



Behavioral Health Department

August, 2023 NEWSLETTER



Featured Articles

Summer Fun Safety Tips...Page 1 & 2

How to Deal with GriefPage 3 & 4

RCTREE & CCS/CSTPage 5

Noojimo'iwewin Center & Mental Health/AODA Program.....Page 6

name it to tame it.....Page 7

~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

Summer Fun Safety Tips

During the summer, many people generally spend more time outside—increasing the risk for injuries, a large number of which are easily preventable. In celebration of August being Summer Fun Safety Month, here are some tips from the Mayo Clinic Health System (<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/summer-fun-safety-tips>) of ways you and your family can stay safe, as summer begins to wind down.



Sun Safety

If you plan to spend time outdoors, you should always be wary of the summer sun.

For protection against skin cancer and sunburn:

- Before going outside apply broad-spectrum sunscreen to any exposed skin and put on an appropriate amount of sunscreen according to the directions included on the product's packaging. Often forgotten areas that people neglect applying sunscreen to include: your ears, the back of your neck, and the tops of your feet.
- Wear items that help protect your skin from the sun's rays like hats, sunglasses, and ultraviolet (UV) protective clothing.
- The sun is at its peak between 10 AM and 4 PM—even when the sky is cloudy—avoid sun exposure at these times, if you can.

Continued on page 2

Skin Safety

Summer is when your chance of tick bites, insect stings, and rashes from plants increases significantly compared to any other season.

To protect yourself from these skin irritants:

- If you are outdoors and spending time in an area where ticks are present, dress appropriately. You can do this by wearing shoes, not flip flops or sandals; having on long pants that you can tuck into your socks; covering the top of your head with a hat and wearing gloves on your hands.
- When outdoors don't stray from designated trails, but instead avoid walking through low bushes and long grass, since these spots are where ticks are commonly found.
- Choose to use an insect repellent that contains at least 20% DEET. The insect repellents with up to 30% DEET can be safely sprayed onto children, as long as they are over 2 months old. When applying the insect repellent, do so to clothes and exposed skin (arms, legs, etc.), but not to hands.
- Be careful taking drinks from an opened beverage, first you should inspect the can or glass before taking a drink, to make sure it hasn't attracted any stinging insects.
- It's important to be aware of your surroundings as you do yardwork like mowing the lawn or trimming vegetation, since you could get stung if you disturb a beehive or wasp nest.
- Plants you should avoid contact with include poison ivy, sumac, and oak. Various reactions could occur somewhere between 48 to 72 hours after exposure, such as: itching, reddening due to skin irritation, blisters, and hive-like swelling.

Vehicle Safety

If you don't follow appropriate safety rules when riding a wheeled vehicle, you could end up hurting yourself and possibly others as well.

Safe riding protocols include:

- Wear a helmet if you plan to ride a wheeled vehicle, this includes ATVs, motorcycles, bicycles, and skateboards. Helmets should also be worn for other recreational activities like horseback riding. When you wear a helmet, it can reduce serious head injuries by as much as 80%.
- Children on wheeled vehicles should wear helmets that properly fit them.
- To communicate the message to children that wearing a helmet is important, adults should model the behavior by wearing helmets when they ride wheeled vehicles.
- Always follow the recommended seating guidelines for riding an ATV, and use seatbelts when the vehicle has this safety feature available.
- Read the manufacturer's guidelines of what the recommended age and weight requirements are for bikes and ATVs.
- ATV riders that are younger than 16 should be supervised by an adult.
- Don't ride a wheeled vehicle, if you are under the influence of alcohol or other drugs.

Water Safety

While there are many popular summertime activities that can take place both in and on the water, people should make sure they are carrying out the activities safely.

To stay safe around water:

- Wear an approved personal flotation device when on or near a body of water.
- Avoid driving a boat or personal watercraft, if you've had any alcohol.
- Enroll children in swimming lessons to sharpen their swimming readiness skills.
- Never dive into a body of water you are unfamiliar with—instead you should first take some time to find out what the water depth is and if there's any underwater obstacles hidden below the surface.
- Adults should supervise children when they swim and be close enough to reach out to the child, if they need help.
- Don't swim alone.

General Summer Safety

Additional tips:

- On days when the temperature and humidity are high, it's important to stay hydrated. You should avoid drinking alcoholic or caffeinated beverages on hot days, because they don't provide your body with the necessary hydration it needs.
- Always keep an eye on children if they go on trampolines or playground equipment.

Enjoy your summer and stay safe!

How to Deal with Grief

What is Grief?

All humans experience grief—it's a person's natural reaction to loss. Grief is complex and multifaceted, as it could result in drastic changes that affect either the emotional, physical, behavioral, or social aspects of one's life. You experience grief when you lose something that was significant to you and while grief is usually associated with the loss of a loved one, there are other things in life that could trigger this emotion as well. Grief can be felt over the loss of a pet, a missed opportunity, letting go of unfulfilled dreams, or ending a relationship.

For many people, where we work plays a big role in our lives and helps in defining who we are. With this attachment that people can have to their jobs, it's easy to see why the loss of a job can result in grief. While the loss of a job and going through an identity crisis can stir up feelings of grief, people in these situations may not recognize their behavior as a grief reaction.

When a loved one is given a medical diagnosis that's life-changing like a terminal illness, this occurrence is one that can trigger feelings of grief. This situation may lead people to start thinking about how different their lives will be once their loved one is gone or they may start to consider the possibility of having to take on the responsibility of being their loved one's caregiver; these are all examples of anticipatory grief.

Other common causes of grief include divorce, miscarriage, or social disconnectedness.

While at first glance, grief may seem like a complicated phenomena—there are actually two universal truths about it. First, everyone grieves in their own way. Grieving is a personal process and what works for someone else, might not work for you. Second, the only way to overcome grief is by addressing and working through your feelings. If you attempt to avoid suffering by refusing to process your emotional pain, this will only momentarily delay grief or could even lead to depression.

In celebration of National Grief Awareness Day, which is August 30th, below you'll find information on grief symptoms and 5 suggestions of how to cope with grief; this comes from the website, BetterUp (<https://www.betterup.com/blog/symptoms-of-grief>).

Signs and Symptoms of Grief

As a person grieves, they may go on to experience many diverse emotions. In fact, many of the common symptoms of grief do exist in milder forms and are something we do experience in our daily lives, especially during times of stress. Grief symptoms can be unpleasant to deal with and you may have the urge to try ignoring them; however, feeling grief is a natural response to loss and nothing to be ashamed of.

Due to the huge impact grieving can have on one's physical and emotional health, you should make an effort to be gentle on yourself during these times. The reason why you experience grief symptoms is because while your brain works hard to help you deal with grief, the less energy it has to devote towards keeping your body and mind healthy, especially if you have underlying or old injuries that need to be taken care of as well.

16 physical and emotional symptoms of grief. Reminder: not everyone's experience with grief is the same, so there's a possibility that a behavior you've had while grieving isn't included among the examples listed below.

Physical reactions may include:

- Lethargy, or a noticeable lack of energy
- Unmotivated and waning interest
- Unhealthy sleep patterns like disrupted sleep, excessive sleeping, or insomnia
- Unintentional weight loss or gain
- Hormone imbalances caused by poor sleep can trigger changes to a person's eating habits or cravings
- As your brain focuses more attention towards emotional healing, less work goes into maintaining healthy behaviors and this can result in a weak immune system –increasing one's susceptibility to illness
- Resurfacing of old injuries

Emotional reactions may include:

- Lack of interest in things person previously enjoyed
- Experiencing a wide range of emotions like numbness, shock, sadness, fear, or guilt
- Poor self-esteem and confidence in one's self
- Difficulty being able to manage stress or anxiety
- Believes they lack control over their own life

Continued on page 4

- Inability to focus at work
- Turns down opportunities to socialize—instead isolates themselves from others

If you are in a continuous state of sadness, anxiety, or depression and unable to find relief from these constant feelings, or if you find it difficult just trying to make it through each day, you should consider seeking out professional help.

Be on the lookout for these signs:

- Inability to convince oneself to get out of bed
- Deep sense of dread and hopelessness
- Lacks energy to do much of anything
- No longer enjoys activities the person used to love doing
- Frequent thoughts about suicide
- Self-isolates themselves from everyone
- Sleep disruption that continues to only get worse over time
- Inability to be productive at work

5 Ways to Cope with Grief

There's no specific instructions that exist to help people overcome grief, instead healing from grief simply involves people trying out different things and seeing what works for them.

Here are some suggestions for you to consider trying out next time you are overwhelmed by grief:

1) Be gentle towards yourself—Set aside time in your day to practice some self-care, you can do this by: reading a book, walking outside, or binge-watching a tv show you enjoy.

You should consider creating a list of self-care practices that help you to feel happy and then when you are feeling down, you can rely on this list to help you feel better.

2) Learn more about grief—Looking into information from various resources like professional studies, research, and even personal accounts of grief will help to deepen your understanding of the subject and how it relates to your own grief journey. If you are interested in finding books on grief, a plethora can be found by conducting a quick search on the internet.

3) Avoid alcohol and other drugs—Staying away from these substances is important to help maintain your overall health and wellness as your brain and body concentrate on helping you to heal emotionally. While relying on alcohol and other drugs to self-medicate does have the potential to temporarily dull a person's feelings, it could also do the opposite and intensify those feelings instead. Additionally, continued use of alcohol and other substances can worsen depression symptoms and could lead to habits that can become hard to break.

4) Seek out support from family and friends—If you talk about the loss that's causing you grief, you'll gain a better understanding of it. Finding others you can express your feelings of grief to, will not only help to strengthen your social connections to those individuals, but you'll also be given an opportunity to spend time with those people reminiscing or revisiting good memories together. Allowing others to support you in your time of grief, will help you to release pressure you've put on yourself to appear "okay" and the emotional energy that comes from this time spent with loved ones will help you begin to heal.

5) Knowing when to ask for help when you need it—If your grief has led to sadness that isn't going away, or if there are things in your life that have been affected because of the impact grief has had on you like your sleeping, eating, or job performance at work, then you should consider seeking professional help from either your doctor or a mental health therapist. Some additional resources you may want to seek out include grief counseling or looking for a grief support group, you could join to help ease any distress you may be feeling.

Bottom Line: Grieving Takes Time

Grief isn't something that can be rushed through, it takes time to heal. Remember, to overcome grief, you can't ignore it instead you need to face it head on.

Over time, grief will gradually disappear as your mind and body work to emotionally heal from your loss. Healing from grief won't take away the love for what you had lost, but the experience is one that will likely leave a lasting impression on you.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program for individuals seeking help with substance abuse. With the only eligibility requirement being that the person has to be somewhere in the age range of 12 to 25 years old. Alongside the RC TREE program being an option that people could go to for help with substance abuse issues, there are also services available to help individuals who have coinciding mental health disorders. This is especially important since the state of one's mental health could have the potential to disrupt the progress a person has made to stay away from drugs – because if a person feels negative emotions, they may be tempted to turn to substance abuse habits they had relied on in the past to help them ignore the emotions currently causing them to feel distressed.

Throughout a person's time in the RC TREE program, one tool that RC TREE staff will perform multiple times with a client are screening assessments. The purpose of screening assessments are to determine a client's substance abuse history, as well as finding out other demographic information about the client like socioeconomic status, highest education level, and physical health characteristics. From gathering this information, an individualized service plan can be developed for the client that consists of services catered to their unique needs, in order to help them overcome the specific substance abuse issues they struggle with. Then since the screening assessments are conducted with a client a large number of times, this serves as a great opportunity to determine if the client's needs change anytime throughout their involvement with the program – if so, then their individualized service plan can be easily adjusted as needed. Because of the crucial role that these screening assessments 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 ext. 2407

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

Justin Hansen, Peer Specialist, Ext. 2397 or email 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 715-688-2141

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



•PRIDE• *Name it to Tame it*

If you have ever seen the movie, "The Land Before Time" you probably know what "pride" is. The movie itself takes place during the time of the dinosaurs, focusing on a group of young dinosaurs who band together after an earthquake separates them from their families and they go on a journey to find an oasis known as the "Great Valley," in hopes of being able to reunite with their loved ones. One of the dinosaurs included in this group is a triceratops named Cera and she's the character who's shown to have prideful behavior. Cera's pride includes her believing that she's better than everyone else, often resulting in her arguing and sometimes getting into physical fights with the other dinosaurs in the group. She's also very insistent that her way is the right way, and even when there's opposition proving that she's wrong, she'll still do the potentially dangerous thing anyway and push others along to join her—leading to life-threatening obstacles that the dinosaurs need to escape from using teamwork and cooperation. The movie, "The Land Before Time" is a great example of how having too much pride can cause a rift between you and others, leading to tension and unnecessary arguments that only ends up creating more problems than anything else. Luckily, "The Land Before Time" is also a tale of redemption, where Cera does reflect on her actions and throughout the film, she slowly changes from a character who prioritizes herself to one that's more considerate towards the other dinosaurs and their feelings.

To learn more about pride including how to overcome pride and examples of what prideful behavior looks like, visit the links below:

<https://stepstohealth.com/overcome-your-pride-and-ask-for-forgiveness/>

And

<https://www.fearlessculture.design/blog-posts/why-pride-is-poison-for-your-soul>