



Behavioral Health Department

March 2023 NEWSLETTER



Featured Articles

The importance of unplugging from social media.....Page 1
Dangers of Secondhand Smoke.....Page 2
RCTREE & CCS/CSTPage 3
Noojimo'iwewin Center & Mental Health/AODA Program.....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

The importance of unplugging from social media

According to the American Society of Addiction Medicine, addiction is defined as a compulsive behavior that a person continues to do, despite the negative consequences it could cause. A report conducted in 2017 looking into people's thoughts about social media found that 43% of Americans admitted to constantly relying on their electronic devices to check social media, while 20% revealed that they find social media to be a large source of stress. People can find themselves addicted to social media since the sensation involved with interacting with the medium can trigger a dopamine response in the brain, another trigger that causes the brain to react in a similar manner is when a person engages in drug and alcohol use. Responses to both these stimuli can leave a person wanting more and lead to the individual developing addictive behaviors. In celebration of March 3rd being National Day of Unplugging, below are a few recommendations from insider.com (<https://www.insider.com/guides/health/mental-health/how-to-break-social-media-addiction>) of a few things someone can do to help break their social media addiction.

The recommended treatment usually suggested to a person struggling with drug or alcohol addiction is abstinence, but when it comes to social media addiction, the ideal behavioral change to make is not necessarily giving it up entirely, but learning to have controlled use of social media and limiting how much time one spends on it.

Here's some strategies you could try to help cut down on the amount of time you spend on social media:

- **Have yourself go on a social media cleanse**—Try challenging yourself to not check social media for a select amount of time, this can be anywhere from a few hours to an entire week. There was a 2019 study that had students go five days without social media and while results showed that some felt they were missing out due to the days they were off of social media, others reported feeling a "sense of serenity" from having time to focus on other things.
- **Go through your phone, deleting apps and disabling social media notifications**—Checking social media is usually done mindlessly; however, you could put a small barrier to this habit by turning off your phone notifications. Seeing a social media icon or alert interests people to check these notifications and leads to them spending more time on their phones, but by eliminating these features, people are less likely to get distracted if there's no new notifications on their phone screens.
- **Set time limits and commit to these changes**—Most phones and tablets have the capability of allowing you to look at the time you are spending on certain apps. If you have access to this feature, set time limits for each app and try to keep these commitments. Otherwise, another option is to download an app that will shut off social media once you've hit your time limit.
- **Find time for hobbies and activities**—Starting up a new hobby or activity is a great way to distract any urge you have to check social media. These hobbies and activities that you choose to fill your free time with should be things that not only you enjoy doing but that are good for you as well. As you become more involved with your hobby or activity, you'll find that you have less time for social media and instead you'll have more time to just live in the moment, and maybe you can even find time to socialize in person compared to using a screen to communicate with people.

The Youth and Family TREE Program

presents

Fact Sheet: Dangers of Secondhand Smoke



- No level of secondhand smoke exposure is considered safe for anyone.
- If there's a smoker in the household, the home is the main place that other family members, including children will breathe in secondhand smoke.
- After smoking a cigarette, the smoke from it can continue to stay in a room for hours. Actions to rid a room of secondhand smoke like opening windows or using fans, air conditioners, air purifiers, air fresheners and ventilation systems are methods that fail to clear the secondhand smoke out of a room.
- Smoking in another room away from others, like in a bathroom or bedroom is done to contain secondhand smoke, but there are various ways it can spread outside the room including through pathways like doorways, cracks in walls, electrical lines, ventilation systems, and even through plumbing.
- When a person smokes in an apartment building, the unit where that secondhand smoke comes from can travel in between to other apartments.
- Being exposed to secondhand smoke for up to an hour can result in an individual experiencing harmful inflammatory and respiratory effects that can continue to be present for at least three hours after initial exposure.
- For non-smoking adults, exposure to secondhand smoke can lead to health problems like coronary heart disease, strokes, lung cancer, and result in adverse reproductive health effects to women , including giving birth to babies with low birth weights.
- Babies who are exposed to secondhand smoke are at risk of succumbing to sudden infant death syndrome (SIDS). On the other hand, some effects that secondhand smoke can have on children include respiratory infections, ear infections, and asthma attacks.
- The best way that an individual can protect others from exposure to secondhand smoke is by quitting. Otherwise, if the person is unable to completely eliminate smoking, the next best thing would be to avoid smoking in places where the secondhand smoke can easily spread to others; for example in your home or car.

Sources

"Health Problems Caused by Secondhand Smoke". *Centers for Disease Control and Prevention*, 1 Nov. 2022. <https://www.cdc.gov/tobacco/secondhand-smoke/health.html>. Web. 14 Feb. 2023.

"Preventing Exposure to Secondhand Smoke in the Home". *Centers for Disease Control and Prevention*, 28 Nov. 2022. <https://www.cdc.gov/tobacco/secondhand-smoke/home.html>. Web. 14 Feb. 2023.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that's for youth and young adults in the age range of 12 to 25 years old. Services within RC TREE focus on helping individuals who are struggling with substance use behaviors, but additional help can also be provided to that person if they have coinciding mental health disorders. A person can receive help for their substance abuse and mental health because these are factors that could easily impact each other, since if one is not doing so well, it's likely that the other one is in a pretty similar state as well.

Enrollment in RC TREE involves participating in assessments and screens to determine the severity and frequency of an individual's substance use. Helping to give a glimpse into the individual's current state of wellbeing and the substance use concerns they struggle with. Beyond the enrollment process, assessments and screens are continued as a person progresses in the RC TREE program, since the tools help RC TREE staff to gauge whether the services a client receives for their substance use treatment has a positive influence on the individual. If it's the case that the services don't initially meet this outcome, the services can be changed as necessary to what will best suit the client and their needs within the program. Because of the crucial role that these assessments and screens 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

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**



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



•LONELINESS•

Name it to Tame it

If you have ever seen the movie, "Lilo and Stitch" you probably know what "loneliness" is. One of the main characters, a little girl named Lilo is shown not to have friends her own age, since the other children think Lilo's weird and Lilo's sister, Nani is so preoccupied with trying to take care of Lilo, that this results in not all of Lilo's needs being able to be met. With Lilo having such strained social relationships, this is particularly hard on her since she's still trying to cope with a tragic accident that had happened to her family. However, with an alien crash landing on Earth, it accidentally gets brought to an animal shelter, where Lilo adopts him thinking he's a dog and names him Stitch. After welcoming Stitch into her family, Lilo discovers that Stitch is very disobedient and destructive; however, this doesn't deter Lilo and she makes it her mission to help Stitch become good. Through this new friendship, there are some rough patches experienced along the way, but Lilo finally has someone to spend time with and this helps her to be a little less lonely.

To learn more about loneliness including ideas to feel less lonely and the health effects that loneliness can cause, visit the links below:

<https://www.verywellmind.com/things-to-do-if-you-feel-lonely-5081371>

And

<https://www.everydayhealth.com/loneliness/>