



Behavioral Health Department

*MH & AODA Outpatient • CCS • CST • TOR • RCTREE • CTAS
Native Connections • Noojimo'ewewin • MWC*

June 2021 NEWSLETTER

Featured Articles/Program Updates

<i>PTSD Awareness Month.....</i>	<i>1, 2,3</i>
<i>Native Connections</i>	<i>2,3</i>
<i>RC TREE Program</i>	<i>3</i>
<i>Recovery Meetings.....</i>	<i>3</i>
<i>RCTREE.....</i>	<i>4</i>
<i>CCS & CST.....</i>	<i>4</i>
<i>Noojimo'iwewin Center... ..</i>	<i>5</i>
<i>Healing Garden.....</i>	<i>5</i>
<i>Mental Health & AODA Program.....</i>	<i>5</i>
<i>name it to tame it.....</i>	<i>6</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.*

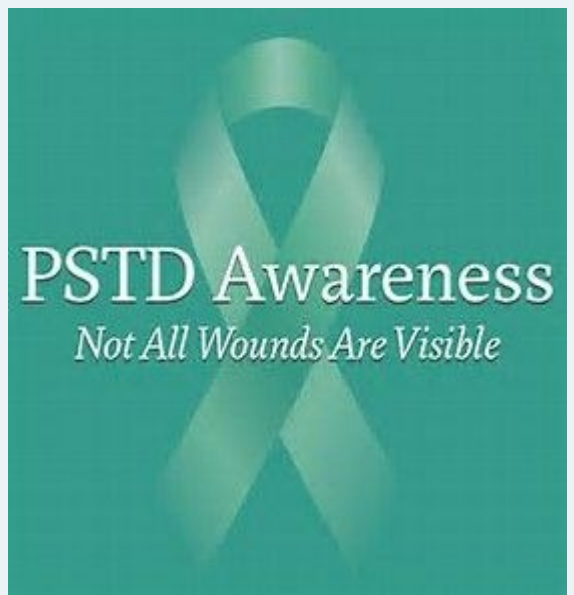
Please use this newsletter as a resource for you to know you are NOT alone, and there are services that are here to help right in our own community!

In Ode-imini-giizis, (Strawberry Moon ~ June), we are highlighting PTSD (Post-traumatic Stress Disorder) Awareness Month .

Post-Traumatic Stress Disorder Awareness Month

The behavioral health awareness theme for June is PTSD, or post-traumatic stress disorder. It can affect anyone who has been through a traumatic event or ongoing trauma, and can affect the survivor's life to an extreme degree. Most notable for affecting combat veterans, PTSD can also affect survivors and witnesses of violent crime, survivors of sexual assault, child abuse, neglect, emotional and physical abuse, natural disasters, life-threatening illness, ongoing toxic stress and other traumatic events.

Please go to page 2 to learn more.



*Ode-imini-giizis
Strawberry Moon*



Boozhoo from Native Connections!

Native Connections helps Native American communities identify and address the behavioral health needs of Native youth with an emphasis on suicide prevention and AODA misuse reduction among youth 0-24 years of age and their families. This program supports:

- Reducing suicidal behavior and substance use among Native youth up to age 24
- Easing the impacts of substance use, mental illness, and trauma in tribal communities
- Supporting youth as they transition into adulthood

To contact Staff:

Mark Gokee—Phone #: 715-779-3741 EXT: 2409 E-mail: mgokee@redcliffhealth.org

Steve Luther - Phone #: 715-779-3741 EXT: 2404 E-mail: sluther@redcliffhealth.org

Mark King – Phone #: 715-779-3741 EXT: 2414 E-mail: mking@redcliffhealth.org

As always, keep an eye out on our social media for updates and events ! Miigwech! For more information about our program, contact information, and access to more web-based resources go to <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/> .

As June is designated PTSD Awareness Month, we invite you to read an article about how it affects people and how to help, written by our new staff member, Mark King.

Connecting with PTSD

“It isn’t in my past. It’s in my every day.”

- Helen Wilson

Post-Traumatic Stress Disorder can be difficult and challenging to recover from. It can cause problems with trust and communication, both of which hinder connecting with others. Fortunately, there are many ways to improve connections between those who suffer from PTSD and other people. Those same connections can in turn improve the symptoms of PTSD.

How do we recognize PTSD?

Although symptoms may vary in severity, they generally fall into four categories: intrusion, avoidance, alterations in mood, alterations in reactivity.

Intrusion – When a person often talks about intrusive thoughts, such as repeated, involuntary memories; distressing dreams; or flashbacks of a traumatic event. They may mention that the flashbacks feel extremely vivid as if they are re-living the traumatic experience.

Avoidance – When a person tries to avoid people, places, activities, objects and situations that may trigger distressing memories about a traumatic event. They might try to avoid thinking or talking about the event, or how they feel about it.

Continued on page 3

Continued from page 2

Alterations in mood – When a person says they do not remember important aspects of the traumatic event or has negative thoughts and feelings about themselves. They might have much less interest in activities previously enjoyed, feel detached or left out or mention they are unable to experience positive emotions.

Alterations in reactivity – When a person is irritable and has angry outbursts or is behaving recklessly. They might mention that they are suspicious of their surroundings and/or might be easily startled. They may talk about having difficulties concentrating or sleeping.

(<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967#:~:text=They%20can%20also%20interfere%20with>)

What can those who suffer from PTSD do to help themselves?

Take care of your own health. A balanced diet, good exercise, and healthy habits are just a few things you can do to take care of both your mind and body. Continue doing things you love to do and relax. Self-care is important! It is also important to remain consistent with any appointments regarding health.

What can others do for their loved ones who suffer from PTSD?

Be supportive and empathize with their trauma. Simple things such as planning enjoyable activities or even going to appointments with them show them how much you care. Listening to them and creating open communication will encourage them to open themselves up and share about their trauma. Establishing a crisis plan with them and having them be present will make them feel supported. Be sure to check in on them often to see how they are doing.

PTSD affects not only the lives of those diagnosed with it but also everyone around them. The difficult journey of healing from it starts with connection: talking about it, being aware of it, and reaching out for support. Do not be afraid to seek professional help as well, such as counseling or treatment. There is a nearly endless number of resources both online and offline to use, such as phone apps (Couples Coach, PTSD Family Coach), local and social media community support groups, and many different websites. This journey, along with every other journey regarding mental health, can be overwhelming when attempted alone. Always remember; you are not alone.

Sources: <https://blog.samhsa.gov/2018/07/03/raising-awareness-of-ptsd-associated-with-mass-violence-or-natural-disasters>

<https://content.govdelivery.com/accounts/USVHA/bulletins/2c2e66c>

<https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967#:~:text=They%20can%20also%20interfere%20with,vary%20from%20person%20to%20person.>

<https://www.psychiatry.org/patients-families/ptsd/what-is-ptsd>

Noojimo'iwewin Center Online Recovery Meetings

Tuesday - Alanon Group, 6:00PM <https://us02web.zoom.us/j/85422745354?pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09>

Meeting ID: 854 2274 5354 Password: 454818 By Phone: +1 312 626 6799 Meeting ID: 854 2274 5354 Password: 454818

Wednesday - Sharing Circle, 6:00PM <https://us02web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09>

Meeting ID: 745 466 870 Password: nicetry By Phone: +1 312 626 6799 Meeting ID: 745 466 870 Password: 456125

Thursday - Narcotics Anonymous, 10:00AM

<https://us02web.zoom.us/j/88956172863?pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09>

Meeting ID: 889 5617 2863 Password: 031549

Thursday - Alcoholics Anonymous, 6:00PM This is a Big Book discussion meeting.

<https://us02web.zoom.us/j/82923627711?pwd=M1ExeXZlEQ1dQUmhJUytPa3VzT1FSUT09>

Meeting ID: 829 2362 7711 Passcode: 800973

Find your local number: <https://us02web.zoom.us/j/kedD9kKlKj>

For more information please call: 715-779-3508

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that provides services for individuals who are in the age range of 12-25 years old and who struggle with some form of substance abuse. Services for substance abuse can also be extended to families and guardians of clients, as having the services available provides the opportunity for those who'd benefit from the services to have access to them and this could be helpful to the client, as a factor making treatment or recovery difficult for them could be due to their loved ones also engaging in substance abuse behaviors.



Service plans are developed for clients through use of screening assessments, which are used by RC TREE program staff to determine not only the frequency of a client's substance abuse behaviors, but also can be used to look at other factors (physical health, job status, living conditions, etc.) that could be contributing reasons to why a person has a difficult time making changes when it comes to their substance use. Screening assessments play an important role in helping RC TREE staff to monitor substance use behaviors in a client over time and to determine whether program services are beneficial to the client during their participation in the program, as a result, the screening assessments are done with clients a variety of times throughout their time in the program. Due to the importance of conducting the screening assessments to collect updates from the client on their substance use and how effectively the program's services are working for them, incentives are awarded to clients each time they participate in a screening assessment. The only exception is the intake screening assessment, as the interview 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.

**For more information about these programs, please call
Lorna Gamble, CCS & CST Administrator at (715) 779-3741 x 2402.**

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.

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 enter extension, or you can email staff:

Ed Metelica, Peer Specialist, Ext. 2451 or email emetelica@redcliffhealth.org

Justin Hansen, Peer Specialist, Ext. 2397 or email jhansen@redcliffhealth.org

Cassie McCrow, Nooji Project Coordinator, Ext. 2450 or email cmccrow@redcliffhealth.org

The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space.



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 via virtual means.

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**.

Noojimo'iwewin & Minobimaadiziwin Gitigaanin Farm Work Together for Recovery! Honey Bees!

by Justin Hansen

Something new and exciting is happening at The Healing Garden at Mino Bimaadiziwin Gitigaanin! To assist individuals in recovery and help them discover new interests and skills, a hive of honeybees has been added! When I was first hired, I was asked if I was going to pursue adding bees to the healing garden. It was something that the person before me was pursuing, so I continued that pursuit. Through research and learning I gained some confidence in myself that I could do this. I learned so much while researching bees that I found a new respect for these creatures. They are fascinating insects! The goal of this is to teach individuals in recovery skills that they can use in life. It can help with confidence, self-esteem, and self-worth. For me it seemed a natural addition to the Healing Gardens philosophy. This endeavor is in the early stages and the bee colony is slowly growing. They have been in place now for 2 weeks and they are doing well. I would like to see the hives grow in numbers and be able to offer raw honey to the residents of Red Cliff someday. Throughout this summer I will be doing some videos documenting my interactions with the hive and sharing them in the tribal newsletter and through the tribe's social media.



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

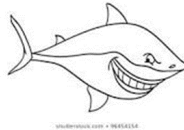
Mishomis Wellness Center-37390 North Bradum, Bayfield

715-779-3741

Red Cliff Washburn Behavioral Health -409 W Bayfield St 715-373-0639

name it to tame it

Shark Music



If you have ever seen the movie "Jaws" you probably know what "shark music" is. The instant you hear that song, you know something bad is about to happen in the movie. In real life, we each have our own "shark music" that starts to play in different situations and signals our brain that we are in danger.

Sometimes we really are in danger, but often we are not.

Our "shark music" might cause us to react to people, our children, or situations in ways that we feel bad about afterwards.

By learning what turns up our shark music we can also learn to turn it down.

With our shark music turned down we can choose to respond in ways we feel good about.

To learn more about shark music and how to turn it down visit:

<https://vimeo.com/circleofsecurity/being-with-and-shark-music>