



Behavioral Health Department

June, 2022 NEWSLETTER



Featured Articles

How to Forgive Yourself...Page 1 & 2

Boost Your Wellbeing.....Page 2

RCTREE & CCS/CSTPage 3

*Nooji Center, Mental Health/AODA,
& MH Awareness Month.....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

How to Forgive Yourself

Forgiveness is often seen as being a deliberate decision to move on from feelings of anger, resentment, and retribution directed towards a person who you believe had wronged you in some way. However, while you may become accustomed to forgiving others, you may find it difficult to be forgiving towards yourself.

It's important for one's mental health and wellbeing to learn from the errors we make and to ultimately let go, move on, and forgive yourself. Remember everyone makes mistakes.

Self-forgiveness doesn't mean you are letting yourself off the hook and it's not a sign of weakness. Instead forgiving yourself means that you have accepted the action that has happened, and you are taking steps to move past it and move forward with your life without having to ruminate over events that occurred in the past. To celebrate June 26th being Forgiveness Day, below is a self-forgiveness approach from verywellmind (<https://www.verywellmind.com/how-to-forgive-yourself-4583819>) referred to as the "4 R's of Self Forgiveness".

The 4 R's of Self Forgiveness include:

- Responsibility

-Remorse

-Restoration

-Renewal

Accept Responsibility

The first step towards self-forgiveness is facing what you had done, which can also be the hardest step. Forgiving yourself involves more than just putting your past behind you and moving on from the event. It is about acknowledging what has happened and showing yourself some compassion.

By taking responsibility for your actions and accepting that you have hurt others, this may help you to avoid negative emotions like excessive feelings of regret and guilt.

Express Remorse

When you do take responsibility, this could lead to you feeling negative emotions like guilt and shame. It's normal, even healthy to feel guilty when you've done something wrong. Ultimately, experiencing these feelings of guilt and remorse can help springboard an individual to consider making a positive behavior change.

While feeling guilt, people can still see themselves as a good person even though they did something bad; shame on the other hand, is when people think of themselves as being bad and not worthy of forgiveness. This can bring up an array of negative emotions which if left unresolved, can lead a person down a road of addiction, depression, or aggression. It's important to understand that making mistakes you feel guilty about does not make you a bad person.

Repair the Damage and Restore Trust

An essential part of forgiveness is to be able to make amends, even when the person you are forgiving is yourself. When forgiving others, it's usually easier to forgive when the person makes it up to you in some way and the same applies when forgiving yourself, where if you feel that you've earned forgiveness then you're more likely to accept and freely move on from the situation without having anymore lingering doubts. To help move past guilt, take action and rectify your mistakes.

Focus on Renewal

Everyone has things that they feel sorry or regretful about. Being stuck in a cycle of rumination, self-hatred or even pity has the potential to be damaging and can hugely affect a person's self-esteem and motivation.

Forgiving yourself often requires learning something from the experience, in order to reflect on your actions and grow as a person.

To do this, you'll need to look back at how you behaved to understand why it left you feeling guilty. Yes, you'll make mistakes, but each time this happens, you'll learn a little more and with experience comes the ability to make better choices in the future.

Simple Ways to Boost Your Wellbeing each Morning

Life can throw you some curveballs like having a deadline at work to complete, a mile-long list of house chores to catch up on, or being responsible to bring your children to their afterschool activities, but one thing is likely certain: You're feeling overwhelmed. When we become overwhelmed, we start to feel helpless and our thoughts turn negative, believing that we are useless and good at nothing.

But that's not true. We can ease these negative feelings by readjusting our mindsets each morning to help us start off on the right foot and feel good throughout the rest of the day.

To celebrate World Wellbeing Week, which occurs June 27th – July 1st, here's some wellbeing tips from PsychCentral (<https://psychcentral.com/health/tips-to-boost-your-well-being-and-happiness>) to use at the start of your day to help reduce your anxiety and boost your mood. If one of the wellbeing tips ends up working for you, consider incorporating it into your daily routine.

Begin with a win

Small actions add up. Accomplishing even the tiniest of tasks can build momentum and help to boost your self-confidence. Small wins can include: Making your bed Enjoying a delicious cup of coffee Taking your dog for a walk

Set an intention

Your intention can be a variety of things including a sound, word, or powerful statement. It is something that you can say to yourself throughout the day to help encourage and motivate you when you encounter a challenge or difficult task.

Examples of morning intentions include:

- "Positive thoughts will help me overcome any challenge I may face today"
- "I will take a few minutes to meditate and relax, so I can feel refreshed"
- "I choose to spend my energy doing things that are positive and meaningful to me"

Delay using your phone

If you keep your phone at your bedside at night, consider placing it somewhere else while you sleep. This way, you won't be tempted to reach out and look at your phone when you first wake up in the morning. Replace scrolling through your phone with taking time to think of what you are grateful for and about the things in life that make you happy.

Savor some encouragement

People tend to focus on the negative and can easily become preoccupied thinking ahead to all the things they need to complete throughout they day, instead of living in the moment.

Try starting your day off with a positive mindset, one way to do this is by reading encouraging words, they can be from:

- Birthday cards from family and friends -Kind texts saved on your phone -Page of a book you enjoy -Inspirational quotes

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that serves 12-25 year olds, who are in need of treatment for substance abuse. Additional help can be provided for any co-occurring mental health disorders, as RC TREE has substance abuse/mental health providers who can work with clients and offer counseling to individuals that struggle with substance abuse and dually have a diagnosed mental health condition.

In order to find out what treatment services will be most beneficial for each individual, screening assessments are performed with clients when they first join the RC TREE program. The screening assessments ask questions concerning the client's most recent substance use behaviors and also includes questions on demographics like job status, living conditions, and physical health characteristics. These demographics could ultimately be influential factors as to why an individual has chosen to engage in substance abuse behaviors, so having insight into this information is useful to know about the client. The outcome from completing a screening assessment is the development of an individualized service plan for the client that features treatments and a recovery plan that is structured to tackle the areas that they identified as struggling with and wanting to improve. Throughout a person's time in the RC TREE program, they'll go on to participate in many more screening assessments, as the tools can be used to see if a client's needs ever do change as their time in the program progresses, if so, then their individualized service plan can be adjusted to fit their newly identified set of needs. Due to the importance of these screening assessments, 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, 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.

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**.

Celebration of Mental Health Awareness Month

A national movement to raise awareness about mental health occurred last month (May 2022), this time of observation is known as Mental Health Awareness Month.

Below is a picture of staff from the Red Cliff Community Health Center gathering to show their support for both the Awareness Month and the message it promotes throughout May. The message being that mental health is not only essential to the wellbeing of a person, but also to their overall health as well.



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



-Kindness- Name it to Tame it

If you have ever seen the movie, "Willy Wonka & the Chocolate Factory" you probably know what "kindness" is. The movie's main character, Charlie Bucket comes from a poor family and unlike other children in his town, who can enjoy their care-free childhoods, he has to work as a paperboy to help his family who are in dire straits, living in a shack and barely having any food to eat. Having responsibilities to help provide for his family results in Charlie not being able to search for golden tickets and win a chance to visit the Chocolate Factory, which leaves Charlie feeling upset and left out; however, he remains humble throughout this ordeal. After the contest is believed to be over, Charlie does end up receiving a golden ticket from a Wonka Bar he purchased using money he found by chance. Initially Charlie was considering selling the golden ticket after hearing from the town people how much they'd be willing to pay for it and putting his family's welfare over his own happiness, but his family convinces him to keep the golden ticket and to not miss an opportunity to see Willy Wonka's Chocolate Factory. Charlie Bucket's character is a great example of kindness because even though he lives a difficult life with many hardships, he puts other people's feelings and wellbeing over his own. In the end, Charlie's kindness pays off and he wins Willy Wonka's contest, securing a bright future for him and his family.

To learn more about kindness including ways to be more kind and how kindness is linked to reducing stress, visit the links below:

<https://www.mindbodygreen.com/0-5915/How-to-Be-a-Kinder-More-Loving-Person.html>

And

<https://www.verywellmind.com/stress-helping-others-can-increase-happiness-3144890>