



Behavioral Health Department December, 2021 NEWSLETTER



Featured Articles

- Seasonal Affective Disorder (SAD).....Page 1*
- Holiday BluesPage 2*
- RCTREE & CCS/CSTPage 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

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder or SAD is a type of depression that affects people when changes in the seasons occur. Most cases of seasonal affective disorder are categorized by people developing symptoms either in late fall or early winter, then the symptoms gradually begin to disappear when the sunnier days of spring and summer return. The opposite pattern of seasonal affective disorder symptoms beginning in the spring or summer does happen, but it's less common.

Below is some information about seasonal affective disorder from the Mayo Clinic's official webpage (<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651>)

Signs and symptoms of SAD may include:

- Most prominent emotion felt by individuals is depression, nearly every day
- Person losing interest in activities and hobbies they once enjoyed
- Low energy
- Sleep problems; restlessness
- Changes to one's appetite or weight
- Easily agitated
- Difficulty being able to focus and concentrate
- Low self-esteem; feels hopeless and worthless
- Frequently contemplates ideas of death or suicide



To cope and support SAD, a few suggestions are listed below:

- **Follow prescribed treatment plan.** If you feel you might have seasonal affective disorder, consider making an appointment to see either your family doctor or a mental health professional about if your symptoms are consistent with the diagnosis criteria for SAD. Treatments suggested for seasonal affective disorder can include light therapy (special light box that mimics natural outdoor light; exposure to the light stimulates a change in brain chemicals linked to mood), medications, or psychotherapy. When a person is given a treatment plan for SAD, it could include just one or a combination of the treatment options previously mentioned.
- **Make healthy choices.** Getting enough sleep each night to help you feel rested is important, but be careful of sleeping too much, as SAD symptoms can lead people to want to hibernate and sleep in. Find times to engage in physical activities each day. Try to make food choices that are healthy and good for you.
- **Practice stress management.** Learn techniques you can use to manage when SAD symptoms become overwhelming. If stress becomes unmanaged, it could lead to depressive thoughts, overeating, or other unhealthy thoughts/behaviors.
- **Socialize.** The effort of being social with others can be hard when you feel down. However, connecting with people you enjoy, can lead to opportunities to help boost your spirits and to feel more relaxed.

Holiday Blues

With the winter holidays approaching, extra stress and unrealistic expectations are feelings people can experience as they prepare to celebrate the holiday season. Often the general population views the winter holidays as being a time of great joy and something that everyone is excited to celebrate, but the holidays can instead result in the opposite called the holiday blues, where a person's mental health degrades due to the overwhelming pressure of the holiday season and they feel fatigued, depressed, or tense as a result.

Below is a infographic from the National Alliance of Mental Illness (NAMI) of what could be done to manage the holiday blues.

Tips for avoiding the Holiday Blues

-  **Stick to normal routines as much as possible.**
-  **Get enough sleep.**
-  **Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.**
-  **Eat and drink in moderation. Don't drink alcohol if you are feeling down.**
-  **Get exercise—even if it's only taking a short walk.**
-  **Make a to-do list. Keep things simple.**
-  **Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.**
-  **Set a budget for holiday activities. Don't overextend yourself financially in buying presents.**
-  **Listen to music or find other ways to relax.**

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program available that can provide supportive services to help transitional aged youths and adolescents struggling with substance abuse, this is anyone in the age range of 12-25 years old. Services targeting substance abuse include options like intervention/prevention strategies, outpatient treatment services, and recovery support. Along with being a resource to consider for help with substance abuse concerns, the RC TREE project can also provide dual treatment for co-occurring mental health disorders. This includes mental health services like counseling sessions with one of RC TREE's Mental Health/Substance Abuse Counselors or possibly being mentored by a Certified Peer Specialist; someone who themselves has had lived experience with substance abuse or mental health struggles in the past.

Anyone who enrolls in the RC TREE project as a program participant will be regularly encouraged to partake in screening assessments that are used by RC TREE providers to better understand a client's substance use frequency. Aside from featuring questions asking about a client's substance abuse behaviors, the screening assessments also ask about demographic information like the living conditions and employment status of the client, since they can be influential factors that could be underlying reasons as to why a person struggles with substance use or has a difficult time with recovery. Knowing this information can be used to develop a service plan for the client to determine which supportive services they'll be receiving during their time in the program. If it's uncovered during a screening assessment that the client is in need of different supportive services than what was decided for them when initially putting together their service plan, it can be adjusted as necessary when it's found that the client is no longer benefiting from the supportive services they had been receiving. Due to the importance of these screening assessments, there are incentives that clients can receive upon their cooperation in completing one with RC TREE staff members, the only exception is the one performed at intake, as the screening assessment for that occasion is a part of 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.

For more information about these programs, please call Lorna Gamble, CCS & CST Administrator at (715) 779-3741 x 2402.

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

Justin Hansen, Peer Specialist, Ext. 2397 or email 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 715-689-2141

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

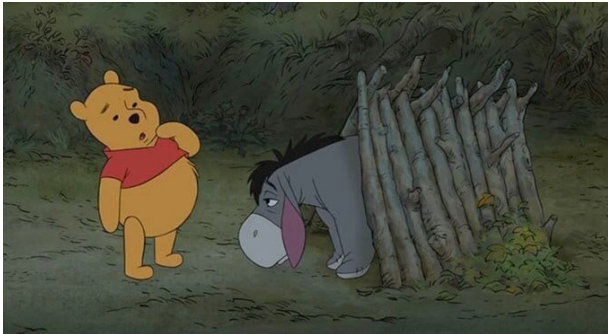
Noojimo'iwewin Center 37450 Watertower Road, Bayfield

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



-Pessimism-

Name it to Tame it

If you have ever seen or read, the "Winnie the Pooh" series, you probably know what "pessimism" is. The character, Eeyore regularly displays this behavior as he is often solemn on most occasions and when he interacts with the other characters he'll often share thoughts of something bad that'll likely happen to him, like his house of sticks being knocked over. Living life expecting the worst outcome to happen all the time can be a huge burden for an individual and lead to struggles with one's mental health on a day-to-day basis. Luckily, Eeyore has supportive friends in the Hundred Acre Woods, who are there to support him when the worst outcome does occur and who are available when he's in need of a helping hand.

To learn more about what pessimism is and what to do to overcome pessimistic behaviors, visit the links below:

<https://www.verywellmind.com/is-it-safer-to-be-a-pessimist-3144874>

And

<https://www.everydayhealth.com/emotional-health/7-tips-turn-pessimistic-attitude-around/>