



Behavioral Health Department

February, 2023 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

Panic Attacks

In the January 1, 2023 issue of the StarTribune, an article going into detail about panic attacks and what a person experiences when they have one was included in the Science & Health section of the newspaper. The article was titled “Racing heart, shaking limbs: The anatomy of a panic attack” by Dani Blum. As you read through the material take some time to consider if the description of a panic attack has ever happened to you; if so, at the end of this article are some tips that can help you calm down from a panic attack.

Panic attacks largely occur because of terror. When panic attacks happen, your brain is overcome by fear, your body reacts and this occurrence is something that leaves a lot of people feeling like they are losing control of not only their mind, but their body as well. There’s a myriad of mental and physical symptoms a person does experience; however, symptoms often vary from person to person.

Here are a few things that can happen to a person when they are having a panic attack:

- fast, accelerated heartbeats
- difficult time breathing
- tingling limbs
- body visibly shakes
- can feel nauseous

A person can have a panic attack at anytime and as quickly as they start, they can also end just as suddenly. When panic attacks happen it usually takes about 10 minutes for the symptoms to steadily increase in intensity, then the symptoms will gradually fade once the half an hour mark has passed. Even as the panic attack comes to an end, there may still be some lingering effects that the person continues to feel afterwards.

For many people, panic attacks can be a traumatic experience. It’s not unusual for people to start developing a fear of sensations that remind them of their panic attack symptoms. Doing something as simple as climbing up a flight of stairs could trigger this type of fear, since the sensation that’s felt could be feeling out of breath, which is something that could be experienced during panic attacks. This fear could also lead people to avoiding things that remind them of their panic attack episodes like discontinuing going to the grocery store, since it’s where their heart was pounding like crazy or choosing to not eat a certain food because they happened to be eating that food when a panic attack hit.

While panic attacks can happen to anyone, the risk is highest among teens and people who are in their 20’s. If you are 45 years old or older and you haven’t yet had a panic attack, the chances of you having an episode later on in life is relatively low. Researchers aren’t entirely sure why, but panic attacks are twice as likely to occur in women compared to men.

If you’ve never had a panic attack before, and you are experiencing chest pain and shortness of breath for the first time, you should consider going to the emergency room to make sure that the symptoms aren’t due to cardiac problems.

Here are some tips you can do to handle a panic attack if you find yourself having one:

- Encourage and talk yourself through it: you’ve survived panic attacks and you can do it again
- Call someone you trust: reach out to a family member or friend to help calm you down
- Try a simple grounding exercise, like counting colors or taking a short walk
- Find something cold to hold: the shock that comes from cold items can help you feel more centered
- Breathe slow breaths, like a baby

Healthy Relationships: How to establish and maintain a Healthy Relationship

With February being Relationship Wellness Month, here are some tips from PsychCentral (<https://psychcentral.com/relationships/what-makes-a-good-partner>) of qualities that help make someone a good romantic partner.

Ability to communicate

Communicating with your partner in an open and honest way is a healthy relationship characteristic. Being able to communicate effectively involves not only sharing messages of support with your significant other, but also being able to address times of conflict in the relationship with respect and by being honest about your feelings is also important.

When it comes to effective communication with your partner, consider the following:

- Use “I” statements to express your feelings, for example, “When you do this, I feel sad”.
- Communicate to your partner, the gratitude and appreciation you have towards them.
- Improve your active listening skills and apply that knowledge into the conversations you have with your partner including reflecting back what you hear them say and when they talk, focus on understanding the thoughts they are trying to express instead of simply thinking of how to respond to them.

Practicing physical and emotional safety

To have a strong relationship, you need emotional security, which is when both people feel safe and have strong trust in one another. Without physical safety, there’s a lack of trust and this can make it difficult to keep the relationship thriving.

For a relationship built on emotional safety, consider these tips:

- Practice active listening and doing so without judgement.
- Respect your partner, especially their boundaries and alone time.
- Do not use coercive or manipulative tactics to get your partner to do something.
- When you make mistakes, accept responsibility for your actions and apologize.

Trust

Trust in your partner, signifies to them that you have faith that they’ll keep their word and not do anything to violate the rules established within the relationship.

Lack of trust in a relationship can lead to:

- Emotional instability.
- Continuous conflict.
- Feeling dissatisfied.
- Thoughts of breaking up.

To become someone your partner considers trustworthy, you can try the following:

- Sticking to your word.
- Avoid snooping.
- Being respectful of partner’s property and privacy.
- Open up and be vulnerable.
- Honor relationship agreements.
- Stay committed to relationship.

Mutual respect in the relationship

Mutual respect is when each partner values the individuality that the other brings to the relationship. If you are unable to cultivate mutual respect, it’s possible you may start to view your partner with contempt. When there’s respect for one another, the uniqueness of each person is something that begins to be appreciated, leading to kindness in the relationship despite the challenges that may occur due to differences in opinion.

Here’s some suggestions of how to be a respectful partner:

- Avoid mean-spirited actions such as name-calling, personal attacks, or sarcasm.
- When partner expresses their emotions and feelings, be supportive and do so without blame or judgement.
- Show appreciation towards your partner and who they are as a person.
- Celebrate your partner’s differences and individual experiences.
- Do not mock or act demeaning towards your partner.
- When conflicts arise, learn how to work through them.

Compromising

When in a relationship, you’ll find there are things you and your partner disagree about or they may ask you to do something that you’d rather not do. Feeling this way is OK and you are not a “bad partner” for saying “no”. While it’s important to have your boundaries respected, it’s also necessary to compromise at times. Prioritizing the relationship by working together with your partner to resolve issues, helps communicate to them that they mean a lot to you.

If you are interested in ways to be better at compromising, here are some ideas to try:

- Remain open-minded.
- Take time to listen to what your partner’s wishes and desires are.
- When making decisions regarding the relationship have your partner be involved in the process.
- Settle disagreements by finding a middle ground.
- Allow yourself to be open and share your feelings with your partner.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that offers substance abuse based services for individuals in the age range of 12-25 years old. Alongside providing treatment to those who need help for substance abuse, the RC TREE program can also be of service to people with co-occurring mental health concerns. The state of one's mental health has the potential to influence an individual to return back to their unhealthy substance abuse behaviors; vice versa can also be true, with use of alcohol/drugs being a factor that could lead a person's mental health to begin declining. Of the treatment services that RC TREE offers, the ones that can be used with a client to help improve their mental health are: counseling, peer support, and access to self-care items.

Another tool utilized in the RC TREE project are screening assessments that clients are required to take multiple times throughout their involvement with the program. These screening assessments not only help to uncover a person's substance abuse habits/history, but the tool can also uncover demographic information as well, like economic status, living conditions, and physical health characteristics. All this information can then be used to create an individualized service plan for the client that includes treatments that are best suited to help the client with the specific substance abuse issues they struggle with. If a screening assessment is conducted later on down the road and it determines that a client's needs have changed, then the individualized service plan can be adjusted to fit the new needs the client now has. 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



•ENTHUSIASM•

Name it to Tame it

If you have ever seen the cartoon series, "Spongebob Squarepants" you probably know the character, Spongebob and what "enthusiasm" is. As the main character of the show, a lot of episodes focus on Spongebob, who lives in a pineapple under the sea and the adventures he has in his home of Bikini Bottom. The character of Spongebob Squarepants has a lot of enthusiasm when it comes to working his job at the Krusty Krab and genuinely enjoys everything that's involved with being a fry cook. Even when the fast food rival, Plankton causes chaos at the Krusty Krab and tries to steal the Krabby Patty formula, Spongebob doesn't let these occurrences deter him in the slightest, but instead he remains chipper and optimistic everytime he's at work, despite Plankton being an ever present danger. Whenever Spongebob and his friends are in peril, it's often Spongebob's enthusiasm that helps to raise everyone's morale in a dire situation and encourage them to accomplish whatever challenge had been in their way. While not every character in the show is a fan of Spongebob's enthusiasm, this isn't something that he let's bother him and instead he chooses to remain a good-natured and positive character even when others are antagonistic towards him.

To learn more about enthusiasm including how to be more enthusiastic and some of the reasons why people lose their enthusiasm for life, visit the links below:

<https://www.positivityblog.com/4-powerful-reasons-to-up-your-enthusiasm-and-how-to-do-it/>

And

<https://www.learning-mind.com/lack-enthusiasm-for-life/>