Lower Brule Resources

Community

Kul Wicasa Oyate - *Lower Brule*
The official website of the Lower Brule Sioux Tribe.

Better Choices, Better Health - *Good & Healthy South Dakota*
Better Choices, Better Health® SD is for adults with ongoing physical or mental health conditions and their caregivers. They offer education workshops to help make healthier choices in day-to-day life.

Family

Family - *South Dakota State University Extension*
All families are unique and so are their needs. SDSU Extension serves South Dakotans of all ages.

Harm Reduction

Avoid Opioid - *South Dakota Opioid Abuse Strategic Plan: South Dakota Department of Health and Department of Social Services*
Information on providers and treatment options (including Naloxone).

Enough Abuse - *The Center for the Prevention of Child Maltreatment*
Helping communities to prevent and respond to childhood sexual abuse and maltreatment.

Strengthening the Heartland - *South Dakota State University Extension*
Strengthening the Heartland (STH) provides opioid education in rural communities. They work with those in the farming/ranching industry. They also have resources for youth and adults related to resilience and prevention of opioid misuse.

Take Back Sites: Avoid Opioid - - *South Dakota Opioid Abuse Strategic Plan: South Dakota Department of Health and Department of Social Services*

Tips to safely dispose of unused or expired prescription drugs.

Understanding Adverse Childhood Experiences (ACEs). Building Resilience.- *Children's Home Society of South Dakota*
Resources to help you better understand ACEs and the research behind it.

Mental Health

Coping With Stress During Difficult Times - *Great Plains Good Health & Wellness*
Learn more about mental health and coping well with stress.

Mental Health & Physical Activity - *Great Plains Good Health & Wellness*
Find out more about the connection between physical activity and mental health.

Nutrition & Physical Activity

Dakota & Lakota Traditional Games Resource - *South Dakota State University Extension*
This easy to use resource promotes physical activity for families who are camping, teachers in classrooms, tribal programs, park employees or museum presenters.

Food - *South Dakota State University Extension*
Learn more about food preservation, food safety, farmer's markets, nutrition and health.

Garden & Yard - *South Dakota State University Extension*
Gardening is good for the mind and body. South Dakotans who garden provide healthy, nutrient-rich produce for themselves and those they care about. Working outside with plants and soil can also be therapeutic.

Helpful Food & Shopping Tips During Unexpected Events - *South Dakota State University Extension*
When faced with unexpected events, such as a health crisis or natural disaster, planning meals and grocery shopping can be hard.

Nutritious eating and living well - *University of Minnesota Extension*
Read more about the important role of nutrition within health and wellness.

Pick it! Try it! Like it! Preserve it! - *South Dakota State University Extension*
Tips for choosing, preparing, and preserving many kinds of fruits and vegetables.

