

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.

