



# Behavioral Health Department

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

## July 2021 NEWSLETTER

### Featured Articles/Program Updates

Self-care Awareness.....	1,2
Native Connections .....	3
RC TREE Program .....	3
RCTREE.....	4
CCS & CST.....	4
Noojimo'iwewin Center.....	5
Healing Garden.....	5
Mental Health & AODA Program.....	5
name it to tame it.....	6

### ~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!

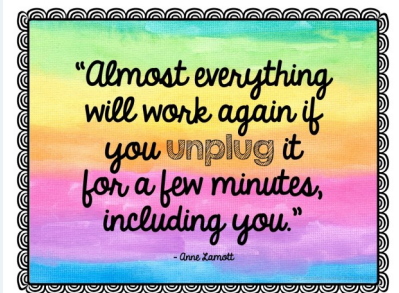
**This month we are highlighting  
International Self-care Day !**

### The Importance of Self-Care

July 24th is designated as International Self-care Day! Of course, self-care is something that is important every day!

**Self-care** is defined as “the intentional practice of taking action to preserve or improve one’s own health, well-being, and happiness”. This covers the most important parts of our lives, including physical, mental, emotional, spiritual and social aspects of ourselves.

Self-care is not **selfish** - it helps to keep us strong so that we can effectively take care of others. It is a sustainable practice that will help us build resilience, health and wellbeing over the long-term. Taking good care of ourselves helps us to improve our physical health, relationships, self-esteem and stress management. Self-care is not a “one-size-fits-all” idea—different activities help different people. Please turn to page 2 for some ideas!



### Many Ojibwemowin Words for July!



miini-giizis  
Blueberry Moon



aabita-niibino-giizis  
Middle-of-the-Summer  
Moon



baapaashkizige-giizis  
They Keep Shooting Moon



Here are some ideas for things you can do to support your wellbeing:

Drink a glass of water - staying hydrated can be a challenge when we are busy but helps our body detox and stay healthy.

Get in the moment - take time to go outside and notice 5 things that you see, 3 things that you hear and 2 things that you smell. This helps you connect with your body and your environment, and helps to stop your mind from ruminating (see page 6).

Go outside - you can just sit in the sun or a shady spot, walk with or without a dog or a friend, play badminton or another outside game you enjoy—it's all good! Just being out in the fresh air supports our health!

Call a friend or a relative - we feel better when we connect with others.

Watch a comedy - laughter is good medicine!

Take a nap. Getting enough sleep is important for our physical and mental health.

Try journaling - writing can be helpful in untangling our emotions and releasing what is bothering us. It is also good to write down the things you are grateful for - it reminds us that there is good in our lives.

Write a list of all the things you have accomplished during any period of time you choose. It is fine to take a moment and appreciate your strength, creativity and determination.

Sit and do absolutely nothing for 15 minutes, or more, without guilt.

Go out for a fancy coffee or other treat, or make one just for yourself at home. Take a moment to enjoy something delicious!

Stay off social media and turn off the news for a day. It is good to take a break from bad news and drama! It is also OK to sort through your contacts and let go of the ones that bring you down. Staying in touch with those that uplift us is good for our health!

Please remember that it is OK to reach out for help if you are going through a tough time.

The Red Cliff Community Health Center Support Line number is **715-779-3509** or call

**715-779-3741** for an appointment with one of our providers during business hours: Monday—

Friday 8:00 –4:30pm . If you are in crisis after hours, you can call the Bayfield County Crisis Line at **1-866-317-9362**—they are available 24 hours a day, 7 days a week.





## Boozhoo from Native Connections!

We are currently working with several programs and departments in the community. We are working with numerous community members, casino staff, and Tribal employees assisting with the 43<sup>rd</sup> Annual Red Cliff Pow Wow set for July 3<sup>rd</sup> and 4<sup>th</sup>. After last year's cancellation and the difficulties of the past year plus, it will be wonderful to connect in a safe and healthy way with this year's Pow Wow coming up. Also, returning this year is the Language Camp at Raspberry Campgrounds July 6-9. There will be a wide variety of activities and learning opportunities for all ages. Check-in at the Red Cliff Community for COVID protocols before coming to camp. Details can be found on the flyer. Also, we are proud to announce that Native Connections is part of the Red Cliff Raised Bed Taskforce. This consists of community members and workers from the Red Cliff Housing Authority, Red Cliff Community Health Center, Family and Human Services Division, and the Mino Bimaadiziwin Farm. We are in the process of meeting to piece together what we'd all like to get done this first year between our community wide, raised bed project. Located at five housing sites: New Housing, Old Housing, Richard Gurnoe Villa, Hillside, and Birch Bark Trail. Additional locations we are looking to include are the Red Cliff Ginanda Gikendaasomin Library and the Boys and Girls Club of Gitchigami. Additionally, there will be another 20 lowered beds available for youth and their families to assemble and use. Details will be coming soon. And finally, we are collaborating with LCO Community College and the Boys and Girls Club of Gitchigami on a family movie night. Using an inflatable projection screen there will be an opportunity for community and family to come out and have some snacks and catch a show. July 22<sup>nd</sup> is the date and a flyer with specifics will be out shortly. Miigwech and weweni go!

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:

Mark Gokee—Phone #: 715-779-3741 EXT: 2409 E-mail: [mgokee@redcliffhealth.org](mailto:mgokee@redcliffhealth.org)

Mark King – Phone #: 715-779-3741 EXT: 2414 E-mail: [mking@redcliffhealth.org](mailto:mking@redcliffhealth.org)

As always, keep an eye out on our social media for updates and events ! 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/> .



## RC TREE Program



The Red Cliff Youth and Family TREE Project or RC TREE for short, is an all-inclusive program, where services are available for tribal and non-tribal members. It is required that participants in RC TREE be between the ages of 12-25 years old and are individuals, who are seeking support for substance abuse. However, an exception to the requirement is when family members/guardians of a project participant could also benefit from receiving services from the program. In allowing treatment services to be available to a participant's family/guardians, it's beneficial to the participant's recovery, since substance use by people like the participant's family, could be a factor as to why they are having a difficult time limiting their own substance use behaviors. Upon joining to receive treatment in the RC TREE program, a service plan will be developed for each participant based on what information is supplied during the initial screening assessment into the program. Screening assessments are used in RC TREE to better understand a participant's substance use activities and the frequency, in which they engage in them. Other things that can be uncovered from the assessments are lifestyle factors that could be a reason for why a person may struggle with substance use including living conditions, employment status, and current physical health. From this information, an individualized service plan can be developed that will incorporate treatment services best suited to help the participant and the specific areas they struggle with when it comes to substance abuse. A participant's treatment needs may change during their time in RC TREE, as a result, screening assessments are utilized frequently in the program to determine if adjustments to service plans need to be made. Due to the importance that screening assessments play when it comes to collecting information on a participant's substance use behaviors, it's expected for clients to participate in the screening assessments several other times while in the program. As a result, incentives are awarded to clients each time they participate in a screening assessment. The only exception is the intake screening assessment, as the interview 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 and Friday night **in-person AA Campfire Meeting at 6pm.**

**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 enter extension, or you can email staff:

**Ed Metelica**, Peer Specialist, Ext. 2451 or email [emetelica@redcliffhealth.org](mailto:emetelica@redcliffhealth.org)

**Justin Hansen**, Peer Specialist, Ext. 2397 or email [jhansen@redcliffhealth.org](mailto:jhansen@redcliffhealth.org)

**Cassie McCrow**, Nooji Project Coordinator, Ext. 2450 or email [cmccrow@redcliffhealth.org](mailto:cmccrow@redcliffhealth.org)

**The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space.**



### Noojimo'iwewin Campfire AA Meetings

Fridays 6PM (open meeting)  
37450 Watertower Rd in Red Cliff

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Chairs provided</li><li>• Coffee, lemonade</li><li>• Fire provided</li><li>• Fellowship guaranteed</li></ul> | <ul style="list-style-type: none"><li>• First mtg 6/25/21</li><li>• If raining at 6pm, meeting is cancelled</li></ul> |
|--|---|

This meeting will follow Tribal and Red Cliff Health Clinic protocol for Covid-19 that is in place at the time. Currently that requires masks for non-vaccinated individuals and 6 foot spacing for seating. If you have any questions about this or the meeting please contact the Nooji Center @ 715.779.3508

## Noojimo'iwewin & Minobimaadiziwin Gitigaanin Farm Work Together for Recovery!

### Honeybee Colony

Boozhoo! So it's been 6 weeks since the honeybees were introduced at the Farm, and they have really flourished. I regularly check on the bees to make sure they are healthy and the queen bee is doing well. Without a queen, the hive could die. However, they do have the ability to create a new queen if there are eggs available. They are doing so well that on June 28<sup>th</sup>, I added the first box for honey production. We use what's called a queen excluder to keep the queen out of the honey boxes. It's a plastic screen that only allows worker bees to pass through to deposit nectar in the box. Nectar is what's used to make honey. Nectar is collected and put in the honeycomb cells, and allowed to dry. It has some water content in it. The bees know when that moisture has evaporated, and it is ready to put a wax cap on the cell. Hopefully, come Fall, the honey can be harvested for our consumption. I will have more updates in the following monthly newsletter, or you can view videos on the Tribe's YouTube page.



### 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

### name it to tame it

#### rumination



If you have ever seen the cartoon "The Peanuts" or "Charlie Brown" you probably know what "rumination" is, even if you have never heard the word. Charlie Brown experiences rumination frequently- he has worried or sad thoughts that run through his head and he has trouble stopping them. He has a hard time seeing the anything positive or any solutions when he is ruminating. He finally stops when his friends yell "snap out of it!"

Yelling at someone to stop rumination rarely works in real life.

What does work is educating yourself on what rumination is, what triggers it for you or your child, and what are healthy ways to stop it.

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To learn more about rumination and how to make it stop visit:

<https://ca.ctrinstitute.com/blog/how-to-stop-rumination-during-stressful-times/>

and

<https://www.therecoveryvillage.com/mental-health/rumination/related/how-to-stop-ruminating/>