



Behavioral Health Department

September 2023

NEWSLETTER



**SUICIDE
PREVENTION &
RECOVERY
MONTH**

988 SUICIDE & CRISIS
LIFELINE

**ASK.
LISTEN.
CONNECT.**

Recovery Month has adopted the theme of *“Every Person. Every Family. Every Community.”* as its permanent tagline. The 2023 Recovery Month observance will work to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible. 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.

September also marks **National Suicide Prevention Month** – a month to remember the lives lost to suicide, the millions of people who have struggled with suicidal ideation, and acknowledge the individuals, families, and communities that have been impacted. It is also a time to raise awareness about suicide prevention and share messages of hope.

How You Can Help

Educate yourself and others about suicide prevention: Learn the [warning signs](#) and [risk factors](#) for suicide, how to [support](#) someone considering suicide, and familiarize yourself with the [988 Suicide & Crisis Lifeline](#).

Visit the [Suicide Prevention Resource Center \(SPRC\)](#): Each year, the SPRC creates a resource full of ways to get involved in Suicide Prevention Awareness Month. Here is the [resource for 2023 \(PDF | 236 KB\)](#)!

Read and share SPRC’s new resource: [Mental Health Promotion and Suicide Prevention for LGBTQIA2S+](#)

Youth: A Resource Guide for Professionals, Families and Communities.

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 answering any questions you may have.

Hours: Monday – Friday 8:00am -4:30pm

If this is an emergency, call 911, or if you are experiencing a mental health crisis, call the

Bayfield County Mental Health Crisis Line
24 hours a day at 1 (866) 317-9362.



#BeThe1To

#BeThe1To is the 988 Suicide & Crisis Lifeline’s message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Gathering of Native Americans (GONA)

What is a GONA?

A GONA is a culture-based planning process where community members gather to address community-identified issues. It uses an interactive approach that empowers and supports AI/AN tribes. The GONA approach reflects AI/AN cultural values, traditions, and spiritual practices. The GONA focuses on the following four themes:

- Belonging—the GONA ensures that everyone feels welcomed in an inclusive, open, safe, and trusting environment
- Mastery—the GONA allows participants to take stock of how historical trauma impacts their communities and what fosters their resilience and holds them together
- Interdependence—the GONA initiates the planning process to assess resources and relationships, and to experience and strengthen interconnectedness
- Generosity—the GONA exercise of creating gifts to share with other participants symbolizes each participant's larger gift to their families and communities in helping to address and prevent mental and substance use disorders, prevent suicide, and promote mental health (SAMHSA, 2016).

Our Families. Our Community. Our Wellness. Our History. Our Healing.

Red Cliff Band of Lake Superior Chippewa
Community Gathering
Giwiidookodaadim

"We all help each other"

SAVE THE DATE!

October 17-19, 2023

Red Cliff Boys & Girls Club

Gathering of Native Americans (GONA) is a three-day journey for Red Cliff Community Elders, Youth and Program staff to gather to address community identified issues. Facilitators will support our local vision and culture in identifying essential elements for community wellness, healing and planning.

For more information call 715-779-3707 ext 2263.



Belonging—Mastery—Interdependence—Generosity

FEEDBACK FROM OTHER TRIBAL COMMUNITIES

What I liked best about the GONA was...

- "Hearing, creating, and sharing the conversation about suicide, prevention, and substance abuse"
- "Working on community building and healing"
- "We are addressing very important issues that needed to be addressed a long time ago"
- "Developing a vision and working towards a common goal" "Planning for the future"
- "Use of our culture and cultural ways"
- "Feeling connected with peers"
- "I now can understand and help my friend"
- "Laughing and working together"
- "I will include it in my work and will keep the voice loud for the social causes and concerns"

NATIONAL SUICIDE
PREVENTION MONTH

2023

#YouMatter

988 SUICIDE & CRISIS
LIFELINE



Sobriety **Music Festival**



LIVE LOCAL ENTERTAINMENT -

FOOD - RAFFLES - GAMES

Date: September 20th

Time: 4pm-7pm

**Located across the Legendary Waters Casino
parking lot in the Old Pow wow Grounds**

10 Benefits of Reading

In the past, everyday reading was a pastime that many people engaged in to learn and gain knowledge about a variety of different subjects. The benefits that come from reading weren't something that people needed to be reminded of, unlike today's society who are preoccupied with things like social media and the internet. While this has certainly led to people who are too busy to read, there are also others who simply don't care about reading.

Reading is an activity that reaps many benefits including helping you to become smarter and improving not only your reading skills, but your writing skills as well. In celebration of September being National Read a Book Day, which is September 6th, below are 10 benefits you are likely to encounter from becoming a habitual reader; this comes from the website, LifeHack (<https://www.lifehack.org/articles/lifestyle/10-benefits-reading-why-you-should-read-everyday.html>).

1) Helps Your Brain stay Mentally Active

The simple action of reading every day, creates mental stimulation for your brain. There have been numerous studies to uncover what the benefits of reading are and an important finding from the studies has found that reading books can help slow down the development of some mental disorders such as Alzheimer's and Dementia. The reason this happens is because reading not only stimulates the brain, but helps it to remain active, allowing important qualities of the brain to remain intact like its power and capacity.

Exercise is something our bodies need to stay healthy, and the same can be said for our brains. Reading is a way we can regularly exercise our brain, along with playing games that are cognitively stimulating like chess or word/number puzzles.



2) Good Habit for Relieving Mental Tension

One of the best practices you can do to worry less about everyday concerns is to divert your mind away from what's causing you stress. Reading is an activity that frees up your mental space and allows you to focus on something that you find enjoyable and interesting. When we find a great story to read, it helps us to mentally travel to a different realm, lessening the stress we feel and helping us to be more relaxed. Sometimes reading can even help you to uncover some valuable advice or solutions to the problems you face.

3) Gains More Knowledge

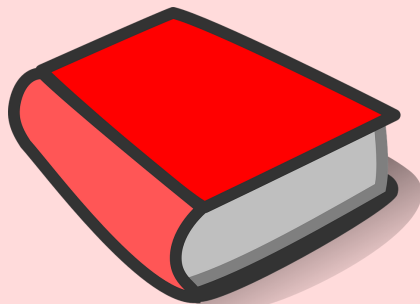
Every person has the potential to grow and develop mentally. Many scholars give credit to the knowledge that our predecessors had written about in erudite tomes for where we are today. Ever since then, reading books continues to be a reliable way for us to become more knowledgeable, as not everything is available in a digitalized form.

To learn more about life, there are numerous books you can read from self-help books to works of fiction. If you feel unmotivated, you could always try reading an inspirational biography to help improve your mood. A benefit that comes from reading books is the knowledge you can acquire, since what you learn is something that can't be taken away from you, unlike worldly possessions.

4) Expands your Range of Vocabulary

Developing a habit of reading will help to enhance your vocabulary. The pursuit to increase your knowledge by way of reading will have a noticeable effect on your vocabulary—resulting in your repertoire to grow by an impressive extent. Having a great knowledge of language and how to use it, is a useful skill that a person could use in their professional and academic life.

Moreover, possessing vocabulary knowledge, will help to steadily increase your self-confidence in work settings and when having to interact with a knowledgeable audience.



5) Improves Your Memory and Retention

To exercise your brain, you should consider reading on a regular basis. When you read fictional books, your brain has to remember a variety of details, in order to understand what's going on in the story like character names and important plot points. As you read, remembering the events and recalling where you last left off in the book, isn't only fun but also can help to improve your memory.

Our brains are amazing, since they have the ability to store a tremendous amount of information. The brain does this by creating new brain pathways or synapses to make space for every new memory. Moreover, additional benefits of reading include how it can strengthen existing memory, recall short-term memory, and boost your mood.

6) Development of Stronger Analytical Thinking Skills

By reading every day, you could improve your analytical skills. If you choose to read mystery novels, the plots often require readers to test out their skills in problem-solving. While reading, your mind often works to predict or make guesses about what will happen next in the novel. When the answer to your predictions is revealed, your brain then can connect the dots to understand the current storyline. By improving your analytical skills, the brain becomes subconsciously trained to think in a more clear and precise manner. This change to a more focused way of thinking will be great use to you in your personal and professional life.

7) Better Focus and Concentration

While technology is an innovation that has had a large impact on how we live today, it has also made us lazy. There's a lot of things available that we have easy access to. Nowadays hardly any effort is made towards solving issues or concentrating on improvements we could make to our lives. In today's world, where we could order what we want or need online, this has led to lower productivity.

If you feel you are losing the power to focus and concentrate because of the hold modern technology has on you, try to read for 20 to 30 minutes a day to help recharge your brain.

8) Become a Better Writer

Reading more will help to improve your writing skills. When you read, your vocabulary and pronunciation start to improve, influencing your writing to become more advanced as well.

Many people won't go on to use these writing skills to write their own books per se, but the writing skills will help to improve their everyday writing in their personal and professional lives.

9) More Ease Finding Tranquility

Don't you sometimes wish you could get away from everything? While not everyone can take a trip to escape the stresses of their everyday life, a cost-effective option people can turn to for some tranquility and solitude is reading books. Reading is especially effective in helping to calm down individuals who live with mood disorders or anxiety.

10) Books are a Free Source of Entertainment

For entertainment, we commonly spend money on movies and music. However, books usually cost a lot less and will keep you entertained for a longer period of time. Interestingly, you may even come across a book that inspired your favorite movie or TV series, why not give it a read? A place you can go to access books is your local library. Otherwise, there are numerous online stores you could check out. Along with books to purchase, online stores usually offer free e-books as well.



CERTIFIED PEER SPECIALIST SERVICES

A Peer Specialist is an individual with lived recovery experience who has been trained and certified to help their peers gain hope and move forward in their own recovery. By sharing experiences, peers bring hope to people in recovery and promote a sense of belonging within the community (SAMSHA)

PEER SUPPORT IS..

- Delivered by individuals who have common lived experiences.
- People with mental health and/or substance use disorders have a unique power to help one another based on shared connection and deep understanding of this experience.
- Peer Specialists offer support, strength, and hope to their peers, which allows for personal growth, wellness, and recovery. (SAMSHA)
- Peer support is ongoing, available, and flexible.
- Peer support enhances other health care services by creating emotional, social and practical assistance necessary for staying healthy and managing. (Peers for Progress)

WHAT SERVICES DO PEER SPECIALISTS PROVIDE?

Peer specialists support their peers both individually and in small groups.

- Help peers create individual service plans based on recovery goals and steps to achieve those goals
- Use recovery-oriented tools to help their peers address challenges
- Assist others to build their own self-directed wellness plans
- Support peers in their decision-making
- Offer a sounding board and a shoulder to lean on...and more!

PROVIDING HOPE

Modeling recovery, engaging, and connecting are just some of the ways peers make a difference in the lives of others. The bond that is essential in peer support means that both the person giving support and the person receiving support benefit from the relationship. (MHA)

SERVICES INCLUDE:

Education and skill- building

- ⇒ Wellness planning
- ⇒ Crisis planning
- ⇒ Self- advocacy skills
- ⇒ Budgeting

Services that help

- ⇒ Identify strengths and use the strengths to reach goals
- ⇒ Identify and overcome barriers to participate in community resources

Connect with resources

- ⇒ Visiting community resources to familiarize
- ⇒ Teaching and modeling skills needed to utilize resources
- ⇒ Wrap around services
- ⇒ Cultural wellness and healing

Building relationships and encouraging community based activities

- ⇒ Employment
- ⇒ Relationships
- ⇒ Physical activity
- ⇒ Self- directed hobbies

Using SAMHSA's Eight Dimensions of Wellness to guide a holistic approach to recovery, a Certified Peer Specialist will work with you to discuss meaningful goals in one or more of these important dimensions; financial, social, spiritual, occupational, physical, intellectual, and emotional. Each of the dimensions contribute to your overall wellness and individual recovery.

Selfishness-Name it to Tame it

If you have ever seen the movie, “The Emperor’s New Groove” you probably know what “selfishness” is. The main character of this movie and the one who exhibits this characteristic is Kuzco. As the emperor over the Incan empire, he’s given a lot of power due to his title and whatever commands he gives are granted without question. With Kuzco always having all his needs and wants fulfilled ever since the time he was little, his upbringing causes him to become a selfish individual who makes decisions that prioritize his happiness above everything else. Often resulting in him affecting the lives of those who he rules over, as he lacks compassion for others and sees no need in helping someone else out if he is in no way personally impacted by the problems they are facing. However, as the movie progresses, the villain, Kuzco’s royal advisor, Yzma turns him into a llama and he’s thrown out of his kingdom, allowing Yzma to take his place on the throne. While Kuzco’s a llama, he has a hard time adjusting to no longer getting what he wants and still can act selfish, putting his needs before others. Even so, he gradually begins to change his selfish outlook on life with the help of a villager, Pacha who’s willing to travel with Kuzco back to his kingdom and help him reclaim this rightful place as emperor. For Kuzco and many others, selfishness may be a hard thing to overcome, but taking the time to care for others outside yourself is something proactive you could do to strengthen your connection with other people and enrich your life in a meaningful way. To learn more about selfishness, including how to be less selfish and characteristics commonly seen in selfish people, visit the links below:



<https://www.verywellmind.com/how-to-stop-being-selfish-7096599>

And

<https://psychcentral.com/health/reacting-to-selfish-people>

<div>  <h2>Noojimo'iwewin Center</h2> <h3>September 2023</h3> <p>37450 Water Tower Rd, Red Cliff Call for more information: 715-779-3508</p>  </div>						
Anami'e Giizhigad (Sunday)	Nitam Anokii Giizhigad	Niizho Giizhigad	Aabitose	Niivo Giizhigad	Naano Giizhigad	Giziibiigisagi- nige Giizhigad
8 am-4:30pm	8 am-7:30pm	8 am-7:30pm	8 am-7:30pm	8 am-4:30pm	8 am-7:30pm	9:30am-6pm
Closed				NA 10AM Sober Skills 3:30-4:30 Men's Support 6-8	1 Crafts 3:30-4:30 AA 6PM	2 Open 9:30-6:00
3 Closed	4 CLOSED LABOR DAY	5 Sober Skills 3:30-4:30 Family Recovery 6PM	6 Crafts 3:30-4:30 Wellbriety 6PM	7 NA 10AM Sober Skills 3:30-4:30 Men's Support 6-8	8 Crafts 3:30-4:30 AA 6PM	9 Open 9:30-6:00
10 Closed	SOBRIETY MUSICFEST 4-7PM	12 Sober Skills 3:30-4:30 Family Recovery 6PM	13 Crafts 3:30-4:30 Wellbriety 6PM	14 NA 10AM Sober Skills 3:30-4:30 Men's Support 6-8	15 Crafts 3:30-4:30 AA 6PM	16 Open 9:30-6:00
17 Closed	18 Open 8am-4:30pm	19 Sober Skills 3:30-4:30 Family Recovery 6PM	20 Crafts 3:30-4:30 Wellbriety 6PM	21 NA 10AM Sober Skills 3:30-4:30 Men's Support 6-8	22 Crafts 3:30-4:30 AA 6PM	23 Open 9:30-6:00
24 Closed	25 Open 8 am-4:30pm	26 Sober Skills 3:30-4:30 Family Recovery 6PM	Sobriety Speaker Feast 4-7 pm	28 NA 10AM Sober Skills 3:30-4:30 Men's Support 6-8	29 CLOSED TREATY DAY	30 Open 9:30-6:00