



Behavioral Health Department

MH & AODA Outpatient • CCS • CST • TOR • RCTREE • CTAS

Native Connections • Noojimo'iwewin • MWC

September 2020 NEWSLETTER

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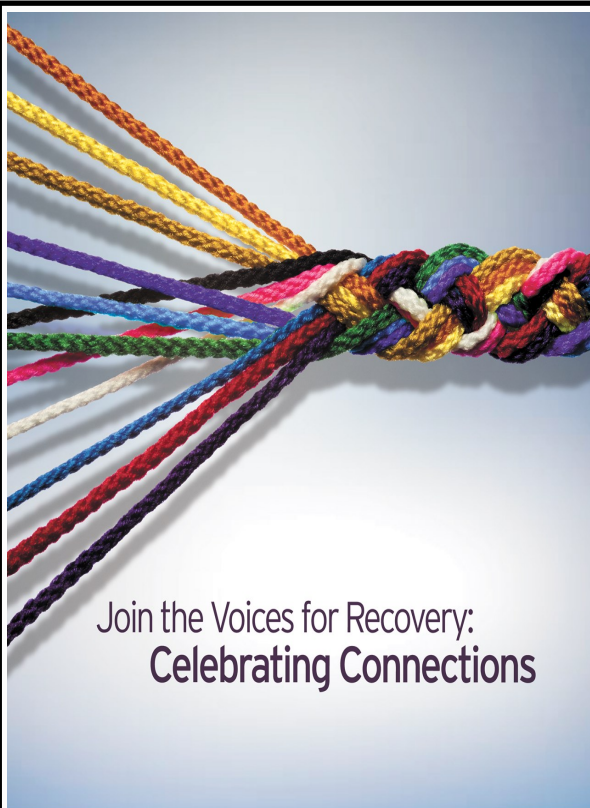
Boozhoo from the

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 the month of September, we want the community to become more aware of the RC TREE Program!



September is Recovery Month!

Please join us as we celebrate the fact that Recovery is Possible!

Each September, Recovery Month works to promote and support new recovery treatments and practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members who make recovery in all its forms possible.


It has been said that the opposite of addiction is connection.

Experiencing the fellowship that happens during 12-Step Recovery meetings, and receiving Peer Support, connects you with others who understand where you are in your life, have been there themselves and can share their recovery stories to help and inspire you on your recovery journey.

Red Cliff Behavioral Health Department is dedicated to helping you in your recovery and can connect you to AODA & Behavioral Health services, Recovery Groups and Peer Support.

Please call 715-779-3741 for more information.

Behavioral Health Program Highlight– RC TREE



Red Cliff Youth & Family TREE Project

(RC TREE, for short)

Staff

Gabrielle Gordon - Project Coordinator/Lead Evaluator
Jeanna Morshead-Metelica - MSE, LPC, CSAC
John Helms - Parent Coordinator
Tammy Kolesar - LPC-IT, SAC-IT

Eligibility Requirements

Individuals who are in the age range of 12-25 years old and who are seeking treatment services for substance use are eligible to join RC TREE

More information on RC TREE can be found by calling either the Community Health Center at 715-779-3707 or the Mishomis building at 715-779-3741 and asking for "RC TREE services"

Services

Enrollment into RC TREE involves participating in assessments and screens to determine the severity and frequency of an individual's substance use. Helping to give a glimpse into the individual's current state of wellbeing and the substance use concerns they struggle with. Beyond the enrollment process, assessments and screens are continued as a person progresses in the RC TREE program, since the tools help RC TREE staff to gauge whether the services a client receives for their substance use treatment has a positive influence on the individual. If it's the case that the services don't initially meet this outcome, the services can be changed as necessary to what will best suit the client and their needs within the program.

Some services offered in RC TREE include counseling, relapse prevention planning, and treatment for coinciding mental health disorders.



Gabrielle Gordon-Project Coordinator/Lead Evaluator



Jeanna Morshead-Metelica, MSE
LPC, CSAC



John Helms, Family Services Coordinator



Tammy Kolesar, LPC-IT, SAC-IT

CCS Program

If you are looking for services that provide mental wellness in a culturally sensitive way, the CCS program can meet in various environments. Going to the beach, sitting under a tree, or sitting on your porch, the CCS program will discuss options and techniques to improve ways of dealing with substance abuse or mental health problems that feel right for you.

- ♦ Peer Specialist
- ♦ Psychoeducation
- ♦ Skill Development
- ♦ Case Management (Will coordinate services in addition to CCS services)

The Red Cliff CCS Program offers services to qualified individuals dealing with substance abuse and mental health problems. If you are on medical assistance and feel you could benefit from our services, please call our office to discuss options! For additional information, please feel free to call Lorna Gamble, CCS Administrator at the Mishomis Wellness Center at (715) 779 3741 x 2402.

Bawaa'iginaakoonikedaa! (Let's make rice knockers!)



On August 20th community members, program staff, and friends from other communities participated in a virtual wild rice knocker making event presented by TNR, THPO, and Native Connections.

Broadcasting from homes, offices, and even out in the wiigiimam, stories and teachings were shared about manoomin while participants shaved and shaped their cedar knockers. Tips on everything from getting in the canoe, what shape and size the knockers should be, techniques for knocking the rice in the canoe, stories about how the rice gets processed, and Ojibwe words and phrases for harvesting were shared. Participants were provided with wood and sandpaper as well as a wood shaver to use if they needed to borrow one so they could make their set while taking in these stories and lessons.

A pre-recorded canoe safety demo was also shared which can be accessed at:

<https://www.youtube.com/watch?v=Feo-HS9Fcb0>

Canoe safety demo w/ Mark Duffy & Clarissa Bressette



Healthy Lifestyles Challenge

In collaboration with Boys and Girls Club of Gitchigami and Red Cliff DV Program we are promoting a Healthy Lifestyles Challenge for youth ages 6-17. Physical activity for our youth, especially with social distancing needing to be applied in our lives, is not only an effective way to keep their bodies healthy but is also a proven tool to maintain and build mental health resilience and wellness. We are looking forward to seeing our youth in the community find ways to stay healthy and active and support them in their efforts.



September is Suicide Prevention Awareness Month

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 & 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

It is important to be there for loved ones and to be attentive to warning signs for increased risk of suicidality so that proper steps for prevention can be taken to keep our loved ones healthy.

Miigwech and stay well!



Recovery Story

In sharing our stories of recovery, we inspire hope in others:

“September 5, 1984, I walked into Hibbing Inpatient treatment center and from that point on I have not consumed alcohol or any mind - altering chemicals. My 3rd attempt at getting sober, and it took being told I would die within a year if I didn't stop my drinking and drugs. This day changed my life forever.

Through the fellowship of AA and NA, sponsorship, sober friends and family, professional counseling, and traditional ceremonies, I have maintained complete sobriety for 36 years. My life has changed completely from desperation to gratitude and living in the moment, breathing in all that life has to offer.

I came from a world of addiction, family dysfunction, physical and sexual abuse, foster-care system. with no sense of worth, self- identity or self - love. Today I am a healthy human being with hopes of enjoying all that life has to offer because I have chosen to not drink or take drugs and to follow a few simple rules of life.

I wake up each day and make the choice to be sober, I then ask Creator for the strength, and guidance to walk in sobriety and practice a few spiritual principles, such as kindness, love, honesty, humility, courage, respect and to share my experience, strength and hope for others. My world is filled with family and friends who are on a similar path of wellness and kindness, this sustains me, gives me hope so that I never return to the misery of active addiction.

Join the Voices for Recovery:
Celebrating Connections

I have been blessed with 36 years of life without booze and drugs in my body and I continue to be mindful of my sobriety, taking care of it with love and perseverance. My hope is that I am a seed of hope for those still suffering from their addiction.” LD

Noojimo'iwewin News !!

The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space. At this time, due to COVID-19 safety requirements, we are not able to host drop-ins, group activities, in-person recovery groups or feasts. We do have online recovery group meetings -please contact us for more info. We are currently open to client appointments Monday – Friday from 8:00am to 4:30pm. Staff are also available by phone. Please call **715-779-3508** to connect with staff and/or make an appointment.



An Invitation to the Tribal Farm!

Sarah Nevins, Certified Peer Specialist

Boozhoo friends! September is upon us with all its flowers, bees and birds, and the joy of the harvest is in full swing! I'd like to take invite people out to Mino Bimaadiziwin, the Tribal organic farm, if they are interested in dipping their toes in the goings on at the farm. The farm is currently closed to visitors and drop-ins to promote the health and safety of farm employees; however, I work with people one on one at the farm just about every week. The season is going full blast at this point so there's always lots of harvesting and maintenance to be taken care of. What a beautiful location too, set back from the roads, the farm is just an oasis of tranquility. Many types of birds visit us every day, I'll be sitting out in the field, trellising beans.. and a little finch will perch and just watch me while cheeping quietly. Of course, I have to cheep back and say, “hello little beautiful creature!”. Such experiences just make my day! There's been a great blue heron visiting the farm regularly too, hunting snakes and just generally loitering around being beautiful. The sound of the breeze rustling gently through the leaves, and the hills rising up beyond the orchard like they are holding us in a gentle loving embrace... the warm sun on my skin saturating me with all that lovely vitamin D that I am trying to suck up like a vacuum cleaner...I just feel such solace when I am here, it's like a balm for the soul. If anyone wants to come out for a morning to do a little harvesting, weeding, or whatever we have on the docket for that day, please get in touch with me! I am always happy to chat with folks about the farm. Even if you just want to ask questions, please do get in touch. My email is snevins@redcliffhealth.org and my phone number is (715)779-3707 extension 2543.

I hope you are all enjoying your late summer!



Mental Health & Substance Abuse Program News!

During the month of September we want to take the time to raise awareness of recovery, suicide prevention and self care.

The Importance of Self-Care in Recovery

Addiction negatively affects your mood, motivation, self-perception and sense of well-being. Stress, negative emotions and boredom become major triggers for using. Recovery requires replacing the use of drugs or alcohol with healthier alternatives. It requires staying ahead of triggers and having the energy and skills to deal with unpleasant emotions and situations. A lack of self-care leaves you vulnerable to negative feelings and saps your motivation. If you're not taking care of yourself, your mood suffers, your concentration decreases and your ability to cope with cravings and triggers is compromised. Self-care helps you maintain a stable mood, and it leads to **more energy and motivation** and better coping abilities. Just one small act of self-care can snowball, leading to other healthy decisions that give you self-confidence and improve your sense of health and well-being.

Tips for Taking Good Care of Yourself

An acronym used frequently in treatment programs and support groups is **H.A.L.T.**, which stands for hungry, angry, lonely and tired. These negative states can quickly lead back to substance use as a way to escape the unpleasant feelings. Good self-care helps you cope better with them when they do occur.

Here are six essential aspects of self-care that will improve your chances of successful recovery.

1. **Fuel your brain and body with healthy food.** A nutritious diet helps keep your blood sugar and mood stable, and it improves your concentration and energy levels. Eating healthy food makes you feel good, and when you feel good, you're less likely to use drugs or alcohol

2. **Have fun and relax every day.** Finding ways to have fun and relax without drugs or alcohol is essential for successful recovery. Fill your time with enjoyable activities and hobbies to reduce stress and promote fun and relaxation without drugs or alcohol.

3. **Get plenty of sleep.** A lack of sleep affects every aspect of your health and leads to negative moods and emotions and a lack of energy and motivation. It's difficult to focus on recovery when you're tired.

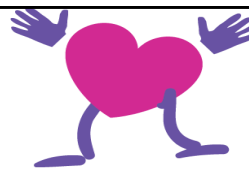
4. **Exercise.** Exercise improves your mood, energy and concentration and promotes better overall health. Regular exercise is an important stress reducer and a potent deterrent for relapse.

5. **Reduce stress.** Stress is a major trigger for relapse, and good self-care helps keep stress levels down. The best stress-busters are adequate sleep, exercise and regular meditation.

6. **Stay mindful.** Mindfulness of your physical sensations and mental states helps you stay focused on changing negative emotions and addressing physical discomfort before these things lead to relapse.

Good self-care as one of the most important aspects of recovery, leading to positive emotions, better physical health and a keener sense of well-being. Good self-care promotes a higher overall quality of life and successful abstinence for the long-term.

Our outpatient programs continue to take new referrals for mental health and/or substance abuse services. Please call 715-779-3741 for a referral to services.



SEPTEMBER IS
SELF ♥ CARE
AWARENESS
MONTH

2020 National Recovery Month Webinar Series

National Recovery Month is a national observance to educate communities that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. Now in its 31st year, Recovery Month celebrates the gains made by those living in recovery.

- September 10: SAMHSA Transforming Lives Through Supported Employment
- September 17: Communities Supporting Recovery
- September 24: The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model





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 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

**name it to
tame it
-shame-**



If you have ever seen the movie "UP" you probably know what shame is. Doug the dog is looked down upon and made to feel he is not as good as the other dogs and is pushed away from or out of the pack. Doug seems sad, lonely and hurt by this shaming.

The pack even makes Doug wear "the cone of shame" so everyone will see Doug is being shamed.

In real life, the cones of shame we put on people are not so easy to see. They can come in the form of stigma, gossip, unwelcoming looks, avoidance, exclusion, labeling/name-calling, judging, and many other things. Shame drives disconnection and feelings of hopelessness. Shame prevents people from seeking the help that they need. Learning to identify shame and the stigmas that cause it are first steps to ending it in our community.

Call out shaming when you see it and make the choice to not engage in shaming others.

To learn more about shame and get tips to on how to stop it:

<https://www.northernhealth.ca/health-topics/stigma>

<https://brenebrown.com/blog/2013/01/14/shame-v-guilt/>

https://www.ted.com/talks/brene_brown_listening_to_shame

<https://drugabuse.com/addiction/stigma/>



**CALLING ALL
YOUTH AGE 6-17**

**HEALTHY
LIFESTYLES
CHALLENGE**

Register by August 28!



KIDS COMPETE FOR
MILEAGE VIA :
WALKING, BIKING,
HIKING, SWIMMING,
DANCING, ETC.

FIRST 20
PARTICIPANTS TO
REGISTER WILL
RECEIVE A
PARTICIPATION
INCENTIVE

GRAND PRIZES FOR
MOST PHYSICAL
ACTIVITY TRACKED

3 TOP PRIZES
FOR AGES 6-12 &
3 TOP PRIZES
FOR AGES 13-17

Call Patsy Gordon to
register: 715-779-3741

You will be provided a kit
once you register to help
keep track of physical
activity, educational
material, and guidelines for
the challenge.

Limited Space! Call by
August 28 to register!