



Behavioral Health Department

May, 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

Sun Safety to Protect Yourself from UV Rays

Exposure to too much ultraviolet (UV) light is a common cause of skin cancer. UV rays can be described as an invisible radiation that can come from a multitude of different stimuli including the sun, tanning beds, and sunlamps. Skin cancer is caused when UV rays damage skin cells.

It's a common misconception that you only need to protect yourself from UV rays during the summer; however, this is something you should be doing all year round. Even on days where the weather is cloudy and cool, UV rays are still able to reach you. Not only that, but UV rays can reflect off a variety of surfaces like water, cement, sand, and snow. In the United States, the period of time that UV rays is often the strongest is from 10 a.m. to 4p.m. daylight saving time (or for standard time, this would be 9 a.m. to 3 p.m.).

In celebration of National Safe Sun Week, which is from May 22nd—28th this year, below is some tips from the CDC (https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm) of what you can do to protect your skin from sun exposure.

Seek Out Shade—To reduce your risk of getting sun damage or skin cancer, one way to do so is by staying out of the direct sunlight and instead finding a way to shade yourself. Some options you could try include seeking shelter under an umbrella or tree. The most effective safety measures you could take to protect yourself from the sun is by using sunscreen and wearing UV protective clothing when outside—you should do this even when you're in the shade.

Wear Appropriate Clothing—Clothes that can provide protection from UV rays include items like long-sleeved shirts, long pants and full length skirts. If there happens to be a reason why wearing these types of clothes would be impractical for you, you could instead try wearing either a T-shirt or a beach cover-up. Look for clothes made with a tightly woven fabric, since it's the best option you could wear to protect your skin from the sun. Some other important things to keep in mind when selecting clothes is that a dry T-shirt offers more protection against UV rays than a wet T-shirt does and darker colors tend to be more UV resistant than lighter colors.

Wear a Hat to Block the Sun—The best kind of hat to wear to protect yourself from the sun is a hat with a large brim that can shade not only your face, but your ears and the back of your neck as well. Hats made of tightly woven fabric, such as canvas, will work best to protect your skin from sun exposure. When choosing a hat to wear, avoid straw hats with brims that have large holes in them since that'll just let the sunlight through and pick darker colored hats over lighter hats for better UV protection.

Protect your Eyes with Sunglasses—Wearing sunglasses protects the eyes from UV rays and can help lower one's risk for cataracts. Along with sunglasses keeping your eyes safe from the sun, the tender skin around your eyes is also protected. Sunglasses that offer the best protection are the ones that are both UVA and UVB rays. Luckily, a majority of the sunglasses being sold in the United States, regardless of their price, do meet this standard. The kind of sunglasses that work best for UV protection are wrap-around sunglasses since they prevent UV rays from reaching the sides of your face, providing full sun protection of your eyes.

Use Sunscreen Regularly—When you go outside, use a broad spectrum sunscreen that'll protect your skin from UVA and UVB rays, and has a sun protection factor (SPF) of 15 or higher. A thick layer of sunscreen should be applied to any exposed skin not protected by clothing. For hard-to-reach places, like your back, it may be easier to have someone else apply the sunscreen for you. Remember, while sunscreen helps with UV protection, it's most effective when combined with other sun safety practices. Sunscreen does wear off. As a general rule, you should re-apply sunscreen if you've been outside in the sun for more than 2 hours and after doing actions like swimming, sweating, or towel drying off.

Stigma

Stigma is when someone has a negative attitude or shows discrimination towards another person due to the fact that they have a mental illness, health condition, or disability. Unfortunately, mental health stigma is something that still exists today. Not all stigma towards mental conditions is equal though, as people tend to have more negative attitudes towards psychiatric illnesses than medical conditions. In celebration of May being Mental Health Awareness Month, here's some information from verywellmind (<https://www.verywellmind.com/mental-illness-and-stigma-2337677>) detailing the large impact that stigma can have on a person, including leading them to harbor negative feelings about their mental condition and to delay seeking out treatment.

Common Signs of Stigma

These examples are why stigma surrounding mental health continues to exist today:

- Depictions of villains in media that involve them often being a character with a mental illness.
- The spread of false information about people with mental illness because of harmful stereotypes.
- Viewing mental health issues as something that people can make go away if they "try harder" or just "snap out of it".
- The use of phrases like these, to describe other people and their behaviors: "she's crazy" or "he's nuts".
- Halloween costumes that perpetuate the message that people with mental illness are violent and dangerous.

While there are more people who are informed about mental disorders than in the past, stigma still continues to be a reality that many people face today.

Impact Caused by Stigma

The consequences that can result from stigma can be quite serious and devastating. Stigma often involves people's lack of understanding for others, which can be a invalidating and painful experience for one to undergo, but stigma is also characterized by the more serious consequence of people having irrational feelings towards others like fear, anger and intolerance.

People who face and are subjected to stigma are more likely to:

- Be reluctant about seeking out treatment
- Get delayed treatment—the more time gone without treatment, increases one's morbidity and mortality
- Experience social rejection, be avoidant and isolate from others
- Poor psychological well-being
- Lack of understanding from one's family and friends
- Harassment, violence, or bullying from others
- Poor quality of life, development of a more severe disability, and increased financial issues
- Be consumed by feelings of shame and self-doubt

Due to the stigma that society has about mental health, people are less likely to seek out treatment for themselves. There are some conditions that could worsen with the passage of time if the person continues to go without treatment, so ultimately the sooner treatment is sought, the better this is for an individual in the long run.

Tips to Overcome Stigma

It can be a challenge to overcome stigma, but there are things that one could do when faced with a situation that involves negative attitudes towards mental health conditions.

To combat stigma, try out some of these suggestions:

- Remember you are not the only individual who experiences mental illness, but many people do. In fact, one in four Americans live with a mental illness of some kind.
- Look for a support group to join, it'll be a great opportunity for you to meet and talk to others who have had similar experiences to your own. It could even result in the support group being a place for you to find encouragement and comradery from.
- Get treatment for yourself. While it's true that stigma continues being a barrier that prevents people from seeking treatment, receiving some help can help to reduce the intensity of your symptoms and result in you going on to have a better quality of life. Psychotherapy is one treatment that people could turn to, in order to identify and work on changing negative thoughts caused by stigma.
- Seek out social support. Coping with mental illness and stigma is difficult to do when one isolates themselves away from others. Unfortunately, a common characteristic for people who experience mental health problems is for them to keep to themselves and avoid social interactions that involve talking to others.
- Speak out against stigma. Educate about the realities of mental illness, like how common it is— mental illness doesn't discriminate, anyone could be struggling with a mental health condition. If a negative comment about mental health is made by a family member or friend, educate them on why their remark was offensive and let them know you have a no-tolerance policy when it comes to such matters.

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, who are struggling with a substance abuse issue and seeking help to recover. These are the main eligibility requirements expected of a client in order to join the program, but an exception can be made when the client has family members who are also facing difficulties because of drug/alcohol misuse. In this case, the client's family members are able to join RC TREE because they could be a factor that's preventing the client from being able to remain sober, especially if the client spends a large amount of time around their family and their family members actively engage in substance use behaviors themselves.

Upon joining RC TREE, clients will be expected to participate in screening assessments for however long they choose to remain and stay in the program. The screening assessment is used to uncover a client's substance abuse history, along with some demographic information as well like socioeconomic status, physical health characteristics, and the state of their mental health. Having access to this information allows the RC TREE staff working with the client to determine which substance use treatments will work best to help the client with the specific areas they are struggling with, also known as an individualized service plan. However, as time passes, it may be uncovered that certain program treatments no longer are effective for the client, if this happens, the individualized service plan can be adjusted as necessary to fit the client's new needs. 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



WONDER

Name it to Tame it

If you have ever seen the movie, "Short Circuit" you probably know what "wonder" is. This 80's movie focuses on a robot named Number 5, who was created by the U.S. military to serve as a weapon in wars against foreign entities; however, all this changes when Number 5 is struck by lightning, causing the robot to become sentient. With Number 5's newfound curiosity, it drives the robot to leave NOVA Laboratory, where it had been kept and explore the outside world. Upon Number 5's escape, the film splits between focusing on the U.S. military's efforts to capture the robot and a civilian named Stephanie finding Number 5, who initially thinks the robot is an alien and proceeds to help it learn about various aspects connected to humans. After Number 5 gathers data about humans through reading all the books Stephanie had in her home, Number 5 is able to learn human speech and communicate with Stephanie, who as a result learns that Number 5 is not an alien. While the plot of the U.S. military looking for Number 5 is a significant part of the movie, the film's central focus is on Number 5 becoming more self-aware and exhibiting concepts like feeling emotions and having autonomy to make its own decisions. This movie is a great example of wonder—as the robot, Number 5 is interested and intrigued with every new discovery it makes about humans and what it truly means to be alive.

To learn more about wonder including how to cultivate wonder in your work environment and the importance of finding wonder in everyday experiences, visit the links below:

<https://hbr.org/2021/08/why-you-need-to-protect-your-sense-of-wonder-especially-now>

And

<https://www.usatoday.com/story/life/health-wellness/2021/06/07/awe-has-health-benefits-our-wellbeing-how-add-your-life/7586396002/>