



# LIFTS

Linking Infants & Families to Supports

FIFTH ANNUAL MAGAZINE

**JUST SHOWING UP**

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A publication of HMHB



Healthy Mothers,  
Healthy Babies  
The Montana Coalition



LIFTS Magazine

# WHAT IS



[HMHB-LIFTS.ORG](https://www.hmhb-lifts.org)



# LIFTS?



## LINKING INFANTS & FAMILIES TO SUPPORTS

LIFTS is a statewide initiative from **Healthy Mothers, Healthy Babies - The Montana Coalition**, connecting Montana families with the resources they need in order to thrive.

The **LIFTS online resource guide** offers an updated list of services across the state, searchable by location and type.

On the **LIFTS podcast**, formerly *Mother Love*, we have meaningful conversations with Montana families, care providers, and advocates.

And in the **LIFTS magazine**, we center real stories of when getting help helps!

Whether you're seeking behavioral health support, breastfeeding guidance, child development resources, or simply someone to talk to, let LIFTS be your trusted guide.

**Because no one in Montana should have to navigate early parenthood alone.**

Call the **anonymous warmline** at **406-430-9100** for help finding resources.



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SEASONS OF SUPPORT



LEARNING THROUGH LOVE



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# WELCOME

Dear Readers,

Welcome to the fifth issue of **LIFTS Magazine** - *Linking Infants and Families to Supports*. Each issue shares stories from Montana families navigating the 0-3 years of parenting and seeking the supports they need in order to thrive.

At **Healthy Mothers, Healthy Babies – The Montana Coalition**, we believe that connections make us stronger. Parenting isn't something we're meant to do alone, and thanks to a statewide network of peers, programs, and providers, we don't have to. Our hope is that the stories in these pages inspire you to reach out for the resources you need, or perhaps to be the person who offers help to someone else in your community. We also encourage you to explore the **LIFTS Online Resource Guide**, a trusted, statewide directory of resources in every Montana county and reservation. You can find the guide at [hmhb-lifts.org](https://hmhb-lifts.org).

After you've read the magazine, we invite you to complete our brief reader survey at [hmhb-mt.org/surveys](https://hmhb-mt.org/surveys) and enter to win a \$25 gift card. Your feedback helps us create the best magazine we can. Interested in being a part of our magazine or other storytelling efforts? Email us at [stories@hmhb-mt.org](mailto:stories@hmhb-mt.org).

With care,

**Stephanie Morton**  
Executive Director  
*Healthy Mothers, Healthy Babies –  
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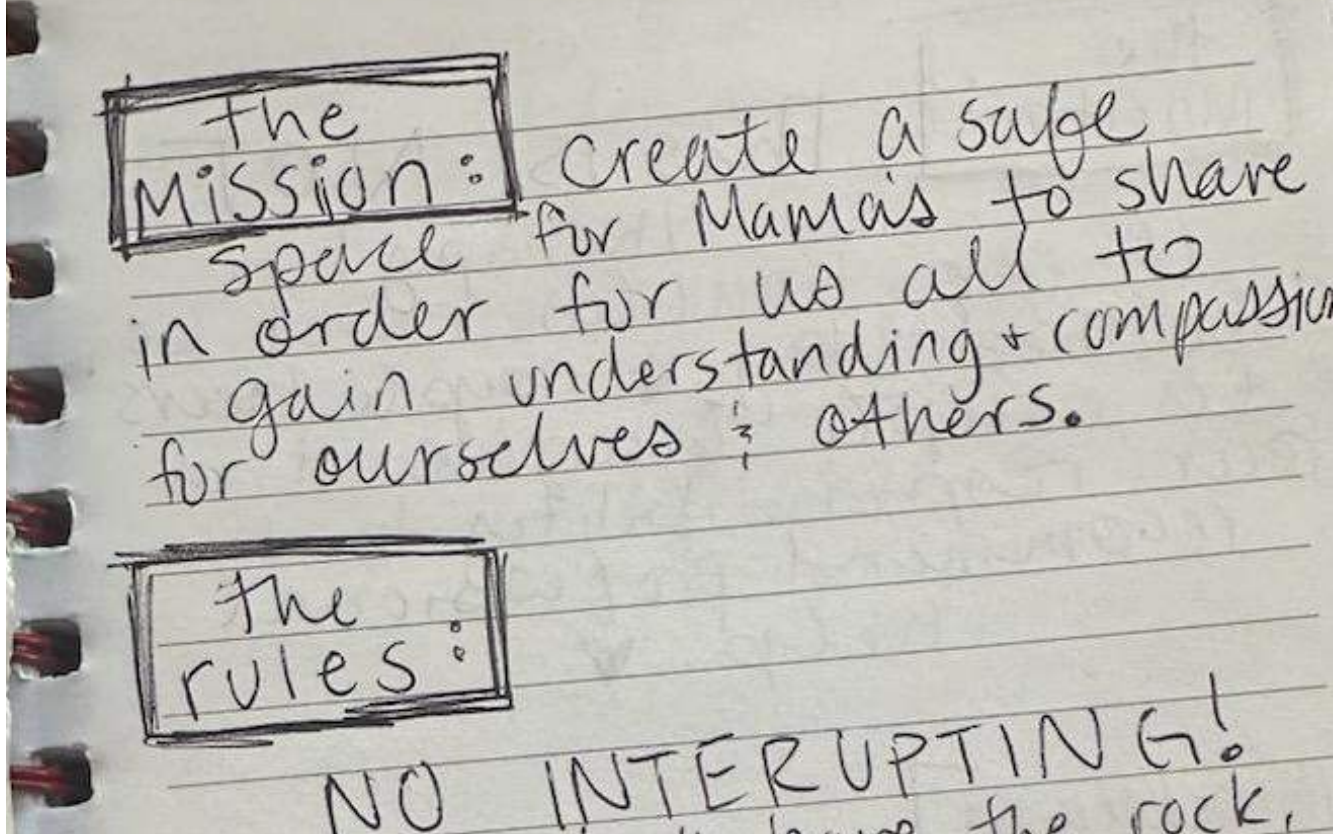




# JUST SHOWING UP

BY MINDY PETRANEK

Photo provided by Mindy Petranek



Rules for the Bad Moms Club shared by Mindy Petranek.

**It can be challenging to make friends in your adult life.** I can't count the number of times I've tried to connect with people and then they don't ever call back. I just really crave that community.

We live on a cattle ranch so things run around the schedules of what's happening at the time: calving, branding – ranching kind of stuff.

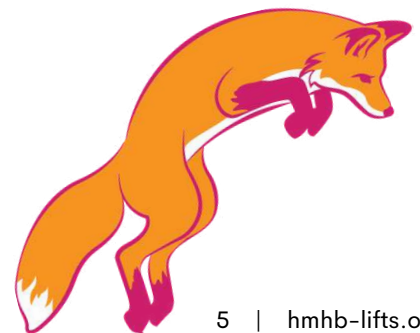
One Christmas, my husband got me a gift certificate to a pottery class. I was super excited, but when it came time for the class, calving had begun. He said he thought I'd be able to sneak away for a couple hours in the evenings, but when it came down to it, we couldn't make it work. We didn't have any childcare and it was just too crazy of a time.

Sometimes you have to cancel plans and do what maintains your livelihood.

I was stuck in a period of feeling really low and lonely, and didn't know how to break the cycle. I started looking for resources and found a baby storytime in the nearest big town. So I took a chance.

My son had really long hair at the time, and one week this gal came up to me and complimented his hair. That's all it took: just her kind openness to tell me it was okay that I was doing things differently.

The next week I went to the library again, and saw the same gal. I thanked her for what she'd said about my son's hair. She told me she was starting a moms group, and invited me to join. We exchanged numbers, and that's how I started going to the Bad Moms Group.





Photos by Amanda Dawn Photography

The name of the group either sparks an interest or people are turned off by it. I love the truth of it, cause as a mom there are so many moments where I feel like I'm botching the job.

The drive to the moms group was an hour long. The first time I went I was nervous, but excited to be out of the house by myself, listening to music as loud as I wanted. I felt like I had a grip on a little of me. When you become a mom, you can lose yourself, and it's all about figuring out how to reinvent.

The way the group works is you just show up. Each meeting starts with the mission statement: to create a safe space for mamas to share in order to gain understanding and compassion for ourselves and others. Zero judgment. No one is to repeat what we say here. No interrupting, and only give input if the person sharing welcomes it or is asking for advice.

“Connecting with other women about the challenges of motherhood gave me reassurance, comfort, and camaraderie.”

Connecting with other women about the challenges of motherhood gave me reassurance, comfort, and camaraderie. It was so much better than just packing all of my feelings into a hole and telling myself that I'm tough enough to handle it. A friend in the group once said to me, *you're always so tough – do you ever get tired of being tough?*

A moms group can help you find a better head space, which will be tenfold worth it for yourself and your family. You can't understand how much you need that outlet till you're on your drive home and thinking: oh, I feel like me again.

Just stick with it and go out of your comfort zone. It will be worth it. A little bit of discomfort will help you grow. ●



Visit [hmhb-lifts.org](https://hmhb-lifts.org) for local resources using the search terms “Support Groups”, and “Family Support and Education”.



*Photo by Highland Creative Solutions*

# RYAN'S JOURNEY HOME

BY JAKE MAHER AND  
CALLIE TRILLER

## JAKE:

**Before my son Ryan was born, my life was spiraling out of control.** I wasn't a productive member of society, and was just lost. I was in jail when I discovered I'd become a dad, and Ryan's mother and I were no longer together.

I eventually got into the drug court program, and went to treatment, and that's when Callie and her family got involved as foster parents.

I started doing weekly video calls with them, which Child Protective Services (CPS) encouraged. Callie sent me a notebook and a pen, and said if you want to write a letter to Ryan, we'll read it to him, so I did. She and her family were so supportive of me. They sent care packages while I was in treatment, they sent pictures and a photo album, and wrote to me about what it had been like since the day they got him. They saw me as a person who was struggling and needed a lot of extra encouragement, and were always helping work towards the goal of reunification.

When I got back from treatment, Callie would drive Ryan to me for my supervised visits, twice a week for an hour each.

I took parenting classes, got enrolled in an intensive outpatient program, and went to 12-step meetings. Ryan was the reason I didn't give up. I didn't really look at that as an option at that point. I just wanted to be with him.

When he finally came to live with me, I continued these efforts, attending recovery meetings and taking every parenting class that I could. I wasn't court-ordered to do these things, but felt it was necessary to keep me on the path that I was on. I wanted to take full advantage of every opportunity I could that would give me greater chances of having Ryan permanently. I've learned that the more you put into something, the more you get out of it. That's why I went all out, and did everything I possibly could to better my chances of getting him back.

I work full-time, Monday through Friday, and Ryan goes to daycare. He's just started walking, and has been communicating more. It's not so much like a guessing game anymore - he can actually let me know what he wants. The communication between the two of us, growing together, and having the bond that we do is a huge win.

Eighteen months ago, I never would've thought that I'd be where I am today. ●

## CALLIE:

**When we started fostering, we knew we would need every resource at our disposal.** With every placement, it held true - we needed friends, babysitters, doctors, and community to support us so we could love and support each child who walked in our doors. Baby Ryan was no exception. He came to us straight from the NICU after a pre-term birth, and we immediately enlisted as many friends as we could to take turns holding and rocking him, knowing he needed all the love we could provide.

As a child in Montana's foster care system, Ryan qualified for many public benefits, including Medicaid, WIC, and the Best Beginnings Scholarship.

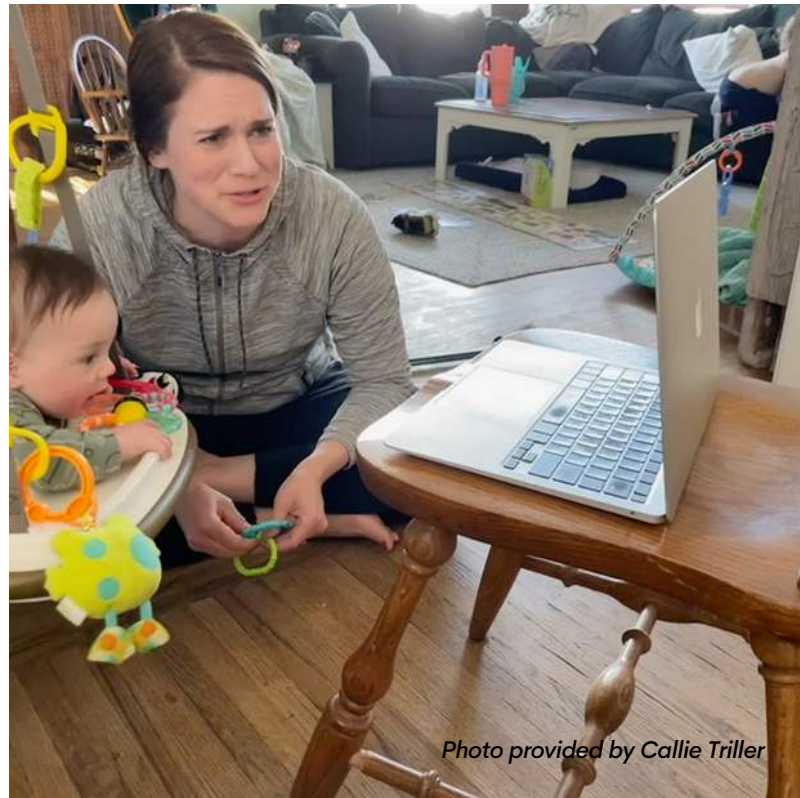


Photo provided by Callie Triller



Photo by Grace Pauley Photography

Through Medicaid, we were able to quickly connect with an occupational therapist familiar with feeding premature infants. She educated us on proper bottle placement and techniques to allow him to drink as much formula as he could so that he would grow stronger. His occupational therapist also worked to provide him positive sensory touch, and coach us on how to best care for him as his body and brain developed outside of the womb.

Medicaid also paid for all of his well-child check-ups. Over the course of the year that Ryan lived with us, his primary care provider helped us navigate some difficult illnesses and directed us to the proper treatments when there were milestones he was slow to meet.

We connected Ryan with the WIC program, which paid for most of his formula throughout the first year, helped track his growth and development, and provided us with nutrition support as Ryan transitioned to solid foods.

Once Ryan worked his way into a more routine schedule and got bigger and stronger, we enrolled him at a high-quality early childhood program in our community, utilizing the Best Beginnings Scholarship, a state-funded program that helps families cover the costs of childcare.

And then we met Jake.

We had no idea that one of the coolest parts of fostering Ryan would be getting to know his biological parent. I remember learning that Jake had chosen to go to treatment and I literally cheered! When he asked to do Zoom visits through treatment, we were so happy to help make that happen. As soon as possible, we wanted Ryan to know his dad, and for Jake to be continually motivated by all the sweet coo's and big brown eyes Ryan could give.

After Jake finished treatment, and in-person visits started, we got to know him even better - seeing him at least once per week. We were inspired by his hard work and dedication to both his sobriety and his parenting. He was utilizing every resource he could for himself, just as we were utilizing every resource we could to support Ryan.

As visits progressed from "supervised" to "monitored", and then from a day at a time to overnight, we got to witness Jake and Ryan's bond flourish until our very final handoff. I was tearful, as I knew I was saying goodbye to the sweet little boy who had lived with us for the past 15 months. But Ryan crawled right over to Jake who picked him up. He then looked at me with a big smile and just waved. He knew he was home. ●



Photo by Highland Creative Solutions

"We had no idea that one of the coolest parts of fostering Ryan would be getting to know his biological parent."



Visit [hmhblifts.org](https://hmhblifts.org) for local resources using the search terms "Family Support & Education", "Substance Use Disorder Treatment Providers", and "Birthing & Parenting Classes".



*Photos by Patricia Marie Photography*

# NURSING UNDER THE BIG SKY

BY CELESTE MILLER

**As a first-time mom, breastfeeding didn't come easily.** My son JR wasn't gaining enough weight, and we didn't know what was going on. It was stressful, and we were both struggling.

There's no lactation support available in our rural ranching community, and I would drive an hour each way to the hospital, where we met with a different pediatrician at each visit.

They saw what I was producing, and what he was drinking, and couldn't figure out why he wasn't gaining weight. One pediatrician finally referred us to a specialist – a pulmonologist – and that's when things started to get better.

It turned out that JR had laryngomalacia, soft cartilage in the larynx that prevented him from being able to nurse properly. He also had a high arch, which no one had noticed before, so he wasn't able to get a good latch. The pulmonologist suggested we start him on formula so that he could get the calories and nutrition that he needed in order to thrive.

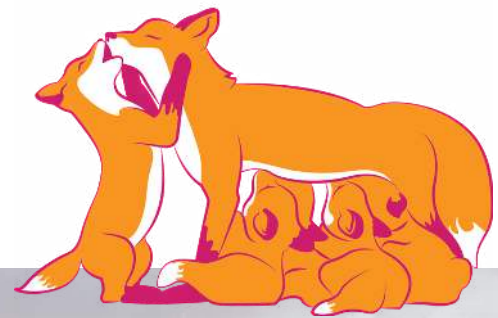
I always knew that I was going to try breastfeeding again, and with my second baby, Millie, I was determined. We received lactation support at the hospital, and this time breastfeeding worked almost immediately. It was a whole different situation with her, a child without health issues. But I also had a more relaxed attitude this time around, and had let go of thinking this is the only way to do it. The way to do it is whatever it takes for the baby to gain weight, and for mom to be happy.

It would be great to have a lactation consultant in our rural community, someone local to reach out to, without having to drive an hour to the hospital. We don't currently have any lactation support resources - just moms helping other moms. One of my best friends in the area had a baby shortly after I did, and I was able to share about my experiences. Some of the advice I gave her was helpful for her breastfeeding journey, but some wasn't. It's funny to see how every baby is different, and what works for one may not work for another. I encouraged her to reach out to her lactation consultant at the hospital for help.


I'm self-employed on our family cattle ranch, so I'm able to breastfeed while I'm working. I can either take my daughter with me, or move between where I'm working and where she is. When we're branding and she's at the house with my mom, I'll run back and forth between the branding and the house to feed her.

Once, when Millie was about three months old and we were in the middle of calving, I found a calf in the field that hadn't been claimed by its mother. I wound up bottle feeding the calf, while also breastfeeding Millie, in our side-by-side in the middle of the pasture. It was quite the experience! ●

“But I also had a more relaxed attitude this time around, and had let go of thinking this is the only way to do it.”



Visit [hmhb-lifts.org](https://hmhb-lifts.org) for local resources using the search term "Lactation Support".



The QR code is circular with a yellow and orange border. It features the text "LIFTS" in the center, with "hmhb" above it and "FLORIDA" below it. The QR code itself is composed of small orange and yellow squares.

# THE ART OF MOTHERHOOD

BY MORGAN IRONS &  
JESSICA WALSH, IBCLC, BSN, RNC

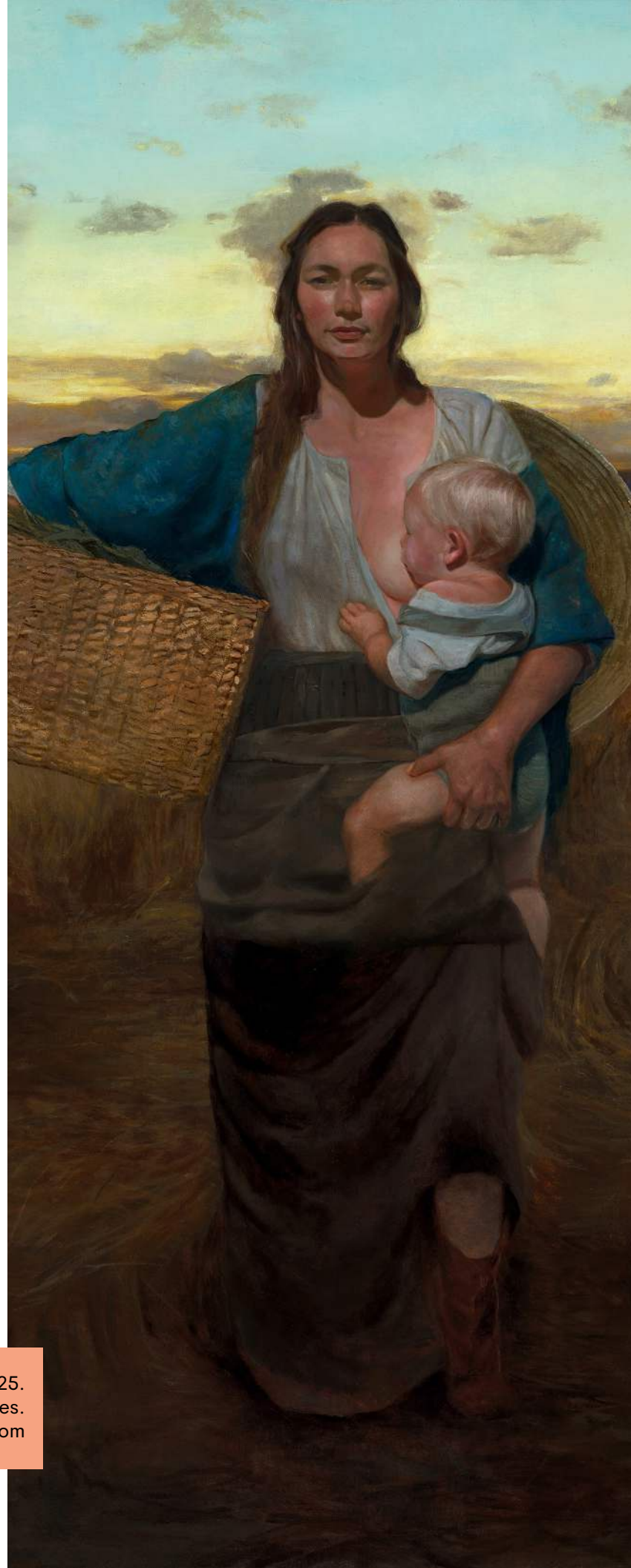
## MORGAN:

**I'm an artist by profession, as well as a homebirth doula.** I've attended home births in rural places where the dawn light would peek into worn farmhouse windows. After the delivery, we'd tuck the mother into bed with her new baby and other children, the horses, dogs, and work awaiting. These scenes of divine chaos – timeless and placeless – stayed with me as I returned to the studio.

*Mother* depicts a woman carrying a harvest basket while balancing her nursing baby on her other hip. I wanted her to feel like a saint to the viewer – holy in stature, wrapped in warm light as she stands on fertile ground. She balances both bounty and burden on her hips, a woman carrying it all.

*Mother With Child* is a more idealized scene, showing the devotional attention of a new pairing. The mother nurses in a bucolic setting, fully focused, yet to be pulled away by other needs.

My work as a doula offers me an intimate connection to the motherhood experience, and these paintings are my attempts at capturing the ever-shifting identities and pursuits of women in motherhood. ●



Morgan Irons, *Mother*, 2025.  
Oil on linen, 60 x 48 inches.  
[www.morganirons.com](http://www.morganirons.com)



Morgan Irons, *Mother With Child*, 2025.  
Oil on linen, 30 x 40 inches.  
[www.morganirons.com](http://www.morganirons.com)

#### JESSICA:

**These two pictures, while both so beautiful, portray very different aspects of breastfeeding and early motherhood.** As a lactation consultant, I see a wide range of breastfeeding experiences, from peaceful, bonding moments to overwhelming, nonstop juggling. These two paintings beautifully capture both ends of that spectrum.

*Mother* portrays a more realistic side of breastfeeding in today's culture — things like going back to work early, constant multitasking, and how breastfeeding itself can feel like labor, especially on top of the many other responsibilities that fall on a mother's shoulders.

*Mother With Child* glamorizes breastfeeding a bit more, and shows the bonding, peaceful, connecting side of it. This mother, who also appears to be working, is taking the time to sit, hold, and cuddle her baby. She's looking at him and interacting, which can be so powerful for attachment between mom and baby.

Early motherhood can feel isolating when we don't have a village to surround us and lift us up, and the image of this mother standing alone in a field represents that piece of the experience. But this piece also shows the power and resilience of a mother, to not only make food for and nourish her child, but to carry the weight of everything else that's asked of her, all at the same time.

Both images, each in their own way, portray the multidimensional piece of motherhood that breastfeeding can be. ●

**I first received birth worker support in 2015, with my first son.** I was in a mental health crisis, and really needed help. I was living by myself at the time, and there were days when I would just lie in bed, and not want to cook, or eat or anything. My doula would come help me get out of bed and just do life. She visited my home, delivered care packages, and stayed on call whenever I needed her. She brought light, grounding, and steady presence. She reminded me that I deserved softness and care, and gave me a reason to keep going.

In 2023, I trained as a doula, and have worked with families both in person and online. Through my practice, I support Indigenous families across Montana and beyond, offering culturally accurate, spiritually respectful resources that reflect our communities. I didn't plan to be a birth worker - I always thought I was just going to be an artist - but this work spoke to me. I've always wondered where I belonged and now I know. I've had a few clients who reminded me of a younger version of myself, which feels karmic, like one of those full-circle moments.



# BIRTHWORK AS MEDICINE

BY JULIANNE DENNEY

Doulas are particularly valuable in Montana’s rural areas, because we can travel. We're like a mobile support unit. We can help clients get to their appointments, and accompany them when things are tough. Can you imagine being told by a doctor that you’re going to lose your baby, and you go home and you’re by yourself? We're the people who show up when nobody else can.

I believe that we can save more lives through preventative measures because we all know the statistics. Doulas can help people survive.

A doula is for anyone who could use a break, who needs things done around the house, who needs help with sleep management, or who could use some massage. If someone wants their partner more involved, we're good at coaching them. Doulas are for first-time moms, and also people who aren't first-time moms; they can become your best ally, and your strongest advocate. The biggest thing for me is to witness the empowerment, to see a mom who's done a whole 180, and just lights up when you show up. It's an honor to help moms and families to see their own strengths.

This journey began with my own healing, but it grew into something far bigger. Birthwork didn't just carry me through, it became the medicine I now offer to others. As a doula, I get to be the mom I never had, which is a ceremonial gift that I can give. ●



Visit [hmhb-lifts.org](https://www.hmhb-lifts.org) for local resources using the search term “Doulas and Other Birth Professionals”.

To learn more about Julianne's doula services, visit <https://www.morningstarbirthworkz.com>

“Doulas are particularly valuable in Montana’s rural areas because we can travel. We're like a mobile support unit.”





# GUIDANCE WITHOUT JUDGEMENT

BY MELODY WILSON

**Becoming a mom was one of the most exciting things I've ever experienced, but also one of the most overwhelming.** You want to do everything right, be perfect, and make no mistakes. But motherhood doesn't come with a manual. Having a home visiting nurse gave me something incredibly valuable: guidance without judgment.

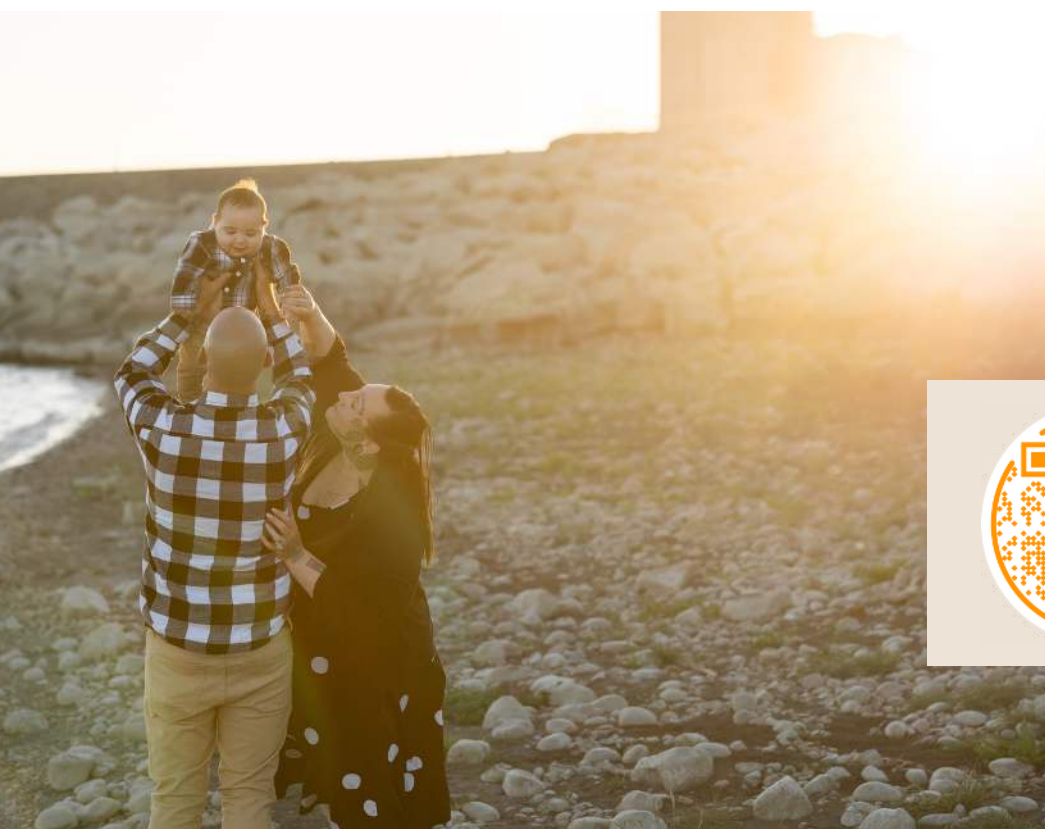
I was referred to the home visiting program through WIC when I was pregnant, and didn't know much about it. I figured I'd meet with a nurse occasionally, and be able to call if I had questions, but didn't understand how impactful it would become in my life. My home visiting nurse has helped me with everything from breastfeeding, to figuring out how to properly install a car seat. She even does milestone check-ins for my son and wellness checks for me, and all of it happens right in my home. The convenience alone is incredible, but it's the support and encouragement that have meant the most.

Before I met my home visiting nurse, I was a little nervous, and unsure of what to expect. But then she called me. We had our first conversation over the phone shortly after the referral, and everything shifted. Her tone, her warmth, the way she listened—it made me feel excited instead of anxious. All my reservations disappeared after that call.

During my labor, on day two of a tough induction, things were at a standstill. My body wasn't responding, and my medical team wanted to break my water, but I didn't know if it was the right decision. I was lying in the hospital, stressed and scared, unsure of what to do next. Although it was after hours, I called my home visiting nurse, who encouraged me to trust in the judgement of my providers. In a moment when nothing else felt stable or safe, her voice grounded me. She was the calm amidst the chaos. She didn't have to take my call, but she did, and I'll never forget it.

I've faced judgment from others. I have tattoos in places that make people stare, I have a criminal record, and while that chapter is far behind me, it still follows me around. Some programs turn me away because of it and getting housing has been a challenge at times. There have always been hurdles. But I don't dwell on my past. I've learned from it, and am now focused on being the best mom possible.

Home visiting has become one of the most meaningful resources in my parenting journey. People need to know this kind of support exists. It's not just helpful, it can be transformative. It's helped me grow not only as a mother, but as a person. I started my motherhood journey full of questions, uncertainty, and fear, but with the right support I've found confidence, knowledge, and the strength to be the kind of mom I've always wanted to be. ●



Visit [hmhb-lifts.org](https://hmhb-lifts.org) for local resources using the search term **"Home Visiting"**.



# SEASONS OF SUPPORT

BY TAYLOR SCHIPMAN

**Our family works on a cattle operation, and our income changes seasonally.** My husband gets paid a salary, but I work part-time. In the winter I usually work four days (because I'm not taking the kids out when it's 70 below!). But during the busy season, I'm working for pretty much the whole pay period, and the kiddos come along. Every day we're up to something, whether it's building onto the ranch or feedlot, fencing pastures, installing new tanks or rebuilding old ones, processing or shipping/receiving cattle, or moving cattle on horseback.

Bringing a baby with me for the daily work made things difficult - and then it was two babies. I always keep in mind that they're getting to learn everything hands-on - how we take care of horses and cattle, learning how life begins, and how it can end.

I love that my kids are around the responsibilities of animals daily, that they not only learn to respect them, but also to understand how they're a part of our family.

It can be tough when it's too cold or too hot outside, or when we're so busy that the kids aren't able to be home, aside from bedtime and dinner. It's important to me that they learn that in this industry, animals always eat and drink before we do. I understand they don't necessarily enjoy it every single day. Depending on the weather, they sometimes sit in the heat or AC of our pickup watching a movie while we work, but in the spring and fall, they are out playing in the dirt and getting filthy alongside us, having the time of their lives. Before we became parents, we were working hard but still barely had enough by the end of the month for groceries.

When I had my daughter, my mom encouraged me to apply for WIC. I didn't know anything about it until she mentioned it. The WIC program was the only thing that kept food on our table at that time - besides beef from my family - and it's all healthy food. Now that we have two kids, it's definitely cutting our grocery bills down a ton.

Our WIC advisor is absolutely amazing. She had us bring in a few documents, and was really good with the kids during the sign-up process. It was easier than I thought it would be to enroll. When I first got on WIC, I felt kind of self-conscious at the grocery store when there were people in line behind me, and it took five minutes longer. But that's gotten easier. It's always comforting when cashiers say, *we were on WIC too, it helps so much.* ●



Visit [hmhb-lifts.org](https://hmhb-lifts.org) for local resources using the search term **"Food and Nutrition Supports"**.

# HERE FOR MONTANA FAMILIES.

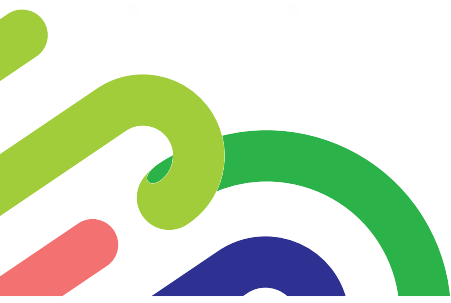
Montana WIC is proud to serve Montana families with food and nutrition benefits. WIC serves pregnant, postpartum, and breastfeeding parents as well as infants and children up to their fifth birthday.



[SIGNUPWIC.COM](https://SIGNUPWIC.COM)

**1.800.433.4298**

This institution is an equal opportunity provider.





Photos by Chad Mallow Photography

# LEARNING THROUGH LOVE

BY CHRISTINA AND DWAYNE FRANDSEN

**These were going to be our glory years, our retirement empty-nester years.** We never imagined we'd be raising a young child.

Kaden came to us unexpectedly. His father – our son – was working hard to rebuild his life after being incarcerated out of state, and wasn't in a position to be a full-time parent, so we stepped in.

The child protective systems worked quickly and efficiently to bring Kaden from foster care in South Dakota to our home in Montana. He was two weeks shy of his second birthday when he arrived.

It was right before Christmas, and getting started was kind of expensive. We found a local church with a fostering closet, and they were really good to us, helping us find shoes and clothes in his size, snow pants and a winter coat. Another great resource was the Kinship Navigator Program at Montana State University. Before connecting with them, we didn't realize how many grandparents or family members are taking care of kids nowadays. It was surprising, but also comforting to know we weren't alone in this experience.

Part of the challenge at first was just learning who Kaden was, and him learning who we were. At first, we couldn't give him a bath without him screaming. Even giving him certain toys in the bathtub scared him. As a team, we took turns figuring out what we could do to help him. It just took time.

We have other grandkids besides Kaden, including some who are his age, but raising them is different than just visiting with them. We wanted to make sure we're doing everything right, but it was a steep learning curve. We didn't know how to put in the car seat, because they strap in differently than they did 20 years ago, and the rules had changed about forward facing and back facing. Car seats are different, medications are different, strollers are different. And the pack and play – oh my gosh, we struggled with that. We still do. Luckily our adult children were able to help us figure things out.

Kaden didn't want to be touched in the beginning. We couldn't rock him, or pat his back because it seemed like everything hurt. It was *owie* this, *owie* that. So we had to spend time just being with him, bonding, and allowing him the time and space to start to feel comfortable with us.

He loves physical affection now, and has a great sense of humor. He's learning new words all the time, and loves to make animal noises. He can say "dinosaur" and roar like one. Everybody that sees him now says, oh my gosh, he's such a different kid.

We've all learned so much from this experience: consistency, understanding, and the importance of loving one another through hard moments. It was just a matter of figuring it out, and figuring each other out. Raising our grandson has been such a gift for us – we didn't realize we needed him just as much as he needed us. ●

**"As a team, we took turns figuring out what we could do to help him. It just took time."**



Visit [hmhb-lifts.org](https://hmhb-lifts.org) for local resources using the search term "Family Support and Education".



# ABOUT HMHB



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Director of Native American Initiatives

## WHAT WE DO

Connect, Advocate, Train, Assist,  
and Communicate

## HOW WE DO IT

Convene, Collaborate, Educate, Outreach  
and Partnership

## WHY WE DO IT

### OUR VISION

All babies in Montana will have a safe and  
healthy beginning.

### OUR MISSION

Improve the health, safety, and well-being  
of Montana families by supporting mothers  
and babies, age zero to three.

## SUPPORT OUR WORK

Help ensure safe and healthy  
beginnings for Montana  
families. Donate today at  
[hmhb-mt.org/donate](http://hmhb-mt.org/donate).



Register Your Child for

**FREE BOOKS**



MONTANA

AVAILABLE TO ALL MONTANA CHILDREN UNDER AGE 5!

The Imagination Library of Montana mails free high quality and age appropriate books to Montana children each month. Enroll online at [imaginationlibrary.com](http://imaginationlibrary.com).



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

Facing Addiction & Fighting Stigma  
**BECAUSE WE'RE STRONG.**



**ASKING FOR HELP ISN'T A WEAKNESS. IT'S BRAVE.**

As Montanans, together we can:

- Face Addiction
- Fight Stigma
- Support Treatment & Recovery
- Help Save Lives

**BECAUSE WE'RE STRONG.**



[HelpSaveLivesMT.org](http://HelpSaveLivesMT.org)



**m** **Mother Love** IS NOW...



**THE LIFTS PODCAST**

A PROJECT OF HMHB-MT

New name. Same trusted space where Montana families and caregivers share their stories and experiences.

**FRESH STORIES ON THE WAY!**

Listen on Apple, Google, Spotify or wherever you find your favorite podcasts.



**THE LIFTS PODCAST**

A PROJECT OF HMHB-MT



**Safe Sleep:  
Learn, Plan and Provide**

Find resources and support at [hmhb-mt.org](http://hmhb-mt.org)





# The Meadowlark Initiative®

HEALTHY PREGNANCIES  
& SECURE FAMILIES

Our vision is for expecting moms, their partners, and families to **have the support they need to have the healthiest pregnancies possible** and the ability to parent their babies in a safe, healthy, happy home.

The Meadowlark Initiative® integrates behavioral health screening and services, care coordination, and navigation to community resources into prenatal and postpartum care **to keep moms and babies healthy and families together.**



Use the QR code to learn more about the initiative and find a list of hospitals that provide Meadowlark care.





# HOW ARE YOU FEELING?

Did you know depression and anxiety are the most common complications of pregnancy and childbirth, affecting one in 5 women?

If you're experiencing emotional complications related to your pregnancy or birth, ask your doctor about **MTPAL for Moms**

MTPAL for MOMS is a psychiatric consultation line for Montana-based clinicians caring for pregnant and postpartum women. Your doctor can call the consultation line today to discuss your symptoms and find the best treatment option for you.



## How do I know if I may be suffering from a Perinatal Mood & Anxiety Disorder?

1. You are irritable, frustrated, and on edge.
2. You are feeling down, hopeless, helpless and worthless; you do not enjoy the things you used to enjoy.
3. You are feeling panicky, with physical symptoms such as chest pain, chest tightness, shortness of breath, palpitations, and tremors.
4. You cannot sleep (for postpartum people, even when the baby sleeps) or you oversleep.
5. You have no appetite or you are overeating.
6. You are having intrusive, scary thoughts.
7. You do not want to live anymore; you want to hurt yourself, your baby, or your other children.
8. Your mind is playing tricks on you, and you may be hearing voices or seeing things you usually do not see.
9. For postpartum people, it is hard to feel the bond with your baby.

## How can I find help?

1. Tell someone close to you how you are feeling.
2. Tell your doctor or your baby's doctor how you are feeling.
3. Look at the LIFTS Guide. You will find great resources here: <https://hmhb-lifts.org/>
4. Ask your doctor to call MTPAL for Moms
5. If you are having thoughts of hurting yourself or hurting someone else, go to the nearest emergency room.
6. Ask your doctor or your baby's doctor to help you find a perinatal therapist and/or psychiatrist.



844-40-MTPAL



[www.mtpal.org](http://www.mtpal.org)

# Look CLOSER

**LOOK PAST  
MY ADDICTION.**

*See the mother  
I want to be.*

Addiction is a disease requiring treatment, not judgement. Recovery requires more than grit & willpower. When moms seek care, meet them with compassion. Never underestimate the power of one kind interaction. It could change a life... maybe two.

**Asking for help is brave.**

You don't have to do this alone. When you're ready, help is here for you.

Taking care of yourself is  
taking care of your baby.

**To find help, visit:  
[www.hmhb-mt.org/lifts](http://www.hmhb-mt.org/lifts) or  
call the warmline at  
(406) 430-9100 for  
anonymous assistance.**



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