



# Behavioral Health Department

## July, 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

## 6 Reasons Why Friends Are Important

Friendship has the power to enrich one's life in many ways. Good friends not only teach you about yourself, but can challenge you to do better as well. They are there to encourage you through the tough times and to celebrate your successes with you.

In celebration of National Words with Friends Day on July 19th, below is 6 ways from verywellmind (<https://www.verywellmind.com/the-importance-of-friendship-3024371>) of the positive impact that friendship has on well-being.

### Friends Are Good For Your Physical Health

Healthy relationships with friends is a factor that can contribute to good physical health. By keeping a close circle of friends, this can help to decrease your risk of developing health problems like diabetes, heart attacks and stroke.

Having strong social ties to others can also deter feelings of loneliness; if an emotion like loneliness were to continue to persist in one's life, it could take a toll on your longevity.

### Friends Encourage Healthy Behaviors

Friendships can influence lifestyle changes that directly impact your well-being. They have your back by watching out for you and letting you know when any unhealthy behaviors (like drinking too much alcohol) start to get out of hand.

It's also much easier for people to stay motivated and stick to a new habit like healthy eating or exercising when a friend is there to do it alongside you.

### Friends Give You Emotional Support

When people go through something difficult that causes them to feel upset, having a friend around can help the person to feel more relaxed and lighten their mood.

Happiness is contagious when you spend time with friends. The sad feelings may not dissipate quickly, but friends are there to reassure you that things will get better even when your thoughts might convince you otherwise.

### Friends Help Build Your Confidence

Self-doubts and insecurities are thoughts that everyone has, every now and then. But by having friends who are supportive of you, this can help improve one's self-esteem.

During times when you aren't feeling confident, supportive friends are there to offset the negative mindset you have of yourself by instead offering you praise and reassurance. They'll help to shine a light not only on just how amazing you are, but also how your skills can be of help to others.

### Friends Help You Beat Stress

Stressful events happen to everyone. The severity of stressful events is less impactful though when you have friends you can count on and turn to after having experienced a tough situation.

While spending time with friends can reduce stress, the opposite is also true, where people who lack friends often feel lonely and are without support, causing them to be vulnerable to problems such as developing depression or involvement with substance abuse.

### Friends Push You To Be Your Best

Supportive friends can have a positive influence on your life. If you have friends whose traits include generous, ambitious, family-oriented, or focused towards helping others, these are values you'll likely go on to develop yourself.

Great friends are people who encourage you to be the best version of yourself. They not only push you to be better, but also encourage that you be the person you want to become—your "ideal self".

## Social Wellness: Building Healthy Relationships



July is Social Wellness Month, a time to acknowledge the importance strong, healthy relationships can play in one's life. These connections with others can have an impact on a person's mental and physical well-being. Learning the social skills needed to form and maintain relationships with others begins during childhood. But you can always learn new ways to improve your relationships at any age.

Below are some tips you can use from the National Institutes of Health (NIH)'s Social Wellness toolkit (<https://www.nih.gov/health-information/social-wellness-toolkit>) for building healthy relationships.

- 1) Be honest when sharing your feelings with others.
- 2) State what your needs are in a clear and understandable manner.
- 3) When others are talking, give them your full attention and listen without judgement. Be kind and empathetic.
- 4) If you disagree with someone, act respectfully when voicing your thoughts. Avoid conflicts from turning into personal attacks.
- 5) Identify unhealthy communication habits you can improve upon. Examples include tendencies for violent behavior and angry outbursts.
- 6) Expectation that if you treat others with respect, they'll act the same towards you.
- 7) Compromise, work towards deciding on an agreement that'll work for everyone.
- 8) Set boundaries; decide what things you are and aren't okay with. It's okay to say no.

## RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that provides services to help anyone in the age range of 12-25 years old who's struggling with substance abuse. Specifically, RC TREE has supportive treatment and recovery services available within its program. For example, counseling is something utilized with clients for both treatment and recovery purposes, as it helps determine if the client is still engaging in substance use behaviors and if so, a discussion is held on a variety of topics to determine the possible reasons they choose to take part in substance abuse.

Additionally, screening assessments are a tool utilized in the RC TREE program with the specific intent of looking at a client's past and current history with substance abuse to determine what treatments would be the most beneficial for an individualized service plan. Not only does the screening assessment look at a client's substance use behaviors, but it also looks at demographics as well. Things like living conditions, job status, and physical health characteristics are potential influential factors as to why a person continues to be involved with substance abuse or have difficulty with recovery. Due to the usefulness of the screening assessments, they are utilized a variety of times throughout a client's time in the RC TREE program, since it can be used to see if the client's substance use behaviors changed over a period of time and if so, the individualized service plan can be adjusted to fit the client's current set of needs. Because of the crucial role that 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, 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.

*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](mailto:emetelica@redcliffhealth.org)

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



# •IRRITABILITY•

*Name it to Tame it*

If you have ever seen the movie, "Shrek" you probably know what "irritability" is. Shrek is the main character of the movie and is an ogre, who is feared and despised by any humans that encounter him. One day, fairy tale creatures are relocated to his swamp due to orders by the reigning ruler, Lord Farquaad of Duloc. This inconvenience to Shrek's daily life causes Shrek to understandably become irritated, as his home ends up being overrun by the exiled fairy tale creatures. Shrek then reluctantly sets out on a journey to have his swamp returned back to its original state. On the journey depicted in the movie, Shrek's irritation is further exacerbated by one of the fairy tale creatures who ends up tagging along with him, a talkative and excitable donkey, who's name funnily enough is Donkey.

To learn more about irritability including why irritability tends to linger and what things you could do to feel less irritable, visit the links below:

<https://ideas.ted.com/irritability-bad-mood-other-people-why-what-to-do/>

And

<https://www.verywellmind.com/8-things-to-do-if-you-feel-irritable-5081875>