



# Behavioral Health Department

## August, 2022 NEWSLETTER



### Featured Articles

- Relaxation: A Necessity.....Page 1 & 2*
- International Overdose Awareness Day .....Page 2*
- RCTREE & CCS/CST .....Page 3*
- Noojimo'iwewin Center & Mental Health/AODA Program.....Page 4*
- name it to tame it.....Page 5*

### ~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

## Relaxation: A Necessity for All Individuals

Living in today's modern world can be stressful. People's lives often include busy schedules packed with work, family, and social obligations. This can make it hard to set aside time for yourself, but an effort should always be made towards this endeavor since finding some time to devote to yourself is important.

Relaxing is healthy for both your body and mind, since doing so can help you to recover from the stresses you face in your everyday life. In celebration of National Relaxation Day happening August 15th, below are the positives associated with relaxation and the cons of being unable to relax; this information comes from healthline (<https://www.healthline.com/health/stress/how-to-relax#Why-relaxing-is-so-important>).

#### Benefits of Taking Time to Relax

There are many benefits to relaxing, including how it helps to balance out both the negative mental and physical effects that stress can have on a person.

#### Positive Effects

- The ability to not only think more clearly, but also to make better decisions
- Better judgement to resist things that could become future stressors
- Develops a positive and more optimistic outlook on life
- A healthier body—slower breathing, relaxed body muscles, and reduced blood pressure rate
- Reduced chance of developing a stress-related health risk like autoimmune disease, mental health disorders, or a heart attack

#### No Relaxation: Risk for Stress

If you don't set aside time to relax, stress has the potential to build up over time and eventually wear you out.

#### Negative Effects of Not Relaxing Enough

- Headaches and frequently feeling pain throughout the body
- Sleeping problems—insomnia, nightmares
- Forgetfulness; easily becomes confused
- Chest pain which could indicate heart problems
- Stress-related illnesses
- Increased or decreased appetite, accompanied by weight gain or loss
- Social isolation; not interested in interacting with family or friends
- Excessive use of either drugs, tobacco, or alcohol

- Feeling depressed, the person's state of mind may lead them to consider thoughts of suicide
- Loss of interest in maintaining one's personal hygiene
- Irritable, overacts to small annoyances
- Performs poorly at work or in school

Stress is something that everyone has to deal with every once in a while, but when you do experience it, that doesn't mean you should let the stress get the best of you. Take charge of stressful situations by learning to recognize when you feel stressed and take the opportunity to calm your nerves. Try practicing relaxation exercises each day, since this effort can act as a preventative measure to help keep stress away in the first place.

## International Overdose Awareness Day

International Overdose Awareness Day on August 31 is a stark reminder of the harm that drugs inflict on our society. It is a day to remember those who have fallen victims to overdose as well as those who have come out of the dark hole victorious with the help of loved ones and ask whether the War on Drugs has been effective. International Overdose Awareness Day also aims to reduce the stigma attached to the issue, most of which is faced by the families of the victims. Many who are not aware of the factors behind overdose unfairly blame victims. Such an attitude only works to flair the negativities surrounding the topic, suppressing any efforts to raise awareness. August 31 is the day to come out and stand in solidarity in order to reduce future overdose deaths.

International Overdose Day was started 20 years ago. Sally J. Finn, who was from the Salvation Army in St. Kilda, Melbourne, had a suggestion that she passed on to her friend Peter Streker. Streker worked for the Community and Health Development Program in Australia. They both wanted to highlight the consequences people face when someone close to them overdoses. Their second objective was to attempt to lower the apathy and stigma that the general public had towards overdose victims. Governments and organizations worldwide have come to recognize this day with special events.

Overdose is described as taking too much of a substance, and in this case, the overdose is related to drugs. Overdosing on drugs can be deliberate or otherwise. People deliberately overdosing on drugs may do it due to suicidal tendencies, mental illnesses, or looking to achieve higher levels of intoxication. On the other hand, people, who overdose on drugs by mistake, may do so because of incorrect measurements. Whatever the case may be, the resulting consequences are faced by the people who are close to the victims. These effects are felt on socio-economic levels. The prejudice and stigma surrounding the topic make it hard for families and friends to overcome their grief. This also, inevitably, results in less awareness. What we as a society can do is talk about the overdose more openly, support people in their struggles, and continue to fight. Even if one person is saved at the end of the day, it is a victory to be celebrated.

### INTERNATIONAL OVERDOSE AWARENESS DAY TIMELINE

**1968–2019**

#### **One Million Drug Overdose Victims**

Spanning five decades, over a million fall victim to drug overdose in America.

**2001**

#### **First International Overdose Awareness Day**

Sally Finn and Peter Streker initiate the first International Overdose Awareness Day in the world.

**2008**

#### **Drug Overdose Death Rate Increasing**

Studies have shown that starting in 2005, drug overdose deaths have increased due to ingestion of accidental high doses of prescribed drugs.

**2017**

#### **Opioid Epidemic Plaguing America**

Amongst the 70,000 deaths related to drug overdose, the highest number of deaths is caused by fentanyl, a type of opioid. (Today, 2022)

Source

Today, N. (2022, 07 20). *International-overdose-awareness-day*. Retrieved from [nationaltoday.com/https://nationaltoday.com/international-overdose-awareness-day/](https://nationaltoday.com/international-overdose-awareness-day/)

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that serves individuals who are in the age range of 12-25 years old and who are seeking treatment services for substance abuse. If the person joins and becomes a client, their family/guardians are also eligible to receive RC TREE services too, since their substance use behaviors could potentially be a factor as to why the client themselves struggles with drugs/alcohol or has a difficult time with recovery. Some services offered in RC TREE include counseling, relapse prevention planning, and treatment for coinciding mental health disorders.

Enrollment into RC TREE involves participating in assessments and screens to determine the severity and frequency of an individual's substance use. Helping to give a glimpse into the individual's current state of wellbeing and the substance use concerns they struggle with. It also divulges demographical information about the person like their job status, housing situation, and physical health characteristics. Beyond the enrollment process, assessments and screens are continued as a person progresses in the RC TREE program, since the tools help RC TREE staff to gauge whether the services a client receives for their substance use treatment has a positive influence on the individual. If it's the case that the services don't initially meet this outcome, the services can be changed as necessary to what will best suit the client and their needs within the program. Because of the crucial role that these assessments and screens play in RC TREE's service facilitation, 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, since it's completed for 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



# •HOPE•

*Name it to Tame it*

If you have ever seen the movie, "Annie" you probably know what "hope" is. The film's main character is Annie, an orphan in New York City during the Great Depression who's current circumstance is quite bleak due to the Orphanage's caretaker, Miss Hannigan being a cruel woman who treats Annie and the other orphans unfairly by not taking adequate care of them—forcing the children to clean the building and withholding food as ways to punish them. In spite of this, Annie remains hopeful that her parents will one day return for her and she can be happy with a family that truly loves her. Annie is very proactive in searching for her parents and has made several attempted escapes from the Orphanage, on one such occasion, finding a stray dog she names Sandy, who she forms a close connection to and who she brings back to the Orphanage when she's forced to return. Luckily for Annie, the billionaire Oliver Warbucks is looking for a orphan to invite to his mansion for a week and his secretary chooses her. When Mr. Warbucks meets Annie he's initially cold towards her, since he thought the orphan would be a boy, but as he spends time with her, he warms up to Annie. While Annie is at Mr. Warbucks' mansion, she's simply grateful for the opportunity and remains steadfast in her belief that her parents are somewhere out there looking for her, even denying Mr. Warbucks his offer to adopt her and in turn, Mr. Warbucks is saddened but shares with Annie that he'll use his power and money to help find her parents. No matter what circumstance, good or bad, Annie remained hopeful that things would work out for her in the end and this is evident with the song, "Tomorrow" which contains these hopeful lyrics, "The sun'll come out tomorrow, So ya gotta hang on 'til tomorrow, Come what may".

To learn more about hope including how to stay hopeful during difficult times & tips for a person to become more hopeful, visit the links below:

<https://www.nytimes.com/2020/04/29/smarter-living/coronavirus-how-to-stay-optimistic-.html>

And

<https://www.healthline.com/health-news/how-hope-affects-your-health-and-5-ways-to-build-it>