



Behavioral Health Department

December, 2022 NEWSLETTER



Featured Articles

- Tips for coping with Holiday Stress.....Page 1 & 2*
- Spirit-Honor-Inclusion Two Spirit Newsletter.....Page 2*
- RCTREE & CCS/CSTPage 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

Tips for coping with Holiday Stress

The holiday season is seen as being a wonderful, joyous time for many people but it can be overwhelming as well, leading to feelings of stress and depression. And it's not hard to see why, since there are a lot of expectations that usually accompany the holidays that people feel obligated to do—this includes cooking meals, shopping for presents, baking and entertaining guests, just to name a few.

But with some practical tips from Mayo Clinic (<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>), this advice can be followed to help reduce one's holiday stress.

- 1) **Acknowledge and accept your feelings**—If you recently loss someone close to you or you are unable to spend the holidays with your loved ones, realize that it's normal to feel emotions like sadness and grief in these types of circumstances. Taking time to express your feelings is OK and may help you to feel a bit more relieved. Don't force yourself to be happy even if it's the holiday season.
- 2) **Seek support from others**—To help lessen the stress you are feeling from the holidays, try talking to a friend or family member about any concerns you are struggling with. Another option to consider if you are lonely or feel isolated is to try connecting with your community and participate in social events.
- 3) **Be openminded**—Don't go into the holidays with the mindset that everything has to be perfect or it has to be just like last year. Even if your holiday plans end up looking different this year, you can still celebrate and enjoy the season.
- 4) **Tolerate differences**—Try to be accepting of family members and friends, even if they have different viewpoints from your own. Set aside grievances and wait until after the holidays to further discuss the matter.
- 5) **Stick to a budget plan**—Decide how much money you are willing to spend on gift and food shopping. Then stick to your budget and don't deviate. Remember, an avalanche of gifts and happiness are two separate things.
- 6) **Plan ahead to be prepared**—Schedule important activities to be performed on specific days, this includes setting aside time to shop, bake and connect with family/friends.
- 7) **Say "no" when necessary**—If you say yes to situations that you would've liked to day no to, this can leave you feeling resentful and overwhelmed. With all the activities happening during the holidays, your family and friends will understand if there's some you are unable to participate in.
- 8) **Continue practicing healthy habits**—Don't let the holidays disrupt your lifestyle. Choosing overindulgence only leads a person to feel more stressed and guilty, the longer they continue to rely on those behaviors. To prevent this, try these suggestions:
 - Eat a healthy snack beforehand, so during holiday meals you don't feel compelled to overeat
 - Get plenty of sleep each night
 - Find time to include some sort of physical activity into your daily routine
 - Try deep breathing exercises like meditation or yoga
 - Avoid harmful behaviors such as excessive tobacco, alcohol or drug use
 - Limit how often you consume information culture, especially since the time being spent reading about the news and social media can produce stress

- 9) **Relax and take a breather**—Spend some time on yourself, do an activity that you find enjoyable. Simply stepping away from everything to be alone, without distractions for 15 minutes, can help a person to feel not just more relaxed, but also recharged to continue working on the tasks they were previously doing.
- 10) **Seek professional help if you need additional support**—Despite your best efforts to follow these tips, it's possible that you could still continue to be overwhelmed by intense feelings of stress and depression. If this is the case and you find that nothing you are doing is helping to relieve the strong emotions you are struggling with, you should consider talking to either your doctor or a mental health professional.

Below is the Celebrating Spirit-Honor-Inclusion Two Spirit newsletter, it's a resource developed by SAMHSA entities, the Tribal Training & Technical Assistance Center and Native Connections. To access the articles in this month's issue including the feature on what one can do to become a Two Spirit Ally, click on the image below to be taken to the full newsletter.



TSLGBTQ
spirit • honor • inclusion

October–November 2022 | Issue 13

Welcome!

Welcome to our third year of sharing the *Spirit-Honor-Inclusion* newsletter! Our intention is to hold space for Two Spirit LGBTQ+ issues of relevance and share stories from American Indian and Alaska Native country to connect, grow relationships, and build community.

Each issue will share current information with our tribal communities and Native Connections grantees related to Two Spirit and LGBTQ topics. We will highlight resources, articles, news or events, and a featured guest contributor will guide the focus of each newsletter. Our Guest Editor for this issue is Blaine Manuel Leal.

His work provides the theme of this newsletter: **Resources and Tools in Working with Indigenous Youth.**

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that has substance abuse services available for anyone within the age range of 12-25 years old. Services can also be extended to a client's family members or guardians, to help address the substance abuse issues they struggle with and additionally their involvement with drugs/alcohol could be a reason why the client themselves has a hard time with discontinuing substance use behaviors.

Here's a brief list of some of the services available within the RC TREE Project that program participants can receive:

- Brief Intervention Therapy
- Outpatient Services
- Recovery Support
- Treatment Referral/Outreach
- Counseling Sessions
- Relapse Prevention Planning
- Peer Support/Mentoring
- Program Retention Services
- Inpatient Service Assistance

A tool that'll be utilized throughout a client's entire time in the RC TREE program is screening assessments. The purpose of the screening assessment is to determine a client's current substance abuse behaviors and to get an idea of what specific aspects they are struggling with due to their substance use. Demographics are also something that the screening assessment gathers information on like physical health characteristics, socioeconomic status, and current living conditions. Upon access to this information including the individual's current needs, RC TREE providers can create an individualized service plan for the client. The benefit of screening assessments being performed a variety of different times throughout a person's time in the program is that if it's uncovered that their needs have changed in any way, the individualized service plan created for them can be adjusted as necessary to reflect the new needs they now have.

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

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 715-689-2141

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



-GREED-

Name it to Tame it

If you have ever seen the Christmas special, "Mickey's Christmas Carol" you probably know the character, Scrooge McDuck and what "greed" is.

Scrooge McDuck himself is an interpretation of a famous literary figure, Ebenezer Scrooge and this special is based off the novel by Charles Dickens, A Christmas Carol. While the other characters featured in this Christmas special are shown to embrace the season by being more kind and friendly to others, Scrooge himself is very mean-spirited to anyone who tries to spread Christmas cheer. Even though, Scrooge has enough money to comfortably support himself, his greed for money leads him to rudely turn away representatives collecting for the poor and treating his loyal employee, Bob Cratchit (Mickey Mouse) poorly, including having him work in a freezing office with no way to keep warm and paying him low wages that make it difficult for him to support his financially struggling family. This special not only explores the effects that Scrooge's greed has on himself and others during the present time, but also takes a look at how life was before Scrooge acquired his riches and what the future would look like for Scrooge if he continues his selfish and greedy ways.

To learn more about greed including the effects it could have on a person and the difference between greed vs. self-interest, visit the links below:

<https://www.talkspace.com/blog/the-psychology-of-greed/>

And

<https://www.psychologytoday.com/us/blog/fully-human/202111/greed-in-the-season-giving>