



Behavioral Health Department

July, 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

5 Types of Self-Care

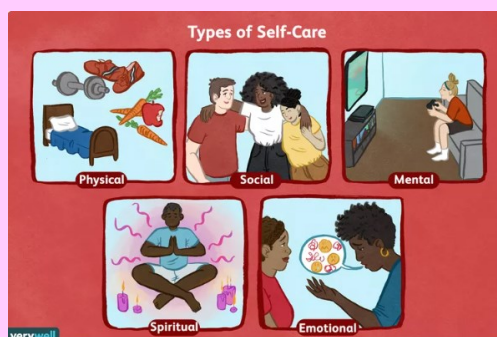
Self-care is when people make a conscious effort to engage in actions that help to improve their own physical, mental, and emotional health. While self-care can sometimes be viewed as a luxury rather than a priority by many, taking the time to engage in self-care is vital since doing so, can help build resilience towards both everyday and unexpected stressors that happen in life.

When you commit to making sure both your physical and emotional needs are being met, you'll be better equipped to handle life's challenges.

There are health benefits that people can experience when they set aside time in their schedules for self-care, some of these include:

- Less anxiety and depression
- Improves resilience and being able to better cope with stress
- More satisfaction with life
- Increased energy
- Improves your immunity and helps prevent against burnout
- Results in stronger interpersonal relationships

In celebration of International Self-Care Day, which is July 24th, below are 5 different areas of self-care to be aware of that can affect your health and wellbeing; this comes from verywellmind (<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>).



Physical Self-Care

If you want your body to be running at peak condition, you'll need to take care of it first. The body and mind have a strong connection to one another, this means when your body is well cared for, your mind will be more at ease and you'll feel better too.

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There's a lot that goes into physical self-care including how you choose to fuel your body, the amount of sleep you get each night, how much physical activity you find time for, and how well you can take care of your physical needs. For good physical self-care manage your health, you can do this by attending all scheduled healthcare appointments and taking medication that's prescribed to you.

To determine if there's any areas you need to improve when it comes to physical self-care, ask yourself these questions:

- Do you get enough sleep each night?
- Does your current eating habits adequately fuel your body?
- Are you in control of your health?
- Are you physically active?

Social Self-Care

For self-care, you need socialization with others. However, when life gets busy, you may find yourself neglecting relationships with family and friends. Having and maintaining close connections is important and can have a positive influence on your wellbeing. To foster and maintain close relationships, the best way to do so, is by making the effort to put in some time and energy into strengthening your relationships.

When it comes to relationships, there's no answer that can be given for the exact amount of hours you should devote to your relationships with family and friends, since everyone's social needs differ from one another. The key to figure out how much time should go towards your social life is something you'll have to uncover yourself, this can be done by taking the time to find out what your specific social needs are.

Review your current social self-care situation by asking yourself these questions:

- Are you satisfied with the face-to-face time you get with your friends?
- What things are you doing to nurture your personal relationships?

Mental Self-Care

How you think and the things your mind gets preoccupied with can greatly influence the state of your psychological wellbeing.

For mental self-care, you should try to do things that help stimulate your mind and keep it sharp, like puzzles or learning new things about subjects that interest you. Other activities you could do to help your mind feel more energized include reading books or watching movies that inspire you in some way.

Essentially, mental self-care is about making an effort to be mentally healthy. The mind's inner dialogue plays a big part in how people feel about themselves, so if you want a more healthier mindset, you could try adopting an attitude that's filled with self-compassion and acceptance.

Ask yourself these questions about your mental self-care to determine what state it's currently in:

- Are you engaging in activities that mentally stimulate your mind?
- What proactive things are you doing to stay mentally healthy?

Spiritual Self-Care

Spirituality is anything that motivates a person to look beyond themselves and uncover what is meaningful to them. Examples of spiritual self-care can include meditation, attending religious services, or connecting with nature.

To assess your spiritual life, ask yourself these questions:

- Are you satisfied with the life and experiences you currently have?
- Do you partake in any spiritual practices that you find fulfilling and serve a purpose in your life?

Emotional Self-Care

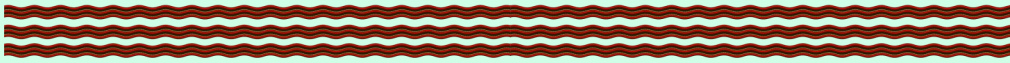
To manage uncomfortable emotions, like anger, anxiety, and sadness, it's important to know about healthy coping skills that you could use when you feel this way. Emotional self-care activities allow a person to acknowledge and express the emotions they are feeling in a safe, comfortable manner.

No matter what way you practice emotional self-care, whether it be talking to a family member/close friend or taking time out of your day to do a relaxing activity, it's important to incorporate some form of emotional self-care into your life.

To gauge how well you manage your emotional self-care, consider these questions:

- What healthy ways do you rely on to process your emotions?
- What activities do you do that help you to feel recharged?

Strengthening Parent-Child Bonds



What influences how a child develops and functions over time is dependent on the interactions and relationship that child has with their parent/guardian.

When parents make an effort to be emotionally available for their kids and form connections with them, this can lead to the development of a healthy attachment. Kids who have these types of relationships with their parents know they are dependable and can be relied on, allowing the child to experience stability and providing them with a greater opportunity to prosper later on in life once they reach adulthood.

Parent-child bonds (or the lack of one) can affect a child's:

- behavior
- language skills
- cognitive capacities
- ability to adapt to life's obstacles

However if a parent is emotionally unavailable and absent from their child's life, this could lead to a myriad of developmental difficulties for the child— both mentally and physically.

Challenges faced by children whose interactions with a parent are inconsistent and disconnected, include problems with:

- cognitive development/critical thinking skills
- social impairment
- ability to regulate emotions

In celebration of July being National Make a Difference to Children Month, below are 5 suggestions from the website, PsychCentral (<https://psychcentral.com/lib/5-habits-that-disconnect-you-from-your-kids>), of how parents can strengthen the bond they have with their child to be one that's happy, healthy , and loving.

- 1) **Unplug from Electronic Devices**—Consider taking time out of your day to shut off your phone or step away from the computer/tablet screen, so you can give your undivided attention to your child. Putting in the extra effort to spend time with your child is a great way to show you support and care about their wellbeing.
- 2) **Spend one-on-one Time Together**—To emotionally connect to your child, you'll need to spend some quality time with them. As you begin to do more things together, not only will this help to strengthen the parent-child bond, but your child may begin to feel comfortable enough around you to start opening up about their thoughts, needs, and aspirations. Finding time to do things with your child also has the added benefit of being a great way to practice self-care, since this allows you the opportunity to spend time doing something fun and exciting with them. The activity ideally should be something your child chooses to do or you pick because it relates to an interest you know they are passionate about, this could include:
 - sports
 - reading a book they enjoy together
 - art and craft activities
 - playing a board game the child likes
 - gardening
 - taking a walk together
- 3) **Practice Nonjudgmental Listening**—Sometimes due to our busy lives, we can find it difficult to give our full attention to conversations we have with others, especially if our minds are preoccupied, thinking of something else. However, making the effort to listen to your child when they talk to you and giving them your undivided attention, helps to establish you as a safe place they can confide in without fear of repercussions or retaliation.
- 4) **Learn More About Them**—Ask questions to find out what hobbies they enjoy, what their favorite thing to do at school is, if they have a career they want to pursue in the future, or if there's anywhere they want to travel to one day. Some children may be more hesitant to answer these questions right away, but if you continue to put time towards this effort, your child's trust in you will eventually improve and they'll be more willing to share their interests with you.
- 5) **Do New Things Together**—To help strengthen a connection you have with someone, try doing something new together. The vulnerability often attached with trying new activities can serve as an opportunity for you to build a stronger bond with your child, especially since participating in new activities not only is a way for two people to find out what things they both enjoy doing together, but also helps the two to build trust in one another, making it easier for both to shift communication styles—from stilted and strained in the beginning to one that steadily becomes more open and comfortable between the two parties as time continues to pass.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program for anyone in the age range of 12 – 25 years old who struggles with substance use behaviors. There are exceptions when it comes to the age requirement though, they include when family members/guardians of the program participants could benefit in receiving services from RC TREE and also when it's someone just a year under or over the age range in need of substance abuse services.

This is a brief list of some of the services available within the RC TREE Project that program participants can receive:

- Outpatient Services
- Recovery Support
- Counseling Sessions
- Relapse Prevention Planning
- Peer Support/Mentoring
- Treatment Referral/Outreach

Another service the RC TREE program provides to its clients is screening assessments, specifically ones that look at a client's substance use history. Aside from gathering data on the frequency an individual engages in substance use behavior, the screening assessments also collect demographic information as well, like education endeavors, physical health characteristics, and socioeconomic status. With access to all this information, an individualized service plan can be put together by the RC TREE providers consisting of treatment options that'll best benefit the individual and the needs they identified wanting to work on. Throughout a person's time in RC TREE, an expectation will be to participate in screening assessments at various times while they are enrolled in the program, in order to identify if their needs in the program do end up changing and if so, their individualized service plan can be adjusted as necessary. 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**



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



•PATIENCE• *Name it to Tame it*

If you have ever heard the tale of "the Tortoise and the Hare" you probably know what "patience" is. The tale revolves around a tortoise and a hare who compete against each other in a race. Since the tortoise can only travel at a slow speed, the hare is overconfident that it will win the race and doesn't take the tortoise seriously, often teasing its competitor and stopping to rest multiple times during the race, purposely letting the tortoise catch up to it. Throughout this ordeal, the tortoise doesn't let the hare's taunts be a distraction and instead pushes itself to do its best. In the end, the tortoise's patience is rewarded because due to a lapse in judgement on the hare's part, the tortoise is able to pass it when the hare stops during the race to take a nap since it believes the distance it's at is one that's too far for the tortoise to catch up to. However, when the hare wakes up, it notices that the tortoise has passed it and is close to crossing the finish line. Upon seeing this, the hare rushes to catch up, hoping its speed is enough to still beat the tortoise despite it now being the one with a large distance to cover. As the saying goes, "slow and steady wins the race" and the story concludes with the tortoise being the victor over the hare. In conclusion, patience may be a difficult skill to employ, but it's also one that can reap many benefits for those who make the effort to be more patient in their daily lives.

To learn more about patience including strategies of how to be more patient and characteristics seen in patient people, visit the links below:

<https://www.verywellmind.com/how-to-be-more-patient-6361682>

And

<https://www.powerofpositivity.com/patient-person-does-things-without-realizing-it/>