



Behavioral Health Department

November, 2021 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

International Survivors of Suicide Loss Day November 20, 2021

One of the upcoming observance days taking place this November will be International Survivors of Suicide Loss Day, which is a day designated for families and friends to join together in an opportunity to heal from the death of a loved one by showing support for one another and honoring the memory of the person who had lost their life to suicide.

As suicide continues to be a large public health problem, especially with the stress and overwhelming feelings the ongoing COVID 19 pandemic can cause, here's some facts and statistics about suicide from the CDC's official webpage (<https://www.cdc.gov/suicide/facts/index.html>)

- Suicide is death caused by a person harming oneself with the intent to die. A suicide attempt is when someone engages in the act of injuring themselves to end their life, but the actions of their attempt does not result in their death.
- Suicide affects all ages.
 - 2nd leading cause of death for people age 10-34
 - 4th leading cause of death for people age 35-44
 - 5th leading cause of death for people age 45-54
- There are serious emotional, physical, and economic impacts that suicide and suicide attempts can cause. For people who do attempt suicide and survive, they could be left with serious injuries to themselves and suffer with long-term health effects. They may also go on to experience mental health concerns, including depression.
- Suicide's financial toll on society has also been costly. The United States loses over \$70 billion per year in medical and work-loss related costs from suicides and suicide attempts alone.
- One protective factor that can help decrease suicidal thoughts and behaviors is having a strong support system consisting of family/friends and easy access to healthcare.



More than

47,500
people died by
suicide in 2019



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

12 million
Seriously thought about suicide

3.5 million
Made a plan for suicide

1.4 million
Attempted suicide

If you or someone you know
is in crisis, please contact the

**National Suicide
Prevention
Lifeline**



- Call 1-800-273-TALK (8255)
- Use the online Lifeline Crisis Chat
- www.suicidepreventionlifeline.org

National Stress Awareness Day

November 3, 2021

As humans we need some levels of stress in our lives. It helps us perform better, encourages us to grow, and can help give meaning to our lives. But when stress levels are elevated, it can have a detrimental effect on our bodies and minds. The failure to deal with long term stress, called chronic stress, can lead to life threatening problems, such as hypertension, heart diseases, decreased immunity, loss of sociability, and decreased mental vitality. Developing stress management skills is essential to deal with life's stressors.

Step 1: Identifying the causes of stress

It isn't always easy to identify the stressors in our lives. We can all identify some, such as starting a new job, moving, or going through a divorce, but some aren't as easy. That's where we must look at the root of our stress. Maybe we constantly worry about deadlines in our job? Maybe it's not the deadlines so much as it's our procrastination on working on those assignments that causes the stress in the first place.

Step 2: Practice the 4 A's of stress management

Avoid, Alter, Adapt and Accept

Avoid:

- Learn to say NO
- Avoid people who stress you out
- Take control of your environment
- Reduce your To Do list

Alter:

- Express your feelings
- Be willing to compromise
- Create a balanced schedule

Adapt:

- Reframe problems
- Look at the big picture
- Adjust your standards
- Practice gratitude

Accept:

- Don't try and control the uncontrollable
- Look for the upside
- Learn to forgive
- Share your feelings

Step 3: Get moving

A lot can be said for getting outside and moving. I'm not saying you need to do strenuous exercise, but just being outside and moving is good for the body and mind.

Step 4: Connect to Others

Develop meaningful and lasting relationships. It's much easier to have someone to open up to that you have built trust with and feel comfortable talking with.

Step 5: Make time for Fun and Relaxation

- Set aside leisure time
- Do something you enjoy everyday
- Keep your sense of humor
- Take up a relaxation practice

Step 6: Manage your Time Better

- Don't over commit yourself
- Prioritize tasks
- Break projects into small steps
- Delegate Responsibility

Step 7: Maintain Balance with a Healthy Lifestyle

- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs
- Get enough sleep



Step 8: Learn to Relieve Stress in the Moment

Learn to relieve stress as it happens. Deep breathing and using our senses to connect with the world around us can relieve that immediate stress.

What I have learned through recovery is that all I can control is what I say, think, or do. I can't control things around me. I can only control myself. When I have a situation coming up that is stressing me, I look back at all the times I've been in those situations and the fact that everything went just fine. So, I'm able to relax and take it as it comes and not worry about how it is going to go. I just accept the fact that I can't do anything about it now.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that's available for 12 or 25 year olds seeking support for substance abuse. Services can also be extended to a client's family members or guardians, if they would also benefit from receiving substance abuse treatment. In RC TREE being able to additionally work with the family members or guardians of a client, this could lead to a more productive living environment for the client since their loved ones being in the program would hopefully result in those individuals also trying to stop their substance use and ultimately be a supportive outlet the client could turn to when they are in need of immediate emotional support for the substance use struggles they are experiencing.

To determine what services would be the most beneficial to each client during their time in the RC TREE project, tools called screening assessments are used to uncover a client's recent substance use behaviors, in order for staff to have a better understanding of the client's struggles when putting together a service plan for them. The screening assessments are used frequently with clients in the program to uncover the effectiveness of a service plan and if it's found that any services are no longer of help to the individual, their service plan can be updated as necessary. Due to importance that screening assessments play in determining a client's service plan, incentives are offered to clients each time they complete a screening assessment, 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.

For more information about these programs, please call Lorna Gamble, CCS & CST Administrator at (715) 779-3741 x 2402.

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



-Apathy-

Name it to Tame it

If you have ever seen the cartoon, "Spongebob Squarepants" you probably know what "apathy" is. The character of Squidward Tentacles is often seen as apathetic at work and when interacting with other undersea life in the town of Bikini Bottom. To others, Squidward's attitude comes off as unenthusiastic to the point that he has a lack of interest to perform the bare minimum when working at the Krusty Krab and often ignores the orders of his boss, Mr. Krabs to instead laze around or sleep.

Displaying apathetic behaviors, like Squidward may be a sign that an individual could be struggling from other mental or medical conditions as well.

To learn more about what apathy is and what its symptoms could signify visit:

<https://www.healthline.com/health/apathy>

And

<https://www.news-medical.net/health/What-is-Apathy-and-Why-Does-it-Occur.aspx>