



Be Well
Big Sky

Be Well Big Sky

Fostering connection and well-being
through community-led solutions, mutual aid & learning.



THE STATE OF MENTAL & BEHAVIORAL HEALTH.

What We Know

Montana continues to rank top 3 for highest suicide rate in the nation.

Mental Health & Substance Use Big Sky vs. U.S.



Data Source: Community Health Needs Assessment (2020)



THE STATE OF MENTAL & BEHAVIORAL HEALTH.

What We Know

Barriers to Accessing Care

- Knowledge/Awareness
- Transportation
- Availability
- Cost
- Stigma
- Language
- Time



WHO WE ARE.

Be Well Leadership Council



SHANNON STEELE
DIRECTOR



CHLOE UNGER
NEXT GENERATION



SARAH GAITHER
BIG SKY FOOD BANK



ROBERT MCCORMICK
YC CULINARY



MICHELLE NIERLING
YC CULINARY



ANDY NAGEL
BIG SKY RESORT



SUZY SENSBACH
MONTAGE



BEN KEEFE
SMALL BUSINESS



DYLAN THORNTON
BELONGING IN BIG SKY



JEREMY HARDER
SCHOOL DISTRICT

OF THE COMMUNITY, FOR THE COMMUNITY.

Who We Are

Meet the Navigators

- Neighbors, friends, colleagues
- Bartenders
- Custodians
- Administrators
- Ski patrollers
- Teachers
- HR directors
- Cab drivers
- Grocery and hospitality workers
- Housekeepers
- Spiritual leaders
- High school students
- Chefs and beyond...



OUR SOLUTION.

Community-Driven Care

- Increase access
- Streamline connection to care
- Reduce barriers
- Provide in-the-moment support
- Normalize the experiencing of being human

We don't heal alone. We inherently need one another at a basic, biological level.



UPLIFTING & STRENGTHENING OUR COMMUNITY.

Programs & Services



Navigator Network



Trainings

Collective Action



EARLY PROMISE, PROFOUND DELIVERY.

Our Impact

30

Navigators provide support, education, resource navigation, and reduce the stigma associated with mental health.

27+

Outreach events attended from orientations, Music in the Mountains to film screenings.



8

organizations create seamless integration of services and mutual aid among providers.

”

I was in a video last winter to share my story navigating mental health challenges, and advocating to increase awareness and stress the importance of the employee assistance program. Since then, the term stigma doesn't seem to exist in my daily bubble of friends and co-workers. I've received simple thanks from many, and have had the privilege to be a listening ear for others and their experiences with depression.

Andy Nagel, Big Sky Resort Custodial Supervisor

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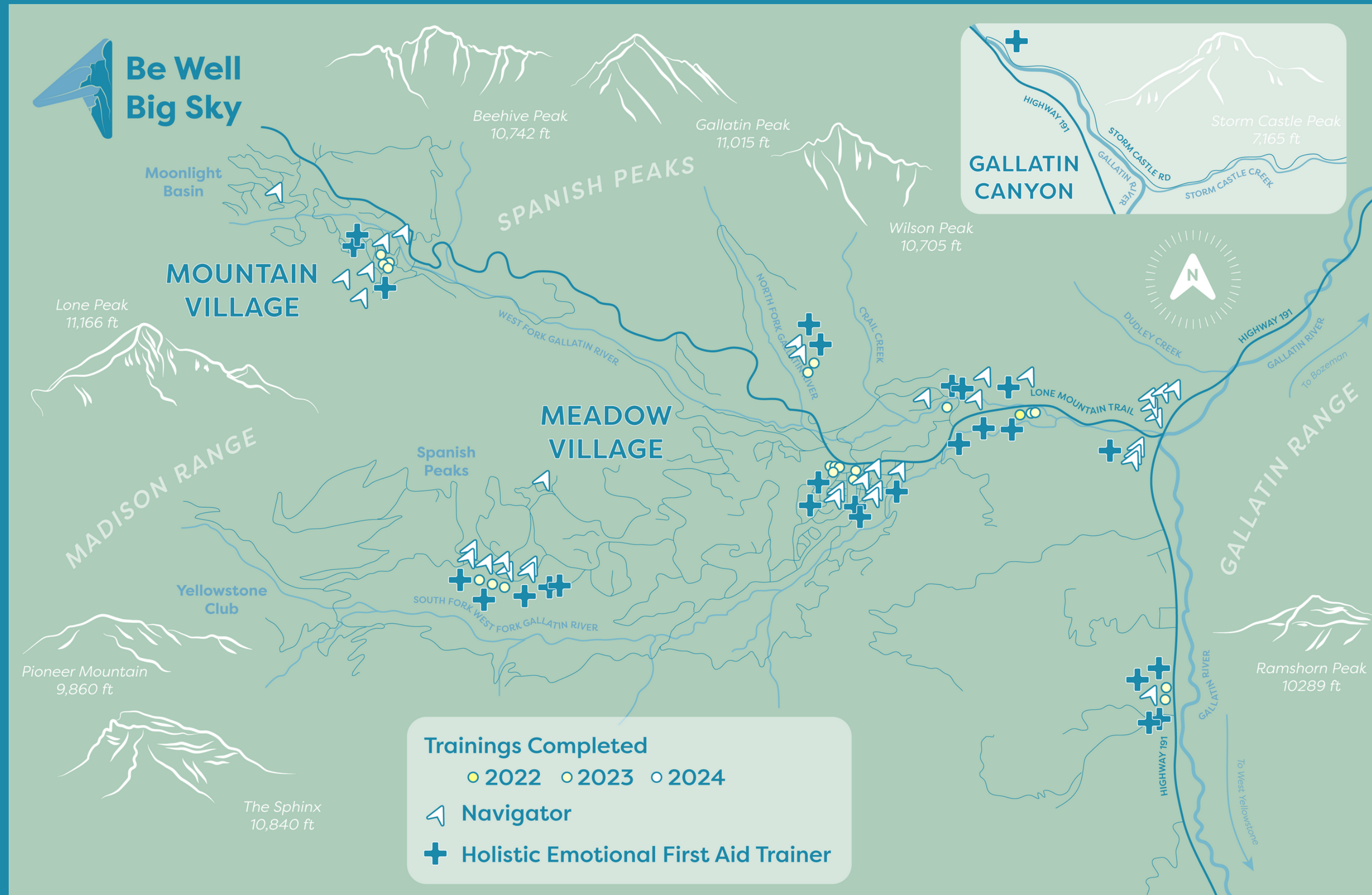
Columns published in Explore Big Sky to reduce stigma & increase awareness of resources.

“All tools aside, the connection piece of all this is huge and may have the greatest impact of all.”

Emotional First Aid Participant



Holistic Emotional First Aid Trainings Since 2022



32
Trainers

26
Trainings

80 Hours

341+
People
Reached

FOUNDING BE WELL.

Where We Are Going

1

SECURE DIVERSE FUNDING

2

OPERATIONS
SYSTEMS
COMMUNICATION

3

PROGRAMS

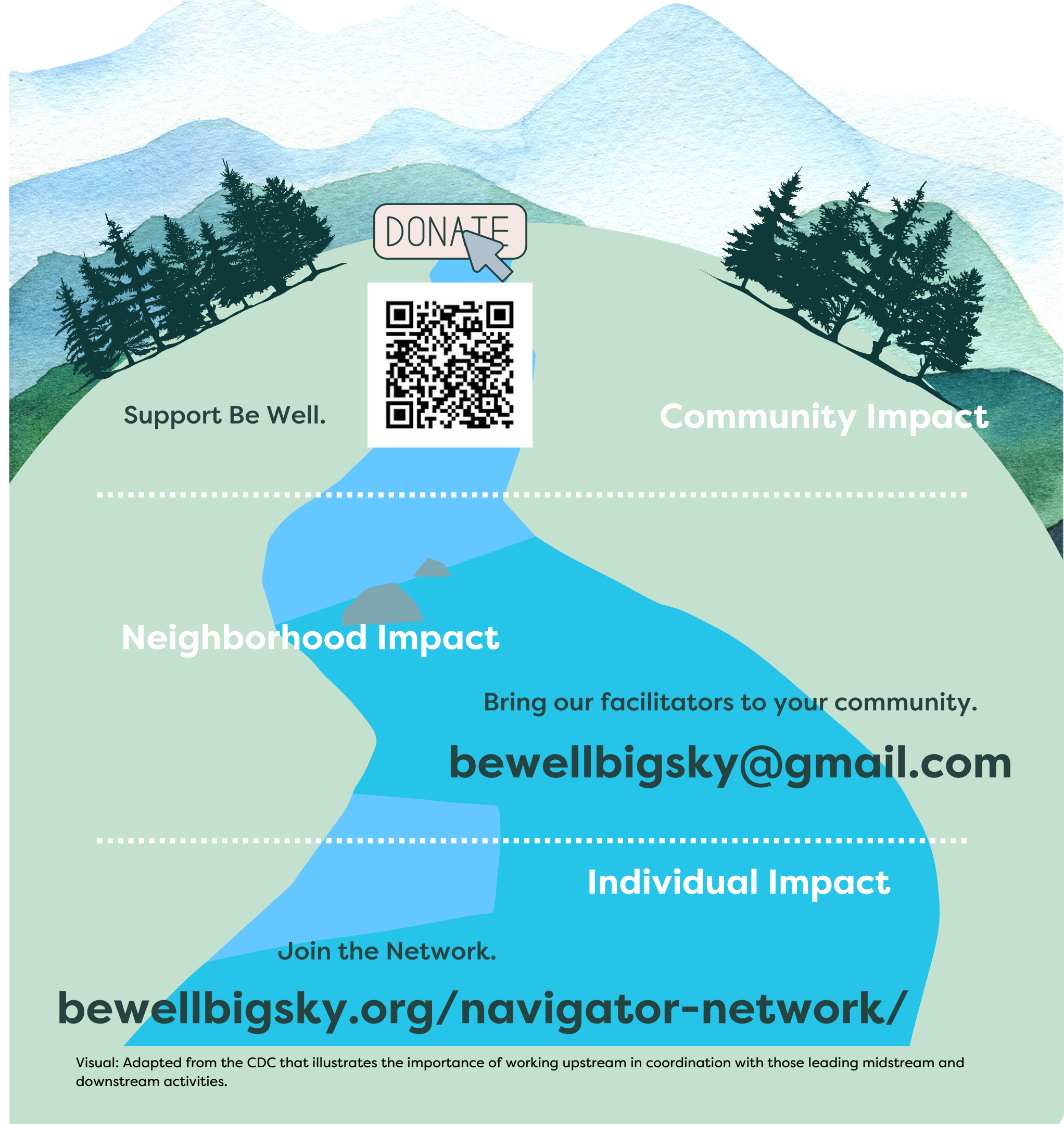
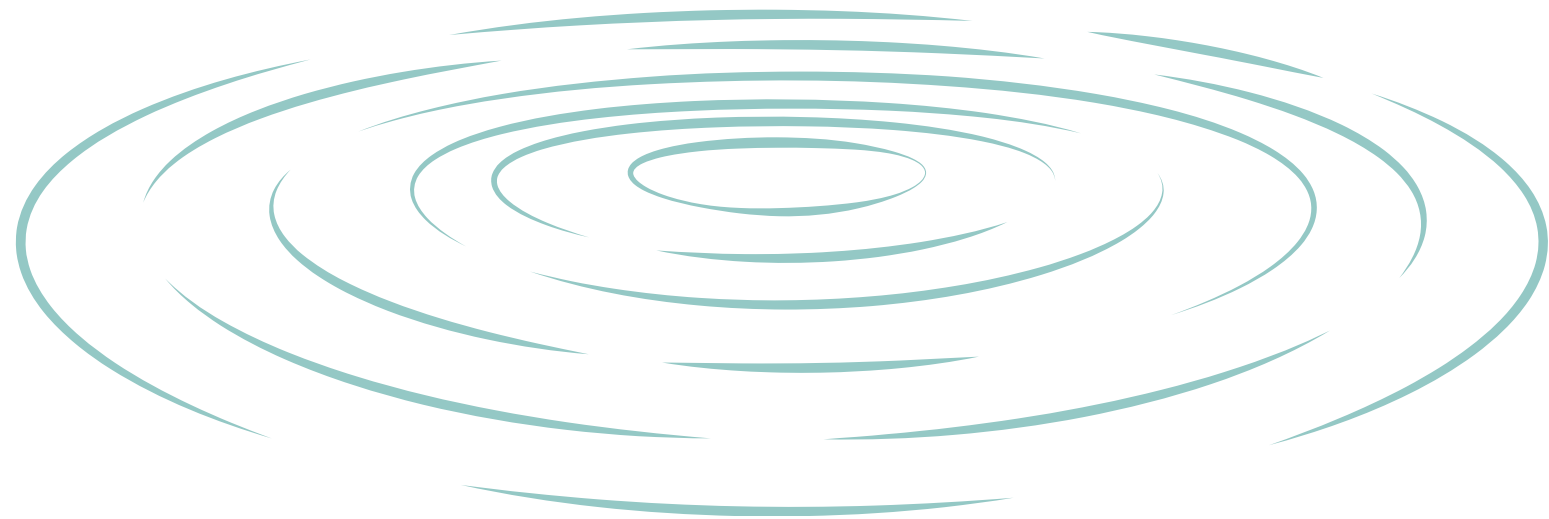
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STRATEGIC PLANNING

WE ALL HAVE A PART IN THIS.

Reinforcing our Resilience

This resiliency story belongs to all of us.



DONATE



Support Be Well.

Community Impact

Neighborhood Impact

Bring our facilitators to your community.

bewellbigsky@gmail.com

Individual Impact

Join the Network.

bewellbigsky.org/navigator-network/

Visual: Adapted from the CDC that illustrates the importance of working upstream in coordination with those leading midstream and downstream activities.