



Behavioral Health Department

October, 2023 NEWSLETTER



October 5th is National Depression Screening Day

Screening tools are a resource people could use to find out if they have signs of a serious illness and may be used by those who won't have initially sought out professional medical advice.

With one of the most common mental illnesses being major depression, affecting an average of 6.7% (< more than 16 million) American adults each year, depression screenings are an important tool that people should start incorporating into their healthcare routines.

Why is it important to screen for depression?

- Clinical depression is diagnosed as a serious medical illness
- Clinical depression can lead to self-harm or suicide
- It's easy for people to mistake symptoms of depression as being a "normal part of life"
- Clinical depression knows no bounds, it can affect anyone, it doesn't matter what a person's age, race, or socioeconomic group is
- Only a third (35.3%) of people who have severe depression go on to receive treatment from a mental health professional
- Depression can co-exist with other medical conditions, making treatment more challenging the longer its left unchecked
- Screenings are a good first step to getting help and feeling better

While screenings do not substitute for a professional diagnosis, they can be used by an individual to determine if they have symptoms of a mental illness like clinical depression.

Below are some links to depression screening tools:

- Mental Health America Depression Test: [click here](#)
- PsychCentral Depression Test: [click here](#)
- WHO STEPS Depression Self-assessment Tool: [click here](#)
- Mind Diagnostics Depression Test: [click here](#)

Source

"National Depression Screening Day". *Mental Health America*. <https://www.mhanational.org/national-depression-screening-day>. Web. 28 Sept. 2023

Youth: A Resource Guide for Professionals, Families and Communities

If you or a loved one are experiencing a crisis, or any other problems, contact us at (715) 779-3741 to begin services or to help answer any questions you may have.

Hours: Monday – Friday 8:00am -4:30pm

If this is an emergency, call 911, or if you are experiencing a mental health crisis, call the Bayfield County Mental Health Crisis Line 24 hours a day at 1 (866) 317 -9362.



Dial 988

If you are facing a suicidal crisis or are in emotional distress, dial 988 to contact the Suicide & Crisis Lifeline. The lifeline will connect you to a local crisis center, where you'll talk to a crisis counselor who can provide emotional support and can help find crisis resources for you as well. This lifeline offers free, confidential support—24 hours a day, 7 days a week

Gathering of Native Americans (GONA)

What is a GONA?

A GONA is a culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports AI/AN tribes. The GONA approach reflects AI/AN cultural values, traditions, and spiritual practices. The GONA focuses on the following four themes:

- **Belonging**—the GONA ensures that everyone feels welcomed in an inclusive, open, safe, and trusting environment
- **Mastery**—the GONA allows participants to take stock of how historical trauma impacts their communities and what fosters their resilience and holds them together
- **Interdependence**—the GONA initiates the planning process to assess resources and relationships, and to experience and strengthen interconnectedness
- **Generosity**—the GONA exercise of creating gifts to share with other participants symbolizes each participant's larger gift to their families and communities in helping to address and prevent mental and substance use disorders, prevent suicide, and promote mental health (SAMHSA, 2016).

Our Families. Our Community. Our Wellness. Our History. Our Healing.

Red Cliff Band of Lake Superior Chippewa

Community Gathering

Giiwiidookodaadim

"We all help each other"



SAVE THE DATE!

October 17-19, 2023

Red Cliff Boys & Girls Club

Gathering of Native Americans (GONA) is a three-day journey for Red Cliff Community Elders, Youth and Program staff to gather to address community identified issues. Facilitators will support our local vision and culture in identifying essential elements for community wellness, healing and planning.

For more information call 715-779-3707 ext 2263.



Belonging—Mastery—Interdependence—Generosity

FEEDBACK FROM OTHER TRIBAL COMMUNITIES

What I liked best about the GONA was...

- "Hearing, creating, and sharing the conversation about suicide, prevention, and substance abuse"
- "Working on community building and healing"
- "We are addressing very important issues that needed to be addressed a long time ago"
- "Developing a vision and working towards a common goal" "Planning for the future"
- "Use of our culture and cultural ways"
- "Feeling connected with peers"
- "I now can understand and help my friend"
- "Laughing and working together"
- "I will include it in my work and will keep the voice loud for the social causes and concerns"

Halloween Safety Tips

For a healthy and safe Halloween, here's some tips from [healthychildren.org \(https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx\)](https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Halloween-Safety-Tips.aspx) to keep in mind this month to ensure you and your children are able to enjoy yourselves this Halloween and avoid accidental injury.

Costumes

- Pick out costumes to wear that are bright and reflective. For greater visibility, reflective tape or striping can be added to costumes or trick-or-treat bags.
- Wear shoes that fit well and make sure that no part of the costume drags, as these precautions will prevent incidents of tripping, entanglement, or costumes catching on fire from happening.
- Check costume label and make sure it's "flame resistant". You should check wigs and accessories for the same kind of label as well.
- As an alternative to wearing a mask, consider non-toxic makeup and Halloween themed hats instead. Test the make-up ahead of time to ensure that it won't cause an allergic reaction, this can be done by applying the make-up to a small patch of the child's skin. If the skin becomes irritated or red where the make-up was, then don't use it.
- For hats, it should fit the child properly, to prevent that hat from sliding over the child's eyes and blocking their vision.
- Costume accessories to be wary of are any sharp or long sticks like swords, canes, or broomsticks. These accessories could easily cause injuries to your children if they trip or fall.
- Avoid decorative contact lenses. If there's an interest to wear them, only do so after having an eye examination and receiving a prescription from an eye care specialist. While there are claims on the packages of decorative contact lenses that they are "one size fits all," or "don't require an eye care professional's approval," wearing the decorative lenses without a prescription can be dangerous. The consequences can include pain, inflammation, or development of serious eye disorders and infections, which could even cause permanent vision loss.

Pumpkins

- Pumpkin carving is a dangerous activity for small children, as improperly using a cutting tool to cut into the pumpkin could result in serious injury. To avoid this, the child can draw a face or design on the pumpkin with markers, while the parents/guardians cut the pieces out. The American Society for Surgery of the Hand (AAHS) recommends that the safest tool to use when carving are the small pumpkin saws usually sold in pumpkin carving kits, while it's advised that people not use large blades to carve, since they have a tendency of getting stuck and can cause injuries when pulled out of the pumpkin.
- Consider using something else to light your pumpkin instead of a candle, like a flashlight or a glowstick. If you do use a candle; however, the safest option is a votive candle.
- Avoid placing candlelit pumpkins on porches or anywhere near pathways that visitors will be walking past. Never leave candlelit pumpkins unattended.

Halloween Home Safety

- To prepare your home for visiting trick-or-treaters, remove anything that could be a tripping hazard. Clear your porch and front yard of objects that have the potential to cause tripping, this includes things like garden hoses, toys, bikes, and lawn décor.
- Check to make sure the outdoor lights are operating properly and replace any burned-out lightbulbs you find.
- If there's wet leaves on surfaces like on the sidewalk or porch, remove the leaves to prevent visitors from slipping on them.
- Keep pets away from where the trick-or-treaters will be, so they do not jump on or bite any children.

Taking kids Trick-or-Treating

- Young children should be accompanied by an adult as they trick-or-treat in the neighborhood. If you have older children who can go on their own without supervision, sit down with them to plan and review the trick-or-treat route you have given them permission to go on. Before the older child leaves to trick-or-treat, make sure they have a flashlight and confirm with them the agreed upon time they need to return home by.
- Only stop to trick-or-treat at homes that have their lights on, ideally look for ones with either a porch light on or a well-lit pathway.
- Do not go inside people's homes or cars for a treat. If you encounter any suspicious or questionable activity while trick-or-treating contact local law enforcement about the potential danger immediately.
- Here are some tips to help decrease the likelihood of pedestrian injury—which is the most common injury that's experienced by children on Halloween:
 - Children should always travel with a group, instead of going off on their own
 - Get reflective tape to put on costumes and trick-or-treat bags, this will help vehicles to more easily spot trick-or-treaters at night
 - Carry a cellphone with you, in case there's an emergency
 - Trick-or-treat where there's well-lit streets and walk on the sidewalk instead of the road
 - If there's no sidewalk, walk at the far edge of the roadway facing towards traffic
 - Do not cut across yards to get to other houses
 - Always cross the street as a group
 - Do not go between parked cars and stay clear of people's driveways
 - Don't assume motorists will stop for you. Be careful and look both ways before crossing, especially since trick-or-treaters are less visible at night. Remember, just because there are some vehicles that stop for you, this doesn't mean others will do the same

Trick-or-Treat Goodies

- Prepare a good meal to feed your child before trick-or-treating; this will discourage them from wanting to eat their Halloween treats right away.
- Consider getting non-edible goodies to hand out to trick-or-treaters.. Halloween is a tricky time of the year for children who have food allergies. To prevent food allergy scares on Halloween, the Food Allergy Research & Education's Teal Pumpkin Project is an initiative that encourages safe trick-or-treat options be offered to food-allergic children. Some alternatives to Halloween treats they suggest includes glow sticks, plastic decorative rings, vampire fangs, pencils, bouncy balls, finger puppets, whistles, bookmarks, stickers, and bubbles.
- Monitor children to make sure they don't touch their Halloween treats until they've returned home. Then the adult can check and sort everything, throwing away any questionable items that are spoiled or unwrapped. As you check over the Halloween treats for babies and toddlers, keep in mind that there's an array of things that are unsafe for them to eat including any hard candies, caramel apples, popcorn, gum, small candies (candy corn, etc.), gummy candy, or anything that contains whole nuts. Babies and toddlers also have a tendency to put anything into their mouths, meaning items like candy wrappers, stickers, small toys, or temporary tattoos have the potential to be choking hazards.

CERTIFIED PEER SPECIALIST SERVICES

A Peer Specialist is an individual with lived recovery experience who has been trained and certified to help their peers gain hope and move forward in their own recovery. By sharing experiences, peers bring hope to people in recovery and promote a sense of belonging within the community (SAMSHA)

PEER SUPPORT IS..

- Delivered by individuals who have common lived experiences.
- People with mental health and/or substance use disorders have a unique power to help one another based on shared connection and deep understanding of this experience.
- Peer Specialists offer support, strength, and hope to their peers, which allows for personal growth, wellness, and recovery. (SAMSHA)
- Peer support is ongoing, available, and flexible.
- Peer support enhances other health care services by creating emotional, social and practical assistance necessary for staying healthy and managing. (Peers for Progress)

WHAT SERVICES DO PEER SPECIALISTS PROVIDE?

Peer specialists support their peers both individually and in small groups.

- Help peers create individual service plans based on recovery goals and steps to achieve those goals
- Use recovery-oriented tools to help their peers address challenges
- Assist others to build their own self-directed wellness plans
- Support peers in their decision-making
- Offer a sounding board and a shoulder to lean on...and more!

PROVIDING HOPE

Modeling recovery, engaging, and connecting are just some of the ways peers make a difference in the lives of others. The bond that is essential in peer support means that both the person giving support and the person receiving support benefit from the relationship. (MHA)

SERVICES INCLUDE:

Education and skill- building

- ⇒ Wellness planning
- ⇒ Crisis planning
- ⇒ Self- advocacy skills
- ⇒ Budgeting

Services that help

- ⇒ Identify strengths and use the strengths to reach goals
- ⇒ Identify and overcome barriers to participate in community resources

Connect with resources

- ⇒ Visiting community resources to familiarize
- ⇒ Teaching and modeling skills needed to utilize resources
- ⇒ Wrap around services
- ⇒ Cultural wellness and healing

Building relationships and encouraging community based activities

- ⇒ Employment
- ⇒ Relationships
- ⇒ Physical activity
- ⇒ Self- directed hobbies

Using SAMHSA's Eight Dimensions of Wellness to guide a holistic approach to recovery, a Certified Peer Specialist will work with you to discuss meaningful goals in one or more of these important dimensions; financial, social, spiritual, occupational, physical, intellectual, and emotional. Each of the dimensions contribute to your overall wellness and individual recovery.

Fighting the Urge to Procrastinate

Procrastination is when you delay or put off doing a task until the last minute or past the deadline that's given.

Even if you are a well-organized and dedicated person, you've likely found yourself distracted by frivolous activities (watching TV, checking social media websites, playing video games, etc.) when you should have been devoting time to an important matter like work or a school-related project.

Whether procrastination has led to you putting off completing a project for your job, pushing aside homework assignments, or letting household chores pile up, it's something that if you allow to happen could have a large hinderance on your job, social relationships, and your life.

Below you'll find information on why people procrastinate and tips to overcome procrastination; this comes from the website, verywellmind (<https://www.verywellmind.com/the-psychology-of-procrastination-2795944>).



What Does Procrastination Look Like?

Was there ever a time where you thought you had a week left to work on a project, but then you found out it was actually due the next day? Or have you ever decided not to clean up something and leave it messy because “you weren’t motivated to take care of it right away”. These are examples of procrastination.

With procrastination, a lot of people misjudge how long it will take to complete a project, often not giving themselves enough time to do so. This can lead to a false sense of security, believing they don’t have to work on a task right away because they have plenty of time and can set it aside for later.

A factor that can contribute to procrastination is when people believe they need to feel inspired or motivated before working on a task.

However, approaching tasks in this way is counterproductive because if you wait until you feel ready to start something (especially an undesirable task), there’s a chance there will never be a “right time” and the task will likely be something you continue to put on hold multiple times.

Why Do We Procrastinate?

To avoid judgement from others, we try to justify behaviors that get criticized, like procrastination by relying on a number of excuses or rationalizations to defend ourselves. Here’s a list of 15 reasons why people do procrastinate:

- Unaware of what to do for a task
- Lacks knowledge of how to properly do the task
- Not feeling in the mood to do something
- Not caring whether the task is accomplished or not
- Very little interest in the task itself
- No motivation to work on a task
- Waiting until the last minute to start something
- Believing you work better when you are stressed and under pressure
- Avoiding a task because you don’t want to do it
- Lacking initiative—failure to start something on one’s own unless prompted or directed to do so by someone else
- Distracted by other things and forgetting to do the task
- Blaming sickness or poor health on not getting things done
- Waiting until the right moment comes along
- Needing time to think over the task before beginning it
- Delaying one task to instead work on another task that’s more appealing to you

The Negative Effects of Procrastination

Procrastination can become a serious issue when it turns into a long-term and chronic condition, as it has the potential to impact how a person goes about living their daily life. For people who do deal with extreme levels of procrastination on a daily basis, what's happening simply isn't because of poor time management skills but instead it's a lifestyle that they gradually become accustomed to.

People who procrastinate may do so in a variety of ways including paying their bills past the due date, beginning a big project the night before it's due, or going gift shopping for a birthday party just hours before the start of the event.

There are a number of ways that procrastination can affect a person, this includes having an impact on crucial life areas like mental health and social wellbeing. Here are a few examples of what procrastination can lead to:

- Higher incidences of stress-related illnesses
- Being disconnected from family and friends
- Delivering a poor job performance at work

How to Overcome Procrastination

If you are wondering how you could stop procrastinating, there are several different options to help you fight off the urge to procrastinate and get started on finishing things in a more timely manner.

Here are 5 procrastination exercises that you could try yourself:

- **Create a to-do list:** To help organize which tasks you'd like to complete first, consider writing a due date next to each item on your list.
- **Slowly make progress by taking baby steps:** To avoid the tasks on your list from becoming too overwhelming, break down each task into smaller steps that are more manageable to achieve.
- **Know the warning signs:** If you begin having thoughts of procrastination, try your best to ignore them. Otherwise if you do begin to procrastinate, force yourself to spend the next few minutes trying to get your mind back on track and return to the task you had started.
- **Maximize productivity by eliminating distractions:** Do things around you take away your focus from the task at hand—whether it be social media, TV, or video games—turn off these distractions.
- **Give yourself a pat on the back:** When an item on your to-do list does get completed on time, reward yourself by doing something fun that you enjoy.



-SOCIAL REJECTION-

Name it to Tame it

If you have ever seen the movie, "ParaNorman" you probably know what "social rejection" is. The main character of this movie who experiences social rejection is Norman, who has the ability to see ghosts. However, this is something he's bullied for at his middle school, as he's often the victim of name-calling and his property being disrespected, like his school locker being defaced with messages mocking him. Being a social outcast often leaves Norman feeling lonely and isolated. Being constantly leered at and verbally harassed by his peers has led to him resigning that this behavior is something he'll have to deal with and endure for a long time.

The movie, "ParaNorman" is a good example of what social rejection can look like for a school-age child, as the bullying Norman encounters has a direct affect on him as a person, resulting in him acting demure and closing himself off from others. Luckily for Norman he is able to make a friend with another kid who's being bullied and while this change in his life doesn't put an end to him being picked on, at least he's able to hang out with someone, who doesn't mind that he can see ghosts; in fact, his new friend thinks it's cool that Norman can do this.

To learn more about social rejection, including the impact bullying can have on mental health and the role social rejection plays in lowering a person's self-esteem, visit the links below:

<https://psychcentral.com/lib/bullying-and-mental-health-effects>

And

<https://www.betterhelp.com/advice/rejection/why-social-rejection-does-not-have-to-define-you/>