



Behavioral Health Department

January, 2022 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!

Mental Health Matters

Ideas to consider when making New Year's resolutions for 2022

With the New Year having just started, it's important to remember that it's not meant to serve as a catalyst for drastic changes to one's character. Instead the New Year is a time that can be used to reflect on past behavior and effort can be focused towards trying to make positive life changes.

When resolutions are thought-out and detailed, there is a greater chance they will be able to be maintained throughout the entire year. Since January 2, 2022 is Motivation and Inspiration Day, here' some tips from The American Psychological Association (APA) for New Year's resolutions and what to consider when making them (<https://www.apa.org/topics/behavioral-health/new-year-resolutions>)



Start small—Make resolutions not based off wishful thinking, but ones that you think you'll be able to maintain. For example, if you aim to exercise more, it's likely that the goal to exercise two or three days a week is more attainable than the resolution to workout everyday.

Change one behavior at a time—Unhealthy behaviors just didn't appear out of nowhere, they developed over time. Thus, the resolution to replace those unhealthy behaviors with healthy ones takes time to accomplish. Don't get overwhelmed by this and instead work to change one thing at a time.

Talk about it—Reach out to family and friends about your experiences. Consider joining a support group to reach your goals since having others, who share your struggles, can make your journey to starting a healthy behavior much easier and less intimidating.

Don't beat yourself up—Perfection is unattainable. Remember that minor mistakes can happen when trying to start a healthy behavior and if it does, that's completely normal and OK. Everyone has their ups and downs; make the effort to recover from your mistakes and get back on track.

Ask for support—Accepting help from people in your life who care about you and who you can talk to, is something you can do that strengthens your resilience and reduces the stress that comes with starting a new resolution. If you ever start to feel overwhelmed about being able to meet your goals on your own, consider seeking professional help from a psychologist or a counselor.

20 Self-Care Practices for Mind-Body Wellness

Today many people have busy lives filled with activity, noise, and hurry; this can make it difficult to feel healthy and rested. When these stimuli build in a person's life, it could lead to that individual becoming stressed and burned out.

One vital habit to help prevent this physical and mental exhaustion is self-care. From practicing self-care, it can help you to become both more joyful and to feel more rested.

With January 3, 2022 being International Mind-Body Wellness Day, here's some ideas from HuffPost for self-care (https://www.huffpost.com/entry/20-selfcare-practices-for_b_10314820)

- 1) Simplify your schedule—Are you over-whelmed from your current daily schedule? Try asking yourself which activities and relationships truly matter to you, and make space in your life for those things.
- 2) Physical activity to energize your body—Do whatever physical activity you enjoy, it could be stretching, swimming, running, yoga, or etc.
- 3) Enjoy a long, warm bath—Use the time in the bath to do other relaxing activities like read a book or listen to soothing music.
- 4) Create a Gratitude List—Jot all the things down on the Gratitude List that you are thankful for.
- 5) Speak to a counselor—If not a counselor, consider contacting a psychologist, therapist, or a peer support mentor.
- 6) Unplug for a day—Stay away from electronic devices (phone, tv, computer), they often distract us from enjoying opportunities to live in the moment and fully appreciate the day in front of us.
- 7) Stretch—Look for kinks and tension spots in your body, then stretch to relieve the pain.
- 8) Do something new— Try learning a new skill or start a new hobby.
- 9) Practice mini-meditation— Start or end your day with a full minute of deep breathing, as this is going on, focus on your feelings and your current physical state.
- 10) Dance—Play your favorite dance music and get your body moving.
- 11) Use a journal to write out your thoughts— Spending 10 minutes just writing whatever is on your mind, can help to mentally release built up stress.
- 12) Spend quality time with loved ones—Set aside time to hang out with someone that you enjoy spending time with. If you can't physically meet with that person, give them a phone call.
- 13) Set aside some time for yourself—Find time to relax by yourself and away from others.
- 14) Rest—If possible, rest for a full day to help you rejuvenate.
- 15) De-clutter— Clean to help get rid of excess stuff and junk you haven't had a chance to get rid of. You can start by cleaning something small like your e-mail inbox or desk, then build your way up to the larger cleaning projects.
- 16) Live in the moment—Enjoy what the day brings and savor each moment, instead of trying to rush through it.
- 17) Take a walk—Go outside to explore somewhere new at a leisurely pace.
- 18) Create a personal mission statement—Identify the kind of person you want to be and what goals you want to pursue.
- 19) Eat something delicious—Enjoy a meal. Better yet, have that meal with family or friends that you can have a chance to talk to and hang out with.
- 20) Sleep—Take naps during the day or go to bed earlier; to help your body feel more rested.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that strives to enhance and expand on substance abuse services for adolescents, transitional aged youths, and their families/guardians.

Below is a brief list of some services offered by the RC TREE Project. The services themselves vary from ones that require a short duration of time to perform, in order to quickly gather information on a client's substance use history 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 potentially faced by the client that may have been a factor that influenced their substance use.

Supportive services available include:

Brief Intervention Therapy	Treatment Services	Recovery Support
Treatment Referral/Outreach	Outpatient Services	Substance Use Screens
Counseling Sessions	Relapse Prevention Planning	Peer Support/Mentoring

To help create a client's service plan, screening assessments are used in the RC TREE Project to learn of a client's substance use behaviors, in order to decide which services would best benefit the individual that the service plan is being created for. Due to the important role the screening assessments play in helping determine which services should be provided to clients, the screening assessments are utilized various times throughout a client's time with the program. This way if a screening assessment determines that a service is no longer effective with helping a client to manage their substance use behaviors, then the service plan can be changed to better reflect the service needs of that individual. There are also incentives that can be given to clients for their cooperation in completing screening assessments 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 715-688-2141

Memorial Medical Center 715-685-5378

911 if threat to harm self or others

**Behavioral Health
Support Line**



715-779-3509

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



-Curiosity- *Name it to Tame it*

If you have ever seen the cartoon series, "Rugrats," you probably know what "curiosity" is. The show focuses on babies (Tommy, Chuckie, Phil, and Lil) and the adventures they get into, as they try to understand the world around them. With the main characters being babies they are curious whenever something new is given to them or they are brought to a new location, since it's often their first time experiencing that new object or place. The babies on "Rugrats" are a great example of "curiosity," as the babies being curious about everything, leads them to new discoveries and an opportunity to learn of things they have either little or no knowledge of.

To learn more about curiosity and what you could do to maintain this behavior in adulthood, visit the links below:

<https://www.betterup.com/blog/intellectual-curiosity>

And

<https://experiencelife.lifetime.life/article/the-power-of-curiosity/>