



Behavioral Health Department

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

January 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 Gichi-Manidoo-Giizis,
(Great Spirit Moon ~ January)
we are highlighting Mishomis Wellness Center!*

We wish you a Happy & Healthy New Year!

2021

Mishomis Wellness Center has been an integral part in the addiction recovery movement in Red Cliff for many years. The Mishomis House was, in the past, an AODA inpatient treatment center which closed around 2014. It later re-opened as the **Mishomis Wellness Center** and now houses a number of Red Cliff Community Health Center Behavioral Health Dept. outpatient programs. MWC continues to be a hub of recovery and wellness in our community!

Programs currently housed at Mishomis Wellness Center are:

- Red Cliff AODA Outpatient Services
- Comprehensive Community Services (CCS)
- Coordinated Service Team (CST, for youth)
- Native Connections
- RCTREE
- Noojimo'iwewin Center
- Giwiidosendimin (Project LAUNCH)

Please read further in this newsletter for more information about the services offered at Mishomis Wellness Center, 37390 North Bradum Rd, Red Cliff. **715-779-3741.**



Banishing Stigma

Part of our mission in Red Cliff Behavioral Health Dept. is to help our community gain more understanding on behavioral health and other topics in our community, and develop compassion and sensitivity for the people involved. In this way, we can all work together to improve the lives of our community members. The stigma that often goes along with some issues is damaging and counterproductive to improving peoples' health. It is often unconscious and stems from a lack of understanding. One way to support people is to speak in a way that does not harm them, in other words, choose our words carefully and be sensitive to others' feelings.



The Power of Words (LGBTQ+)

Microaggressions are defined as “a comment or action that subtly and often unconsciously or unintentionally expresses a prejudiced attitude toward a member of a marginalized group” (Merriam-Webster). These statements are harmful towards a wide variety of people and are often not confronted due to their conversational and subtle tone. Most people who identify anywhere on the LGBTQ+ (Lesbian, Gay, Bi-sexual, Trans-sexual, Queer, +) spectrum have been on the receiving end of a microaggression. There are people more open about their bias towards this group, but there are many microaggressions that are used by the general population that still cause internal harm to LGBTQ+ people. Below is a couple of microaggressions that are commonly used (both unintentional and intentional) and ways to be more mindful of the power behind words.

“That’s so gay.” Gay is an identity of approximately 9 million people in the United States and that is only including the people who feel safe openly identifying (UCLA, 2011). This phrase is often used in place of “That is so stupid” which is correlating someone’s identity to being stupid. If you currently use this phrase, stop and think about the harm this could cause to someone’s self-worth, and if you hear someone say this, politely correct them. Some people are unaware of the hurt behind their words and by pointing it out you may be able to change their perspective.

Another common microaggression is the assumption of heterosexuality. An example of this may be a woman being asked if she “has a boyfriend” or that boys should act “more masculine.” Most times people are unaware that this can be hurtful. It is important to remember that when people first interact with someone, they do not know their background or identity. A simple switch in this could be asking someone if they have partner and allowing all genders to be their true selves rather than try to fit them into this idea of a societal norm.

These are just two examples of microaggressions but there are many more to be mindful of. Changing a behavior and thinking from a different perspective takes time. The best thing to do is educate yourself and learn from past errors. Another good practice to implement, both in your professional and personal encounters, is to include your pronouns in an introduction. This can avoid making assumptions of a person’s identity and creates a more welcoming environment for LGBTQ+ people.

For information on the effects of stigma on people who suffer from a substance use disorder, go to this link:
<https://www.northernhealth.ca/health-topics/stigma>

Boozhoo from Native Connections!

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. This 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

To contact Staff:

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 into the new year! Miigwech!

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.



Red Cliff Native Connections presents

RED CLIFF YOUTH TALENT SHOW

Open to ages 6 - 18 from the Red Cliff and Bayfield School Communities

CALLING FOR SUBMISSIONS!

6-12 AGE GROUP 13-18 AGE GROUP

Show your skills and talents as we hold a virtual celebration of individuality and culture!

From singing to dancing, drawing, or whatever your talent is, you can record* and create your video to submit. It will be shown during the show time.

*If using a phone to record, please turn phone sideways while recording!

SHOWTIME IS JANUARY 22 @ 5:00 PM
VIDEOS WILL BE POSTED TO TRIBAL FACEBOOK PAGE AND MIIANINAWIIND NEWSLETTER.

SUBMIT YOUR VIDEO BY JANUARY 18 TO
SLUTHER@REDCLIFFHEALTH.ORG
CBRESSETTE@REDCLIFFHEALTH.ORG

Judges will consist of individuals from Native Connections, Education Department, and Community

Jiibaakwedaa Cooking Video and Food Bag Giveaway Update

In December, together with Food Distribution, Noojimo'iwewin Center, Snap Ed and RC TREE programs, we produced a cooking video and gave away 50 bags filled with ingredients for the recipes we presented!

If you made the recipes and took a picture, there is still time to enter it in the drawing for a cooking related prize! Please email your photo(s) to Clarissa at :

cbressette@redcliffhealth.org .

Watch for our new video and photo entry drawing coming out in January!

EVERYONE'S AN ARTIST

Thank you to everyone who participated in the "Everyone's an Artist Event". Native Connections and RC TREE handed out 36 art kits on Monday the 21st of December. The participants enjoyed a virtual time of community and healing as they painted away stress and enjoyed each others company. RC TREE and Native Connections plan to continue these art events once per month.



Banishing Stigma continued...

Language of Recovery

We've heard the labels addict, alcoholic, or more hurtful labels used in the circles of recovery. These labels can have an adverse effect, whether recognized or not, on someone trying to navigate sobriety. It's a difficult, if not seemingly impossible, time in some one's life and attaching or labeling someone as a "junkie" or "lush" makes it even harder. Let's flip that over and empower the "person in recovery". Let's use a language that promotes recovery instead of stigmatizing recovery. I personally identify as an alcoholic, because it reminds me where I came from. With a few years of recovery under my belt, I'm comfortable with that label. For someone new to sobriety and struggling it can be a discouraging.

Recovery from addiction is a reality and it is possible. Empower those that take the step to a pathway of recovery. Lift them up and they have a greater chance of achieving long term recovery. End the terms addict or alcoholic and replace them with "person with a substance use disorder". Treat them as a person, not the problem. Society has long stigmatized persons with a substance use as less than human, setting them up for failure or not even trying recovery. That is slowly changing. The veil of stigma is slowly being removed.

RC TREE News

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that provides supportive services to adolescents and transitional aged youth; this is anyone in the age range of 12-25 years old. The services that the RC TREE project offers are outpatient services for individuals struggling with substance abuse. Mental health services are also available for individuals who have any coinciding mental health disorders.

Upon joining the RC TREE project, program staff work with clients to develop a service plan that best meets the needs of each individual. The service plan is developed at program enrollment and has the opportunity to be adjusted as necessary, to reflect the changes in services a client may undergo during their time in the program.

This is a list of some of the services that may be included onto a client's service plan:

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



In the RC TREE project, half the staff are stationed at the Red Cliff Community Health Center and the other half are at the Mishomis Wellness Center. However, **the RC TREE project would like to announce that the staff currently at the Mishomis Wellness Center will be moving to a new building that previously housed the ICW program at 37820 Community Road.** The tentative date for the move is **January 8, 2021.** The RC TREE staff who will be moving to this new location will be Gabrielle Gordon, Project Coordinator/Lead Evaluator; John Helms, Family Services Coordinator; and Makayla McGuire, Youth Services Coordinator.

We invite anyone interested in the RC TREE Project or our services to call (715)-779-3741 for more information or to set up an appointment.

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 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**.



Giwiidosendamin Circle of Healing (Project LAUNCH)

Giwiidosendimin translates to “we walk together” and was thoughtfully chosen as a name that represents the support the program offers to the community. This program helps to promote health, wellness and school readiness in children from birth to 8 years by providing support to families and connecting them to the services needed to help their children succeed. Some of our helping strategies used are:

- Home visiting/Doula services
- Use of developmental assessments in a range of child-serving settings
- Integration of behavioral health into primary care settings
- Mental health consultation
- Family strengthening and parent skills training

We use evidence-based practices to prevent negative outcomes and promote healthy development among children and families.

Contact information for the Giwiidosendimin Circle of Healing team are as follows:

Johanna Wilson- Administrator jwilson@redcliffhealth.org 715-779-3741 ext. 2410

Shaleena Montano- Administrative Assistant smontano@redcliffhealth.org 715-779-3741 ext. 2411

Inez (Midge) Montano- Family Navigator imontano@redcliffhealth.org 715-779-3741 ext. 2412

Rachel Topping- ICW Family Navigator Rachel.Topping@redcliff-nsn-gov 715-779-3747 ext. 5212

Amaris Andrews-DePerry- Zaagichigaazowin Family Partner aandrews@redcliffhealth.org 715-779-3707 ext. 2307

Amanda Peterson-Teshner- Zaagichigaazowin Family Partner apeterson@redcliffhealth.org 715-779-3707 ext. 2235

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



Empathy

If you have watched the movie "Big Hero 6" you already know what empathy is, even if you have never heard the word before. Essentially, the character Baymax demonstrates and encourages others to have empathy by being able to sit with others when they are having an emotionally charged moment, without judgement, shame or stigmatization. Empathy is often described by scientists as the antidote to shame and the building block of healthy connection.

Much like Baymax, we often want to "fix" or "change" people's feelings if they make us or others uncomfortable, but true empathy is being able to come and "sit with" the person and all their feelings. Empathy means treating people with dignity and worth regardless of what they have done or has been done to them.

Responding to those around you in an empathetic manner doesn't mean you are condoning or encouraging behaviors you don't agree with, but rather that you make the conscious choice to look past the behavior and see the human being in front of you as worthy of human connection.

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

(click on link below to be taken to resource)

[Empathy vs. Sympathy](#)

and

[Teaching and Fostering Empathy in Kids](#)

and

[Building a Culture of Empathy](#)