



Behavioral Health Department

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

July 2020 NEWSLETTER

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Boozhoo from the Red Cliff Community Health Center's 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 tribal community!

During the month of July we wanted the community to become more of the Native Connections program.

Check out the RCCHC Behavioral Health & Native Connections Website !

The updated Native Connections webpage <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/> at the Red Cliff Community Health Center website now contains expanded resources for youth and parents which can be helpful during this time of social distancing. More resources will be added to the webpage as time progresses.

Program Highlight– Native Connections

Native Connections is a five-year grant program that helps American Indian and Alaska Native communities identify and address the behavioral health needs of Native youth with an emphasis on suicide prevention and AODA misuse reduction among youth 0 to 24 years of age and their families.

We're pleased to be working with THPO, the Bayfield School, and numerous elders and teachers for this years virtual Ojibwe Language Camp.



Red Cliff Band of Lake Superior Chippewa Indians

2020 Virtual Ojibwemowin Gabeshiwin

JULY 8-10

Featured Presenters

To register please email Edwina Buffalo-Reyes, THPO Assistant at Edwina.Buffalo-Reyes@redcliff-nsn.gov.

Evening musical performances will be streamed live on FB.

Sponsored By:

Native Connections, Bayfield Public School, Red Cliff Tribal Heritage Preservation Office

Miscobenayshii & Cindy Fowler
Makizinikewin Moccasin Making
8 Person Limit

Cleora White
Naabishebizonikewin MMIW Beaded Earring Making
3 Sessions/8 Person Limit/Per session

Dennis White
Miskogaadeyaab Mashkimodikewin Yarn Mashkimod Making
8 Person Limit

Mary Moose, Abraham Sutherland & Alex Breslav
Aniibishan/doodooshaaboo jibikaaboo/mashkikikewin Teas/Coffee/Medicine

Mike Andrews
Bakazhaawewin/giigoowag gikanaabasowag/asabikewin Fish Processing/Smoking Fish/Sewing Nets

Clarissa Bressette
Saasokwaande-bakweziganikewin Fry Bread Making
10 Person Limit

Greg Biskakone Johnson & John Johnson
Waawaashkeshii-wiyyaas Deer Preparation

Special Evening Musical Performances by:

Solomon Trimble
Education Coordinator

Lisa Clemens
Thursday, July 9, 2020 @ 6PM

Keith Secola
Friday, July 10, 2020 @ 6PM

Frank Montano
Friday, July 10, 2020 @ 6PM

Meet our Native Connections Staff

Mark Gokee, Project Coordinator-

Mark previously worked with the Youth Center and Elderly Nutrition programs which helped prepare him for the program's substance misuse prevention, wellness promotion activities, and suicide prevention efforts. He is looking forward to participating in the promotion of traditional approaches to community wellness.

Steve Luther Youth Engagement Coordinator-

Provides outreach to Tribal youth by promoting available prevention services and wellness activities in the community. Facilitates programming with schools and community groups.



We are also welcoming the new Native Connections Project Coordinator Clarissa Bressette

We are excited for their addition to the program and the excitement and great ideas they will bring.

Expect a new survey from Native Connections regarding services and their promotion soon for an entry to our raffle.

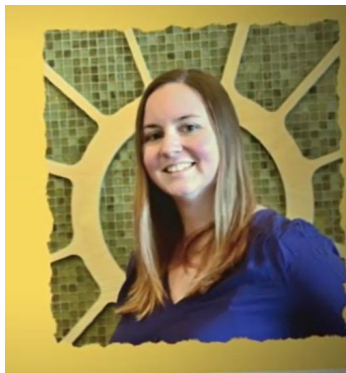
Miigwech !

Mental Health/AODA Outpatient Services

Infant, Early Childhood & Family Mental Health Certificate Program

Melissa Grooms, MS, LPC and Tamara Kolesar, SAC-IT, LPC-IT completed an interdisciplinary, one-year continuing education program for professionals who work with children ages birth to six and their families.

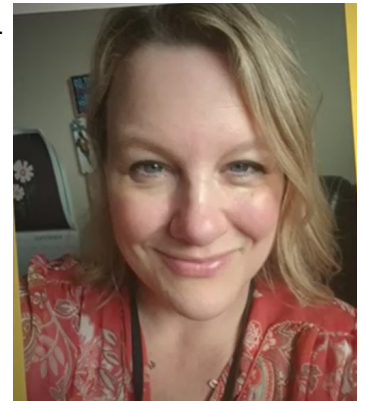
The program is grounded in the principles of Infant Mental Health and informed by current empirical knowledge from affective and behavioral neuroscience, research on early attachment relationships and healthy social emotional development.



Melissa Grooms, MS, LPC

This Capstone Certificate Program provides participants with integrative learning experiences that lead to specialized knowledge and skill sets including:

- Approaches to a variety of assessment, diagnostic and therapeutic interventions for infants and young children and their parents/caregivers;
- Strategies for integrating relationship-based and reflective practices into programs and services;
- Reports of research and guidance to inform practice and policy; and
- Mindfulness strategies to support personal and professional reflective practices.



Tammy Kolesar, LPC-IT, SAC-IT

The program was funded in part by LAUNCH.

Mental Health & Substance Abuse Outpatient Services

Our outpatient programs continue to take new referrals for mental health and/or substance abuse services. The majority of our client encounters have been through tele-visits either by telephone or video conferencing but we are moving forward in expanding our in person visits while following safety precautions.

Our services include individual, family and AODA counseling for youth, adolescents and adults. We are also providing Intoxicated Driver Program services. In the near future we will be holding virtual relapse prevention groups and increasing our recovery groups.

Please call 715-779-3741 for a
referral to services.



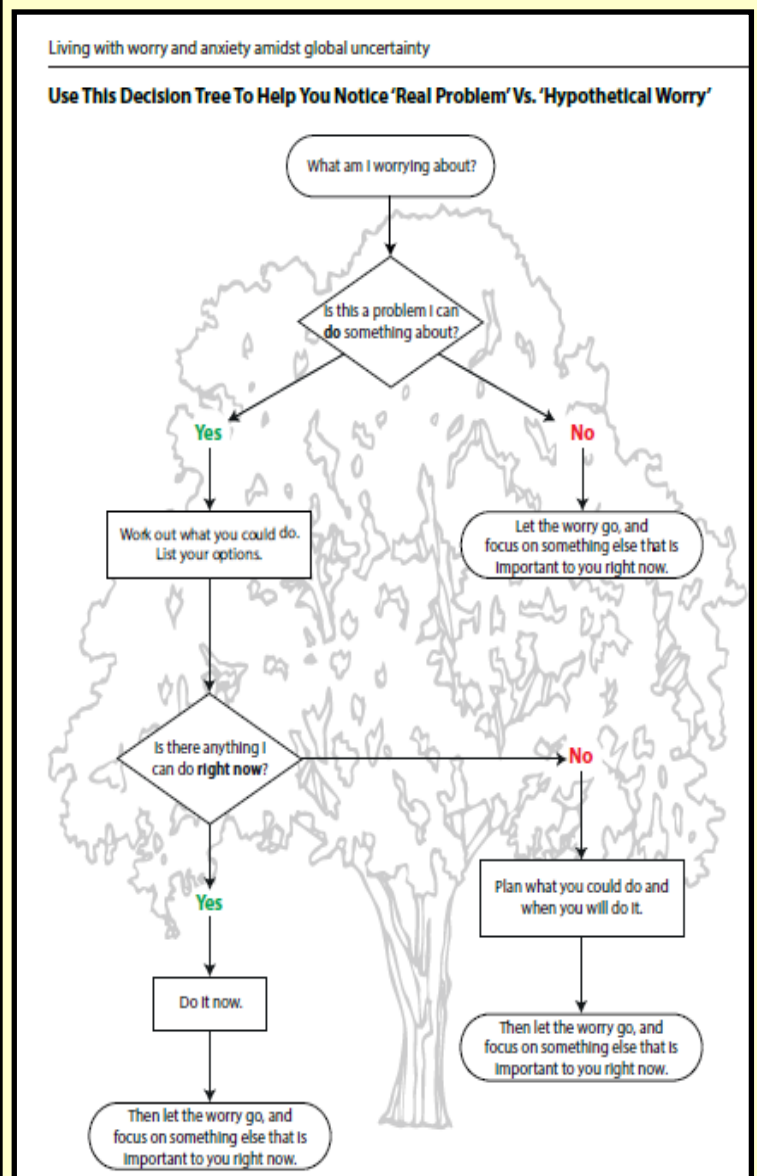
Treatment, Referral, Enhancement & Expansion (RCTREE) News

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that strives to provide support for substance abuse with a variety of services including counseling, screenings to gauge an individual's involvement with substances, and arranging referrals to other services that could be beneficial in helping the individual with other areas they may struggle with. Anyone between the ages of 12-25 and who is facing difficulties due to substance use is eligible to join RC TREE. Upon joining RC TREE as a participant, there's 2 tasks that individuals will have to complete during their time in the program. The first is signing consent forms, which promises confidentiality of information and recognizes the participant has rights they can exercise within the program at any time, including the ability to withdraw from the program, if they so choose to. The other is participating in program specific assessments, which are used by RC TREE counselors to gain insight on their clients, as this helps the counselors to determine the progress the individual is making in the program and if any additional services should be considered. At this time, RC TREE would also like to announce that we have started in-person appointments back up again in the program, which enables the staff to be available and on-hand for clients in need of support and counseling. Along with the in-person appointments now being available at the Red Cliff Community Health Center in Red Cliff, WI, our staff has also begun to make themselves available at the Behavioral Health's Washburn Branch Office in Washburn, WI. If you have any questions pertaining to RC TREE, you can contact Gabrielle Gordon, the program's Lead Evaluator/Project Coordinator. This can be done by calling (715)-779-3741 ext. 2407 or by sending an e-mail to gordon@redcliffhealth.org.

Red Cliff Comprehensive Community Services (CCS)

What is psychoeducation? You may have heard of it but not quite sure how it can help you. It is a specific form of education to teach you about a particular problem. Here is an example of how the CCS program can enhance the services you may be receiving from a therapist:

If your problem is worry and you've determined you'd like to work with this issue on your plan, psychoeducation can assist you in processing what worry is, how it effects you, and how you may deal with it. An activity during a home visit may be something like this:





Noojimo'wewin News

Boozhoo Everyone! We are excited to let you know that we are working on a series of videos to be posted on facebook and Miisiniwind! Please watch for one that has already been posted about our Peer Support program here at the Noojimo'iwewin Center. We will also be doing one about our different services here, a video of our ever popular "Cooking With Ed" class, a guide to 12 Step Programs, arts and crafts, and more! Please watch for these in the upcoming weeks!

Our staff is enjoying Summer and spending time outside. We have a small vegetable garden here and Sarah continues to take people out to Mino-bii-maa-diziiwin Farm to participate in growing food and spend time in the beautiful farm environment.

While we still are not open for drop-ins due to COVID-19 restrictions, you can make a one-on-one appointment with Sarah, Ed, Cassie or Sonia from 8:00am to 4:30pm Monday through Friday. We are also continuing our online recovery meetings and will be re-starting our Back to Basics 12 Step and our Al-Anon group this month. Please watch for our flyer with days, times and links.

Enjoy Summer safely and Stay Well!

Boundaries & Selfcare

Having healthy boundaries will build self-respect and teach others to have respect for you. It will eliminate resentments and the feelings of insanity. It will teach you to know your limits, setting healthy boundaries and respecting other's boundaries. It begins with taking responsibility for our lives and what we will tolerate and not tolerate in our journey to wellness. We will learn what is acceptable in our relationships and what we will not tolerate. It encompasses, our physical, spiritual, mental, psychological, social, emotional, and financial wellness. It teaches us to be open to others and yet protect ourselves, finding balance in our relationships. With many of us who grew up with addiction, abuse, or where there was no boundaries or limits, we may not know what boundaries are and may become enmeshed with others, not knowing our own identity. We may become rigid and closed off to others and the opportunities those relationships can give. We may give and give until we are exhausted, doing for others, pleasing others, only wanting what they want and not knowing what we want or need for ourselves.

The first step is taking the time to sit with ourselves, asking ourselves what we want for our relationships and what we don't. Often, we hesitate to set boundaries for fear of rejection, anger or no one will respect the boundary we set. We believe in the myths we have been told or taken on throughout our lives, such as Love has no boundaries, if I set boundaries, I will lose love, or I do not deserve respect. It is important to change these messages and tell yourself that having boundaries will build healthy, loving respectful relationships and that more importantly I deserve respect.

If setting boundaries is new to you, here is a 4 step guide suggested by *Tracy Cleantis author of An Invitation of Self Care*.

Step 1: Clarify your boundary. Knowing what you will tolerate or not tolerate.

Step 2: Prepare for your conversation: Know what you need to say and mean it.. Practice runs are essential in delivering your need in a firm, kind and respectful manner.

Step 3: Be open to discussing and honoring each other's boundaries, being mindful this is an attempt at communicating your need for self care as well as building a healthy relationship. Begin with I statements, stating what you need.

Step 3: Recover. For many of us who may be new at setting boundaries, this can be stressful, so it is important that when you have set your boundary that you take time for self - care.

Learning to set boundaries and saying no, is beneficial to you and your relationships.

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'ewewin Center 37450 Watertower Road, Bayfield

715-779-3508

Mishomis Wellness Center-37390 North Bradum, Bayfield

715-779-3741

Red Cliff Washburn Behavioral Health -409 W Bayfield St 715-373-0639

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.

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/>