



# Behavioral Health Department

## October, 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

## National Depression Education and Awareness Month

### What is Depression?

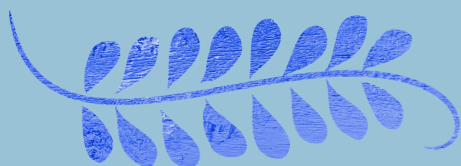
There are times a person may find themselves feeling down and it's a normal part of life to occasionally feel this way, but when a person is overwhelmed with feelings of hopelessness and despair that just won't go away, there's a good chance that the individual may have depression. There's many who think that depression is nothing more than just sadness due to one's own personal struggles and setbacks, but depression can lead to many drastic changes including the way a person thinks, feels, and performs daily activities.

Depression is capable of interfering with many aspects of one's life including ability to work, study, eat, sleep, and enjoy life. For a person with depression, just trying to get through each passing day can be overwhelming.

The way in which depression is experienced may vary, but if left untreated, it has the potential to become a serious health condition. It's important to remember that feeling helpless and hopeless are just symptoms of depression—this does not reflect the actual reality of one's situation. In celebration of National Depression Education and Awareness Month, below are common symptoms associated with depression and some suggestions of what a person could do to cope when depressed; this information comes from HelpGuide (<https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>).

### Signs and Symptoms

Depression differs for each individual, but there are some common signs and symptoms that people who do have it exhibit. The symptoms themselves are ones that can be due to the normal lows of everyday life; however, the more symptoms a person has, the stronger they are, and the longer they've gone on for—the more likely it is that the person has depression.



### 10 Common Depression Symptoms

- 1) Feeling helpless and hopeless. Person's outlook on life is bleak—feels like no matter what they do, nothing will ever get better.
- 2) Lack of interest in daily activities—Enjoyment towards previous hobbies, pastimes, and activities has disappeared. Seldom feels happiness or joy.
- 3) Appetite/weight changes—A significant weight loss or weight gain is observed—Examples: more than 5% of body weight is lost or gained within a month's timeframe.
- 4) Changes in sleep behavior—Could be insomnia, waking up from sleep various times throughout the night, or over-sleeping.

- 5) Anger/irritability—Not only is the person's tolerance level low, but they also have a short temper. Easily agitated by everything and everyone; may start to become violent.
- 6) Low energy—Becomes fatigued quite quickly. Person feels physically drained and even trying to complete small tasks can be exhausting and tiring for that individual.
- 7) Self-loathing—Feels worthless or guilt towards one's self. Involves a person harshly criticizing themselves for their own perceived faults and mistakes.
- 8) Lack of concern for one's personal wellbeing—Taking part in escapist behavior. Examples include substance abuse, compulsive gambling, reckless driving, or dangerous recreational activities.
- 9) Poor concentration—Trouble being able to focus, make decisions, or remember things.
- 10) Experiencing unexplained aches and pains—Makes physical complaints about headaches, back pain, abdominal pain etc.

### **What You Can do to Feel Better**

Being depressed causes people to often feel like there's no light that'll be found at the end of the tunnel. But there are options out there that you can do to lift your mood. The key is to first begin with a few small goals for yourself and then to slowly move forward from that point, trying to do a little more each day to reach your goals. Feeling better will take some time, but it is possible to get there and you can do so by making positive choices for yourself.

Positive changes to one's life could include the following:

- 1) Begin reaching out to other people. Isolation only helps to fuel one's depression, try to spend time with family and friends, even if you'd rather be alone or you feel like you'll be a burden to others/ Doing something as simple as talking to another person face-to-face about your feelings will play an enormous role in helping you to cope. The intention in finding someone to talk with is not for them to fix you, but that they be a good listener, who'll listen intently to you, without getting distracted and free of judgement.
- 2) Exercise. When depressed, the simplest little thing like getting out of bed can seem daunting, so something where more movement is involved, exercise for example, is even harder to imagine possibly doing. But by choosing to engage in regular exercise, it's a great way to help counter the symptoms of depression and this can be just as effective as taking antidepressant medication to cope. To exercise you could go on a short walk or you could put on some music to dance to.
- 3) Start a mood boosting diet. Reduce your intake of any foods that can have an adverse effect on your mood, these include foods that contain caffeine, alcohol, trans fats, sugar or refined carbs. Aside from limiting certain foods, you should also try to eat more mood-enhancing nutrients, such as Omega-3 fatty acids.
- 4) Find ways to involve yourself in the world. This could be done by being out in nature, caring for a pet, doing volunteer work, or returning to a hobby that had been previously enjoyed (or starting up a new one). You may not feel like doing this at first, but as you begin to participate in the world again, you will gradually start feeling better.

## **Emotional Wellness Month**

A person's emotional well-being has the potential to effect their overall health. Mental and emotional stress can result in negative physical reactions, a weak immune system, and just poor health in general.

"Emotional wellness" is the ability to recognize and process one's feelings in a healthy, positive way while simultaneously being able to manage the stresses of everyday life. If you find yourself feeling overwhelmed by stress, try meditation, yoga, or another soothing activity to help yourself calm down and clear your mind of worry.

With October being Emotional Wellness Month, take the opportunity to work on improving your emotional wellness, find relaxing activities to do when stressed, and, the most important thing of all, remember to breathe!

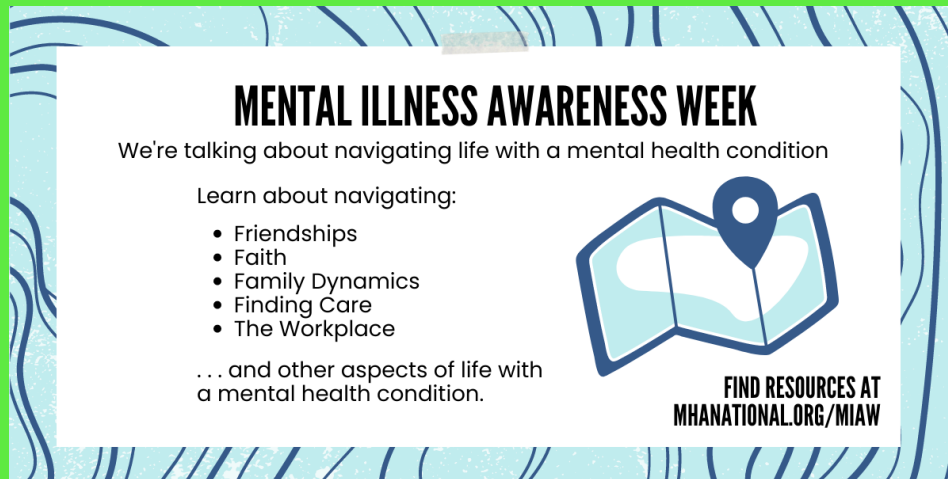
### **Reasons why Emotional Wellness Month is Important**

- 1) We're reminded that it's okay to take breaks—Many people have a hard time momentarily stepping away from their busy schedules to not only reflect on their mental health, but also to prioritize improving their personal well-being.
- 2) It's a time that encourages us to check in with our emotions—Feelings are easy to disregard when our lives have so much going on. However, distractions and challenges can also occur, leading to unnecessary noise that can become out of control if we don't take the time to check in with ourselves.
- 3) It's an opportunity for us to connect with others—Try reaching out to a relative or friend you haven't had the chance to talk to in a while.

#### Source

National Today. (2022, 09 20). *Emotional Wellness Month—October 2022*. Retrieved from <https://nationaltoday.com/emotional-wellness-month/>

# Mental Illness Awareness Week



Every year since 1990, Mental Illness Awareness Week takes place during the first full week of October. This year, the awareness week falls on October 2nd –8th. With 1 in 4 Americans having a mental health condition, along with countless others worldwide, it's a time to show support for the individuals apart of this demographic who face unique challenges within their lives due to having a mental health condition. One resource sharing information during Mental Illness Awareness Week of the variety of issues people living with mental health conditions experience and gives tips of how to deal with those challenges is Mental Health America.

To check out Mental Health America's resources, access social media materials, and to learn more about the awareness week, please visit [mhanational.org/miaw](https://mhanational.org/miaw)

## World Mental Health Day

October 10th is World Mental Health Day and as the world's understanding of mental health continues to grow, we as a society have begun to grow along with it. There's been big improvements in mental health since the early nineties, which was when the World Federation of Mental Health (WFMH) had first established World Mental Health Day. From the development of this established day, the general public's self-awareness and sensitivity towards mental health has ultimately changed for the better. While we certainly learned a lot regarding mental health, there's still stigma associated with mental health conditions and the act of seeking out mental health services, so even though improvements have been made, there's still more to be done when it comes to advocating for mental health equality.

### Purpose of World Mental Health Day

Two things that World Mental Health Day is meant to encourage are people using the day as an opportunity to acknowledge their pain and to engage in practices of self-care. For the pain a person may feel, this day is meant to remind everyone that even though they think they are the only ones struggling, there are others out there who have experienced similar pain as well. Our minds often convince us that we are the only ones facing hardships and having a difficult time getting through each day. Upon finding out that other people have had similar struggles and were able to make it out okay on the other side, this is something that can be uplifting to hear about and help an individual to feel that they are also capable of overcoming their own pain.

When it comes to self-care, there are life changes one could make on World Mental Health Day and continue to do even after the day has passed. Some examples of self-care practices to adopt include changes to one's sleep routine, making healthy food choices, taking mental health breaks at work, and going on long walks outside. Self-care is about understanding what your specific needs are, so take time to ask yourself what you want to do and once you've decided, go for it.

### Source

National Today. (2022, 10 05). *World Mental Health Day—October 10, 2022*. Retrieved from <https://nationaltoday.com/world-mental-health-day/>

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that has services to help individuals struggling with substance abuse and the age demographic eligible to join is anyone who's between the ages of 12 – 25 years old. Alongside substance abuse, RC TREE can also help out clients who have coinciding mental health disorders since mental health and substance abuse often correlate with one another. Due to this, it's important to provide services like counseling and peer support to clients struggling with their mental health, as their current state of wellbeing could influence them to re-engage in substance abuse behaviors, they are trying to put a stop to.

A tool that'll be utilized throughout a client's entire time in the RC TREE program is screening assessments. The purpose of the screening assessment is to determine a client's current substance abuse behaviors and to get an idea of what specific aspects they are struggling with due to their substance use. Demographics are also something that the screening assessment gathers information on like physical health characteristics, socioeconomic status, and current living conditions. Upon access to this information, RC TREE providers can create an individualized service plan for the client of treatments to best help the individual meet their current needs. The benefit of screening assessments being performed a variety of different times throughout a person's time in the program is that if it's uncovered that their needs have changed in any way, the individualized service plan created for them can be adjusted as necessary to reflect the new needs they now have. Because of the crucial role that these screening assessments 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](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.**

## **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**.

## **Celebration of National Recovery Month**

A national movement to support people in recovery from substance abuse had occurred last month (September 2022), this time of observation is known as National Recovery Month.

Below is a picture of staff from the Red Cliff Community Health Center gathering to show their support for both the Awareness Month and the message it promotes throughout September. The message being that recovery is difficult and the people who take that journey deserve recognition for their hard work and commitment.



## 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



## •DETERMINATION•

### *Name it to Tame it*

If you have ever seen the movie, "Coraline" you probably know what "determination" is. The film is about a girl named Coraline, who's family has just recently moved at the start of the movie; however, Coraline is having a hard time adjusting to this big change due to her parents being too busy to spend time with her. Because of the remote location that Coraline's family moved to, this leads to Coraline often having to find ways to entertain herself, including one day taking her mother's suggestion of exploring their new home. Upon doing so, Coraline finds a small door that at first has nothing but a cement wall behind it, but soon discovers that the door actually leads to another world where everything seems wonderful and more exciting. However, after visiting the world a couple of times, Coraline soon learns that everything she encountered had been an illusion to trick her into thinking the "Other" world was better than the one she lived in. The villain behind this "Other" world doesn't have the intention of letting Coraline escape and captures Coraline's parents, in an attempt to lure her back. With Coraline facing such hardship in having her parents taken away from her and knowing that returning to the "Other" world will be dangerous, she makes the decision to return to rescue her parents. This action of choosing to confront the villain even though Coraline knows this could possibly result in the loss of her freedom, is a great example of determination, as she is aware of what could happen if she fails, but remains steadfast in her decision, since Coraline knows her parents are in grave danger and need her help.

To learn more about determination including traits seen in determined people and tips of how to become more determined, visit the links below:

<https://www.indeed.com/career-advice/career-development/determination>

And

<https://www.lifehack.org/891961/how-to-be-determined>