

Behavioral Health Department

May, 2022 NEWSLETTER

Featured Articles

Mental Health Month.....Page 1 & 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 pandemic has played a big part in people's lives these past 2 years and has resulted in more and more people talking about mental health. This focus on mental health has helped many people to see it for what it is: an important component of one's overall health and wellbeing, just like physical health. But even with all this progress that had been made, resources and conversations about mental health can still feel complicated and out of reach for many individuals.

It may seem surprising, but there are many people out there who are learning information about mental health for the first time and that's why this Mental Health Awareness Month, the Red Cliff Community Health Center is highlighting Mental Health America's "Back to Basics" toolkit—which aims to educate on essential mental health topics and provide information about what to do if someone's mental health does become a cause for concern.

To be more informed on something, increasing one's understanding of the topic can help and that's the purpose of Mental Health Awareness Month each May, as the entire month is spent promoting mental health positivity and sharing information about mental health to help shine a spotlight on it. Around half of the U.S. population will exhibit signs that meet the criteria of being a diagnosable mental health condition at some point in their life, so everyone should have an idea of what to look out for.

Mental health conditions often don't result from one single cause. Instead, many possible risk factors can have the potential to influence whether a person will experience a mental health condition and if so, the risk factors also determine how serious the symptoms will likely be.

Some of the risk factors are: trauma, whether it's a one-time event or ongoing; your environment, specifically the impact it has on health and one's quality of life (also referred to as social determinants of health, this includes examples like financial stability and access to health care); genetics; brain chemistry; and lifestyle habits and choices of the individual, such as a lack of sleep each night.

Of course, even with knowing what the risk factors for a mental health condition are, it can be difficult to spot any similarities when it's your own mental health. Take some time to ask yourself questions about your thoughts, feelings,

and behaviors. If you uncover that you are unsatisfied with yourself or have other negative emotions, this could be due to a mental health condition.

Here's some questions you could try asking yourself:

- Did tasks that once feel easy to do, begin feeling difficult to accomplish?
- Does trying to do a daily task like making the bed, now something that you find really, really hard to do?
- Have you begun to lose interest in activities and hobbies that you once enjoyed?
- When you feel irritated, is it ever to the point of possibly lashing out at others around you?

Our society pays more attention to physical health than mental health, but both are of equal importance. If you are worried about your mental health and are interested in getting help, there are several options out there. It's important to remember—You are not alone—there are resources available and recovery is possible. Talking about your concerns may be difficult, but being able to acknowledge to yourself that you are struggling with your mental health is a really big step in the right direction.

Consider visiting mhascreening.org to take a screen test, to find out if you may be exhibiting symptoms of a mental health condition and to get helpful resource suggestions. After taking the screening, you may want to talk over your results with someone you trust or you could also share the results with your doctor or a mental health professional.

You may not apply this information to your life today, but in knowing the basics about mental health, you'll be prepared if you ever do find yourself needing it in the future.

For more information visit mhanational.org/may

Maintaining Good Mental Health

A person's wellbeing is greatly affected by mental health. People who are mentally healthy, enjoy what life has to offer, they feel good about themselves, maintain good relationships, and are able to manage stress. It's normal for mental health to shift and change over time—difficult situations are bound to happen in one's life. Creating positive habits like the ones featured below from Mental Health America's "Back to Basics" toolkit, can be used to support mental health and build skills if you find yourself experiencing symptoms of a mental health condition.

Food Choices and Nutrition

The quality of food you choose to eat can impact both your physical and mental health.

Important nutrients for mental health:¹

OMEGA-3 FATTY ACIDS:

essential to brain health and reduce inflammation and risk of heart disease

B-GROUP VITAMINS:

help to regulate brain chemicals, immune function, and amino acids (the building blocks of proteins)

VITAMIN D:

important for brain function, including mood and critical thinking

Sleep

Your health can be affected if you aren't well rested. The quality of sleep a person gets each night matters as much as the number of hours slept.

Good quality sleep means:⁵



BEING ASLEEP FOR 85% OF THE TIME YOU'RE IN BED OR MORE.



FALLING ASLEEP IN UNDER 30 MINUTES.



WAKING UP NO MORE THAN ONCE PER NIGHT FOR NO LONGER THAN 20 MINUTES.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that has substance abuse services available for anyone within the age range of 12 -25 years old. Services can also be extended to a client's family members or guardians, to help address the substance abuse issues they struggle with.

This is a brief list of some of the services available within the RC TREE Project that program participants can receive:

- Brief Intervention Therapy
- Outpatient Services
- Recovery Support
- Treatment Referral/Outreach
- Counseling Sessions
- Relapse Prevention Planning
- Peer Support/Mentoring
- Program Retention Services
- Inpatient Service Assistance

Another service available that the RC TREE Project offers are screening assessments. The purpose of the screening assessments is to uncover a client's substance use behaviors and to look at their recent substance use history. It also asks questions related to demographics like the client's living conditions, employment status, and physical health characteristics, since these could be factors that influence the person's involvement with drugs/alcohol. Once the screening assessment is complete, an individualized service plan can be developed for the client consisting of treatments that would best benefit the individual and the specific needs they identified as wanting help with. The screening assessments are also used multiple times with a client throughout their time in the program to determine if their treatment needs have changed, if so, the screening assessment can determine what areas of their service plan will need to be adjusted and then the necessary changes could be done to update that client's 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

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



•GUILT• *Name it to Tame it*

If you have ever seen the movie, "The Lion King" you probably know what "guilt" is. The movie's main character, Simba, is a young lion cub, who is next in line to be the leader of a pride of lions that his dad, Mufasa currently reigns over. Simba's uncle Scar, is envious of his brother and comes up with a plan to eliminate Mufasa, in doing so, he leads Simba to believe that he's to blame for his dad's demise. This leads Simba to run away and Scar is able to take over as the new leader of the Pride Lands. Time eventually passes and Simba becomes an adult, his childhood friend, Nala happens to find him and shares that because of Scar, the vibrant Pride Lands are now desolate and food has become scarce there. Even after hearing this information, Simba's guilt over his father still plays a big part on his conscious and at first, he's against returning to the Pride Lands due to concern of how the other lions will judge him if they learn of his role in his father's demise. Simba eventually makes the decision to return to the Pride Lands to face Scar, but the guilt that Simba has had to carry from when he was a lion cub to the present, has made his decision to confront his past, a difficult one.

To learn more about guilt including the different types of guilt that can be experienced and tips of how to deal with guilt, visit the links below:

<https://www.goodtherapy.org/learn-about-therapy/issues/guilt>

And

<https://psychcentral.com/health/tips-for-dealing-with-guilt#tips>