



# Behavioral Health Department

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

## May 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!*

*In Wabigoni-giizis, (Flower Moon ~ May) we are highlighting Mental Health Month and National Prevention Week!*

**MAY IS**



This past year presented so many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never even imagined, and a lot of us struggled with our mental health as a result. The good news is that there are tools and resources available that can support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. That's why this Mental Health Month, Red Cliff Community Health Center is highlighting #Tools2Thrive - what individuals can do throughout their daily lives to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

Throughout the pandemic, many people who had never experienced mental health challenges found themselves struggling for the first time. During the month of May, we are focusing on different topics that can help process the events of the past year and the feelings that surround them, while also building up skills and supports that extend beyond COVID-19.

We know that the past year forced many to accept tough situations that they had little to no control over. If you found that it impacted your mental health, you aren't alone. In fact, of the almost half a million individuals that took the anxiety screening at [MHAscreening.org](https://MHAscreening.org), 79% showed symptoms of moderate to severe anxiety.

(Continued on page 2)



## May is Mental Health Month continued..

However, there are practical tools that can help improve your mental health. We are focused on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking patterns, and making time to take care of yourself.

It's important to remember that working on your mental health and finding tools that help you thrive takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of the past year and develop long-term strategies to support yourself on an ongoing basis.

A great starting point for anyone who is ready to start prioritizing their mental health is to take a mental health screening at [MHAscreening.org](https://www.mhascreening.org). It's a quick, free, and confidential way for someone to assess their mental health and begin finding hope and healing.

Ultimately, during this month of May, we want to remind everyone that mental illnesses are real, and recovery is possible. By developing your own #Tools2Thrive, it is possible to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic.

**For more information, visit <https://www.mhanational.org/may> .**

## RC TREE Program

The Red Cliff Youth and Family TREE Project, or RC TREE for short, is a program that serves 12-25 year olds and their families seeking help for substance abuse. The services that RC TREE can help with include prevention, treatment, and recovery from substances. There are also additional services that can be provided for co-occurring mental health disorders, as a person's wellbeing is a factor that could be an influence as to why they choose to engage in substance use. Some of the services for mental health include peer support and counselling/therapy sessions, as ways to help an individual gain insight into their mental health disorder and to find which coping mechanisms will be the most effective for them when their mental health causes them to feel stressed or overwhelmed.

Individualized assessments are a tool utilized in RC TREE for program staff to uncover information about a client's substance use frequency and other factors that could be underlying reasons as to why the individual engages in substance use, including employment status, living conditions, etc. The information collected from the individualized assessments, in turn is utilized by program staff to develop service plans for clients with services to help the individuals with the areas that they identified as being a struggle for them to deal with. Individualized assessments are performed frequently throughout a participant's time in the program to ensure that their service plan remains effective for them and the service plan can also be updated if a future assessment indicates the need for additional services in an area that was not originally included onto their service plan. To encourage client participation in the individualized assessments, the RC TREE program has incentives that we can give to clients upon completion of the assessments, with the only exception being the assessment done at intake, since it's performed as part of a client's enrollment into the program.

With the month of May being **Mental Health Awareness Month**, we created a fun word search for the occasion. Positivity and wellness are the themes of the word search, as the keywords are examples of actions and feelings that can have a positive influence on one's Mental Health.

Try out the **word search on page 4** and see how many of the keywords you can find!





## Boozhoo from Native Connections!

May is Mental Health Month and Prevention Week. National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, mental health and/or substance use disorders. The three primary goals of **National Prevention Week** are to:

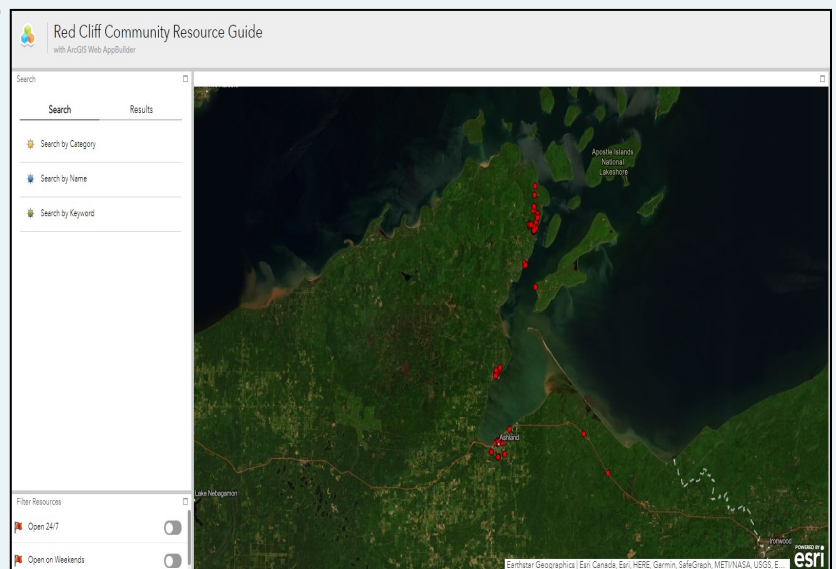
- Involve **communities** in raising awareness of substance use and mental health issues and in implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster **partnerships and collaborations** with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality **substance use prevention** and **mental health promotion resources and publications**.

You can find resources for adults and youth from cyberbullying and de-stressing tips to fun projects and games at <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/> .

We would also like to take some time to promote the new interactive **Red Cliff Resource Guide**.

It can be reached on your web browser at <https://www.redcliff-nsn.gov/resourceguide/> .

The interactive map provides information about local services and resources available to the community. Find services to help you with health, disability, childcare and support, education, housing, jobs, family health, food, substance abuse, low-income assistance, and more services that can help you navigate through life. The map is updated regularly however, it may not always reflect the most recent information. Please contact the individual resource directly for accurate information.



### Some quick updates:

We are pleased to have a new program assistant Mark King starting on May 3<sup>rd</sup>. We look forward to him joining us as we continue to collaborate with partners and community.

We are working with Red Cliff AODA Reduction Team on the **Ink Your Voice** essay contest for graduating high schoolers. More information coming soon!

We are also supporting online **Ojibwemowin classes** with THPO. They are ongoing Wednesday and Saturday mornings through June.

Also, **chi-miigwech** to everyone involved in presenting as well as those who attended the **Growing Hope and Healing Roots** historical trauma and resilience workshop on April 26th!

GO GREEN FOR MENTAL HEALTH!

May is...

# MENTAL HEALTH AWARENESS MONTH

- Raise Mental Health Awareness
- Honor those with Mental Illness
- End the Stigma

From May 17th to May 28th  
**WALK TO RAISE AWARENESS!**

Submit a picture of you, your family, friends walking or just being outdoors wearing your **MENTAL HEALTH AWARENESS MONTH** t-shirt to win a raffle.

Call 715-779-3741 Ext 2408 to pick up your **FREE** t-shirt and email your picture to [mmcguire@redcliffhealth.org](mailto:mmcguire@redcliffhealth.org).



## FAST FACT

### PROCESSING BIG CHANGES

People that journaled about significant events reported more satisfaction with their lives and better mental health than those that did not.



MLHA  
Mental Health America

LEARN MORE  
[mhanational.org/may](http://mhanational.org/may)

## FAST FACT

### PROCESSING BIG CHANGES

Strong social support from family members following significant life events seriously lessens depression symptoms in teens and has a lasting positive effect in dealing with life changes.



MLHA  
Mental Health America

LEARN MORE  
[mhanational.org/may](http://mhanational.org/may)

## RCTREE Word Search: Words of Positivity

F	R	I	E	N	O	C	X	C	O	C	F	R
A	S	M	I	N	A	O	O	A	O	O	A	E
M	H	M	G	L	U	N	A	N	A	N	M	L
I	L	A	M	U	M	F	S	G	M	S	I	Y
L	Y	E	G	F	M	I	N	A	H	T	Y	X
Y	H	R	A	S	D	D	S	Y	P	P	A	H
S	H	A	R	E	A	E	N	O	C	H	A	A
H	H	S	R	A	A	N	A	C	O	P	X	P
E	E	A	Y	H	X	T	M	F	N	A	F	N
R	T	A	A	E	N	O	C	S	D	U	L	M
E	E	L	L	H	I	I	F	A	M	Y	E	A
L	X	F	P	I	I	S	D	N	E	I	R	F
A	A	P	A	L	N	Y	H	G	U	A	L	A
X	H	A	X	X	H	G	G	U	A	L	A	E

CALM  
FAMILY  
HAPPY  
RELAX  
CONFIDENT  
FRIENDS  
HEALING  
SHARE  
CONSIDERATE  
FUN  
LAUGH  
SMILE

## 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.

**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 & Minobimaadiziwin Gitigaanin Farm Work Together for Recovery!

Things are starting to get active at the healing garden! Tomato and pepper seeds are in soil in the greenhouse, as well as lavender, culinary sage, parsley, basil, and thyme. That sounds like a Simon & Garfunkel song! In the next few weeks, more seeds will be planted in preparation for the growing season. May will be the month that the soil can be worked, tilled, and the cold tolerant crops can be planted. A wide variety of veggies are planned for the garden this summer as well as some demonstrations and workshops. **If you would like to assist with garden prep contact Justin Hansen at 715-779-3707 Ext 2397.**



## You are invited to Noojimo'iwewin (We Heal)

### Sharing Circle

**Wednesday Evenings at 6:00 pm**

**Everyone is Welcome!**



*Noojimo'iwewin Sharing Circle provides an opportunity to share and receive support on your Recovery Journey from a Community of People who have been there. Weekly themes will be determined by the group.*

To join meeting click:

<https://us02web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09>

Meeting ID: 745 466 870 Password: nicetry

By Phone: +1 312 626 6799 Meeting ID: 745 466 870 Password: 456125



For more information, please call 715-779-3508 or 715-779-3707 Ext. 2450



## 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.**

## 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

# CALLING ALL YOUTH



Do you live in the Red Cliff Community?

Are you between the ages of 10 to 17?

**IF YES, WE WANT TO HEAR FROM YOU!!!**

As part of Mental Health Awareness Month the Red Cliff Community Health Center is sponsoring a digital storytelling contest to highlight the resilience of area youth.

### To participate:

- Submit a digital photo that answers the question: **"What supports your mental health?"** AND include a short caption (25 words or less) to

**[mmcguire@redcliffhealth.org](mailto:mmcguire@redcliffhealth.org)**

\* Prizes will be awarded for the top three submissions and the winners will also have their submission featured on the tribal digital billboard.

\* Submission must include name, age, email address, mailing address and best

## PRIZES

**1ST \$75 Amazon  
Gift Card**

**2ND \$50 Amazon  
Gift Card**

**3RD \$25 Amazon  
Gift Card**

## May 5th to May 24th



**ONLY ONE SUBMISSION PER YOUTH**

All photos submitted will be compiled into a digital slideshow video to be shared through the tribal media outlets. All participants agree to allow their submission to be used and shared through various tribal media outlets for educational purposes. Submissions must be a photo taken by participant. Digital editing (use of filters or other enhancers) is allowed but not required.