



Behavioral Health Department

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

AUGUST 2020 NEWSLETTER

Featured Articles/Program Updates

Stop Stigma. Start Connecting

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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 August we wanted the community to become more aware of the Coordinated Tribal Assistance Solicitation (CTAS) Tribal Victims of Crime (VOC) Program!

Stop Stigma. Start Connecting. Save Lives

August 31st 2020 is International Overdose Awareness Day. The aim of the event is to spread the message that overdose death is preventable. Our traditional teachings as Anishinaabe people are grounded in the belief that we are all connected. They encourage us to think of one another as relatives and to work together to keep our circle strong. Stigma and shame push people out of the circle. Stigma and shame prevent our relatives from getting the help they need. During the month of August, we encourage you to stop stigma, start connecting and save lives. Stigma is a negative belief, attitude or discriminating act against someone or a group of people because of a characteristic or trait. People who experience stigma often feel shame. Shame is not helpful, is unmotivating, drives disconnection and is very different than guilt. Guilt is feeling bad about something you did, shame is feeling bad about who you are. If you see stigma, call it out for what it is, and if you find yourself engaging in stigmatizing acts, stop. Connection and empathy are the opposite of shame and stigma. Connection is the opposite of addiction. Connection fuels hope, strength and recovery. Connection keeps our relatives safe and our Anishinaabe circle strong. Connection can be as simple as acknowledging one another's presence with a heartfelt "aaniin" or letting someone know you care.

We have the tools available at the Red Cliff Community Health Center to prevent overdose. Stigma and shame keep these tools from getting to the hands and homes they are needed to prevent overdose deaths. By stopping stigma we allow people to connect to the help that can save lives. Stop stigma. Start connecting. Save lives. To learn more visit <https://www.overdoseday.com/> or call 715-779-3707 and ask for more information.

Behavioral Health Program Highlight- CTAS VOC

Coordinated Tribal Assistance Solicitation (CTAS) Tribal Victims of Crime (VOC) Program

Beginning October of 2019 until September of 2022 the Red Cliff Band of Lake Superior Chippewa is implementing the Coordinated Tribal Assistance Solicitation (CTAS) Tribal Victims of Crime Counselor Project (VOC). The overall goal of the project is to improve tribal services for victims of crime (defined as “children and families suffering as a direct result of the Tribe’s substance abuse crisis”) through expanding comprehensive, culturally competent direct mental health services and the development of a collaborative referral system that would allow those in crisis to have priority access to the CTAS VOC counselor.

In March of 2020, to expand direct mental health service access, Muskadee Montano was hired to fill the CTAS VOC Counselor position. Muskadee began seeing individuals for outpatient mental health and substance abuse services in May of 2020 and continues to do so. She provides assessment, referral, ongoing outpatient individual services and crisis services through an empowering and strength-based practice and solution focused lens. The COVID-19 national health emergency has slowed the development of the formal collaborative referral system due to challenges in connecting with multidisciplinary key stakeholders and gathering community input; however the Behavioral Health departmental and inter-departmental referral process was and continues to be revised to increase access to mental health and substance abuse services in a timely manner, particularly for those experiencing domestic violence, mental health or substance abuse crisis as well as those involved with the criminal justice and/or child welfare systems.

The overall goal of the project is to be able to help individuals, families and the community during the moments it is needed most.

If you or someone you know is in need of crisis counseling, mental health, or substance abuse assessment, counseling or referral please do not hesitate to contact Patsy to set up an appointment using the referral line at 715-779-3741 or contact Muskadee directly at 715-779-3707 ext. 2320.

Meet our CTAS VOC Staff!



Muskadee L. Montano
MSW, APSW, CATP

715-779-3707 Ext. 2320

Muskadee has a Master’s Degree in social work (MSW) from the University of Minnesota-Duluth (2006) and is currently certified in the State of Wisconsin as an Advanced Practice Social Worker (APSW) and a Child and Adolescent Trauma Professional (CAPT).

Utilizing a culturally relevant relational worldview and a strengths-based, empowering, trauma informed, solution-focused practice, she works with clients to increase overall well-being and improve their quality of life. Services offered include individual and group therapy, case management, information and referral, mental health promotion, and ongoing collaboration with county, state, and tribal service providers.

Muskadee has specialized training in the areas of Motivational Interviewing, Substance Use Disorder Treatment, Intercultural Communication, Trauma Informed Care and Child Welfare. Her professional interests include increasing intercultural sensitivity and communication, promoting culturally relevant healing practices in underserved populations, encouraging mindful parenting practices, supporting individual and community empowerment through positive growth, conflict resolution and the use of healthy coping skills. When not working, Muskadee enjoys spending time with family, being outside on warm sunny days, participation in cultural and community events and listening to podcasts.

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 mainly supports and collaborates with other programs to provide preventative activities and encourage collaboration between agencies. Currently we are planning virtual culture camps, fitness groups for youth with the Boys and Girls Club of Gitchi Gami, and promotion of culture, language and wellness materials around the community.

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
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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.

Resilience is an important skill to develop through out life. It is even more important during difficult times. Here are some ways to build and maintain resiliency adjusted from the April 2018 Native American Parent Technical Assistance Center article, written by Joann Sebastian Morris. Please bear in mind that adjustments need to be made to stay safe and healthy during the COVID-19 pandemic.

How Do I Build and Re-Energize My Resilience?

Okay, it's time to check out the **10 skills** known to be builders of resilience in youth. They can result in lifelong benefits to you.

Build Relationships-Make supportive friends you can trust, especially in cross-cultural situations. Engage extended family members. Learn social skills and how to be a good friend. Join teams, clubs, or social causes to expand networks. Connect to your tribal identity, participate in activities like virtual language tables, harvesting, games, or help elders in the community.

Set Goals-Your goals should be personal and can relate to academic steps or hobbies. Ensure your goals are realistic. Break goals into smaller steps, then achieve the steps—and celebrate! Goals may include- making your traditional regalia, learning your Native language, memorizing traditional stories or ceremonial protocols, and engaging in traditional games.

Be a Problem-Solver-Face your problems instead of wishing them away. Learn ways to self-calm when you feel stressed. Use problem-solving skills. Brainstorm solutions—for example, what to do when you are bullied.

Hang in There!-Don't give up. Focus on your unique strengths and accomplishments. Recognize and feel good about accomplishments you have made no matter if you think that others may not see them. Appreciate your accomplishments weather in school, sports, art, or just being a good family and community member. Be committed to yourself, your family, and your Native community. Hold on to the desire to give back.

Develop Inner Direction-Learn to base your decisions on an internal ability to evaluate social situations. Distance yourself from unhealthy people & uncomfortable situations. Use life skills, such as good decision-making, communication skills, assertiveness, and impulse control. Take time to practice potentially risky scenarios—for example, what to do or say when pressured by substance abusers.

Foster Your Sense of Humor-Use your imagination to see both sides of a difficult situation—the serious and the humorous—which helps keep things in perspective. Use humor appropriately to diffuse a tense situation.

Stay Optimistic-Have confidence in yourself, your abilities, and your future. Recognize your strengths and progress made in school, on a hobby, and in adjusting constructively to your situation. Advocate for yourself with assurance in all guidance and Individualized Education Program (IEP) meetings.

Let Your Creativity Shine-Express yourself and release your feelings through writing, art, music, dance, etc. Try to start or re-start a skill: dancing, drumming, beadwork, silverwork, storytelling, or being a good listener.

Manage Your Feelings-Don't let your feelings overwhelm you. Talk with a trusted friend, adult, elder, or spiritual mentor. Participate in online talking circles. Discuss fears associated with sensitive topics like a close friend being missing or suicidal, or negative feelings about how you're treated due to aspects of yourself that may be non-typical.

Hold on to Spirituality-Practice positive thinking and/or meditation. Express your spirituality through ceremonies, smudging, and other forms of ritual, prayer, and searches for balance.



Treatment, Referral, Enhancement & Expansion (RCTREE) News

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that can provide supportive services to 12-25 year olds who are seeking help for concerns related to substance misuse and abuse. Here's a list of some of the supportive services that the RC TREE Project can offer:

- Brief Intervention Therapy
- Supportive Treatment Services
- Recovery Support
- Treatment Referral/Outreach
- Assistance with finding Support Groups
- Relapse Prevention Planning

The program services vary from ones that require a short duration of time to perform, in order to quickly gather information stance Use Screens, Individualized Assessments, Counseling Sessions on a client's substance use and to get a picture of the impact it has on them; to services that are more extensive and require continued coordination with the clients, in order to work towards addressing underlying concerns faced by the client that may have been a factor that influenced their substance use. Along with there being supportive services targeting substance use, services can also extend to providing support for coinciding mental health disorders. The services for mental health in RC TREE consist of helping clients to better understand their mental health disorder and program staff being available as a support that the individual can talk to about concerns related to their mental health, like their feelings and stressors in their life.

To learn more about the program or if you have any inquiries about services available to clients, please call the Mishomis Wellness Center at (715) 779-3741 and ask for RC TREE when doing so.

Red Cliff Coordinated Services Team (CST)

What is provided through CST Initiatives?

A CST Initiative is a group of individuals, including family members and service providers, who work together to respond to the service needs of the 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.

Family voice and choice-Planning is grounded in family members' perspectives and the team strives to provide options and choices that reflect the family's values and preferences.

Team-based-The wraparound team consists of individuals agreed upon by the family and committed to the family through informal, formal, and community support and service relationships.

Team members work cooperatively and share responsibility for developing, implementing, monitoring, and evaluating a single wraparound plan.

Cultural and linguistic responsiveness-The wraparound process demonstrates respect for and builds on the values, preferences, beliefs, culture, and identity of the child, youth, family, and their community.

Unconditional-The wraparound team does not give up on, blame, or reject children, youth, and their families. When faced with challenges or setbacks, the team continues working toward meeting the needs of the youth and family and achieving the goals in the wraparound plan until the team reaches agreement that a formal wraparound process is no longer necessary.

Outcome-based-The team ties the goals and strategies of the plan to observable or measurable indicators of success, monitors progress in terms of these indicators, and revises the plan accordingly.

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

Noojimo'wewin News

The Noojimo'wewin Center is open to client appointments Monday – Friday from 8:00am to 4:30pm. At this time, due to COVID-19 safety requirements, we are not able to host drop-ins, group activities, in-person recovery groups or feasts. We do have online recovery group meetings however, and you can find the days, times and links on another page of this newsletter. Staff are also available by phone or appointment. A visiting Ojibwe



elder suggested that we create a series of paintings depicting the 7 Grandfather Teachings for the wall above the patio door at the Nooji Center. We have been working on this and it has us thinking about the healing benefits of creating artwork. Looking back in our ancestors' history, it seems that creative expression is a fundamental part of the human experience. Reading about it online, it turns out that there are many healing aspects to creating art that, along with making a record of our time and culture, explains why we do it. Art therapy is used in many treatment centers as a complimentary activity to 12 step groups and other therapies.

Studies have found that creating artwork helps us recover from trauma and addiction in many ways:

- ⇒ We can express intense feelings in a non-verbal way.
- ⇒ We can become more self-aware and achieve insights into our feelings.
- ⇒ It helps us to relax and reduces anxiety.
- ⇒ It helps us build our self-esteem by showing us our accomplishments.
- ⇒ We can focus “in the moment” and get lost in the “flow” of creating which helps us feel present and fulfilled.
- ⇒ It is a physical activity which helps us connect our mind to our body.
- ⇒ The creative process can help us to vision what our hopeful, ideal future might look like.
- ⇒ We can share our work with others which provides validation and a focal point for social interaction.
- ⇒ We can “act like a kid again” and re-experience that joy and freedom of expression.

Remember, creating art can be about the process of doing it, not just the end result. There are no wrong answers in art and you don't have to be a “trained” or “good” artist to make something that is meaningful to you! It is an inexpensive hobby that anyone can participate in and materials are easy to get. You can choose to share your art with others or keep it just for yourself. It can be whatever you want it to be! Feel free to try different media (paints, crayons, clay, paper collage, jewelry making, music, dance, acting) until you find something that feels right to you. Enjoy!

RCCHC Mental Health & Substance Abuse Services

With the recent increase in COVID-19 cases, many be feeling more anxiety and stress. Knowing healthy ways to cope with stress can be helpful in reducing these and may boost your emotional health. Take time each day to step away from the news, relax with an activity you enjoy (preferably without a screen) and take care of your body, mentally and physically. This can be done by doing something active for at least 15-30 minutes a day, stretch, drink water and get enough sleep. Know when to reach out for extra support from friends, family or one of our many programs. 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. Starting August 18, 2020 Jim Peacock and Linda Dunbar will be starting a virtual relapse prevention group. 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'ewewin 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 overwhelm

If you have ever seen the cartoon "SpongeBob SquarePants" you probably know what overwhelm is. SpongeBob's emotions, thoughts, and actions are all over the place. He goes back and forth between being very unfocused to super focused on something seemingly random. Somehow by the end of the episode everything turns out fine and all the characters have had a good laugh. In real life overwhelm feels anything but funny and is rarely helped by spending 30 minutes with a sponge, a squirrel, a starfish and a squid.

What is helpful is to notice when you feel overwhelmed, pause, and remind yourself that:

"this too shall pass - it may pass like a kidney stone, but it will pass.

"It is also helpful to notice what actions make the overwhelm feel worse and what makes it better.

Judging or shaming yourself for experiencing overwhelm is not helpful and may keep you stuck in the feeling longer instead of moving you forward. To learn more about overwhelm and get tips to cope:

[CTR Institute Blog: How to Embrace Change](#)

&

[Therapy in a Nutshell YouTube Channel: Overwhelmed? Do this! An Antidote to Feeling Overwhelmed](#)

&

[A Mother Far from Home Blog: Discouraged Mama: This 5 Second Tip Will Help Turn Your Day Around](#)