



# Behavioral Health Department

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



## September 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!*

*During Waatebagaa-giizis,  
(Leaves Changing Color Moon ~ September),  
we are highlighting National Recovery Month!*



NATIONAL  
RECOVERY  
MONTH 2021

**RECOVERY IS FOR EVERYONE:**

Every **Person**, Every **Family**, Every **Community**

National Recovery Month is observed every September as a way of celebrating recovery from mental and substance use disorders. This year will be the event's 32nd year! The main message of this event is that **Recovery is Possible** and people can go on to live healthy, rewarding lives! There are millions of people whose lives have been transformed by recovery and it is good to highlight and celebrate their accomplishments just as we would for overcoming any other health challenge.

A quote from the Association for Addiction Professionals (NAADAC.org):

"The 2021 National Recovery Month theme, "[Recovery is For Everyone: Every Person, Every Family, Every Community](#)," reminds people in recovery and those who support them that no one is alone in the journey through recovery. Everyone's journey is different, but **we are all in this together**. Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But with strength, support, and hope from the people we love, we are resilient. "

For some staff perspectives on **Recovery**, please go to page 2 and page 5.

## PLAY BALL!

by Ed Metelica, Wisconsin Certified Peer Specialist

One of the interesting things about being in recovery is the acronyms, synonyms, metaphors and similes that people come up with to strengthen their relationships to others in recovery or to keep things fresh in their own minds. Many times, these reminders are important and just what's needed to have another successful day away from temptation.



A couple of good friends in recovery will occasionally refer to their "ball team". To them it can mean just the people they see at 12-step meetings on a regular basis. To others it can mean closer relationships they've formed with people in recovery such as their sponsor or sponsees. For some their "ball team" comprises family members and friends who may not be in recovery themselves but are very supportive of the recovery person's needs and efforts to battle their disease.

Whatever the particulars, having a "ball team" can be just the right concept when referring to people that mean the most to you and support your efforts in recovery.

My mind has sometimes wandered towards thinking about the different positions on a baseball team and where I would place different people who support me. (I know, I have a strange mind and vivid imagination)

Before the daily ball game (a day at a time!) starts I always look to my coach (sponsor) for some words of advice. Then I picture myself as the pitcher, central to my recovery and ultimately responsible for what I throw at this game of life today. I try to have some control, to do the next right thing but ultimately, that doesn't always work. The batter is my addiction. I never know what is going to come back at me and my ball team to wreak havoc, sometimes to my very existence!

When there's a hit (havoc happens!) and I don't feel safe, I look to my infield ball players. These are the people closest to me that know my triggers, my personality and my habits. I'll let them know a ball has been hit. In fact, they're in a good position to already know there's been a hit and I might be in trouble. Their job in this ball game is to reach out and help stop that batter (my addiction) from getting to first base against me. And we all know there will be other batters and attempts to get into scoring position. I realize I can do my part to stop the advance, but it's inconceivable to think I can do this alone.

My outfield is just as important as my infield. They may not be as close to me on every play, but I can always reach out to them. These are still people I know in recovery and although there are fewer of them someone will be there. In fact, they may relay to my infield just to keep that batter from advancing and get him OUT!!

Everyday is a new ball game and a fresh start. As long as we stay in the game of recovery and confront every hit (havoc happens!) we can stay in the game of life. We can't do it alone, we need that "ball team".

September is National Recovery Month. So celebrate every day, every game!

Have a great season... and remember, you can't do it alone!





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.

To contact staff: Mark Gokee—Phone #: 715-779-3741 EXT: 2409 E-mail: [mgokee@redcliffhealth.org](mailto:mgokee@redcliffhealth.org) and Mark King – Phone #: 715-779-3741 EXT: 2414 E-mail: [mking@redcliffhealth.org](mailto:mking@redcliffhealth.org)  
For more information, go to <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/> .

### **Boozhoo from Native Connections!**

First, we'd like to extend a chi-miigwech to those that attended and helped with the community movie night. It was great seeing families come out enjoy themselves in a safe and healthy way. Also, thank you to all who are participating in the garden box giveaway. We are looking forward to seeing all the wonderful plants, foods, and medicines they will be used to grow! We would also like to say miigwech to the Education Department for the school supply giveaway. Native Connections was able to support the giveaway with backpacks and registration. Also, miigwech to all those that took the time to fill out our survey.

**September is Suicide Prevention Awareness Month.** With the stress and uncertainty of the ongoing pandemic as well as the usual stressors, it is critical that supports and connections be maintained with each other. It is also good to take care of ourselves so that we can look out for each other.

Some warning signs to look out for-

Comments or thoughts about suicide — also known as suicidal ideation — can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous. Here are a few other warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family, and community
- Dramatic mood swings

Impulsive or reckless behavior

Suicidal *behaviors* are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts

Saying goodbye to friends and family

If you are unsure, a licensed mental healthcare provider can help assess.

Contact information for behavioral health resources-

National Suicide Prevention Lifeline: 1-800-273-8255 or text “LIFE” to 61222

Memorial Medical Center Behavioral Health Inpatient: 715-685-5373

Bayfield County Crisis: 1-866-317-9362

Red Cliff Clinic: 715-779-3707

Red Cliff Behavioral Health: 715-779-3741

## RC TREE Program



The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that can serve anyone 12-25 years old, who is struggling with a substance use concern.

Additional help can be provided for mental health services if the individual has a co-occurring mental health diagnosis. If someone is unsure about whether or not they are eligible to receive mental health services, part of the enrollment process involves the RC TREE program using screening assessments to ask the individual about their recent lifestyle choices and other important information to gauge what kind of services would best benefit them for their time in the program. To determine if a client has a mental health diagnosis to be treated alongside the help that they are seeking for their substance use behaviors, RC TREE's counselors can evaluate a client with the help of a screening assessment specifically geared towards diagnosing mental health disorders to find out whether the client potentially has a mental health concern they are struggling with.

Another tool that will be routinely used to help adjust a client's service plan throughout their time in the program will be provider-led interviews. These interviews will help the RC TREE provider working with the client to gather information on the progress they are making in the program and whether other factors in their life have had an influence on the client's substance use behavior. With the results collected from the interviews, RC TREE staff members will be able to determine if the current treatment services are being of help to the client and if it's found the services could be improved upon, the client's service plan can be adjusted as necessary. Due to the important role that the program interviews serve in the RC TREE program, incentives for completing the program interviews are offered to clients. The only exception is the interview done at intake, 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.

**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)

**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.**

## **How I Celebrate Recovery**



by Justin Hansen, Wisconsin Certified Peer Specialist

I have found over the last 6 years that practicing gratitude helps me see where I was and where I'm going in life. I celebrate my recovery by staying in recovery. I can't think of a better way to celebrate my sobriety. For me it's simple, stay sober and things in life will work out. I have had some challenges and changes in my life, but I always remember how life was 6 years ago. My life continues to improve the longer I stay in recovery. I have met some wonderful people in recovery that have enriched my life beyond what I would have imagined. Recovery has helped me grow as a person and I've been able to do things that I would have never considered doing. Writing this for the newsletter is one of them. I never would have thought I'd be in a position to help others. Because I've been able to stay sober and do the things that make me anxious, I've been able to become the person I've always wanted to be without the need to pick up a drink. So, for me, staying grounded in my recovery is all the celebration I need!

## **Save the Date!** **Red Cliff** **Recovery Celebration!**

**Wednesday**  
**September 29, 2021**

**Color Run/Walk**  
**Speakers**  
**Music**  
**Raffles & Giveaways**  
**Recovery Meeting**

**More details to be announced!**

## **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.

## 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

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name it 2 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/>