



Behavioral Health Department

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

February 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!

*During the month of Namebini-giizis,
(Sucker Moon ~ February)
we are highlighting RCTREE Program!*

Red Cliff RC TREE Program has moved!

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that offers supportive services to anyone seeking help for substance abuse and who is in the 12-25 year old age range. Families and guardians of individuals who enroll in RC TREE will also be eligible to receive services for substance abuse and can be offered supportive services immediately if they so choose.

RC TREE has news to share concerning a new office location! Program staff moved to the office building located at 37820 Community Road in Red Cliff, WI on January 8, 2021. The building previously housed the ICW department and is located across from both the Child Support building and the Tribal Court building. Along with new staff moving in, the building has also received a new name, and is now the Community Road Behavioral Health Building.

There are 4 people whose offices are in the Community Road Behavioral Health Building, including 3 staff members from RC TREE and 1 who works with Native Connections. The Native Connections staff member is Clarissa Bressette and the RC TREE staff members are John Helms, Gabrielle Gordon, and Makayla McGuire. Here is the contact information for this staff:



Clarissa Bressette, Native Connections Project Assistant
715-779-3741 ext. 2409 cbressette@redcliffhealth.org

Gabrielle Gordon, RC Tree Project Coordinator/Lead Evaluator
715-779-3741 ext. 2407 ggordon@redcliffhealth.org

John Helms, RC TREE Family Service Coordinator
715-779-3741 ext. 2403 jhelms@redcliffhealth.org

Makayla McGuire, RC TREE Youth Services Coordinator
715-779-3741 ext. 2408 mmcguire@redcliffhealth.org

Healthy Relationships

In honor of National Heart Month (February) and Niinimoshenh- Giizhigad (Valentine's Day), we are sharing information on Healthy Relationships this month.

Sometimes romantic relationships can be confusing ~ we know we don't feel quite right in our relationship but it is difficult to pinpoint exactly what is wrong. Here are some tips to help you determine if your relationship is healthy and supportive for you:

In a healthy relationship both you and your partner are:

- Communicating honestly
- Respectful of each other, your boundaries and your differences
- Supportive
- Equal
- Trusting
- Enjoying personal time away from each other
- Making mutual decisions
- Wanting the best for each other
- Economic/financial partners
- Not playing head games



You may be in an unhealthy relationship if you or your partner are:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together, excluding other friends and family
- Trying to change each other
- Discouraging individual growth
- Trying to get something by giving or withholding
- Unequal economically

In an abusive relationship, one partner is:

- Communicating in a hurtful or threatening way
- Physically or emotionally mistreating their partner
- Denying their actions are abusive
- Invalidating their partner's feelings
- Controlling
- Isolating their partner from others

If you feel you are in an unhealthy relationship, there is help available. Please contact Red Cliff Behavioral Health Dept. to set up an appointment at 715-779-3741 or contact Red Cliff Family Violence Prevention Program at 715-779-3706.



Teenagers can frequently deal with self-esteem issues as they are figuring everything out in their early lives, but early support can have a major positive effect on their success. Young people can have a difficult time early in the different stages of their education, work, or in developing relationships with others. The following will give some insight into the importance of high self-esteem and signs that may show your teen is struggling with some kind of self-esteem issue.

The Importance of Self-Esteem

Positive mindsets are incredibly important for the development of teenagers in a wide spectrum of ways. A teenager's outlook on life and their future along with being able to develop healthy relationships are some of the biggest effected aspects. Some signs that a teen has high self-esteem are:

Teens making mature decisions	Independence
Teens being proud of their accomplishments	Teens being able to think critically
Teens trying to support others in need	

Effects of Low Self-Esteem

Suffering from low self-esteem, youth tend to avoid situations where they think there's risk of failure, embarrassment or making mistakes. For example: assignments and projects at school, making new friends, and trying out brand new activities. All of these are things that every teen needs in order to have a healthy lifestyle.

Low self-esteem that goes unchecked can lead to problems such as:

difficulty developing relationships and friendships	feeling sad, anxious, ashamed or angry
lack of motivation	body image issues
earlier experimentation with sexual activities	uses mind altering substances to "fix" how they are feeling

Common causes of low self-esteem

A person's background and what they've gone through growing up will often be highly related to self-esteem issues. Some examples of low self-esteem causing issues are as follows:

bad early influences in a teen's life (Friends, relatives, or social media)	
high pressure from others to achieve improbable goals	traumatic events and abuse
anxiety, depression, or other disorders	other medical problems
bullying and isolation	family issues such as constant moving or divorce
unsupportive caretakers or influential role models	

Common signs of low self-esteem

The signs of low self esteem can vary with each person so identifying it can be difficult at times, however, these are some examples to watch for when determining if your teen or child is suffering from low self-esteem and remember, when in doubt communicate with your teen or child. Common signs are:

constant fear of embarrassment or failure	has a hard time taking compliments
shows constant signs of stress	negative self-talk
quick to anger with normal tasks	putting blame on others
does not enjoy trying new things	a sense of being unloved/unwanted
has a hard time making new friends/starting relationships	

The teenage years are the most varied of a person's life so do not think you are failing if your teen or child is suffering from low self-esteem. The key concept is that you are always trying to support their decisions and creating a sense of importance in helping them and understanding. There are many ways to help your teen/child so don't give up if some options just don't work.

Boozhoo! -Native Connections Team

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.

The Value of Self-Esteem

Self-esteem is described as the way a person views their self-worth and value. People who have low self-esteem tend to think of themselves in a negative light which may get them into harmful relationships, keep them from setting goals for fear of failure, and treating themselves and others in a disrespectful manner. It is important to know that your self-worth is not defined by your background, past mistakes, financial situation, age, or beliefs. If you are experiencing low self-esteem it is important to realize this does not have to be permanent. You have the power to change your perception of yourself and create a plan to work through the stressors in your life that are causing you to negative-talk yourself.

- **Think about your surroundings and identify the things that are bringing you negative feelings.**
Think: is this mentally draining thing in my life helping me grow into my best self or creating lasting harm?
If it is negatively impacting you, plan to let it go. Call a friend and ask for help or reach out to mental health counselors who can help you cope.
- **Become aware of your inner thoughts about yourself.** The mind is a sneaky organ and sometimes tells us negative things about ourselves that are not true. Think: would I ever say this to someone I care about? If the answer is no, you should not think that way about yourself.
- **Take care of yourself.** Make a list of the positive qualities you bring into the world or think about all the positive things you want to accomplish. Start setting small goals for yourself. "I will take myself on a walk today." "I will spend an hour in nature." "I will call a friend on Friday this week."

We all tend to fall into a cycle of low self-esteem from time to time. Know you are not alone, give yourself back your power. This is YOUR life and you get to choose what to make of it. Know there are always resources to reach out to if you need that extra support.

Noojimo'iwewin Center

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 peer support 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



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 Center

Online Recovery Meetings

Winter 2020-2021

Tuesday - Alanon Group, 6:00PM

[https://us02web.zoom.us/j/85422745354?](https://us02web.zoom.us/j/85422745354?pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09)
[pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09](https://us02web.zoom.us/j/85422745354?pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09)

Meeting ID: 854 2274 5354 Password: 454818

By Phone: +1 312 626 6799 Meeting ID: 854 2274
5354 Password: 454818

Wednesday - Wellbriety Group, 6:00PM

[https://us02web.zoom.us/j/745466870?](https://us02web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09)
[pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09](https://us02web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09)

Meeting ID: 745 466 870 Password: nicetry

By Phone: +1 312 626 6799 Meeting ID: 745 466 870
Password: 456125

Thursday - Narcotics Anonymous, 10:00AM

[https://us02web.zoom.us/j/88956172863?](https://us02web.zoom.us/j/88956172863?pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09)
[pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09](https://us02web.zoom.us/j/88956172863?pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09)

Meeting ID: 889 5617 2863 Password: 031549

Thursday - Alcoholics Anonymous, 6:00PM

This is a Big Book discussion meeting.

[https://us02web.zoom.us/j/82923627711?](https://us02web.zoom.us/j/82923627711?pwd=M1ExeXZEQ1dQUmhJUytPa3VzT1FSUT09)
[pwd=M1ExeXZEQ1dQUmhJUytPa3VzT1FSUT09](https://us02web.zoom.us/j/82923627711?pwd=M1ExeXZEQ1dQUmhJUytPa3VzT1FSUT09)

Meeting ID: 829 2362 7711

Passcode: 800973

Find your local number: [https://us02web.zoom.us/j/82923627711?](https://us02web.zoom.us/j/82923627711?pwd=M1ExeXZEQ1dQUmhJUytPa3VzT1FSUT09)
[kedD9kKIKj](https://us02web.zoom.us/j/82923627711?pwd=M1ExeXZEQ1dQUmhJUytPa3VzT1FSUT09)

For more information please call:

715-779-3707 Ext. 2451 or 2397



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

Compassion



If you have watched the movie "Trolls" you already know what compassion is, even if you have never heard the word before.

The character Poppy demonstrates and encourages others to have compassion by being aware of and caring for her feelings and the feelings of others. She also demonstrates self-compassion throughout much of the movie by talking to herself the way she would a good friend. Compassion for others is what allows us to be gentle and encouraging with our words and actions. Having compassion for ourselves means making a choice to speak to ourselves the way we would a good friend. It means telling ourselves we are doing good enough, instead of telling ourselves we should do better. Many of us have gotten into the habit of being our own worst critics but practicing self-compassion invites us to speak to ourselves with words and thoughts that build us up.

Compassion, for others and for yourself, is a free, unlimited resource, that you can start using today.

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

[The Science of Compassion](#)

and

[How to Help your Child's Compassion Grow](#)

and

[Three Parts of Self-Compassion](#)