



Behavioral Health Department

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

June, 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 June we wanted the community to become more aware the services that the Red Cliff Comprehensive Community services (CCS) provides .

Did you know...

- The Wisconsin CCS program is only available in the state of Wisconsin
- Red Cliff is one of only 3 tribes that operate a CCS program
- Each individual's experience with CCS is unique.
- Available in 67 counties and three tribal nations



BH Program Highlight-Comprehensive Community Services

Comprehensive Community Services (CCS) is built around proven treatment and support methods. The programs offered through CCS are designed to promote and support recovery by stabilizing and addressing an individual's critical mental health and substance use concerns, including an individual's ability to self-manage their physical and social health; and an individual's ability to meet their basic needs, including housing, education, and employment skills. Individuals enrolled in CCS work with a dedicated team to decide which programs and supports will assist the individual to reach their recovery goals.

Eligibility for CCS

•Eligibility for CCS is determined through a screening process conducted by the county-based or tribal-based provider organization. This screening process is repeated annually to assess the individual's progress.

•An individual must be qualified for Badger Care or other forms of Medicaid.

For more information please contact Lorna Gamble, CCS Administrator at (715) 779-3741 x 2402 at the Mishomis Wellness Center.

In CCS, the individual takes control of their treatment and recovery. Programming is provided by a variety of people and may include assistance with:

- ◆ Coordinating and monitoring services to ensure the individual receives timely and appropriate care
 - ◆ Developing interpersonal skills, conflict resolution, and assertiveness
 - ◆ Developing independent living skills
 - ◆ Assistance in gaining and utilizing skills necessary to find and hold a job
 - ◆ Developing coping skills to manage the issues posed by mental illness and/or substance use disorder
 - ◆ Identifying supports for recovery and advocating for those supports
 - ◆ Therapy
 - ◆ Substance use disorder treatment
- Individuals enrolled in CCS work with a dedicated team to decide which programs and supports will assist the individual to reach their recovery goals.*

Coordinated Service Team

Our Coordinated Services Team (CST) assists families and children/adolescents who have multiple needs which may be related to mental health, alcohol, drug abuse, child protection, juvenile justice or special education. The families create the teams that will be most helpful to them. This personal tailoring allows for the family's strengths to assist them in finding their own solutions in the least restrictive way possible.



Meet the CCS Staff...

Lorna Gamble, Comprehensive Community Services (CCS) Administrator holds a Masters degree in counseling and has worked in many jobs with the tribe for 15 years in areas such as Indian Child Welfare and Domestic Violence programs. She will continue to work directly with clients providing psychoeducation, mental wellness, and skill development. She hopes to build trust, compassion, and empathy into the work she does with our community.

Susan Moore, Comprehensive Community Service (CCS) Facilitator has a Bachelor's Degree in American Indian Studies from the University of South Dakota, Vermillion. Susan has many years of on-going training in family violence, advocacy, and legal issues. As a service facilitator, she will provide case management, service planning, assessments, skill development, and psychoeducation.

Shelley Maday, Comprehensive Community Service (CCS) Facilitator graduated in 2010 from WITC in Ashland, Wisconsin with an Associates in Business Management. She has experience in suicide prevention and has been a direct service professional. As a service facilitator she will offer case management, service planning, assessments, wellbriety, psychoeducation and skill development.

Patricia G. Gordon, CCS Administrative Assistant/Mishomis Wellness Center Intake Coordinator has an associate degree in Early Childhood and has worked for the Red Cliff Tribe for over 20 years in various tribal departments. Patsy will complete intakes, answer questions, and direct you to someone in the CCS program to get you started on your journey with the CCS team.



L-R Shelley Maday, Lorna Gamble, Patsy Gordon & Susan Moore



Treatment, Referral, Enhancement & Expansion (RCTREE) News

At this time, the Red Cliff Youth and Family TREE program or RC TREE for short, is still in operation for anybody in the 12-25 age group looking for services to help with substance use concerns. The kind of services the RC TREE program has available includes tools to assess an individual's current substance use behavior and counseling that's used by staff to better understand an individual's struggle with substance use, in order to determine what program services will be beneficial for that individual to receive.

Another update to announce about the RC TREE program is because of the situation surrounding the coronavirus, the RC TREE program is no longer housed at one location. There are staff remaining at the program's initial location, which is the Red Cliff Community Health Center in Red Cliff, WI and some have been moved to the Mishomis Wellness Center, also in Red Cliff, WI. This change is likely to remain, even when things begin to settle down and return to normal. If you are interested to find out more about the RC TREE program or would be interested in possibly joining as a program participant to receive services of support for substance abuse, 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 ggordon@redcliffhealth.org

Native Connections

Raising awareness about suicide prevention and AODA misuse among Youth

With the cancellations of events and the need for distancing, our families are likely spending more time online.

With this in mind we are also providing additional resources on cyberbullying and social media safety on the Native Connections page of the Red Cliff Community Health Center website which can be found at <http://redcliffhealth.org/what-we-do/behavioral-health/native-connections/>.

You can also click on the link for the GLIFWIC Digital Resource guide found on the page for some fun and interesting lessons and activities on Ojibwe language, wildlife, and stories.

Please stay safe and supportive of each other, Miigwech!

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.



Noojimo'wewin News



Boozhoo Everyone! We are happy to let you know that, at the moment, the Noojimo'iwewin Center is open for client appointments only, and all staff are back and working in the office! Our hours are Monday through Friday, 8:00am to 4:30pm. Please call 715-779-3508 for an appointment with one of our Certified Peer Specialists. In an effort to keep our community and staff

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safe, we are not hosting drop-ins at this time, and all group activities and potlucks are on hold until we know that it is safe to gather again. In the meantime, please watch for videos that we are working on about a variety of subjects that will be available in the future. In other news, we are again working with Mino Biimaadiziiwin Farm to learn how to grow food and experience all the benefits of spending time outside. Please call Sarah if you are interested in participating: 715-779-3508. *We hope you are enjoying this beautiful Spring weather and are staying well!*

Recovery in Isolation

Becoming connected with other people in recovery is vital to maintaining abstinence. But faced with the problem we are experiencing with the Covid 19 virus, self-isolation and social distancing have become the norm for now. This is exactly the opposite of what people in recovery need, to feel comfortable in their own "new" skin. Self-isolation has been going on for weeks now and can easily produce anxiety, fear, loneliness and frustration. But people in recovery are maintaining abstinence. They are finding other ways to stay connected with people, use their alone time in ways that foster self-care, and get to know themselves better in the process. I remember in early sobriety I avoided many things that were triggers for me and as a result spent quite a bit of time relaxing by myself and just going to a lot of recovery support meetings, and not much else.

In my conversations with others in recovery here are some things they've used for those alone times:

- It's important to remember that practicing social distancing doesn't have to be that you cut yourself off from the world. While you may have to physically isolate yourself from others, there are many ways to remain connected to your recovery support group and use your alone time to discover the new wonderful you.
- Always, always take it one day OR LESS at a time. If overwhelmed remember you can always start your day over.
- Start your day by focusing on the positive and writing in a gratitude journal. The reason for a journal is it allows you to go back and look at other days, if you hit a roadblock today.
- Being in nature is very important, especially after a long northern Wisconsin winter. Take a walk, sit outside. If you have a dog, even better.
- Work on a puzzle, even if you don't like them. Call us at the number above and we'll curbside deliver one.
- Every morning remind yourself: "THERE IS NO PROBLEM IN THE WORLD THAT ALCOHOL OR A DRUG WON'T MAKE WORSE."
- Listen to more music. What's on television that makes you more relaxed?
- Take more breaks during the day to read out of a spiritual reflections book.
- Declutter your house. Who knew that cleaning out your closet could be so rewarding.
- Call or text a friend you haven't spoken to in a while. It's a great distraction from everything going on right now and a perfect opportunity to rekindle friendships.
- After a long winter is a great time to dust off the inside of your car, pick up the garbage.
- Be glad you have a higher power in your life and say a little prayer.
- Make a dreamcatcher, work on a new talking stick, do some beading.

Noojmo'ewewin Online Recovery Groups Red Cliff Wednesday Night Wellbriety

6PM Wednesday Night, Meeting ID: 745 466 870 Password: nicetry

Link: <https://us04web.zoom.us/j/745466870?pwd=Y2dtVC9oK3AyOEY0TlcvME56Z1FiQT09>

Red Cliff Friday Night AA Group

6PM Friday, Meeting ID: 336 665 9454 Password: REDCLIFF

Link: <https://us04web.zoom.us/j/3366659454>

Use Link or call (312) 626-6799 to join meeting

Love is a choice you make every day - Dr. Gary Chapman

Have you ever felt frustrated when a child, partner or friend says to you that they “don’t feel loved” by you? Perhaps all you can think of is how you have done everything possible to show love to them?

Most people might feel hurt and maybe even confused, thinking to themselves: “What do you mean I don’t love you??? Of course I love you! I always (insert behavior such as “fold your clothes”, “buy you flowers”, “attend your basketball games”, “tell you I love you”, or “kiss you good morning”). Dr. Gary Chapman, believes that each of us, adult and child, have a “love language” and that we often show others we love them by doing things for them that align with our love language and would show us that we were loved. These things may or may not actually help our partner, friend, or child “feel loved.”

He suggests we take the time to learn what the love language is of our kids and our partners. He has free quizzes available online that give you instant results to learn more about your love language. Results include tips on specific behaviors that help each type of love language to feel more loved. It is free, fun to take, and can be a helpful tool to increase the feeling of love and connection in your family. Ask yourself and your loved ones: “what’s your love language?”

To learn more, check out: <https://www.5lovelanguages.com/5-love-languages/>



Name it 2 Tame it Shark Music

If you have ever seen the movie “Jaws” you probably know what “shark music” is. The instant you hear that song, you know something bad is about to happen in the movie. In real life, we each have our own “shark music” that starts to play in different situations and signals our brain that we are in danger. Sometimes we really are in danger, but often we are not. Our “shark music” might cause us to react to people, our children, or situations in ways that we feel bad about afterwards. By learning what turns up our shark music we can also learn to turn it down. With our shark music turned down we can choose to respond in ways we feel good about.

To learn more about shark music and how to turn it down visit: <https://vimeo.com/circleofsecurity/being-with-and-shark-music>

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 Watertown 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