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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

National Personal Space Day

Setting boundaries can help a person to establish a strong sense of self-worth and additionally consistent boundaries helps to foster healthy relationships in one's life.

- The importance of boundaries can be seen from the two main functions they serve:
- Boundaries help to communicate the way you'd like others to treat you (what's okay vs. what's not okay). Simply put, boundaries can help you from being mistreated.
 - When boundaries are formed they help create a healthy separation (physical and emotional) between you and others. Boundaries are what allow an individual the ability to control one's own personal space and privacy, this is done by listening and being aware of one's own feelings, thoughts, needs, and ideas. If it weren't for boundaries, a person may not go on to live their life according to their own ideals due to feeling guilty or unjustified prioritizing their own wants and needs over others.

In celebration of National Personal Space Day on November 30th, below are 5 tips for setting healthy boundaries for yourself: this information comes from PsychCentral (<https://psychcentral.com/blog/imperfect/2019/06/5-tips-for-setting-boundaries-without-feeling-guilty#5-tips-to-help-you-set-healthy-boundaries>).

- 1) **First decide what you want**—Before setting up a boundary, you first need to choose what your specific want is and why its important to you. Knowing what you want, will allow you to more easily communicate your needs to others and stay on track if you are met with any resistance. When you're preparing to tell someone of a difficult boundary you'd like to set, you may find it helpful to write down what you'd like to day to that person. Sometimes writing a script before having a conversation can help a person feel less anxious since they are able to rehearse what they'll say and do beforehand.
- 2) **When it comes to your needs, be direct**—The most effective way to communicate your boundaries is by being direct about what your needs are. If the explanation for your boundary is filled with excessive justifications or apologies, you'll end up watering down the point you are trying to make with your message. Keep the statement about your boundary simple and remember you don't need to justify your wants/needs with a good reason.
- 3) **Expect resistance, but don't let it deter you**—You may find when setting boundaries that some people could respond poorly to your decision. The people who react this way are likely the ones who had been previously benefitting in some way from your lack of boundaries, so they don't want to see you change. There are others who may just need time to get used to your new behavior. One of the most common reasons that a person chooses to not set boundaries is because they fear the possibility of conflict. In other words, to avoid upsetting or angering people, everyone else is kept happy while you sacrifice your own needs and wants. However, even in cases where your boundaries provoke anger or resistance in others, it doesn't mean you should back down from setting those boundaries. Oftentimes, people resisting your boundaries confirms that the boundaries are serving their purpose of shifting focus from others' wants and needs to your own.

You can't control how a person will react to the boundaries you set; however, you can be responsible for things like Your own feelings and actions.

- 4) **Setting boundaries isn't a one-time thing, it's an ongoing process**—Throughout our lives, we'll need to continuously set boundaries; this will likely involve repeatedly setting the same boundaries with the same individuals, in order for the "want" we are seeking to eventually be met. Along with repeating to others what your boundaries are, if your needs change at any time then you can also set different boundaries, if needed.
- 5) **Boundaries are used to manage your own wellbeing, it's not done to control others**—When setting boundaries, it shouldn't be done with the intention of controlling or punishing other people. The purpose boundaries serve is to be a form of self-care, where a person can speak out to others about how they'd like to be treated; boundaries are not meant to force others into doing what you want.

It takes practice to become comfortable using a skill like setting boundaries, but the more times you do it, the easier it'll become.

National Survivors of Suicide Loss Day

Finding out that someone you knew died by suicide is a tragic and shocking piece of news to hear about. Whether it's you who's coping from the loss of a loved one or you're the one who's offering support to a child or adult trying to navigate what to do after such a loss, below are some tips from the American Psychological Association (<https://www.apa.org/topics/suicide/coping-after>) of what to do if a death by suicide is affecting either yourself or someone you know.

How to cope when the person who died by suicide was a friend or loved one

- **Accept your emotions**—The most common emotions people expect to feel after a loss due to suicide is grief and despair, but there's actually a wide range of emotions a person could feel in response to this kind of news including shock, denial, guilt, shame, anger, confusion, anxiety, loneliness, and as surprising as it may sound, even relief. These kinds of feelings are normal to have and will likely vary throughout the time a person spends trying to heal from the suddenness of the suicide.
- **Don't worry if you find yourself feeling or doing something different than how you think you "should" act**—When it comes to grieving and coping, there's no standard timeline to follow or right way to go about the healing process. Everybody takes different pathways when it comes to overcoming trauma, focus on what your needs are and don't pay attention to what other people do to feel better.
- **Care for yourself**—In times of tragedy, people usually neglect their personal hygiene, so do your best when it comes to getting enough sleep at night and eating healthy, nutritious meals. The simple act of taking care of one's physical self will help to improve your mood and give you the strength needed to begin coping.
- **Rely on existing support systems**—Seek help from individuals who've supported you in the past, including your family, your friends, and peers.
- **Find someone to talk to**—Due to the stigma often associated with suicide, many loss survivors choose to keep to themselves and suffer in silence. However, by speaking to someone about your feelings it's a great way to help you heal from the tragedy, as it allows you to be open about your emotions compared to bottling them up inside. Without an outlet to confide in, these feelings could have the potential to be overwhelming and intrusive to the loss survivor.
- **Join a support group**—Support groups are where a person can meet others who have had similar experiences to themselves and can be supports for one another. While many people are skeptical about support groups at first, after participating in a couple of sessions, they are usually surprised at how helpful these groups can be, especially the role that support groups play in encouraging a person to talk about their concerns as addressing the difficult feelings tied to suicide loss can be therapeutic and healing.
- **Seek help from a professional**—By talking to a psychologist or a mental health professional, people can go on to receive services that'll help them to better manage their feelings like counseling and healthy coping strategies.

Talking to children and teens about suicide

- **Before starting a conversation, deal with your own feelings first**—Take time to manage the emotions you are feeling as a result of the suicide, then once you feel calm to do so, talk to the children or teens in your life about the death by suicide.
- **Be honest**—Don't focus on detailing to the children or teens about the suicide act itself, but don't try to hide the truth either. When discussing the death, use age-appropriate language so the youth is able to grasp and understand what happened.
- **Acknowledge feelings**—Make statements to help the child or teen name the emotions they are feeling: "It sounds like you're upset," or "It seems like you were scared upon hearing this news". Validate the feelings being expressed by the youth. Take the opportunity to share what you are feeling as well and explain that it's normal for people to have a wide range of emotions to this situation; it's even possible that the youth will go on to feel a variety of other emotions themselves with the passing of time.

In honor of National Survivors of Suicide Loss Day on November 20th, here's a list of resources with more information about suicide and the devastating affects that losing a loved one in this way can have on family and friends: - [National Suicide Prevention Lifeline \(988\)](#) - [American Association of Suicidology](#) - [American Foundation for Suicide Prevention](#)

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 and additionally their involvement with drugs/alcohol could be a reason why the client themselves has a hard time with discontinuing substance use behaviors.

Here's 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

Additionally, the RC TREE Project can help clients who also have co-occurring mental health disorders. For anyone, who meets the criteria of having a co-occurring mental health disorder, services to supplement the client's management of it are pursued and help is offered to uncover coping mechanisms the individual can use whenever their mental health concern causes them to feel stressed or overwhelmed.

Uncovering information about the client like the state of their mental health is useful towards developing an individualized service plan, as a result screening tools are utilized various times in RC TREE to not only learn how a client is feeling emotionally, but also to find out information related to their substance use, like the frequency they've been engaging in substance use behaviors. Relying on this method to check in with a client on how they are doing in the program means their service plan can be adjusted as necessary, if their needs do end up changing at any point throughout their time in the program.

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 715-689-2141

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



•ARROGANCE•

Name it to Tame it

If you have ever seen the cartoon series, "Arthur" you probably know the character, Muffy Crosswire and what "arrogance" is. Muffy is a friend and classmate of the main character, Arthur. Due to coming from a wealthy family, she's lived a life where she's gotten every material possession she could ever want, leading her to believe that others should blindly follow her demands. When Muffy acts arrogant in the show, it often results in her not noticing how her words or actions are hurting others because she thinks they are the ones purposefully trying to upset her by not doing what she wants. Luckily, Muffy's friends do eventually get through to her. Letting her know that there is a reason they couldn't do what she wanted and that they tried to let her know beforehand, but she won't hear them out, making that character feel unheard and disrespected. After hearing this information Muffy will often end the episode by apologizing to that other character and attempting to be more considerate of their feelings.

To learn more about arrogance including ways to avoid being arrogant yourself and the difference between confidence & arrogance, visit the links below:

<https://www.forbes.com/sites/tracybrower/2020/01/12/confidence-without-arrogance-why-you-should-stop-trying-to-be-the-smartest-person-in-the-room-6-tips-to-avoid-the-arrogance-trap/?sh=1e6547f31c4f>

And

<https://www.betterup.com/blog/confidence-vs-arrogance>