize with mother earth. She loves travel and meeting new people and learning about people, places, and cultures.