



# Behavioral Health Department

## April, 2023 NEWSLETTER



### Featured Articles

*5 Common Myths about Alcohol.....Page 1*

*10 Benefits of Walking.....Page 2*

*RCTREE & CCS/CST .....Page 3*

*Noojimo’iwewin Center & Mental Health/AODA Program.....Page 4*

*name it to tame it.....Page 5*

### ~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

## 5 Common Myths about Alcohol

There's a wide-range of effects that alcohol can have on the human body. Once alcohol has entered your system, there are immediate physiological changes that happen to important organs of the body including the brain, heart, and liver. If a person drinks too much, the continued physiological changes will gradually become worse and this will lead to long-term health complications. In celebration of April being National Alcohol Awareness Month, below are 5 myths commonly believed about alcohol; this information came from the website, healthline (<https://www.healthline.com/health/facts-about-alcohol>).

**Myth: There’s no harm in choosing to get drunk every once in a while.**

The truth: Binge drinking can often lead to all kinds of serious health problems, some of which include unintentional injuries, cancer, and heart disease. No matter how infrequently a person gets drunk, this doesn’t matter, as the effects caused by binge drinking can still harm a person. You are risking your health every time you choose to have four or more drinks (women) or five or more drinks (men) in a single setting.

**Myth: Drinking is always safe when it’s done in moderation.**

The truth: While there are some health benefits to moderate alcohol consumption, it’s not always risk-free. This statement applies to some people more than others, where the risks from moderate drinking outweigh any possible benefits. This includes people who: - are pregnant or trying to become pregnant - take prescription medication that interacts negatively when mixed with alcohol - have plans to drive or operate any machinery - has heart failure or a weak heart - has had a stroke happen to them - has either liver or pancreatic disease - has alcohol use disorder (AUD), alcohol dependence, or a family history with one of the two.

**Myth: You get more drunk off of hard liquor than you do from wine or beer.**

The truth: Alcoholic drinks may come in different sizes, but the standard drink for each contains the same amount of alcohol. Examples of standard drinks include:

- 12 ounces (oz.) of beer, which is 5 percent alcohol
- 8 to 9 oz. of malt beer, which is 7 percent alcohol
- 5 oz. of wine, which is 12 percent alcohol
- 1.5 oz of distilled spirits, which is 40 percent alcohol

**Myth: As long as you can hold your liquor, drinking isn’t a problem.**

The truth: Drinking without feeling any of the typical effects may be a sign that you are developing a tolerance to alcohol. Over time, if alcohol use is continued regularly, you’ll be putting yourself at risk for alcohol use disorder (AUD).

**Myth: Drink a cup of coffee to sober up.**

The truth: Caffeine is a stimulant found in coffee that helps you to feel more focused and awake—it won’t help your body process alcohol any faster. If you’ve been drinking, the best thing you could do to sober up is to give your body some time to naturally break down the alcohol that’s in your system.

# 10 Benefits of Walking

Walking is an exercise that can be beneficial to a variety of people, no matter what age they are and can be done at any fitness level. Walking has also been linked to the prevention of certain diseases and even can help prolong one's life.

Walking is an activity that can be done for free and something that people can easily fit into their daily routines.

In celebration of April 5th being National Walking Day, below are 10 benefits of walking from the website, healthline (<https://www.healthline.com/health/benefits-of-walking>):

- 1) Can help burn calories—People burn calories when they walk. Burning calories can be beneficial for someone trying to maintain or lose weight.

Keep in mind, there are several factors that can influence a person's actual calorie burn when they walk, including:

- the speed that they walk
- distance walked
- type of terrain (more calories are burned walking uphill compared to somewhere flat)
- the person's weight

- 2) Strengthens the heart—If a person walks at least 20 minutes a day and does this five days a week, they can reduce their risk for coronary heart disease by about 19 percent. When the duration or distance walked per day is increased, the person's risk for coronary heart disease is reduced even more.
- 3) Lowers blood sugar—To help lower your blood sugar, consider taking a short walk after you've eaten.

A small study featured in a 2013 issue of Diabetes Care found that blood sugar levels improved if a person went on 15-minute walks three times a day (most notably after breakfast, lunch, and dinner) compared to just going on one 45-minute walk.

If you are interested in lowering your blood sugar, one way to do so is by making post-meal walks a part of your regular routine.

- 4) Relieves joint pain—Walking is something that people can do to protect their joints, specifically the knees and hips. The reason why walking helps ease joint pain is because it helps not only to loosen the stiff muscles that support the joints, but also strengthens the muscles as well.

People living with arthritis can benefit from walking, as it's something a person could do to help reduce the joint pain triggered by arthritis. To help with arthritis prevention, it's recommended that people walk at least 5 to 6 miles a week.

- 5) Boosts the immune system—According to a 2011 study for the British Journal of Sports Medicine, walking significantly reduces a person's risk of getting sick with a cold or the flu.

The study involved tracking 1000 participants and took place during flu season. When the study concluded, it was uncovered that individuals who had a moderate walking pace and walked each day for 20-45 minutes, experienced 43 percent fewer sick days and were less likely to develop upper respiratory tract infections compared to others in the study who were sedentary. If the moderate paced individuals who walked each day did get sick, their symptoms were found to be less intense compared to the sedentary participants.

- 6) Increases your energy—When you are tired and need a boost of energy, consider taking a walk instead of relying on coffee.

Walking helps increase the body's oxygen flow. There are also hormones that increase when a person walks including cortisol, epinephrine, and norepinephrine which are responsible for controlling the body's energy levels.

- 7) Improves your mood—A person's wellbeing and mental health greatly improve with walking, since some benefits people typically experience include a boost to one's self-esteem and reduced symptoms seen in individuals who are more socially withdrawn. Walking can also help to reduce anxiety, depression, and the symptoms of a negative mood.
- 8) Leads to a longer life—A prolonged life and less health complications is seen in people who walk at a faster pace. A 2018 study for the British Journal of Sports Medicine, found that the risk of death faced by people who walk at an average pace is reduced by 20 percent compared to the individuals who do so at a slow pace. However, when a person walks at a brisk or fast pace (minimum: 4 miles per hour), this then reduces the person's risk of death down to 24 percent.
- 9) Tones your legs—Walking strengthens your legs. To build up the muscles in your legs, try walking somewhere where there are hills or go on a treadmill and switch the setting to incline. Or climb up stairs.
- 10) Encourages Creative Thinking—If you need to clear your head, walking encourages a person's ideas to flow freely. Next time you have a problem you can't find the solution to, take a walk to get your creative juices flowing and this may help you come up with new ideas to try out.

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program for 12-25 year olds struggling with AODA issues. Along with providing services for substance abuse, RC TREE can also help clients who have coinciding mental health conditions. When it comes to mental health, RC TREE has Substance Abuse/Mental Health Counselors, who can interact with clients and offer services, such as mental health screens and counseling sessions to help uncover the severity of the individual's mental health condition(s) and to offer suggestions to help the individual cope with any mental health concerns they may be overwhelmed by. There are also peer support specialists in RC TREE, who have their own lived experience with mental health concerns, making them great individuals to hear out a client nonjudgmentally about the mental health struggles they have difficulty with.

To determine a client's individualized service plan, screening assessments are used within the RC TREE program. The screening assessments not only uncover a person's substance use history, but also take a look at demographics like living conditions, job status, and physical health characteristics. With this information, RC TREE staff can work with the client to create an individualized service plan, which identifies services that the client will receive during their time in the program. However, since the screening assessments are performed at various times with clients, if it's uncovered that the services they are receiving are no longer beneficial for them then their individualized service plan can be adjusted as necessary to accommodate their new needs. 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.**

## 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 715-682-2141

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



# •NOSTALGIA•

*Name it to Tame it*

If you have ever seen the movie, "The Incredibles" you probably know what "nostalgia" is. The main character of the movie is Mr. Incredible, who once was a superhero who had at one time received much praise and accolades for using this strength to defeat villains and to help people in need. However, after the government deems it too costly to repair the damage and destruction that superheroes often cause using their powers, all superheroes are ordered to retire and become ordinary citizens. With Mr. Incredible no longer a superhero, he now lives his life as Bob Parr, who provides for his family by being a claims adjuster. However, he doesn't enjoy his job and instead yearns for the past, where he was previously shown respect and felt like he was truly contributing to making the world a safer place. With Mr. Incredible/Bob Parr's nostalgia for his glory days as a superhero, this does lead to some conflicts in his life, including concern from his wife that him sneaking out to be a vigilante at night will eventually lead to the government having to relocate them again if he ever slips, and his secret identity is blown. In conclusion, remembering nostalgia can be a good thing, but when a person fixates on it like Mr. Incredible/Bob Parr, then this can begin affecting various aspects of a person's life including their relationships, job, and etc.

To learn more about nostalgia including tips to avoid the negative effects of nostalgia and to find out what nostalgic depression is, visit the links below::

<https://www.verywellmind.com/what-is-nostalgia-5272007>

And

<https://www.healthline.com/health/depression/nostalgic-depression>