



# Behavioral Health Department

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



## October 2020 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!*

*During the month of October, we want to offer the community more information about the Behavioral Health Department!*



## **October is Depression Awareness Month!**



**October is also Bullying Prevention Month and October 10th is World Mental Health Day!**

It is estimated that one in 15 adults (6.7%) will experience depression in any given year and one in six people (16.6%) will suffer from depression at some point in their lifetime. As you can see, depression is more common than most people think. Like other diseases, people suffer depression through no fault of their own. There is no reason to be ashamed of behavioral health issues and every reason to seek help as soon as possible. Also, like other health challenges that may occur, it is a good idea to get screened for depression if you feel you may be at risk. Screening is available at Red Cliff Community Health Center, or you can go online to [www.mhascreening.org](http://www.mhascreening.org) or visit [www.HelpYourselfHelpOthers.org](http://www.HelpYourselfHelpOthers.org) to take an online screening.

Red Cliff Behavioral Health Department is dedicated to helping you in your recovery and can connect you to AODA & Behavioral Health services, Recovery Groups and Peer Support. **Please call 715-779-3741 for more information.**

## Behavioral Health Dept. Highlight– Behavioral Health Program

The Behavioral Health Department offers a wide array of services to anyone in need. Our goal is to provide holistic care and support to encourage personal growth in our clients. Services include mental health and AODA counseling, comprehensive community services (CCS), drop in Peer Specialist support, relapse prevention and culturally rich group activities.

If you or a loved one are experiencing a crisis, or any other problems, contact us at **(715) 779-3741** to begin services or to help answer any questions you may have.

Hours: Monday – Friday 8:00am -4:30pm

### Meet Our Staff

#### **Nicole Gurnoe, MS, LPC, Department Director**

Nicole has a master's degree in mental health counseling and currently holds her Wisconsin state license as a Professional Counselor. Nicole's services include individual therapy to children and adults along with case management, information and referral, mental health promotion, consult and ongoing collaboration with county, state and tribal service providers. Nicole's approach emphasizes the mutual development of goals for therapy and provision of ongoing evaluation of the therapeutic approach. She is trained in Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Reality Therapy, Solution Focused Therapy, Eye Movement Desensitization Reprocessing (EMDR) and Crisis Intervention. She continues to seek ongoing training to increase her skills and knowledge base. Nicole is invested in an approach emphasizing a more integrative, dynamic, and holistic methods to treat mental health. She is particularly concerned with the impact of loss and trauma and improving intervention to support recovery for better emotional, physical and relationship health.



**Melissa Grooms, MS, LPC**  
**Mental Health Therapist**

Melissa has her master's degree in professional counseling from Concordia University – Wisconsin. She graduated from UW-Eau Claire in 2011 with a bachelor's degree in psychology. She completed an internship at Marriage and Family Health Services, Ltd. and continued to work there as a Psychological Technician in the day treatment program and as a therapist for outpatient counseling. She is now a mental health therapist at the Red Cliff Community Health Center. Melissa works at the Bayfield Public School and the Red Cliff Community Health Center, providing individual and family therapy for ages 5 and up. Her services include assessments, psychotherapeutic treatment plans, and case management for individuals as well as mental health promotion, consult and ongoing collaboration with tribal, county, and state service providers. Melissa believes in a holistic approach to health and wellness and strives to further her knowledge in trauma informed care.





**Tammy Kolesar, LPC-IT, SAC-IT  
Behavioral Health Professional**

**715-779-3707 Ext. 2284**

Tammy has her master's degree from the Hazelden Betty Ford Graduate School of Addiction Studies in Center City, Minnesota, with a concentration in integrated recovery/dual disorders treatment. She recently completed the Infant, Early Childhood and Family Mental Health Capstone Certificate program at the University of Wisconsin, Madison to increase her skills with families and provide comprehensive services to local agencies and families. She believes in a person-centered care system where everyone is recognized as an individual and therapy is designed around their interest, abilities, and needs. Tammy believes in a holistic approach to total body wellness and she works to help people recognize their potential. When she is not working, Tammy gardens, walks her dog, and spends time with her family.



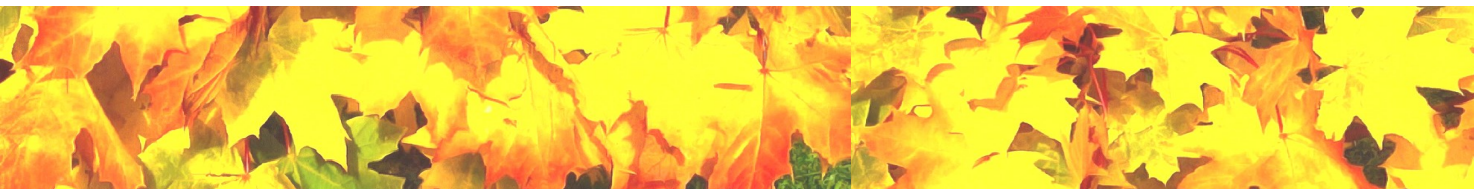
**Muskadee L. Montano, MSW, APSW, CATP**  
**715-779-3707 Ext. 2320**

Muskadee has a master's degree in social work (MSW) from the University of Minnesota-Duluth (2006) and is currently certified in the State of Wisconsin as an Advanced Practice Social Worker (APSW) and a Child and Adolescent Trauma Professional (CAPT). Utilizing a culturally relevant relational worldview and a strengths-based, empowering, trauma informed, solution-focused practice, she works with clients to increase overall well-being and improve their quality of life. Services offered include individual and group therapy, case management, information and referral, mental health promotion, and ongoing collaboration with county, state, and tribal service providers. Muskadee has specialized training in the areas of Motivational Interviewing, Substance Use Disorder Treatment, Intercultural Communication, Trauma Informed Care and Child Welfare. Her professional interests include increasing intercultural sensitivity and communication, promoting culturally relevant healing practices in underserved populations, encouraging mindful parenting practices, supporting individual and community empowerment through positive growth, conflict resolution and the use of healthy coping skills. When not working, Muskadee enjoys spending time with family, being outside on warm sunny days, participation in cultural and community events and listening to podcasts.



**Jeanna Metelica, MSE, LPC, CSAC**  
**715-779-3707 Ext. 2309**

Jeanna is a licensed Professional Counselor (LPC) and Clinical Substance Abuse Counselor (CSAC) by the state of Wisconsin. She is also trained in Equine Assisted Psychotherapy and intensive trauma approaches to counseling. She has been an AODA counselor since 1995 and has over sixteen years' of experience working with adolescents and families. Her therapeutic approaches are Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Experiential Therapy, Motivational Enhancement Therapy, (MET), Family Systems Therapy, Mindfulness Meditation, Brief Solution Focused Therapy, and Eye Movement Desensitization and Reprocessing.





# RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program for individuals who are within the 12-25 age range and who are seeking supportive services for substance abuse. Services available include:

- Brief Intervention Therapy
- Supportive Treatment Services
- Recovery Support
- Treatment Referral/Outreach
- Individualized Assessments
- Assistance with finding Support Groups
- Relapse Prevention Planning



Supplementary services can also be provided to address concerns related to mental health and wellbeing. When clients do also have coinciding mental health disorders, program staff are available to act as a support for the client. The RC TREE program staff does this by facilitating discussions to better understand a client's mental health concerns and staff also work with the client to determine possible strategies to employ when they do feel overwhelmed or stressed from their disorder. If it's determined that the client would benefit from receiving additional services from another program, RC TREE will organize and work on coordinating a referral, so the client can have access to those services.

## Red Cliff Coordinated Services Team (CST)

### What is provided through CST Initiatives?

A CST Initiative is a group of individuals, including family members and service providers, who work together to respond to the service needs of the 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.

**Family voice and choice-**Planning is grounded in family members' perspectives and the team strives to provide options and choices that reflect the family's values and preferences.

**Team-based-**The wraparound team consists of individuals agreed upon by the family and committed to the family through informal, formal, and community support and service relationships.

Team members work cooperatively and share responsibility for developing, implementing, monitoring, and evaluating a single wraparound plan.

**Cultural and linguistic responsiveness-**The wraparound process demonstrates respect for and builds on the values, preferences, beliefs, culture, and identity of the child, youth, family, and their community.

**Unconditional-**The wraparound team does not give up on, blame, or reject children, youth, and their families. When faced with challenges or setbacks, the team continues working toward meeting the needs of the youth and family and achieving the goals in the wraparound plan until the team reaches agreement that a formal wraparound process is no longer necessary.

**Outcome-based-**The team ties the goals and strategies of the plan to observable or measurable indicators of success, monitors progress in terms of these indicators, and revises the plan accordingly.

**For more information about this program, please call  
Lorna Gamble, CCS Administrator at (715) 779-3741 x 2402.**

## Noojimo'iwewin News

The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space. At this time, due to COVID-19 safety requirements, the Noojimo'iwewin Center is temporarily closed and is not able to host in-person visits or activities. We do have online recovery group meetings (listed below). Staff are available by phone and email. Please call **715-779-3707 Ext. 2451 or 2450** to connect with staff and/or make an appointment, or Email: Ed at [emetelica@redcliffhealth.org](mailto:emetelica@redcliffhealth.org) or Cassie at [cmccrow@redcliffhealth.org](mailto:cmccrow@redcliffhealth.org).

### Noojimo'iwewin Online Meetings:

(Click blue link to enter meeting.)

**Monday-Nooji Back to Basics (of recovery) Group, 3:00PM**

[https://us02web.zoom.us/j/89555185791?](https://us02web.zoom.us/j/89555185791?pwd=dIFhUEpNa3VSbHNhK2JmUnprSXVVdz09)

[pwd=dIFhUEpNa3VSbHNhK2JmUnprSXVVdz09](https://us02web.zoom.us/j/89555185791?pwd=dIFhUEpNa3VSbHNhK2JmUnprSXVVdz09)

Meeting ID: 895 5518 5791 Password: 986872

By Phone: +1 312 626 6799 Meeting ID: 895 5518 5791  
Password: 986872

**Tuesday-Nooji Alanon Group, 6:00PM**

[https://us02web.zoom.us/j/85422745354?](https://us02web.zoom.us/j/85422745354?pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09)

[pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09](https://us02web.zoom.us/j/85422745354?pwd=RVhuK3kzb1ZDbGhtb2NFTGx1bHdUdz09)

Meeting ID: 854 2274 5354 Password: 454818

By Phone: +1 312 626 6799 Meeting ID: 854 2274 5354  
Password: 454818

**Wednesday-Nooji Wellbriety Group, 6:00PM**

[https://us02web.zoom.us/j/745466870?](https://us02web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09)

[pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09](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

**Thursday-Nooji Narcotics Anonymous, 10:00AM**

[https://us02web.zoom.us/j/88956172863?](https://us02web.zoom.us/j/88956172863?pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09)

[pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09](https://us02web.zoom.us/j/88956172863?pwd=T25YM0tnQStkSWVQTkYzR1I5cW9wdz09)

Meeting ID: 889 5617 2863 Password: 031549

**Friday-Nooji Alcoholics Anonymous, 6:00PM**

[https://us02web.zoom.us/j/3262839434?](https://us02web.zoom.us/j/3262839434?pwd=aFdOU1gwbXF1Uko1ZGpNMDhXQmdYZz09)

[pwd=aFdOU1gwbXF1Uko1ZGpNMDhXQmdYZz09](https://us02web.zoom.us/j/3262839434?pwd=aFdOU1gwbXF1Uko1ZGpNMDhXQmdYZz09)

Meeting ID: 326 283 9434 Password: REDCLIFF

## Native Connections

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. For more information, contact information, and access to more web-based resources go to <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/>

or call the Mishomis Wellness Center at 715-779-3741.

### **October is Bullying Prevention Month: Cyber Bullying**

Cyberbullying is so prevalent in our communities and goes against our teachings as Anishinaabe people, where we are to come from love and kindness towards all. What is cyberbullying? It is when we post on SMS, text, online social media, forums where people can view, participate in or share the content. It includes sending, posting or sharing negative, harmful, false or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Often times, when we post information about others, it comes from our own dissatisfaction or dislike for an individual. It is also often our own prejudices, biases, and lack of truth, or personal interpretation of a situation.

**Some cyberbullying crosses the line into unlawful or criminal behavior.** The content an individual shares online – both their personal content as well as any negative, mean, or hurtful content – creates a permanent public record of their views, activities, and behavior. This public record can be thought of as an online reputation, which may be accessible to schools, employers, colleges, clubs, and others who may be researching an individual now or in the future. Cyberbullying can harm the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it. Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

When wanting to put something out there for others to see, here are a few guidelines to ask yourself: Is it true? Is it Kind? Is it my business? And honestly, what is my agenda to bully someone? To vent? To build allies? To validate myself and my feelings?

***The world needs more kindness:  
post supportive, uplifting words!***



## 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.2451 or 2450

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 Emotional Regulation

Much like Riley in the movie "Inside Out", we all have waves of emotions throughout our days and over the course of our lifetime. In the movie it is easy to see how emotions can take over and drive our behavior. It also shows the consequences of trying to avoid or numb certain emotions. When the character Sadness is pushed away by the others it causes great conflict in Riley and she nearly runs away from home to avoid feeling sad. Once the other emotions realize sadness is a natural part of the human experience and shouldn't be pushed away things start to come together and Riley learns to talk about and regulate her emotions instead of running from them.

In real life it can be hard to notice when our emotions are steering our behavior and even harder to learn how to manage our behavior when our emotions are running high, but with self-awareness and practice this skill, called emotional regulation, becomes easier. Becoming more emotionally regulated does not mean you become some sort of stoic statue who never cries and never gets angry. Emotional regulation means you work to have a choice in how you engage with the world around you, seeking to rationally respond rather than emotionally react.

To learn more about emotional regulation and get tips on how to practice: (click on link below to be taken to resource)

[Therapy in a Nutshell: Emotion Coping Skills](#)

[Why Do We Lose Control of Our Emotions](#)

[6 Ways to Boost Your Child's Emotional Regulation Skills](#)

### RCTREE Program continued....

October 10th of this month is designated as

**World Mental Health Day.**

On this day, we celebrate efforts to educate and spread awareness about

mental health, since time spent discussing its importance helps to lessen the social stigma surrounding mental health challenges.

The RC TREE program would like to contribute to this effort as well by sharing a list on practices to help maintain positive mental health from MentalHealth.gov.

Positive mental health can be maintained by:

Looking for guidance and help from professionals, if you need it

Building positive connections with others

Maintaining a positive attitude

Engaging in exercise/physical activity

Getting plenty of sleep

Practice coping skills to manage stress

For more information on the RC TREE program or if you are interested in utilizing our services, you can call either the Community Health Center at 715-779-3707 or the Mishomis Wellness Center at 715-779-3741 and ask for RC TREE services.

