August 2026

MPHTC NEWSLETTER

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UNIVERSITY OF
MONTANA
SCHOOL OF PUBLIC &
COMMUNITY HEALTH SCIENCES
MONTANA PUBLIC HEALTH TRAINING CENTER

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UNIVERSITY OF
MONTANA
Huckle Beary
Ice Cream
M
BIG DIPPER ★ ICE CREAM

Summer in Montana is in full swing, bringing long sunny days, outdoor adventures, and plenty of opportunities to enjoy life's simple pleasures. Few treats capture the spirit of the season quite like a scoop of ice cream. We invite you to celebrate the season, support local activities, and find time for a little ice cream and a lot of fun!

Upcoming Trainings & Learning Opportunities

Future of Workplace Wellbeing - A 6-part series

Participants will explore the U.S. Surgeon General's Framework for Workplace Mental Health and Wellbeing and Stanford University's Model of Occupational Wellbeing to develop a clear vision of what a wellbeing-centered workplace looks like. Participants will also complete a professional fulfillment and workplace wellbeing assessment to better understand their current starting point. Participants will develop a clear vision of workplace wellbeing and understand the workplace conditions that support professional fulfillment, organizational effectiveness, and long-term wellbeing.

Session 3: Identifying the Roadblocks: Building Awareness of the Internal and External Barriers, August 5, 2026

Session 4: Creating the Itinerary: Developing the Skills for Wellbeing, August 20, 2026

Trainer: Shari Degel-Morin, LCPC
Date: 8/5/26 & 8/20/26
Time: 11:00 am - 12:00 pm MST
Location: Zoom
Register: MPHTC Portal

Budgeting with Excel: Fun with Numbers

This six-module, asynchronous course is designed to help build practical skills and confidence in understanding and managing operating budgets. Through short video lessons and hands-on activities, you'll learn to identify key components of a budget, apply basic forecasting concepts, and strengthen your Excel skills to analyze and present financial information with clarity. By the end, you'll feel more comfortable creating, adjusting, and interpreting budgets as part of your everyday work.

Trainer: Stacy Maloney
Location: Asynchronous
Register: MPHTC Portal

Recordings of past training sessions may be found on our website

Recordings

Project
ECHO®

Disease Intervention Specialists ECHO

Led by Montana public health professionals, ECHO participants engage in a virtual community, sharing support, guidance, and feedback. Sessions begin with a didactic presentation by a subject matter expert, then participants present real (anonymized) cases to the specialist - and each other - for discussion and recommendations. Participants learn from one another, as knowledge is tested and refined through a local lens. Come enhance your knowledge of communicable diseases, investigations, and reporting - while increasing your state resource base through a feeling of community and partnership with your peers. Free continuing education credits available for physicians, PAs, and NPs. There is no cost associated with participation.

Upcoming Disease Intervention Specialist Project Echo Topics

Montana Public Health Training Center hosts Disease Intervention Specialist on the 2nd and 4th Thursdays of each month at 11:00am on Zoom. Register and read more here

- August 13: Beyond Resilience: Turning Stress into Action, Part 2, presented by Shari Morin-Degel
- August 27: Case Study, presented by RiverStone Health

Upcoming Hepatitis C & Sexual Health Project Echo Topics

Montana Public Health Training Center also hosts a Hepatitis C & Sexual Health ECHO. Click here to learn more. Sessions are held on the 1st and 3rd Tuesdays at 12:00 via Zoom

- August 4: Syphilis Part 1, Gretchen Newman, MD
- August 18: Syphilis Part 2, Gretchen Newman, MD

Wellness Program

Join us for sessions 3 and 4 of the Workplace Wellbeing series in August. All sessions are from 11:00 - 12:00. Register Here

Future of Workplace Wellbeing

A six part series

Session 1: X Marks the Spot: Defining Workplace Wellbeing
July 16, 2026

Session 2: Mapping the Terrain: Understanding How Wellbeing Transformation Happens
July 30, 2026

Session 3: Identifying the Roadblocks: Building Awareness of the Internal and External Barriers
August 6, 2026

Session 4: Creating the Itinerary: Developing the Skills for Wellbeing
August 20, 2026

Session 5: Start the Journey: Removing the Internal and External Barriers
September 3, 2026

Session 6: Sustaining the Journey: Strengthening Wellbeing Through Connection
September 17, 2026

Sponsored by the DPHHS Behavioral Health & Developmental Disabilities Division

Public Health in Schools Initiative

Public Health in Schools Toolkit Training

We recently hosted a training introducing health departments to our *Public Health Where We Live and Learn* toolkit with practical strategies for connecting public health professionals with schools. The toolkit and training recording are now available for anyone interested in strengthening school partnerships and engaging students in public health. Access the toolkit here

I SPY PUBLIC HEALTH

Kayla Chipongian (Montana Public Health Training Center) leads youth in an I Spy Public Health activity alongside Emily Colomeda and Mark Brookman (Lake County Public Health) in Polson.

Public Health at Boys and Girls Club Camps

Our team joined Boys & Girls Club camps in Polson, Ronan, and St. Ignatius this month to introduce youth to public health through hands-on activities. Campers explored public health with the I Spy Public Health activity, learned about air quality and wildfire smoke through interactive simulations, and compared healthy and smoker pig lungs. Representatives from Lake County Health Department also participated, helping students connect these activities to public health work in their own communities.

I SPY PUBLIC HEALTH

Kayla Chipongian (Montana Public Health Training Center) facilitates a hands-on Pig Lung activity with youth in Ronan

Bill Becker (Ronan Middle School) leads youth in an Air Quality activity in Ronan.

UM Technical Assistance Center

Prevention Specialist Highlight

This month we are excited to highlight **Anita Wotkyns**, a Prevention Specialist with Montana Prevent and Wellness, for her work promoting community connection through her featured project, **Community Builders**, in partnership with the **Bitterroot Discovery Children's Museum**.

WELCOME
TO THE
CARDBOARD

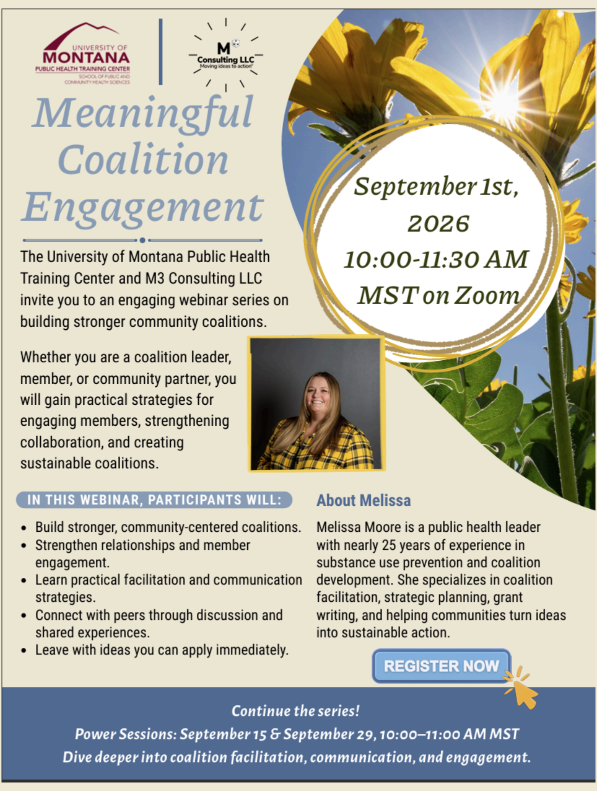
Held Thursdays through Saturdays from 10 a.m. to 5 p.m. throughout July, *Community Builders* gave families a fun, hands-on opportunity to explore what makes a community strong. Kids built a cardboard city, learned about the people and places that help communities thrive, and discovered how everyone can play a role in creating a safe, supportive place to call home.

This project is a great example of the many ways Prevention Specialists support substance misuse prevention. By creating engaging, substance-free activities for families, they help foster Positive Childhood Experiences (PCEs), which are important protective factors that support healthy development and resilience. Programs like *Community Builders* are a great example of PCEs in action.

Thank you Anita!

Upcoming Virtual Training Open to All!

Join us in September for a three-part virtual training series on **coalition engagement** led by **Melissa Moore**, a public health leader with more than 25 years of experience in building successful community partnerships. Participants will gain practical strategies for engaging members, strengthening partnerships, and building sustainable coalitions. Registration opens in the **MPHTC portal this August**. Check out the flyer for more information.



UNIVERSITY OF MONTANA PUBLIC HEALTH TRAINING CENTER SCHOOL OF PUBLIC AND COMMUNITY HEALTH SCIENCES
M3 Consulting LLC Moving ideas to action

Meaningful Coalition Engagement

September 1st, 2026
10:00-11:30 AM
MST on Zoom

The University of Montana Public Health Training Center and M3 Consulting LLC invite you to an engaging webinar series on building stronger community coalitions.

Whether you are a coalition leader, member, or community partner, you will gain practical strategies for engaging members, strengthening collaboration, and creating sustainable coalitions.

IN THIS WEBINAR, PARTICIPANTS WILL:

- Build stronger, community-centered coalitions.
- Strengthen relationships and member engagement.
- Learn practical facilitation and communication strategies.
- Connect with peers through discussion and shared experiences.
- Leave with ideas you can apply immediately.

About Melissa

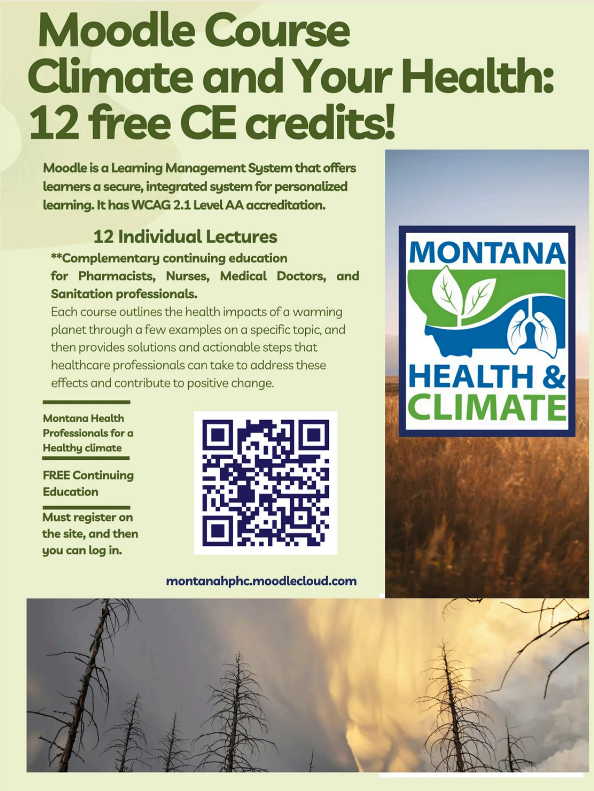
Melissa Moore is a public health leader with nearly 25 years of experience in substance use prevention and coalition development. She specializes in coalition facilitation, strategic planning, grant writing, and helping communities turn ideas into sustainable action.

REGISTER NOW

Continue the series!
Power Sessions: September 15 & September 29, 10:00–11:00 AM MST
Dive deeper into coalition facilitation, communication, and engagement.

News From Our Public Health Partners

MONTANA HEALTH & CLIMATE



Moodle Course Climate and Your Health: 12 free CE credits!

Moodle is a Learning Management System that offers learners a secure, integrated system for personalized learning. It has WCAG 2.1 Level AA accreditation.

12 Individual Lectures

****Complementary continuing education for Pharmacists, Nurses, Medical Doctors, and Sanitation professionals.**

Each course outlines the health impacts of a warming planet through a few examples on a specific topic, and then provides solutions and actionable steps that healthcare professionals can take to address these effects and contribute to positive change.

Montana Health Professionals for a Healthy climate

FREE Continuing Education

Must register on the site, and then you can log in.

montanahphc.moodlecloud.com

PublicHealth IN THE 406

MONTANA DPHHS DEPARTMENT OF PUBLIC HEALTH & HUMAN SERVICES

Leading Through Change: Communication Tools for Local and Tribal Health Leaders | **August 6 | 9:30 AM – 10:30 AM**

Effective internal communication is essential for keeping teams informed, engaged, and aligned—especially during times of change. **This session will explore practical strategies to strengthen communication across departments, improve message clarity, and support leaders in guiding their teams through transitions.** Whether you're responsible for delivering change updates, supporting leadership communication, or improving how information flows across your organization, this webinar will offer tools and insights you can put to use right away. The audience for this training is local & Tribal health department staff. ***This training meets the PHEP Communication Training Deliverable requirement.***

Building Effective Communication Campaigns | **October 22 | 9:30 AM – 10:30 AM**

Strategic communication campaigns can turn routine messaging into meaningful and measurable results. **This session will guide participants through the core components of planning, implementing, and evaluating communication campaigns that truly make an impact.** This webinar is ideal for anyone responsible for planning communication activities, designing outreach strategies, or evaluating communication effectiveness. The audience for this training is local & Tribal health department staff. ***This training meets the PHEP Communication Training Deliverable requirement.***

Storytelling | **December 10 | 9:30 AM – 10:30 AM**

Storytelling brings public health work to life by highlighting the people, experiences, and outcomes behind programs and services. **This session will teach participants how to find compelling stories, conduct meaningful interviews, and craft narratives that connect emotionally while remaining accurate and credible.** This session is designed for anyone working to communicate the value of public health initiatives to internal and external audiences. The audience for this training is local & Tribal health department staff. ***This training meets the PHEP Communication Training Deliverable requirement.***

TRAIN Montana

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The MPHTC newsletter is your monthly gateway to the latest public health insights—featuring timely updates, upcoming trainings, events, resources, and more to help you grow, lead, and make an impact in your community. Explore more opportunities and stay connected on our website.

MPHTC Website

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