



Behavioral Health Department

September, 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

Suicide Prevention Week

Suicide Prevention Week occurs every year from September 4th-10th, due to the importance of this awareness week, here's some risk factors and warning signs from verywellmind (<https://www.verywellmind.com/suicide-warning-signs-and-risk-factors-1067525>) often associated with suicide.



Risk Factors of Suicide

There are 2 risk factors that have been seen with suicide, this includes both the situations experienced by a person and the feelings felt by the person internally. While it's usually easier to recognize situations and times when suicide may be a concern, a little more detective work might be required to understand how someone is feeling on the inside.

These life situations can lead to an increased risk of suicide, including:

- A relative or friend who's either been diagnosed with a terminal illness or who has died.
- Divorce, separation, or a relationship breakup
- Loss of health (can be real or imagined)
- Losing control of one's job, money, status, self-esteem or personal security
- Increased involvement with drugs or alcohol
- Feelings of depression

In addition, there are certain times that the emergence of suicidal feelings is more likely to happen, such as:

- Holidays
- Anniversaries
- The first week after being discharged from a hospital
- When beginning treatment that involves taking an antidepressant
- Just before and after the diagnosis of a major illness (for example, risk of suicide is highest in cancer patients shortly after news of the diagnosis rather than after when the cancer has gone on to spread and progress)
- Either right before or during disciplinary proceedings

Emotional and Behavioral Changes

Emotionally, the person with suicidal feelings may feel:

- Overwhelming, unbearable pain
- Loss of hope
- Thinks negatively of one's self including worthlessness, guilt or self-hatred
- Powerless, fears they'll one day lose control and harm themselves or others

Behavior changes may be observed, including:

- Seldom feels happy but instead is mostly sad, withdrawn, tired, apathetic, irritable, or angry
- Performance in school, work or other activities had declined
- Socially isolates from others or starts to hang out with the "wrong crowd"
- Loses interest in activities that were previously enjoyed
- No longer cares about personal hygiene
- A change is noticed with the person's eating or sleeping habits

Warning Signs of Suicide

Suicide warning signs to be aware of include:

- Depression
- A history of previous suicide attempts
- Fixation with death
- Frequently says statements like, "You would be better off without me" or "I wish I were dead"
- Openly talks about the idea of wanting to kill themselves
- Has thought of a suicide plan, attempts to acquire the means to carry it out, performs "rehearsal" of the suicidal behavior, or sets aside a time for the suicide attempt
- Writes a will or gives away their personal possessions
- Saying goodbye at an inappropriate time
- Ambiguous statements are said by the individual like "If only I could go to sleep and never wake up" or "I just can't keep doing this anymore"
- Being very depressed one minute then suddenly switching to being very happy and calm the next

Here are some resources to contact if you are concerned about either yourself or others attempting suicide:

National Suicide Prevention Lifeline: 988

Bayfield County Crisis: 1-866-317-9362

Red Cliff Community Health Center: 715-779-3707

Behavioral Health Support Line, open M-F 8 AM– 4:30 PM: 715-779-3509

National Recovery Month

Every year in September, National Recovery Month is observed. To celebrate this month, there's a focus on recovery practices, effort to develop a strong recovery community, and recognition going towards providers for helping people who are struggling with their recovery journey.

Below is information from National Today (<https://nationaltoday.com/national-recovery-month/>) of how a person can observe National Recovery Month and why it is important.

Ways to Observe National Recovery Month

- 1) Research about addiction—Read up about what you could do to help support someone who's going through recovery. Volunteer your time in whatever way you can to help people trying to fight addiction.
- 2) Participate in National Recovery Month events—Look to see if there's any events near you. Attend various events including webinars, seminars, and whatever other activities you can find, in order to learn more about addiction and recovery.
- 3) Help spread awareness—Contribute by helping to increase the public's understanding of addiction being an illness. Educate about recovery to help eradicate the stigma that many people still believe about addiction to this day.

Reasons why National Recovery Month is Important

- 1) It can raise awareness—National Recovery Month raises awareness about a serious condition that affects many people. Spreading awareness about addiction and recovery also helps to shine a light on the topic and help to propel it more into the eye of the general public.
- 2) People receive help—Throughout this month, people in recovery benefit by receiving support. National Recovery Month additionally educates about the downfalls of addiction and as a result, saves many at-risk people from going down the same path.
- 3) It is all for a noble cause—The intention behind National Recovery Month is for a good cause that has the potential to make a difference in many people's lives. Celebrating the month helps to lower the stigma that's attached to addiction and provides people interested in recovery with an opportunity to receive the required assistance they are seeking.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that provides substance abuse services for anyone within the age range of 12 to 25 years old. Family or guardians of the client also qualify for being eligible if they engage in substance abuse behaviors and are themselves interested in receiving treatment. It's beneficial for a client's family or guardians to dually be enrolled for services targeting to help with substance abuse because sometimes a factor in why a client struggles with treatment or maintaining recovery is due to individuals close to them, like family members or guardians using substances in their presence, which can make it difficult for the client when they are trying to adapt to a life that's substance free.

A tool that's utilized in the RC TREE program are screening assessments, the purpose of which is to uncover a client's most recent substance abuse history. Aside from collecting data about what substance abuse behaviors a client engages in, the screening assessment also collects information on demographics like physical health characteristics, socioeconomic status, and level of education achieved. This information is then used by RC TREE staff to create an individualized service plan for the client, which takes into account the specific things they are struggling with and decides which services in the program would be the best fit for them and their needs. Not only is the screening assessment conducted with a client when they first enter the RC TREE program, but it is utilized various other times as well. In performing the screening assessment with the client multiple times throughout their time in the program, the tool can be used to uncover if the client's needs for treatment had changed in anyway and if so, the services included on their individualized service plan could be adjusted as necessary. 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

Redcliff Recovery Music Festival!

September 19
5pm

Located at the Old
Powwow grounds
(Legendary Waters)

Color run/walk : 3pm from the Clinic to LW

-Live music

-Raffles/Giveaways

-Food

Followed by a Sacred Fire and
Recovery Meeting

Sponsored by the Noojimo'iwewin Center
and Red Cliff Community Health Center

For more information call: 715-779-3508



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 715-688-2141

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



-HATRED-

Name it to Tame it



If you have ever seen the cartoon series, "The Smurfs" you probably know the character, Gargamel and what "hatred" is. Gargamel and his cat, Azrael are the main antagonists to the Smurfs, who only being "three apples high" are frequently caught by Gargamel when he does manage to stumble upon their village. Luckily through teamwork and resourcefulness, the Smurfs always escape before Gargamel is able to eat them or turn the Smurfs into gold. Hatred towards the Smurfs influences Gargamel's entire being, as he finds their helpful and friendly nature to be disgusting and something that he can't stand to be in the presence of. So next time you watch the Smurfs, don't follow Gargamel's example of being filled with hatred, as he often has to deal with the consequences of his actions by the end of each episode.

To learn more about hatred including strategies to feel less hatred towards others and what to do when you feel like everyone hates you, visit the links below:

<https://www.verywellmind.com/i-hate-everyone-why-you-feel-this-way-and-what-to-do-5204131>

And

<https://www.healthline.com/health/why-does-everyone-hate-me>