



Behavioral Health Department

January, 2023 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

Teen Driving Awareness Month: Keep Teen Drivers Safe

The leading cause of death for U.S. teens is motor vehicle crashes; in 2020, there had been 2,800 teenagers between the ages of 13-19 years old who has lost their lives due to being in a car crash.

To celebrate January being Teen Driving Awareness Month, below is some facts and advice from the Centers for Disease Control and Prevention also referred to simply as the CDC (click [here](#) and [here](#) for more information), about this topic.

5 Facts about Teen Drivers—Crashes, Injuries, and Fatalities

- 1) Roughly 227,000 teens were injured from motor vehicle crashes that happened in 2020. For motor vehicle deaths in 2020, the amount of money in medical costs spent was \$40.7 billion dollars.
- 2) Teen drivers between the ages of 16-19 years old have a 3x higher fatal crash rate compared to drivers who are over the age of 20. per mile driven.
- 3) The leading contributor to motor vehicle crashes by teen drivers is their inexperience with driving.
- 4) Crash risk is highest for teen drivers the first few months after receiving their driver's license.
- 5) No matter the age, nighttime driving is riskier compared to daytime driving; however, nighttime driving is something that's particularly difficult and dangerous for teen drivers to do.

Top 4 Safety Tips for Teen Drivers

- 1) Always remember to buckle your seat belt when driving. Wearing seat belts help to reduce one's risk of dying or attaining serious injuries from a vehicle crash by about half.
- 2) When getting behind the wheel, do so sober and not after having had any alcohol or drugs. Engaging in these activities while driving is dangerous for anyone, but even more so for inexperienced teen drivers.
- 3) Don't let yourself be distracted while driving. Distractions are anything that draws your attention away from driving safely on the road. This can include texting or talking on a cell phone, messing around with the vehicle's navigation systems, eating food, putting makeup on, and etc.
 - Turn your cellphone off; don't text or look at social media when you are driving.
 - If you need to make a phone call, pull off to the side of the road and find a safe location to do so. Even if you use hands-free technology for phone calls, this still is a type of mental distraction that takes away the full attention needed in order to drive safely.
- 4) Familiarize yourself with the vehicle you'll be driving, especially if it's one that you'll be driving for the first time. Find out where important vehicle features are located and if they are performing their functions appropriately, this includes such equipment as the turn signals, windshield wipers, and hazard lights.

10 Great Tips to help you keep your New Year's Resolutions

The start of a new year is a great time to make a change to one's life, which is probably the reason why so many people do make New Year's resolutions. People see the new year as a fresh start that can serve as an opportunity to begin new routines, which can help one to grow psychologically, emotionally, socially, physically, or intellectually. Of course, making resolutions is much easier than keeping them and after a few months, many discontinue with their resolve and return back to old habits. Despite our good intentions, maintaining New Year's resolutions is something many people fail at because they don't know how to stick to their goals.

Making New Year's resolutions can lead to people setting lofty goals that often end up being more than they bargained for. **The most common resolutions made include:** - **Weight loss** - **Starting a healthier diet** - **Quitting smoking**
- **Being more physically active** - **Making better financial choices** - **Devoting more time to family and friends**

In celebration of New Year's Day that happens during the month of January, here's some tips from verywellmind (<https://www.verywellmind.com/how-to-keep-your-new-years-resolutions-2795719>) to help you beat the odds and to continue to make progress with the goals you choose.

- 1) **Make sure to pick a Specific Goal**—Millions of people resolve to “lose weight,” “become more productive,” or “eat better” at the start of the year. However, instead of choosing an ambiguous goal, you should pick something that's more realistic for you to set your sights on. In choosing a goal that's specific and achievable, this will give you the opportunity to plan out just how to go about accomplishing (and sticking to) your goal throughout the course of a year.
- 2) **Limit your number of Resolutions**—It can be a daunting task to take on too much all at once. Taking on a number of different objectives can be particularly difficult because developing new behaviors is something that takes time and continued effort. Having one specific goal to focus on; however, does make a resolution much more achievable.
- 3) **Plan the Goal beforehand**—Choosing a goal should never be done last minute. If you have no plan in place of how to go about achieving your goal, it's likely you'll discontinue and give up on it when faced with either an obstacle, setback, or some resistance. With planning ahead, you'll be able to come up with the steps you'll take to achieve your goal, determine what motivates you to want to do it, and find ways to help keep yourself on track.
- 4) **Success can be achieved by taking Small Steps**—So many New Year's resolutions fail because people often take on too much too quickly. Instead of trying to do it all at one time, the best route to help you reach your larger goal is to focus on taking tiny steps. The path to your goal may begin with a slow start, but through choosing to make small incremental changes, you'll find it easier to adopt new healthy habits and you'll go onto have better long-term success with the resolutions you set for yourself.
- 5) **Do Not Repeat Past Failures**—When people make the exact same resolution each year and they weren't successful with achieving the goal during the previous years, this can affect one's belief in themselves and result in another failed attempt from that individual. Instead consider slightly altering your resolution and make it into one that's more feasible for you to do.
- 6) **Remember that Change takes time**—People's unhealthy or undesired habits didn't just happen overnight but probably took years to become part of their lifestyles, so it's unrealistic to think they could just be changed within a matter of days, weeks, or months. Working towards making your resolution into a reality is a process; be patient with yourself. You may experience a misstep or two as you try to achieve your goal but you shouldn't let this bother you. Even if this does happen, you can always try again.
- 7) **Look for Support**—With a solid support system in place, this encourages a person to stay motivated about achieving their goal and to hold themselves accountable when they begin to experience hardships. Additionally, having someone like friends or family share the same goal as you and also work alongside you to accomplish that goal can not only be fun, but can also help to make a big difference.
- 8) **Renew Motivation in Yourself**—During the first few days after making a New Year's resolution, people start off feeling confident and motivated that they can stick to the goal they set for themselves. However, when difficulties occur, the effort being put towards the resolution begins to wane and gradually decrease from what it was initially. When this happens, it's important to encourage yourself not to give up and remember the reason you are doing all this in the first place. When times are tough and you are feeling low on motivation, something to try is writing a list of the things you can gain from continuing to work towards the resolution and this list is something that you can look back at, if you continue to have doubts in the future.
- 9) **Continue to work on your Goals**—After the first few months of working towards a resolution has passed, people's motivation begins to dip and it can be difficult to find inspiration to help keep that goal alive. If the current approach you are trying isn't working, take time to reevaluate your strategies, and come up with some new ideas you can use to achieve your goal. The ability to be flexible will come in handy when you find your current plan isn't working.
- 10) **Learn from your Missteps**—One of the most common reasons why people fail to keep their New Year's resolutions is because of having setbacks. However, just because you relapse doing a bad habit you were trying to avoid, this doesn't make you a bad person or a failure. Every goal will face challenges and you'll likely experience some bumps along the way. If you do encounter relapses on your journey, try to view them as learning opportunities.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that offers services to individuals who are in the age range of 12-25 years old and who struggle with substance use behaviors in some way. Additionally, that person's family members can join the program if they also have substance use habits they engage in, since them using drugs or alcohol could be an influencing factor as to why the client has a difficult time being able to recover and stop relying on past substance use habits. Depending on needs of the client and their family, treatment options may vary with times where the family is treated together (example: counseling sessions) and other times where it's provided individually (example: program screens, intervention therapies).

When a person joins as a client of the RC TREE program, one expectation they'll be expected to participate in quite often is completing screening assessments. The purpose of the screening assessments is to uncover what a person's substance use history is, in order to determine the best treatment options to include on the client's individual service plan. Besides finding out the substance use behaviors of the person, screening assessments can also find out other demographical information like living conditions, physical health characteristics, and employment status which are all factors that if the individual is unsatisfied with, could be reasons why they struggle to overcome their substance use behaviors and halts the recovery process for them. If at any time it's uncovered from the screening assessments that the client's needs have changed from when they first started the program, then the individual service plan can be adjusted to meet the new needs that individual now has. Because of the crucial role that these screening assessments play in RC TREE's service facilitation, there are incentives that clients can receive upon their cooperation in completing one with RC TREE providers, the only exception is the one performed at intake, since it's completed for 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.

The Red Cliff Comprehensive Community Services (CCS) Program has moved! We are now located in the former ICW office next to the Courthouse on Community Road.

**Red Cliff CCS
37820 Community Road
Bayfield, WI 54814**

For questions, please feel free to reach out to Lorna or Sarah!

Lorna Gamble, Administrator and Service Facilitator
(715) 779-3741 x 2402
lgamble@redcliffhealth.org

Sarah Nevins, Service Facilitator and Peer Specialist
(715) 779-3741 x 2453
snevins@redcliffhealth.org

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 715-682-2141

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

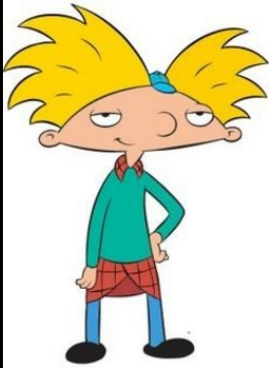
Noojimo'iwewin Center 37450 Watertower Road, Bayfield

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



•EMPATHY•

Name it to Tame it



If you have ever seen the cartoon series, "Hey Arnold!" you probably know the character, Arnold and what "empathy" is. Whenever episodes of the cartoon focus on Arnold, he is shown as being an empathic character, who tries his best to help anyone that's unhappy or struggling with a personal issue. Oftentimes, he'll be the only person out of all his peers to step up and try assisting the person in need. Alongside helping his fellow fourth grade classmates with their various problems, he also lends a hand not only to the adults who live in his grandparent's boarding house, but to others in his neighborhood as well. With the New Year (2023) being a time for resolutions and change in one's life, we should all try to be a little more like Arnold, by being more caring and sympathetic towards others.

To learn more about empathy including how to be more empathetic and which characteristics people with low empathy have, visit the links below:

<https://www.verywellmind.com/how-to-be-more-empathetic-6455878>

And

<https://psychcentral.com/lib/why-do-some-people-lack-empathy>