



# Behavioral Health Department

*MH & AODA Outpatient • CCS • CST • TOR • RCTREE • CTAS  
Native Connections • Noojimo'ewewin • MWC*

## November 2020 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!*

*During the month of Gashkadino-Giizis (November), we want the community to become more aware of our Telehealth Services!*



### **National Stress Awareness Day November 6, 2020**

We all experience stress from time to time. Some stress is good for us and helps us to respond to changes in life. Stress response is our body's way protecting itself from harm. However, too much stress can cause damage to our health and relationships.

Identifying the things that stress us and impact our physical and mental health is helpful in combatting its effects. Sometimes, health problems are the cause. But our health can also be affected by external stressors such as emotional and physical abuse, toxic work environments, financial strain, or other family issues. When we identify the causes of stress in our lives, we can begin to eliminate or reduce the stress.

Some tools that help with stress include:

- Learn to recognize anxiety and find activities that calm it, such as taking deep breaths.
- Identify and let go of the things you cannot change.
- Exercise helps us to let go of built-up anxiety.
- Eating a balanced diet nourishes our brains and bodies so we're better able to cope.

#### **Here are some things you can do to observe #StressAwarenessDay:**

- Develop a routine to help you lessen your tension.
- Engage in an activity that takes your full attention, like playing music, dancing, playing with kids.
- Listen to calming music.
- Get some exercise or a massage.
- Take a long, relaxing bath.



**Red Cliff Behavioral Health Department is dedicated to helping you feel your best and can connect you to AODA & Behavioral Health services, Recovery Groups and Peer Support. Please call 715-779-3741 for more information.**

# Behavioral Health Program Highlight– Telehealth

**This month, we are highlighting Behavioral Telehealth Services provided by Dr. Anthony Tranchita through Indian Health Service in Bemidji.**

The Red Cliff Community Health Center has been working with the Indian Health Service Tele-Behavioral Health Program for a good number of years now, primarily utilizing that service to ensure local access to behavioral health prescribers. The last two years we have worked with Dr. Tranchita who provides services on average 8 hours a month. Dr. Tranchita works through secure tele-conference software or telephone to assess needs, recommend a treatment plan, and order mental health medications. He works collaboratively with our medical and behavioral health staff to ensure the highest level of care for our patients. Access to these services means that our patients do not need to travel as far for mental health medication, ensuring that people have access to high quality care close to home.



Captain Anthony Tranchita currently serves as the Tele-Behavioral Health provider for the Bemidji Area Office of the Indian Health Service. He provides services for 6 different Tribal communities through Tribal or Indian Health Service Clinics. He has spent 17 years as a member of Uniformed Service, 4 years Active Duty in the Air Force, and the last 13 years in the Public Health Service. Previous job assignments include the Crow Service Unit in Montana, Grand Forks Air Force Base in North Dakota, the Great Plains Youth Regional Treatment Center in South Dakota, Altus Air Force Base in Oklahoma, and Wright-Patterson Air Force Base in Ohio.

CAPT Tranchita has attained licensure as a prescribing psychologist, in order to better serve rural communities, and ensure access to quality mental health care to include mental health medications. As a responder in the Public Health Service, CAPT Tranchita served as the Behavioral Health Lead for the Monrovia Medical Unit, Team One from October 20<sup>th</sup> to December 20<sup>th</sup> 2014 responding to the Ebola Crisis in West Africa. He has also responded to flooding victims in New York City/Long Island after Hurricane Sandy in 2012, as well as to Hurricane Irene in Upstate New York in 2011, and to a Federal Medical Shelter after Hurricane Ike in 2008. He has also been part of a mental health response to suicide clusters on two Native American reservations in 2008 and 2010.

CAPT Tranchita lives in central Wisconsin with his wife, daughter and son (aged 13 and 8). His hobbies are primarily outdoor activities like hunting, fishing and golf. His children are both active in several sports, both of them in hockey which of course means that is how the family spends most of the winter months.

# Native Connections

Native Connections helps Native American communities identify and address the behavioral health needs of Native youth with an emphasis on suicide prevention and AODA misuse reduction among youth 0-24 years of age and their families.

## **The program supports:**

- Reducing suicidal behavior and substance use among Native youth up to age 24
- Easing the impacts of substance use, mental illness, and trauma in tribal communities
- Supporting youth as they transition into adulthood

For more information about our program, contact information, and access to more web-based resources go to <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/> or call the Mishomis Wellness Center at 715-779-3741.

## **Boozhoo from Red Cliff Native Connections!**

November 21<sup>st</sup> is Survivors of Suicide Loss Day. It is the Saturday before Thanksgiving every year because, the holiday season can be particularly difficult for those who have lost a loved one to death by suicide. It is this time that can serve as a reminder to be supportive of those who have lost a loved one to death by suicide. One way to be supportive of someone who has had this type of loss is to be accepting towards whatever kinds of feelings they may have. There are a wide range of feelings and emotions that survivors of suicide loss can experience from anger, confusion, and grief to feelings of shame and guilt. It is important to accept that they have whichever feelings they may have and treat them with compassion and offer non-judgmental support. There are also other times such as anniversaries, birthdays, and other days of significance that can bring up memories and feelings of grief for their loved one. Because grief and loss are processes that happen in varying degrees over the course of our lives, the use of the lost loved one's name in conversation with the loss survivor is important. Using their name shows that you have not forgotten this loved one and helps can help make it easier for the loss survivor to talk about a subject that can come with a lot of stigma. Also, there are available many of our traditional medicines and teachings we can use to help build resilience and stay on the path of hope and healing. These are some things that can help lead to greater connection and support for each other which, is critical for overall wellness.

## **Some updates from Native Connections-**

We are happy to report that in collaboration with the Boys and Girls Club of Gitchi-gami, our youth Healthy Life-styles Challenge had 16 participants logged an amazing 1,681 miles!

## **Red Cliff's Got Talent!**

Native Connections and the Red Cliff Education Department are collaborating on a virtual talent show to allow local youth to engage in self-expression and discover more about their peers that they may have not previously known. This virtual talent show will represent all ages from 6 to 18 years old split into a 6-12 group and a 13-18 group from the Red Cliff and Bayfield school community. From singing to dancing to drawing, you can record and create your video to submit that will then be shown during the show time. Show your skills and talents as we hold a virtual celebration of individuality and culture!

Judges will consist of individuals from Native Connections, the Educational Department, and the community.

**Please submit to Steven Luther or Clarissa Bressette Nov. 16. Showtime Nov. 20th 5 p.m.**

**sluther@redcliffhealth.org or cbressette@redcliffhealth.org**

We are also in the beginning stages of planning winter culture camp, storytelling, and other wellness promoting activities with various Tribal programs and community members. Miigwech to all participants, staff, family, friends, and community members for their support!

## RC TREE News

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a SAMHSA funded program specializing in supportive services for adolescents and transitional aged youth seeking help for substance use. Individuals eligible to participate and receive services from the RC TREE Project, can be anybody between the age range of 12 to 25 years old.

Service plans are developed for each individual, as everybody has their own unique experiences and struggles pertaining to substance use. Program staff work with clients to understand and become familiar with the difficulties each individual faces, in order to determine what services would be the most beneficial to include onto a client's service plan.

The services that may be included onto a service plan or performed with clients includes:

- Brief Intervention Therapy
- Supportive Treatment Services
- Recovery Support
- Treatment Referral/Outreach
- Individualized Assessments
- Assistance with finding Support Groups



Relapse Prevention Planning

Additionally, the RC TREE Project has a new resource material in our program, it's a rack card on tobacco. It was specifically created to promote tobacco cessation and includes information that highlights dangers commonly associated with tobacco, including the chemicals found in tobacco smoke and statistics that indicate how tobacco can lead to premature death. These rack cards are currently located at the Red Cliff Community Health Center and the Mishomis Wellness Center. Please speak to an RC TREE staff member about the tobacco rack cards at these locations and a rack card can be supplied to anyone who's interested in them. **Please call 715-779-3741 for more information.**

## Red Cliff Comprehensive Community Services (CCS)

### What is 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.

CCS Services may include:

- Case management
- Communication skills training
- Community skills development and enhancement
- Employment related skill training
- Individual and family coping skills for mental illness and/or substance use disorder)
- Medication management
- Physical health and monitoring
- Recovery education and illness management
- Residential support services
- Therapy
- Substance use disorder treatment

**For more information about this program, please call  
Lorna Gamble, CCS Administrator at (715) 779-3741 x 2402.**



## Noojimo'iwewin News

The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space. Due to COVID-19, the Center is temporarily closed. We have online recovery group meetings and we are hosting client appointments at Mishomis Wellness Center, Monday – Friday from 8:00am to 4:30pm. Staff are also available by phone and email.

Please call **715-779-3707 Ext. 2451 or 2450** or email Ed at [emetelica@redcliffhealth.org](mailto:emetelica@redcliffhealth.org) or Cassie at [cmccrow@redcliffhealth.org](mailto:cmccrow@redcliffhealth.org) to connect with staff and/or make an appointment.

### Zhawenjigewin ~ Kindness

November 13<sup>th</sup> is World Kindness Day. Every day should be World Kindness Day for the reason that everyone flourishes when treated with kindness! Kindness can be as simple as a warm smile; a touch; or a word of encouragement.

When we are kind, it is good for everybody – the giver and receiver, and the world in general. Professor Stephen Post, author of *Why Good Things Happen to Good People*, discovered that being kind is good for your health.

“A strong correlation exists between the well-being, happiness, and health of people who are kind,” says Post.

“It’s difficult to be angry, resentful, or fearful when one is showing unselfish love towards another person.”

Research also shows that people who are kind and compassionate have better general health and live longer, as do the people on the receiving end of their kindness. Children do better in school, and people with an injury or illness heal more quickly when they are treated with kindness.

Kindness is understood by people of all ages and cultures. It is almost like ripples of good feeling radiating from your own heart out into the world and it is full of benefits for all:

- By being kinder to others you tend to be kinder towards yourself.
- You get what you give.
- It makes the world a better place.
- Kindness is a sign of strength.
- It feels good.
- It’s the right thing to do.

Kindness isn’t a feeling... it’s an action. It can be a simple thing, like saying “Boozhoo!” to someone on the street, and it doesn’t cost a thing!

## 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 slowly opening back up to face-to-face appointments.

To begin the inpatient treatment process call Mishomis Wellness Center (MWC) and complete an intake. You will then be assigned a AODA counselor and begin process for inpatient. Treatment. Due to limited treatment centers available because of COVID-19 and processing required paperwork it takes nearly two week to get a treatment date. Relapse Prevention Support is offered daily via virtual means. Intoxicated Driver’s program is available for those seeking those services.

**Contact Patsy Gordon (MWC) for  
referral to MH and/or AODA services**

**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

715-779-3508

Mishomis Wellness Center-37390 North Bradum, Bayfield

715-779-3741

Red Cliff Washburn Behavioral Health -409 W Bayfield St 715-373-0639



## name it to tame it

### Co-Regulation

If you have watched the movie "Moana" you already know what co-regulation is, even if you have never heard the word before. Essentially, the character Grandma Tala demonstrates the process of co-regulation with Moana throughout the movie. When Moana is upset or frustrated, Grandma Tala stays calm and helps Moana to learn to regulate her emotions through dance, song, conversation and compassion. Moana eventually uses this power of co-regulation to calm a very angry spirit and help put back the heart of Te Fiti, saving her island and becoming a hero.

When our children or others around us are upset, it may feel like we need to become even more upset than they are to protect ourselves or stop their emotions from overwhelming us, but just like this didn't work in the movie, it usually doesn't work in real life either. What does work is learning to keep ourselves regulated (calm) and creating space to help our children and others learn to manage their big emotions.

The bottom line is this: It doesn't take a magic necklace or the ability to talk to the sea to learn how to use co-regulation, it just takes practice, commitment and compassion.

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To learn more about co-regulation and get tips on how to practice:

(click on link below to be taken to resource)

[Your Parent Superpower: Co-Regulation](#)

[The Power of Co-Regulation](#)

[What is Co-Regulation](#)