



Behavioral Health Department

February, 2022 NEWSLETTER



Featured Articles

<i>Brain Fitness.....</i>	<i>Page 1</i>
<i>COVID backslide advice.....</i>	<i>Page 2</i>
<i>RCTREE & CCS/CST</i>	<i>Page 3</i>
<i>Noojimo'iwewin Center & Mental Health/AODA Program.....</i>	<i>Page 4</i>
<i>name it to tame it.....</i>	<i>Page 5</i>

~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

10 Brain Fitness Techniques

The 2 basic principles of brain fitness are variety and curiosity. When you've done an activity so often that it becomes "second nature" to you, this is a sign that you need to make a change. For example, if you can complete a crossword puzzle without any effort, you should move on to trying to find a new challenge to interest your brain and encourage it to use critical thinking skills. If you continue to be curious about the world around you, how it works, and what you could do to understand more about it, this will help your brain to continue working fast and efficiently. Below are some ideas from [verywellmind](https://www.verywellmind.com/top-ways-to-improve-your-brain-fitness-2224137) that you can use to help improve your mental fitness (<https://www.verywellmind.com/top-ways-to-improve-your-brain-fitness-2224137>)

- 1) Play Games—To challenge your brain, try brain fitness programs and games. Suduko, crosswords, and electronic games are some of the options you can turn to when you want to improve your brain's speed and memory. Individuals will need to use logic, word skills, math and more to solve and complete these games.
- 2) Meditation—Daily meditation is something you could do to improve your mind/body health. Not only does meditation relax you, but it also gives your brain a workout. By creating a different mental state with meditation, you are using your brain in a new and interesting way, while also helping to boost your brain health.
- 3) Practice Good Eating Habits—Your brain will benefit from you eating healthy fats. These include fish oils from salmon, nuts (like walnuts), seeds (like flax seed), and olive oil. Start eating more of these foods and try to cut down on foods that contain saturated fats and trans fats.
- 4) Tell Good Stories—Stories are a great way to revisit memories, interpret events, and share moments from your life with others. If you practice telling your stories, both new and old, you can spend time finding ways to structure the stories, so they will become interesting, compelling, and fun. Learning some basic storytelling techniques can go a long way in capturing people's interest in both you and in what you have to say.
- 5) Turn Off Your TV—The average person watches 4 hours or more of TV every day. Too much TV has the potential of affecting people's relationships, life, and more. Spend the time you'd use watching TV to instead improve your mind and body.
- 6) Exercise Your Body to Exercise Your Brain—Physical exercise helps your brain exercise too. Through body movement, your brain has to learn some new things including estimating distance, practice balancing, and muscle development.
- 7) Read Something Different—Books are portable, can be found at libraries or online, and there's an infinite number to choose from. Branch out from familiar reading topics that you'd normally pick. For example, if you read history books, try a contemporary novel instead. Consider checking out foreign authors, the classics, and random books.
- 8) Learn a New Skill—When you learn a new skill, multiple cognitive areas of the brain are put to work. Your brain is challenged to use memory, learn new body movements, and associate things differently,
- 9) Make Simple Changes—We love routines. Everyone has hobbies and pastimes they could do for hours on end. But when an activity becomes "second nature," our brains don't have to work as hard to do it. Make changes to your routine, to challenge your brain and to help it pay attention again.
- 10) Train Your Brain—There are formal classes, websites, and books to help a person train their brain to work better and faster. Brain trainings typically consist of these basic principles: memory, visualization, and reasoning.

The COVID backslide: How parents can cope

The challenges that families face from COVID hasn't gotten any easier in 2022. Instead of returning back to a normal school routine with their children after the holidays, parents across the country are continuing to find themselves in the middle of pandemic chaos. Some parents have had to scramble with finding child care and/or rearranging their workdays after receiving a last-minute notification from their child(ren)'s school that it will instead be virtual. Outside of school, many parents are also forced into the god-awful position of debating to cancel events like playdates, extracurricular activities, and birthday parties or choosing to let their kids live carefree(ish) lives (with a side of panic).

It can go without saying that no one expected these difficulties to persist as we've now entered year three of the pandemic; and parents are finding themselves more confused and fed up than ever before. Are you wondering how you'll ever be able to make it through 2020, Part Deux? The coping suggestions and information featured throughout the rest of this article are from care.com (<https://www.care.com/c/covid-backslide-how-parents-can-cope-according-to-experts/>)



Dr. Christine Crawford, a psychiatrist and associate medical director from the National Alliance on Mental Illness (NAMI) warns that some parents can be triggered from the COVID backslide to experience some trauma-related symptoms, that more often than not are "difficult to recognize at first glance," including irritability/anger and avoidant behavior.

During these stressful times brought on by COVID, parents may find themselves taking out their frustration on their own children and having intense reactions that are out of proportion to the trigger that had stirred them up in the first place. When misdirected anger or frustration happens, the parent is left not feeling great and it could lead to a negative impact on the family relationship dynamics.

Then there's avoidant behavior, which could be anything from failing to keep up with changing school requirements to assisting children with their remote work, which might result in negative feelings to occur because of the difficulty brought on by a prolonged virtual learning period.

Parents everywhere are having a rough time right now. To help alleviate some of the stress and anxiety being felt, here are 6 healthy coping options that you could try:

- 1) Seek professional help— Anyone experiencing trauma-related symptoms, should talk to a professional. If the trauma-related symptoms persist, they could begin to affect the relationships you've built with your children to go from positive and healthy to being tense and unstable instead. Additionally, the trauma-related symptoms could have an impact on your ability to work and take care of yourself. Seeing your primary care provider is a good first step to take if you are feeling stressed or overwhelmed, since they can determine if your symptoms would benefit from additional treatment or being prescribed any medications.
- 2) Make a COVID plan and attempt sticking with it—The important thing when making your COVID plan is to focus on the stimuli you can control in your life and accept that there are also things connected to COVID that are beyond your control. Make your plan based on your own comfort level and identify what precautions you'd like to take, then simply do your best to follow that plan.
- 3) Be flexible to adapt and gain some control— One trick to gain control is practicing the ability to "name it to tame it". You can do this by identifying what you can and cannot control in your life. Every day ask yourself: What do I have control over today and what things are out of my hands? Doing this could help you to feel more relaxed and you'll find the less intrusive thoughts you have, the easier it'll be for you to focus on parenting.
- 4) Limit the negative, increase the good—Remember it's OK to not n=be OK, don't let it dwell and fester to something worse. Take steps to help yourself feel better by surrounding yourself with supportive family and friends. Take care of yourself by eating right, exercising, and doing things you find joy in.
- 5) 4-4-4 breathing—When overwhelmed by anxiety or stress, try 4-4-4 breathing to help calm these strong emotions. This can be done by breathing in to the count of four, holding your breath to the count of four, and then exhaling to the count of four.
- 6) Go easy on yourself—In this situation with the COVID pandemic, there's only so much parents could do on an individual level. Instead focus on what you do have control over—sleep, exercise, healthy eating, social support, etc. Lastly remember, none of this is your fault, just continue doing your best for you and your children.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a behavioral health program for adolescents and young adults interested in supportive services that'll help them with substance abuse. There is an age eligibility requirement for clients and it's that they be somewhere in the age range of 12-25 years old.

Along with the RC TREE program being an option to utilize for substance abuse services, another area it can provide services for is mental health. Since a person's mental health can be a factor that potentially influences their substance use behaviors, if it's uncovered that the client has a co-occurring mental health disorder with their substance abuse, the RC TREE program can dually treat a person for both of these things.

One expectation upon joining the RC TREE program is that clients will need to participate in screening assessments throughout their time with the program. The screening assessments are tools used by RC TREE providers to quickly get an idea of a client's substance use history and to see what behaviors they are currently struggling with. Along with providing information on the substance use involvement a client partakes in, it is also used to look at other areas that could potentially trigger a person to engage in substance use behaviors like employment status, experiences with trauma, physical health, and etc. Results from the screening assessment can then be used to create an individualized service plan for each client to determine which supportive services would best benefit that individual to help them with the specific areas they identified struggling with. To ensure the service plan is always up-to-date, a client is asked to participate in screening assessments a number of times, in order to see if their needs had changed at anytime and if so, the service plan can be adjusted accordingly. Due to the importance of these screening assessments, there are incentives that clients can receive upon their cooperation in completing one with RC TREE staff members, 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

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



715-779-3509

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



-Courage-

Name it to Tame it

If you have ever seen the cartoon series, "Courage: the Cowardly Dog" you probably know what "courage" is. The show centers on the titular Courage, a dog who lives with his elderly owners in the middle of "Nowhere". Each episode revolves around something supernatural happening and putting the elderly owners in danger, even though Courage is a timid and easily frightened dog, he'll confront whatever supernatural phenomena is causing any discomfort or harm to his family. In these situations, Courage is living up to his name, because even though he's scared about having to stand up and face the danger threatening his family, he does so because he wants to protect his owners. This sentiment of courage and being brave even when faced with something scary is even referenced in Courage the dog's catchphrase, "The things I do for love."

To learn more about courage and the traits associated with being a courageous person, visit the links below:

<https://www.verywellmind.com/7-ways-to-feel-more-courageous-5089058>

And

<https://www.betterup.com/blog/bravery-vs-courage>