



Behavioral Health Department

June, 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

8 Health Benefits of Spending Time Outside

If you are looking to boost your physical and mental health, one great way this can be done is by spending time outdoors. For these benefits, you don't need to spend hours at a time outside—since taking time out of your day to be outside in nature for even short periods of time can help your mind and body to feel better.

In celebration of June being Great Outdoors Month, below are 8 health benefits of spending time outside in the sunlight and fresh air from the website, healthline (<https://www.healthline.com/health/health-benefits-of-being-outdoors>).

Better Breathing, Better Air Quality—While it's true that air pollution can act as a trigger for allergies, asthma, and other respiratory diseases, it may be surprising to learn that air pollutants found indoors are two to five times higher than the concentrations found outdoors.

The freshest air is found in places where large concentrations of air circulate, for example, if you are looking for relief from pollution, you should go to an open field instead of any space in vicinity of large factory buildings.

Sleep Better at Night—Typically, sunlight is what controls your body's internal clock, it's what helps you to feel awake during the day and tired at night. When it comes to artificial lighting, it can mimic natural light, but direct sunlight is more potent as it's 200 times more intense compared to something like office lights being turned "on" in a closed room.

Due to sunlight having more concentrated power, it has more of an affect on your circadian rhythm than the light that's created by artificial illumination.

Exposure to direct sunlight improves sleep by:

- helping you to feel more tired during the nighttime
- improves your ability to fall asleep more quickly
- results in you enjoying a better quality of rest

An important thing to keep in mind is that to affect your circadian rhythm, sunlight needs to enter through your eyes. If you'd like to improve your sleep, consider picnicking at the beach, where the sun is visibly shining and avoid shady wooded areas.

Helps Reduce Depression Symptoms—Sunlight can help to ease depression symptoms including low moods like sadness or fatigue.

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It's believed that there's a protective effect tied to sunlight since your body can use it to produce vitamin D. Another potential benefit of sunlight is that it helps to improve sleep and by being well rested, depressive symptoms can become less severe.

If you have low energy due to depression, try stepping outside in the sunlight and see if this helps to improve your mood. You could do this while eating your lunch, reading a book, or laying outside to simply sunbathe—to be safe though, don't forget the sunscreen!

More Motivation to Work Out—Being outside and working out in nature can help boost your motivation to exercise, other reasons of why you may want to consider exercising outside include:

- helps to create a change to your routine if you don't normally work out or if you do so at the gym
- socializing with others is much easier compared to gyms that often have unspoken rules about not interrupting the person on the exercise machine next to yours
- being outside can be interesting and enjoyable, which makes exercise feel easier and less strenuous

You don't need to do anything advanced like run a marathon or ski down a mountain when you exercise out in nature. Instead try coming up with ideas to move your body that's doable for you. Even simple activities like tending to your garden, taking your dog for a walk in the park, or washing your vehicle, can result in some health benefits.

Restores your Mental Well-Being—There's a lot of intrusive stimuli found in today's modern world—flashing lights from our screens, vibrating phones, chatter in public spaces—that vie for our attention. This continuous overstimulation may cause your stress levels to raise without you even being aware of it.

However if you are looking to unwind and recharge from the stresses of daily life, the natural world can offer a person both mental and emotional refuge. In nature, its attractions including things like the scent of flowers to the songs birds create are stimuli that catch your attention without completely draining you of your mental energy.

For activities you could do to help with mental restoration, try something that's slow-paced and meditative like going on a hike or kayaking on the lake.

Boosted Immune System Function—To help your immune system function properly, spend some time outdoors. This will allow you to come in contact with non-dangerous microorganisms found in nature that can perform some practice runs on your immune system, so it will be prepared to handle the more serious infections.

If you choose to spend your time in environments that are completely sterile, this puts your immune system in danger of potentially losing its ability to recognize what is and isn't dangerous. If this is the case, your immune system may sound a red alert for any kind of microorganism it encounters, which could lead to you having to deal with chronic inflammation.

So, while soap does a lot to help fight off infections, it doesn't hurt to get muddy every once in a while.

Protection from Myopia (Short-Sightedness) - Several scientific studies have found that children who frequently spend their time playing outside will go on to have a lower chance of developing a condition called myopia, or nearsightedness.

Experts have come up with a few reasons why spending time out in nature lessens the likelihood of getting myopia:

- compared to artificial illumination, natural light provides a richer and more vibrant collection of light wavelengths for the eyes to see with
- due to the outdoors being so vast, this allows eyes to practice looking at objects from a variety of distances.
- light is what causes the eye's retina to make dopamine, which ultimately can protect your eyeball from stretching out and warping the quality of your vision. However, this is just a theory and these results have only been seen in animals at this point in time.

These benefits only have an impact on the eye for those still growing, so this means adults can't reverse their myopia by spending time outside.

If you have a child, you can save them a trip to the optometrist later on down the line if you encourage them to play outside. Outdoor activities can include playing baseball, swimming, or going for a bike ride—as an added bonus, these are all things you can do with your child for some family bonding.

Improves your Emotional Well-Being—Aside from outdoor time helping to relieve unwanted, painful emotions like fear, anxiety, and grief, being outside in nature can help you to begin feeling more positive emotions as well, including happiness, hopefulness, and a sense of peace.

How to Stop Worrying: 6 Strategies to Try Out

Excessive worry can negatively impact your life including having an affect on your relationships, career, and self-esteem. Worrying can also greatly influence a person's state of wellbeing, which could result in experiencing of more heightened emotions like panic and anxiety much more frequently.

Even though worrying is something that everyone goes through from time to time, it does have the potential to be disruptive and while you can't stop worrying entirely, it is possible to stop it from having control over your life.

In celebration of World Wellbeing Week, which is from June 26th to July 2nd this year, below are some tips from verywellmind (<https://www.verywellmind.com/how-can-i-stop-worrying-so-much-2583982>) that you can try if you ever find yourself overwhelmed with worry.



Set Aside Time to Worry

Scheduling time in your day to worry may sound counterintuitive, but there's been research that found that doing this practice can reduce a person's anxious thoughts and also help to improve sleep habits.

For this tip, simply determine what time of day will be best for you to focus on nothing but worrying and set aside 20 minutes to do this. Some people prefer having their worry time be in the morning, so they can be free of worry throughout the rest of their day, while others would rather get their worrying done at night, in order to clear their minds from the worry they ended up accumulating throughout the entire day.

Everyone will have different times that work for them and regardless of the time you end up choosing to spend focusing on your worries, the important thing is that you are making an effort to devote time to thinking over your worries compared to constantly fixating over them.

There will be times when you worry outside of the allotted time you scheduled to do so, but when this does happen, briefly acknowledge the worry and wait until your next scheduled worry time to give it your full attention.

If you do decide to try out this suggestion of fully concentrating on your worries at a certain time, you may uncover that your concerns aren't as urgent as you'd thought they'd be. With your mind less focused on things that worry you, not only will this help you to have a clearer mindset, but also more productive thoughts.

Overcome Procrastination

If you spend a good chunk of time letting your worries get the best of you instead of being proactive and putting in an effort to solve your problems, then you are currently in a state of procrastination. Oftentimes people will spend time worrying over their concerns instead of doing what they need to do to address the issues they are troubled by. However, a person choosing to ignore their problems, will only cause their worries to continue to build up over time.

To overcome procrastination, try putting together a list of all the things you need to accomplish. Then whenever you worry about something you need to get done, you can add that task to your list. Having a to-do-list on hand, allows you to think about what tasks make you anxious and then you can write them down on paper.

To-do-lists are useful, since listing all the things you strive to get done can help you on your way to being more productive. For the to-do-list instead of being worried by the things that trouble you focus on what you need to do to complete the tasks included on the list, so the tasks can be accomplished and eventually crossed off.

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Open Up—Talk it Out

Reaching out to friends or family about your worries may provide you with some relief. Loved ones are often a great source of support an individual can turn to, as they are who you are likely to receive empathy and understanding from. Along with being there for you, friends and family are also capable of giving you some valuable advice and suggestions that may help you to see your problems from a different perspective.

However, while friends and family are people you could turn to in times of need, it's very unlikely that if you are an excessive worrier that they can be available to support you every time you want to talk to someone about your worries. If you are someone who is constantly plagued by your worries, you may want to consider getting professional help from a specialist who can treat for anxiety disorders. Otherwise some other additional resources, you may be interested in looking into include seeking support from your place of worship, joining local support groups who meet about anxiety, and looking for advice about anxiety from online support forums.

Write your Thoughts in a Journal

There are times that you may feel that there's no one around you can talk out your concerns with. However, another alternative you can rely on to help you process your inner thoughts, emotions, and worries is a journal.

Writing in a journal can help you better connect with your inner self. Putting your worries on paper allows you to confront difficult emotions you are feeling, figure out possible solutions to your problems and can even change some perceptions you have, as you may come to realize your worries aren't as pressing as you once initially thought they were.

To start journal writing, the most important thing to keep in mind is to find a time each day that works best for you to be able to write, so you can have a chance everyday to write in your own words, the inner thoughts you have inside your head. As you write, allow yourself the freedom to express the feelings you have towards each worry you have going on in your life.

Turn Your Worries Around

Worry can lead to negative thinking, which can often contribute to the development of anxiety symptoms.

Negative thinking is a learned habit that affects one's mood and anxiety. Due to negative thinking being a habit that's developed with the passing of time, this means a person can unlearn thinking these kinds of thoughts and instead adopt a more positive viewpoint.

Three things can be done to turn your negative thoughts around, this includes recognition of your worries, reality checking, and replacing. To start out, first try to see how often you worry throughout the day. In order to track the amount of times your mind gets preoccupied with worrying, consider writing down each time you find yourself doing this onto a piece of paper.

Next, look at the worries that are troubling you and ask yourself if it's realistic too be as bothered by these concerns as you are. For example, if you worry about your anxiety being a factor that'll turn people away from you, ask yourself if there's any truth to this thought. Are people only accepting of those who are perfect and have no faults? If someone doesn't accept you for who you are, do you really want to be friends with them?

Lastly, come up with realistic statements to replace the negative thoughts that worry you. For instance, if you worry that others will judge you for being an anxious person, you could instead focus on the efforts you've made to improve your condition and how happy you are to be you.

Give these Relation Techniques a try

A person will be less anxious once they enter a state of relaxation. Through the use of a relaxation technique, it can be much easier for you to learn how to relax. Here are a few relaxation techniques that'll help you to release tension trapped in your body and help your mind to let go of worrisome thoughts, these activities include:

- Deep breathing exercises
- Meditation
- Progressive muscle relaxation
- Visualization
- Yoga

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that anyone in the age range of 12-25 years old is eligible for, if they'd like to receive treatment services to help with their substance use behaviors they are struggling to overcome. Along with RC TREE being able to help a person with substance abuse, people who enroll in the program can also receive treatment for coinciding mental health conditions. The reason for this is because if a person's mental wellbeing is poor, this could influence them to continue being involved in substance use behaviors despite the individual not wanting to continue to do so. As a result, addressing the mental health aspects involved with substance abuse is also crucial when helping a person to overcome their addictive behaviors, since often these behaviors are what a person turns to when either stressed or overwhelmed.

Once someone has enrolled in RC TREE, they'll be expected to participate in a variety of screening assessments throughout the time they choose to remain in the program. The purpose of these screening assessments are for RC TREE to look into a person's substance use history, along with uncovering some demographic information as well, like physical health characteristics, job status, and current living conditions. With access to this kind of information, the RC TREE providers can develop an individualized service plan for each participant that's created specifically for them and their unique struggles they face. Then if it's ever uncovered during a participant's time in the program that a screening assessment they completed indicates that their needs have changed compared to when they first started the program, the person's individualized service plan can easily be adjusted to discontinue the previous treatments and switch over to new treatment options that better meet the needs the person currently 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 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



-FRUSTRATION-

Name it to Tame it

If you have ever seen the movie, "A Goofy Movie" you probably know what "frustration" is. The character who exhibits this emotion in the movie is Max Goof, the teenage son of secondary lead character, Goofy. On the last day of school before summer vacation, Max decides to interrupt a school assembly by lip-syncing to a song by Powerline, a famous pop star who is liked by everyone at Max's high school. From pulling off this stunt, it helps to improve Max's reputation among his peers and he's even able to secure a date with his crush, Roxanne to watch Powerline's concert together at a schoolmate's party. However, after hearing about what Max did from the school principal, Goofy fears that Max will continue to be reckless and this will eventually lead him down the wrong path in life. To prevent Goofy's fear about Max from coming true, he plans an impromptu fishing trip for the two of them to go on, which is the source of Max's frustration since him having to go on this trip means he's going to miss the party he had planned to go with Roxanne to. Max's frustration leads him to ignore his dad's attempts to lighten the mood (playing road games, visiting roadside attractions) and to complain about the trip instead of telling Goofy why he's really upset. Frustration happens when a person is unable to do something because they come across an external or internal roadblock that is preventing the individual from doing what they want to do - as shown in "A Goofy Movie" with the fishing trip being what Max perceives as being the roadblock that's ruining his chances of being able to get closer to Roxanne.

To learn more about frustration including what common signs are associated with the emotion and some coping techniques you could try yourself, visit the links below:

<https://www.verywellmind.com/feel-less-frustrated-when-stressed-3145200>

And

<https://mhanational.org/18-ways-cope-frustration>