



# Behavioral Health Department April, 2022 NEWSLETTER



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## ~Boozhoo from the Behavioral Health team~

We are excited to bring you news that you may find helpful. We hope to be able to provide information that you can use or share with others if you feel you are currently experiencing hard times, feeling down, or may not feel like you have anywhere to go.

Please use this newsletter as a resource for you to know you are NOT alone, and there are services that are here to help right in our own community!

**Mental Health Matters**

## April is Alcohol Awareness Month

Governor Tony Evers declared April to be Alcohol Awareness Month in the state of Wisconsin. In recognition of Alcohol Awareness Month, communities should take the opportunity to learn of Small Talks and resources tied to the campaign this April.

Small Talks is a statewide campaign developed by the Wisconsin Department of Health Services and the purpose of the campaign is to encourage adults (parents, caregivers) to start short conversations with kids about the dangers of underage drinking, starting at age 8. For more information, click this link: <https://www.dhs.wisconsin.gov/small-talks/index.htm>

# Small Talks

How WI Prevents  
Underage Drinking [smalltalkswi.org](http://smalltalkswi.org)

For graphics and social media texts that could be used to promote the Small Talks campaign on Facebook and Instagram throughout Alcohol Awareness Month, check out this [Small Talks: Partner Resources page](#)

# Stress Relief Techniques: Finding the Right Fit for You

There's no single stress relief technique that works for everyone. When a stress relief technique is ineffective, it's for one of two reasons: either the technique is one that doesn't match up well with the person's personality or it's because the technique isn't the right fit for the situation at hand. To help celebrate April being Stress Awareness Month, here's a list of stress relief techniques to use based off the kind of stress being felt; the information was gathered from an online article that originated from verywellmind (<https://www.verywellmind.com/stress-relievers-for-each-type-of-stress-3145249>)



- 1) Acute stress—This type of stress can throw somebody off-balance temporarily. It does appear quickly and unexpectedly, but often doesn't last too long (example: argument with family member/friend or preparing for a school exam). However if a person is unable to calm themselves after an acute stress episode, they may begin experiencing negative consequences from not being able to relax and this could lead to chronic stress.

Stress relief techniques to try for acute stress:

- Breathing Exercises
- Mini Meditations
- Cognitive Reframing: Changing the way you feel about something, thus helping to change the person's perception towards a stressful event.

- 2) Chronic Stress—This stress occurs on a more regular basis, often leaving a person feeling drained and could result in burnout, if it's not properly managed. To manage chronic stress, it can be done using a combination approach, that relies on use of short-term stress relievers (like the techniques to help with acute stress) and long-term stress relief habits meant to deal with overall stress.

Stress relief techniques to try for chronic stress:

- Exercise Regularly
- Practice Healthy Eating Habits
- Strengthen Supportive Relationships
- Meditate Regularly
- Relax by listening to music

- 3) Emotional Stress— The pain often felt from emotional stress hits harder than other types of stress. For example, the stress that comes from being in a complicated relationship tends to be more emotionally draining and distressing than having a busy day at work. Strong emotional responses to stress including anxiety, rumination, and anger can take their toll and the outcome is often greater levels of stress.

Stress relief techniques to try for emotional stress:

- Write in a journal
- Talk to Family/Friends
- Practice Mindfulness
- Meet with a Therapist

- 4) Burnout— Prolonged chronic stress that happens as a result of situations that people feel they have a lack of control over, ultimately leaving the person feeling helpless and doubting things will ever get any better. When a state of burnout is reached, the person is chronically overwhelmed and they lose their motivation at work and this could extend to other areas of their life as well.

Stress relief techniques to try for burnout:

- Spend time away from work/take a vacation
- Laugh More
- Find a Hobby to enjoy
- Identify what you like about your Current Job
- Make Your Weekends Count

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is an all-inclusive program, that can provide services targeting substance abuse to anyone who's 12-25 years old and lives within the Chequamegon Bay area (Red Cliff, Washburn, Ashland, etc.). An exception to the age requirement involves when family members/guardians of the program participants could benefit in receiving services from RC TREE. Having this option available fosters the opportunity to address substance abuse experienced within the home of a client and the whole family can be a support system for one another throughout their time in the program.

When a person joins the RC TREE program for substance abuse services, they'll be meeting with a provider and have a service plan developed for them. The service plan is based off results from screening assessments that are performed with the client to understand their current substance use behaviors and other information that could be an influence on why they engage in alcohol or drugs, things like: living conditions, employment status, physical health characteristics, etc. Once this information is uncovered, services can be discussed and planned to be done with the client. As time progresses, a client's needs may change from what they had been in the beginning and the services initially decided for them can be switched to ones that align more with the stage they now find themselves at. This is where the screening assessment comes in, since the tool can be used to look at a client's most recent involvement with substance use to decide which treatments from their service plan need to be adjusted as they continue on with the program. Due to the importance of these screening assessments, there are incentives that clients can receive upon their cooperation in completing one with RC TREE providers, the only exception is the one performed at intake, as the screening assessment for that occasion is a part of the program's client enrollment process.

For more information on the RC TREE project or any of our services, you can call (715)-779-3741

## Red Cliff Comprehensive Community Services (CCS)

Comprehensive Community Services is a voluntary program that provides services to children and adults who have mental health or substance abuse issues. Services are individualized offering an array of Red Cliff Tribal and Bayfield County services. Services are client directed, recovery oriented and strengths based. The Red Cliff CCS program provides services to Red Cliff Tribal members and Red Cliff Community Members within reservation boundaries and Bayfield County.

Services are covered by Medical Assistance through Wisconsin's Comprehensive Community Services. Services are not time limited. It is the vision of CCS to support, participants to achieve maximum independence, ultimately resulting in discharge from CCS. Individualized criteria will identify in what circumstance discharge should occur.

## Red Cliff Coordinated Services Team (CST)

A CST team is a group of individuals, including family members and service providers chosen by the family, who work together to respond to the service needs of a child and their family. This wraparound process aims to achieve positive outcomes by providing a structured, individualized team planning process. Additionally, this collaborative approach results in a plan of care that is more relevant to the needs of the child and their family. The child and their family develop and refine their problem-solving skills, coping skills, and belief in their ability to complete tasks and reach goals. Planning is grounded in family members' perspectives and the team strives to provide options that reflect the family's values and preferences.

*The Red Cliff Comprehensive Community Services (CCS) Program has moved! We are now located in the former ICW office next to the Courthouse on Community Road.*

**Red Cliff CCS  
37820 Community Road  
Bayfield, WI 54814**

For questions, please feel free to reach out to Lorna or Sarah!

Lorna Gamble, Administrator and Service Facilitator  
(715) 779-3741 x 2402  
lgamble@redcliffhealth.org

Sarah Nevins, Service Facilitator and Peer Specialist  
(715) 779-3741 x 2453  
snevins@redcliffhealth.org



## Noojimo'iwewin Center

The Noojimo'iwewin Center Certified Peer Support Specialists are back in their offices at the Nooji Center, 37450 Water Tower Road! We are currently hosting client peer support appointments Monday through Friday, 8:00am -4:30pm.

**Recovery meetings are now back online.**

**Services are available for local Tribal and non-tribal community members.**

All our staff can be reached by phone and email.

Please call **715-779-3707** and extension, or email staff:

**Ed Metelica**, Peer Specialist, Ext. 2451 or email [emetelica@redcliffhealth.org](mailto:emetelica@redcliffhealth.org)

**Justin Hansen**, Peer Specialist, Ext. 2397 or email [jhansen@redcliffhealth.org](mailto:jhansen@redcliffhealth.org)

**The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space.**

## Help. Hope. Healing.



**Help and hope is just a text away.**

**Text HOPELINE to**

**741741**

**free. Confidential 24/7**

### Behavioral Health Support Line

*Stressed? Feeling out of control? Worried? Frustrated?  
If you are having a hard time coping and adapting during this time, our behavioral health staff are available to support you, listen to you, offer emotional support and help you develop new ways to cope during this time.*

### Behavioral Health Support Line

Monday-Friday

8:00 a.m.-4:30 p.m.

**Direct line: 715-779-3509**

*"We will get through this together"*

#### 24 Hour Support/ Crisis Services

*Bayfield County Mental Health Crisis Line 1-866-317-9362*

*Northland Counseling 715-689-2141*

*Memorial Medical Center 715-685-5378*

*911 if threat to harm self or others*

### Behavioral Health Support Line



### RCCHC Mental Health & Substance Abuse Services

**The RC Tree, CCS, AODA and Mental Health Outpatient Services** are all currently accepting referrals. We provide telehealth services and are opening back up to face-to-face appointments.

**To begin the AODA inpatient treatment process**, please call Mishomis Wellness Center (MWC) and complete an intake. You will then be assigned an AODA counselor and begin the process for inpatient treatment. Due to limited treatment centers available because of COVID-19 and processing required paperwork, it takes nearly two weeks to get a treatment date.

**Relapse Prevention Support** is offered daily virtually or in-person.

**Intoxicated Driver's Program (IDP)** is available for those seeking those services.

**Contact Patsy Gordon (MWC)** for referral to MH and/or AODA services at **715 -779 - 3741**.

## Important Addresses & Phone numbers

Behavioral Health Support Line M-F 8-4:30 p.m.

715-779-3509

Mental Health Crisis Line 24 hours

1-866-317-9362

National Suicide Prevention Lifeline

1-800-273-8255

Or text "LIFE" to 61222

Red Cliff Community Health Center 36745 Aiken Road

715-779-3707

Noojimo'iwewin Center 37450 Watertower Road, Bayfield

715-779-3707 Ext. 2450, 2451, 2452 or 2397

Mishomis Wellness Center-37390 North Bradum, Bayfield

715-779-3741

Red Cliff Washburn Behavioral Health -409 W Bayfield St 715-373-0639



# ***-Hostility-***

## *Name it to Tame it*

If you have ever seen the movie, "Beauty and the Beast" you probably know what "hostility" is. The character referred to as the "Beast" is the one who exhibits hostile behavior towards the main character of the movie, Belle, who's come to his castle searching for her father. With the Beast being isolated in his castle for so long, his attitude is cold and harsh, but does share that he's taken Belle's father as his prisoner for trespassing.

To save her father, who's become sickly since becoming a captive of the Beast, Belle offers to take his place as the Beast's prisoner. There are attempts the Beast makes afterwards to be more friendly with Belle, but initially his short-temper would end up getting the better of him and he'd revert back to being hostile. It takes the Beast some time, but eventually he makes the effort to change his aggressive mannerisms and as a result, he and Belle start to get along.

To learn more about hostility including the best way to interact with hostile people and how to become less hostile yourself, visit the links below:

<https://www.skillsyouneed.com/ps/dealing-with-aggression.html>

And

<https://www.apa.org/topics/anger/strategies-controlling>