



Behavioral Health Department

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

April 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!

In Iskigamizige-giizis, (Maple Sugar Making Moon ~ April) we are highlighting Alcohol Awareness and Stress Awareness Month!

April 7th is National Alcohol Screening Day

Alcohol is a widely used, legal, addictive substance. Sometimes, it can be difficult for an individual to determine if their drinking is really a problem. In The Red Road to Wellbriety, a Native oriented 12-step recovery book by Don Coyhis, alcohol is called a “mind changer” meaning it can blur our thinking and cause us to do things we normally wouldn’t. Are your friends and family saying to you, “I think you have a drinking problem”? Do you think they might be right or are you not sure? The links below are for online alcohol-use screening tools that can help you find out!

<https://auditscreen.org/check-your-drinking>

<https://americanaddictioncenters.org/alcoholism-treatment/assessment>

<https://www.alcohol.org/alcoholism/self-assessment/>

<https://www.webmd.com/mental-health/addiction/alcohol-abuse-self-test#1>

Another way to investigate the questions you have would be to speak with someone. Someone who understands how cunning, powerful, yet totally deniable, a growing dependence on alcohol can be. That person is someone with personal experience; someone in recovery themselves.

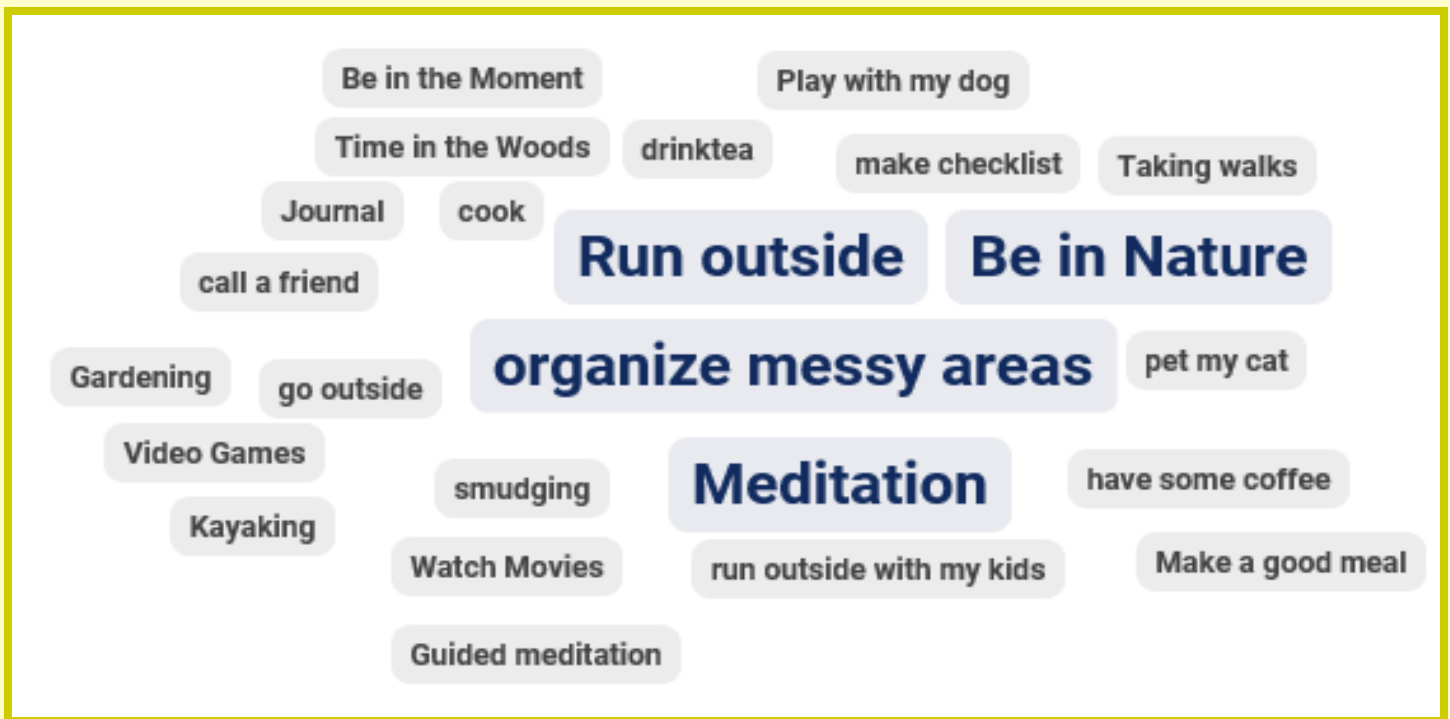
At the Noojimo'iwewin Center in Red Cliff, you will find 2 certified peer specialists who are in recovery and are a great resource for anyone who is interested in learning more about it. Of course, everything is in strict confidence, whether asking for yourself or someone else. Peer specialists welcome the opportunity to share their experience, strength and hope with you.

Noojimo'iwewin Center is at 37450 Watertower Road. We're open from 8-4:30 Monday-Friday and the coffee is always on. Currently, because of Covid, we try to work by appointment so please call 715-779-3508, if you can, before stopping over.

Stress Awareness Month

April 1st marks the start of Stress Awareness Month. This past year has been a stressful time and the human body recognizes this intense feeling as much as it can certain physical ailments; however, it can often be overlooked by people because it does not always outwardly show.

Stress is not always bad. There is the stress that encourages people to be more productive during their day. For example, knowing there is a deadline to an assignment, having a child, or starting a new job. This stress pushes people forward because of the knowledge of steps that need to be taken to reach a positive goal. Not all stress leaves people feeling productive and excited for the future. A lot of the stress people feel can make them feel lost, scared, or even depressed. It is important to recognize when this stress is starting to impact the everyday life. Once stress is recognized there can be next steps put in place to work through these feelings. Sometimes it is talking about these feelings to others and recognizing that they exist instead of pushing them off, other times there might be ways to relieve the stress, even if it is for a few moments. One of the most important things to recognize about stress is that this feeling is human. It is something people can experience daily and it affects every single person. Another important thing to take note of is people can overcome this feeling. It is not often easy, and it can feel like a mix of highs and lows, a constant journey, but it is entirely possible. Below is a list of ideas to combat these stressful feelings from ideas our own Behavioral Health Department utilizes in their daily life.





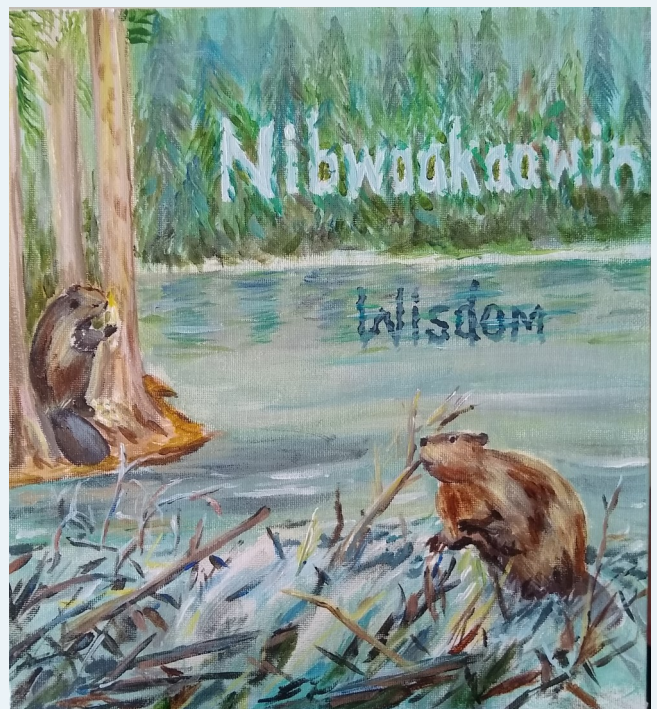
Boozhoo!

Native Connections has a lot going on this Ziiwan (Spring)! Steve is helping out and tutoring children at the Boys and Girls Club. We are participating in the AODA Reduction Team and beginning the planning for Safe and Sober Graduation and other activities. The next virtual meeting is on April 15, 2021 9:30 –11:30am and everyone is invited! Please watch for the flyer on facebook! NC staff are also expanding our language skills by attending the series of virtual classes sponsored by Red Cliff Tribal Historic Preservation Office. Please contact them if you would like to participate. We are also working with the Noojimo'iwewin Center to offer a training event on Inter-generational Trauma that will be happening in late April.

April 7th is National Alcohol Screening Day. It is an initiative first launched in 1999 by the National Institute of Health (NIH). The aim of this event is to increase public awareness that alcohol abuse and alcoholism (in which a person is dependent on alcohol), are recognized disorders which can be treated.

Using screening can be helpful for seeing how one is coping with new situations like leaving home and attending college. Alcohol abuse can be high in college students, who, whilst typically not dependent on alcohol, abuse it by frequently drinking large volumes. Excessive, often rapid, consumption of alcohol is also known as 'binge drinking'. In a follow up study of Alcohol Screening Day, it was found that 44% of college students interviewed, had consumed over four alcoholic drinks in a drinking session, on one or more occasions within 30 days. If screening indicates that there's alcohol misuse or abuse, this can be used as a prompt to seek out and engage in healthier activities or techniques to adjust to the current conditions. This is also good practice as alcohol abuse can lead to many recognized health problems which can include anxiety, depression, sexual problems. Where alcohol abuse occurs over a longer period of time, there is increased risk of developing certain cancers, liver cirrhosis, high blood pressure and heart problems.

Remember, because support and connection are so important in all parts of life, it's always appropriate to reach out to a friend or loved one if you are concerned about them. Sometimes it can be difficult to know what to say, but instead of coming right out and asking about alcohol and substance use, you may say, "I have been concerned about you," or "You don't seem yourself lately and I wondered how you are doing." The best thing is to try to start the conversation and then just listen to them. You can also ask how you can support them and if they've ever thought of getting help. This can be the start of finding out what would be appropriate to initiate healing and gain strength.



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 , please call Lorna Gamble, CCS & CST Administrator at (715) 779-3741 x 2402.

RC TREE Program

The Red Cliff Youth and Family TREE Project, or RC TREE for short, provides supportive services to individuals between the ages of 12-25 years, who are seeking help for substance abuse. In joining RC TREE to receive substance abuse services, clients will engage in routine screening assessments, as this provides program staff with information on a client's substance use frequency and the effects that can have on the person's wellbeing. The information collected from the screening assessments is confidential and is used to determine what treatments are to be included on a client's service plan. If these need to be adjusted at anytime, the service plan can be changed to what will be most beneficial for the client. The screening assessments are a task that clients are expected to engage in for the purpose of monitoring progress in the program, and incentives will be given to clients for their participation. The only exception will be for the screening assessment done at intake, as the assessment conducted at that time is considered a part of the enrollment process.

Alongside substance use services, RC TREE also interacts with the public by having community events and distributing information about substance abuse related topics. With April being Alcohol Awareness Month, RC TREE would like to share the CDC's (Centers for Disease Control and Prevention) list of experiences that are likely to occur among youth and adolescents, who engage in underage drinking.

Consequences of Underage Drinking:

- School problems – Difficulty maintaining grades or increasingly high rates of absences
 - Social problems – Argumentative or withdrawn from past social activities
 - Legal problems – An arrest for drunk driving or from hurting someone while inebriated
 - Physical problems – Hangovers or potential of developing chronic illnesses in the future
 - High risk sexual behaviors or unprotected sexual activity
 - Disruption to the body and brain's normal development
 - Potential for physical or sexual violence
 - Increased risk to commit suicide or homicide
 - Motor vehicle crashes and other unintentional injuries to oneself (burns, falls, or drowning)
 - Memory problems
 - Experimenting and misuse of other substances
 - Alcohol poisoning
- Website address: <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>



If you'd like to inquire about the RC TREE project or any of our services, you can call (715)-779-3741.

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. At this time, due to COVID precautions, we are not able to host group activities, feasts or in-person recovery meetings but we do have online recovery group meetings. Please contact us for more information.

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 enter extension, or you can email staff:

Ed Metelica, Peer Specialist Ext. 2451 or email emetelica@redcliffhealth.org

Justin Hansen, Peer Specialist Ext. 2397 or email jhansen@redcliffhealth.org

Rosalea Botka, Behavioral Health Outreach Specialist Ext. 2452 or email rbotka@redcliffhealth.org

Cassie McCrow, Nooji Project Coordinator Ext. 2450 or email cmccrow@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 via virtual means.

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**.

Noojimo'iwewin & Minobimaadiziwin Gitigaanin Farm Work Together for Recovery!

Boozhoo, My name is Justin and I am one of the Wisconsin Certified Peer Specialists working with the Noojimo'iwewin Center and also at the Farm. I'm the Garden Coordinator for the Healing Garden at the Red Cliff Farm and my job is to provide recovery support and teach skills. One of the ways that I do this is to engage clients in healthy outdoor activities. During the colder times, I've done snowshoeing adventures and now that it is slightly warmer, weekly trips to Red Cliff's Sugarbush for sap collecting. It has been great seeing everyone on these adventures! Now, I am looking forward to some warmer weather and getting my hands dirty in the soil. We'll have a full season of activities planned for the Garden. We'll start with learning how to plant vegetable seeds and care for them, plant traditional medicines, and end the season with the Fall harvest. Along the way is a workshop on how to make pickles and fall canning to preserve the harvest for winter enjoyment. As part of the program, you will participate with the farmers market and the CSA program. You'll learn useful life skills, self-care, and see how growing and tending a garden corresponds to recovery. Come join me and see how rewarding growing your own food can be! During the summer months, bi-weekly hiking trips are also in the plans. I can be reached at 715-779-3707 Ext. 2397 or email me at jhansen@redcliffhealth.org.



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

name it to tame it

Connection



If you have watched the movie "Coco" you already know what connection is, even if you have never thought much about it. The character Miguel discovers the healing power of his family connection throughout his journey in the movie. While some of the family members struggle to show their care and connection with Miguel in ways that make sense to him, by the end of the movie he is able to share the importance of staying connected with even the eldest members of his family. In real life, when a friend or family member breaks the family rules, acts in ways we don't understand or don't agree with, it is important for us to take steps to strengthen our connection with them, and avoid pushing them away. Feeling alone and isolated pushes people into the places that hurt them. Feeling loved, cared for and remembered is what helps us to be strong enough to climb out of those places and start to heal.

To learn more about connection and get tips on how to strengthen it (click on link below to be taken to resource):

[50 Simple Ways to Connect with your Kids](#)

and

[10 minutes to connection](#)

and

[Brene Brown and Connection](#)