



# Behavioral Health Department

## March, 2022 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**

### The Importance of Laughter

Laughing has the power to not only make people feel good, but the positive feeling that laughter causes can linger even after the action of laughing has subsided. Having humor in one's life, helps a person to develop a positive, optimistic outlook when faced with the uncertainty of everyday life including difficult situations, disappointments, and loss. Not only does laughter help to lessen the heaviness felt by a person when they are overwhelmed by strong feelings like sadness and pain, but laughter can also bring out a person's inner strength and encourage them to find the joy and meaning in their life. Even when faced with a tremendous amount of hardships, a laugh or even simply a smile—has the potential to go a long way and uplift one's spirits. With March 19, 2022 being Let's Laugh Day, here's some suggestions from the mental health website, HelpGuide of how to create more opportunities for laughter in your life (<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>)



- 1) **Laugh at yourself**—Share stories of your embarrassing moments with others. Sometimes opening up about times you took yourself too seriously can help you to be more at ease with yourself and your past mistakes.
- 2) **Laugh at situations rather than bemoan them**—When a bad situation happens, try not to negatively dwell on it, instead look for the humor in that situation to laugh about,
- 3) **Surround yourself with reminders to relax and lighten up**—Do things like keep a toy in your car, hang up a funny poster at your workplace, or have your computer screensaver be a picture of you and your family or friends having fun.
- 4) **Remember funny things you come across**—If something amusing happens to you or you hear a joke or funny story, then write down the funny thing you liked and not only will this help you remember it, but you can go on to tell the funny thing to others too.
- 5) **Don't dwell on the negative**—Try to avoid socializing with negative people and limit your intake of news stories, entertainment, or conversations that cause you to feel sad or unhappy. It's important to realize that there are many things in life beyond your control—this includes the actions of other people.
- 6) **Find your inner child**—Pay attention to what children do and copy their actions—after all, children are experts when it comes to playing, enjoying life, and laughing at things adults take for granted.
- 7) **Deal with stress**—A major impediment to humor and laughter is stress, so it's important to keep your stress levels under control. If stressed, one thing you could try doing to release some of the tension you feel is remembering a favorite moment that makes you smile—this could be something funny a friend told you or a memory from a fun family event.
- 8) **Don't go a day without laughing**—Spend each day making a conscious effort to look for things that you find funny and that makes you laugh. Set aside 10 to 15 minutes of your day doing something that's enjoyable and entertaining to you.

# Speaking up for yourself is important



An overlooked form of communication is the act of speaking up. The reason for this is because most communication involves interaction between two (or more) individuals, while speaking up differs with being a conversation a person has with oneself. Conversations are ideal when there's a comfortable back-and-forth between the people involved with the discussion. However, there are times conversations can shift direction, in which a disconnect between what is— and isn't—being said can be felt and uncomfortableness begins to set in. This is often a person's first clue that it may be time to begin speaking up.

The action of speaking up is simply when a person communicates to someone else the rights and needs of themselves and others in an assertive and honest way. This practice is the root of all social change, including the changes seen at organizational levels. For many it's easier to advocate and stand up for others than putting in the effort to speak up for ourselves. However, choosing to not speak up for ourselves, can erode our sense of self-worth. We can then become stuck in a cycle of rationalizing behavior that doesn't align with our own values and—ultimately—distance ourselves from the person we strive to become.

When a person speaks up, they are really starting a conversation about boundaries. An uncomfortable feeling that accompanies these conversations is called cognitive dissonance and it's when you feel the need to say something, but you have doubts about speaking up due to the fear of how others will react to your opinions. Cognitive dissonance is a psychological term that's used to describe mental distress over two conflicting thoughts, feelings, or values and having trouble deciding which of the options to choose. The need to speak up is typically felt when a person feels that a boundary or value of theirs is being crossed. However, the desire to stand up and assert ourselves conflicts with another value: acceptance from others. This feeling of cognitive dissonance can happen in close relationships or at a person's place of work, where the stakes of conflict are high.

If you have trouble speaking up, then you might benefit from practicing this behavior, so you could learn to become more comfortable with it. To be successful at this, the key is learning to manage the cognitive dissonance. The choice to speak up is never an easy one; however, it can start to become a habit and to help celebrate National Be Heard Day on March 7, 2022, here's some tips from the website BetterUp of what you can do to start speaking up for yourself (<https://www.betterup.com/blog/speaking-up-for-yourself>)

- 1) Ask yourself these questions: When will I most likely need to speak up for myself? Is there a conversation I've been avoiding? If so, why?
- 2) Learn to recognize what physical and emotional reaction occurs when you have something that's important to say, but is difficult to speak up about. It could vary from feeling like you've got a lump in your throat to having a stomach full of butterflies. With practice eventually you'll be able to associate that uncomfortable sensation as a signal that you disagree with the direction a conversation is heading in.
- 3) Create a trigger phrase. When we don't speak up, the discomfort we feel is handled by forcing that feeling down. Instead try using one of these phrases, since it can help open the doorway for a person to begin speaking about what they are troubled by:
  - "I had a question about that"
  - "I'm uncomfortable with that"
  - "From my perspective, you said..."
- 4) Don't over-explain. Speaking up for yourself can be uncomfortable, often resulting in a person feeling like they need to continuously explain themselves and jeep talking when no one else is doing so. Don't. Keep it brief and just stick to the points you want to make.
- 5) Be compassionate to all parties involved in the conversation, including yourself. When emotionally distressed, we usually redirect our anger at another person. Try to avoid this, because chances are no one had the intention of purposefully hurting other people's feelings, It's instead best to be kind to all parties involved, as doing so goes a long way towards being able to resolve conflict constructively.

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that can provide services to 12-25 year olds interested in receiving help for substance abuse. If the individual also has family members or guardians who'd benefit from being in the program as well, then services can be extended to those individuals. Services within the program include prevention efforts (substance abuse education), treatment (peer support, counseling) and recovery options (relapse prevention planning).

Once an individual joins RC TREE, they'll be expected to participate in screening assessments throughout their time in the program. The screening assessments are tools that RC TREE providers use to uncover a client's involvement with substances like alcohol and drugs. It can also be used to look at other demographic information including things like job status and physical health characteristics to determine if any of those factors might be an influence as to why the person is struggling with substance abuse. From the information that the screening assessments uncover, the RC TREE provider working with that person can then come up with an individualized service plan to best help the client with the specific substance abuse struggles they are having difficulty with. Then with the screening assessments being a tool commonly used with the client, it can help identify if there are any changes to the person's substance use behaviors and if it's determined that the treatment from the service plan isn't proving effective for the client, effort can then be made to make adjustments to their service plan. 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](mailto:emetelica@redcliffhealth.org)

**Justin Hansen**, Peer Specialist, Ext. 2397 or email [jhansen@redcliffhealth.org](mailto: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 715-682-2141

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



# *-Jealously-*

*Name it to Tame it*

If you have ever seen the movie, "Toy Story" you probably know what "jealously" is. The movie is about the interactions that take place between toys when they aren't being played with by children and are left on their own. Jealousy is exhibited by Woody, a cowboy doll whose owner, Andy is given a new Buzz Lightyear action figure for his birthday. Before Buzz Lightyear came along, Woody was Andy's favorite toy that he played with all the time, but due to Andy's excitement over his new toy, he begins to play with Buzz more and become more interested in space compared to the Old West. After an accident where Woody meant to knock Buzz behind a desk, but instead causes the toy to fall from a two story window, Buzz confronts Woody about the incident leading to a fight that separates both toys from their owner. The character, Woody is a great example of "jealously" because the movie shows that acting out towards others on jealous emotions could lead the individual into a even more troublesome or complicated situation than they had initially been in.

To learn more about jealousy and tips that you can use to manage the emotion, visit the links below:

<https://www.nbcnews.com/better/lifestyle/what-your-jealous-feelings-are-telling-you-what-you-should-ncna1002411>

And

<https://www.choosingtherapy.com/how-to-stop-being-jealous/>