



Behavioral Health Department

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

December 2020 NEWSLETTER

Featured Articles/Program Updates

<i>Seasonal Affective Disorder.....</i>	<i>1</i>
<i>Managing Holiday Stress.. ..</i>	<i>2</i>
<i>Native Connections Program</i>	<i>3</i>
<i>CCS/CST Program</i>	<i>4</i>
<i>RCTREE Program.....</i>	<i>4</i>
<i>Nooji News</i>	<i>5</i>
<i>New Staff</i>	<i>4,5</i>
<i>Mental Health & AODA</i>	
<i>Outpatient Program</i>	<i>5</i>
<i>name it to tame it.....</i>	<i>6</i>

~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 Manidoo-giizisooohns
(Little Sprit Moon ~ December)
we are welcoming new staff members!*

Seasonal Affective Disorder *What is it and what can we do about it?*

As our daylight hours in the Fall become shorter, some of us start to feel down and not quite like our normal selves. Then, in Spring we rebound, feel better and more upbeat. This is known as seasonal affective disorder (or SAD for short). In some cases, this can seriously affect how we function on a day to day basis— it can be a form of serious depression. Some of the signs are: feeling depressed nearly every day, losing interest in activities you once enjoyed, changes in appetite or weight—especially craving carbohydrates, problems with sleep, (especially sleeping too much), feeling sluggish or agitated, low energy, feeling hopeless or worthless, difficulty concentrating, frequent thoughts of death or suicide, and social withdrawal (feeling like “hibernating”). Research indicates that these symptoms may be caused by a lack of serotonin, a brain chemical that helps regulate our mood. There is some indication that sunlight stimulates serotonin production but some of us have difficulty with this during the dark time of the year. This is a common problem in the far north. Researchers have also found that people suffering from SAD have higher than normal levels of melatonin, a hormone that causes sleepiness.

If you have noticed SAD symptoms, it may be time to address the problem. There are treatments for this that can be very helpful. If started in the fall before the days get too short, they can even prevent the onset of symptoms. Light therapy has been a mainstay in treating SAD since the 1980s. Patients are exposed to bright light (10,000 lux) for 30-45 minutes every day. This simulates exposure to sunlight. Cognitive behavioral (or talk) therapy is helpful in providing coping skills to deal with daily life when we are stressed by lack of sunlight. Medications for depression are commonly used and can often just be taken seasonally. These are helpful because they address serotonin imbalance. Lastly, vitamin D deficiency is common among those with SAD. Sunlight helps us produce Vitamin D and supplements have been shown to be effective in some studies.



If the long, dark winters get you down, there is help available!

Tips for Reducing Holiday Stress

The holidays can represent the best of times and the worst of times. While it is joyful to give to loved ones and follow family traditions, holidays can also be a reminder of losses and past trauma. COVID – 19 has certainly added to our stress level as we have had to cancel so many events and spend more time in isolation than ever before.

Here are some tips to help reduce stress this holiday season:

Accept that things are going to be different this year from past years. This is OK – we know that this phase won't last forever, and we will probably get back to "normal" sometime next year.

Prioritize your and your family's health and wellbeing. There is a benefit to simplifying your holiday plans – it will help keep you and your loved ones safer. It is OK to say no to activities that make you uncomfortable. If you need to say no to attending gatherings – just explain that safety and/or emotional wellbeing is your priority right now. When the COVID era passes, (if you choose,) you will be happy to gather with, and hug, everyone!

Set limits. Create a realistic budget for gifts and holiday treats, and stick to it. Reducing financial stress will help improve your overall mood. Setting a limit on holiday activities if you are feeling overwhelmed will help diminish stress too.

Create a new tradition that fits this time. It might be a big family Zoom meeting, or an ornament or pie photo contest. It might just be sitting and playing a game with the people you live with. Who knows – it might be so much fun that you will keep it going next holiday season too!

Reduce social media activity. It is hard not to compare your celebrations and preparations with others when bombarded with social media pictures and posts. Right now, you need to **do what works for you** without comparison with others. Reducing all the "bad news" you get on social media will also help to reduce your stress level.

Remember to reach out to family and friends. A phone call or a video chat can be a good replacement for getting together in person and is supportive to all involved. Even a "snail-mail" letter or card (remember those?) goes a long way! People really appreciate the efforts you make to stay in touch when we all have to be so isolated.

Make time for self-care. Consuming less sugar and caffeine, and getting enough sleep, can significantly reduce feelings of stress and anxiety. Set aside some time just for you - to relax, take a walk or a nap, do something else that you enjoy. This will help energize you for all the holiday tasks.

Please remember that if you are feeling overwhelmed, we are here to help.

Please call 715-779-3741 to schedule an appointment with a counselor, peer specialist or one of our AODA staff. We are here for you!



*Red Cliff Behavioral Health Department
wishes you and your family a
Happy and Healthy Holiday Season!*

Native Connections

Boozhoo from Native Connections!

The Native Connections team has been busy at work in collaboration with the Noojimo'iwewin Center, TREE Program and Food Distribution in order to get healthy food education and food boxes out to the community! Coming in December, we will continue Healthy Recipes - Cooking with Ed videos which will come out early in the month on Youtube and Facebook. Looking forward to the New Year, Native Connections is moving the date for the Red Cliff Virtual Talent Show from its previous date in November forward into January in order to get more participants. If there are any interested talents looking for more information, there will be an updated flyer going out or they can feel free to reach out to Steve Luther or Clarissa Bressette at the Mishomis Wellness Center. Contact information is below:

Steve Luther - Phone #: 715-779-3741 EXT: 2404 E-mail: sluther@redcliffhealth.org

Clarissa Bressette – Phone #: 715-779-3741 EXT: 2409 E-mail: cbressette@redcliffhealth.org

As always, keep an eye out on our social media for updates and events as we head towards the new year! Miigwech!

It's coming to be the wintertime (ani-biboon). After the last 3 seasons this year, things have been especially difficult particularly with the coronavirus pandemic. Many caregivers are stressed from knowing public rules and precautions to keep you, your family, and fellow community members safe. This is in addition to the existing stress of paying bills, caring for children who are at home and learning remotely, and more. Because these stressful things can add up and become overwhelming and trigger strong emotions. Based on the American Psychiatric Association Foundation, some common signs of prolonged stress in parents and caregivers include:

- Feeling more anxious, uncertain, or fearful
- Feeling overwhelmed, numb, or in disbelief
- Feeling tired, lacking usual level of energy or motivation
- Excessive feelings of sadness, despair, or sensitivity
- Difficulty concentrating
- Increased irritability or angry outbursts
- Headaches, dizziness, or stomachaches
- Extreme changes in eating habits (not eating enough or eating too much)
- Increased use of alcohol, tobacco, or other drugs and substances
- Difficulty sleeping, including unpleasant or intense dreams
- Increased desire to be alone or away from children



These signs of stress during the pandemic are typically above and beyond what a person normally experiences. If you are experiencing these things, there are ways to lessen the impact of these stressors. In addition to maintaining healthy routines, eating well, getting enough sleep, and exercising, it is crucial to support and refuel yourself emotionally, spiritually, and whatever healthy way you can address your own mental health.

Give yourself an opportunity to embrace what you are feeling. Remember one of our Anishinaabe words, manaaji'aa, spare, respect, go easy on them. Do this for yourself as well. If you are feeling anxious, stressed, or sad, remind yourself that these emotions are momentary and normal, rather than getting upset with yourself or anyone else in your family. Ask yourself questions like:

What do I need right now?

How can I let go?

When was the last time I felt this way?

What did I do that worked for me last time?

When you answer these questions, you can let yourself be in a better place to maintain and build resilience through these challenging times. Since it's getting to be wintertime, look towards some of our traditional stories for more inspiration and lessons for keeping and expanding our wellness. Miigwech and stay well!

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.

RC TREE News

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that anyone within the 12-25 age range is eligible to join, if interested in receiving help for substance abuse, whether it be for intervention, treatment, or recovery.



Services can also be offered to help a client who dually is experiencing mental health concerns. As the condition of a person's wellbeing and mental health is a factor that can directly impact an individual and their substance use, some of the services that the RC TREE project can offer includes counseling and peer support, as both services offer the opportunity for the individual to speak freely about their concerns without fear of judgement. For the month of December, the RC TREE project is collaborating with Native Connections to put on a History of Miskwaabekong – Scavenger Hunt, which anyone can participate in from now until December 20, 2020. The scavenger hunt has clues that an individual or team must solve and upon doing so, the clue will have led to a location of significance in Red Cliff, where a puzzle piece and a clue for the next scavenger location will be. At each location there will be puzzle pieces to collect and once all the pieces have been found, a picture of the completed puzzle with you or your team can be sent to mmcguire@redcliffhealth.org to receive a prize for the scavenger hunt. For more information about this event, please contact Makayla McGuire by calling (715)-779- 3741 at ext. 2408 or sending an e-mail to mmcguire@redcliffhealth.org.

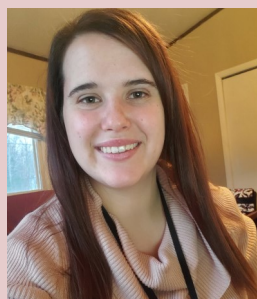
Anyone interested in the RC TREE project or our services, can call (715)-779-3741 for more information.

Welcome New Staff!



John Helms, RC TREE Family Services Coordinator

John has been helping families in native communities for over 25 years in their struggles, from alcohol and drug addictions to PTSD with combat veterans, using traditional ceremonies in tandem with clinical strategies to help them get on the road to recovery. He's learning how to use his traditional teachings with our more contemporary lifestyle. John looks forward to his job as Family Service Coordinator and helping the people of our community.



Makayla McGuire, RCTREE Youth Services Coordinator

Makayla has her bachelor's degrees in Psychology and Biology from the college of St. Scholastica. She has personal experience working with children who have been through traumatic situations as well as interned at the Benedictine Preschool in Duluth, MN. Makayla will be working in the RC TREE program to help coordinate an integrative system of care for youth and transitional aged youth. She hopes to help encourage individuals to set goals and work hard to achieve them. Makayla has one beautiful daughter and three dogs. In her spare time, she loves to hike and enjoys reading.

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.

**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. **Services are available for any local community members, both Tribal and non-tribal.**

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

Welcome New Nooji Staff!



Rosie Botka

Rosalea, or Rosie for short, received her bachelor's degree in Public Health and Community Health Education from the University of Wisconsin - La Crosse. During her final semester of college, she

interned at Red Cliff Community Health Center. After completion of her degree, she became a Team Leader for AmeriCorps NCCC where she led a team of young adults around the Southwest states working for a variety of nonprofit organizations. This experience furthered ignited her love of service work. She recently moved back to the Bayfield County area and has been hired as a Behavioral Health Outreach Specialist. Rosie is excited to be working in Red Cliff again because she knows how resilient and family-oriented this community is. She hopes to utilize her advocacy, organizational, and facilitation skills in this new position. On her free time, Rosie enjoys running or any outdoor recreation, creating interesting food dishes, and ending the day drinking a cup of tea snuggled up with a good book."

VIRTUAL WELLBRIETY

SHARING CIRCLE

TUESDAYS 10 A.M. TO 12 P.M.

Starting December 1, 2020!

Recovery—Support—Sharing—Healing

WEEKLY TOPICS ON WELLNESS

Open to all

Who struggle with addiction

Who are affected by addiction

and/or support recovery lifestyle

Facilitated by:

Linda Dunbar

Red Cliff AODA Services Coordinator/CPs/ RC



**For more information,
call 715-779-3741**



Welcome New Nooji Staff!



Justin Hansen

Justin is a Wisconsin Certified Peer Specialist and the Garden Coordinator at the Mino Bimaadiziwin (Living in a good way) Tribal Organic Farm. Part of his focus at the farm is incorporating healing in recovery through time out-

doors and working with the earth. He's been involved with recovery now for 5 years and is looking forward to helping others to achieve and sustain sobriety. Justin currently resides in Washburn with his wife and 2 kids and has been an area resident now for 26 years. He enjoys camping, cooking and eating, spending time with his family, and woodworking.

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

Resilience



If you have watched the movie "Finding Dory" you already know what resilience is, even if you have never heard the word before. Essentially, the character Dory demonstrates and encourages others to have resilience with her "just keep swimming" motto and behavior.

In the movie we learn about the incredible hardships Dory has faced throughout her lifetime and how she kept on swimming (-and kept on singing about swimming-), no matter how sad, lost or alone she was.

In real life, without a little blue fish cheering us on, it can be hard to remember our resilience, but if we remind ourselves and the people around us to "just keep swimming" we can make it through even the roughest of waters together.

To learn more about resilience and get tips on how to encourage it:

(click on link below to be taken to resource)

[Building Resilience Through Self-Care](#)

and

[InBrief: How Resilience is Built](#)

and

[What Trauma Taught Me About Resilience: Charles Hunt](#)