



Behavioral Health Department

OCTOBER 2021 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!

October is
National Depression
and Mental Health
Screening Month

♥
Awareness Matters

October is National Depression Awareness and Mental Health Month

TIPS FOR TACKLING DEPRESSION



Figure out what lifts your spirits and make a list you can refer to when you start to feel down. Some things you might include: funny websites, movies that make you laugh, looking at pictures of good times, playing with a pet, taking a bath, hiking, puzzles, phone numbers of people you like talking to or places you like to go.



Get moving to get your body's feel-good chemicals flowing. Take a brisk walk, go up and down the stairs, or do some jumping jacks. Aim for 30 minutes daily - you can break it up into three, 10-minute sessions to make it easier.



Remind yourself that everything does not suck by keeping a journal. Take some time each night to write down three things that you're grateful for, three things you achieved during the day, and/or three good things that happened.



Make an appointment with a therapist. It might take a while to get an appointment, but once you have that relationship it will be easier to set up appointments in the future. Taking that first step can make you feel like you've made progress, give you a sense of control over your condition, and hope for the future.



If your to-do list seems daunting, take a few moments to determine how much time it actually takes to complete each task. For instance, folding laundry may seem like a real pain, but only takes about 10 minutes. Rather than allowing it to sit and become a big, intimidating laundry pile, you'll feel a sense of accomplishment in getting it done. Start with quick tasks and build up momentum to taking care of the more time-consuming ones.



Call someone you trust and ask them to talk to you or even just sit with you. Having a non-judging person present can help you open up, or at least feel less alone. If you can't get in touch with a friend or family member, go to www.warmline.org to find someone to talk to in your state.



Challenge your negative thoughts about yourself. Being depressed may make you feel like something you've done was horrible, or that you're ugly, or that you don't deserve good things to happen. But if a loved one told you they were feeling that way—what would you say to them?

Depression and Mental Health Screening Tools

Depression is a mood disorder that causes a persistent feeling of sadness with the loss of interest in doing life's daily routines. Major life events such as the loss of a loved one or a job can lead to depression. Depression is consistent problem not a passing one that can last years if not diagnosed and treated properly. Can you recognize some of these warning signs?

- Feelings of helplessness and hopelessness
- Loss of interest in daily activities
- Appetite and weight changes
- Loss of energy-constant fatigue
- Sleep changes
- Anger or irritability
- Strong feelings of worthlessness or guilt
- Engaging in reckless behavior- "I don't care anymore"
- Concentration problems.



Screening tools are digital or paper resources that can be used to quickly help an individual determine if they have symptoms. If you do participate in a screening tool and it indicates you do display symptoms of a possible mental health problem, please reach out to your primary care provider or behavioral health program for further evaluation.

Below are some links to mental health screening tools:

Mental Health America Screenings: <https://screening.mhanational.org/screening-tools/>

American Mental Wellness Association Health Screening: <https://securservercdn.net/198.71.189.253/44b.3e9.myftpupload.com/wp-content/uploads/2018/12/AMWA-Early-Intervention-screening-tool.pdf>

M3 Mental Health Assessment: <https://whatsmym3.com/>

Help Yourself. Help Others Screening: <https://helpyourselfhelpothers.org/>

ULifeline Student Screening Tool: <https://screener.ulifeline.org/>

Please contact the behavioral health department for more information or

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

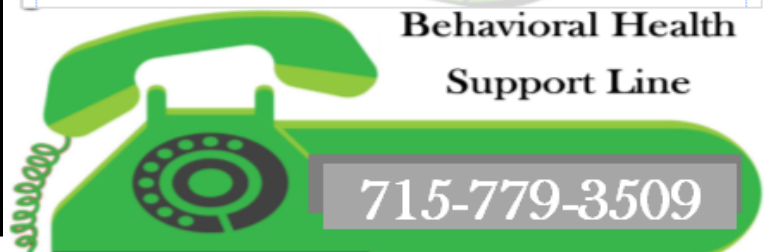
Bayfield County Mental Health Crisis Line 1-866-317-9362

Northland Counseling 715-682-2141

Memorial Medical Center 715-685-5373

911 if threat to harm self or others

**Behavioral Health
Support Line**





Native Connections helps Native American communities identify and address the behavioral health needs of Native youth with an emphasis on suicide prevention and AODA misuse reduction among youth 0-24 years of age and their families.

From the time that Native Connections had first began, the program and staff strived to be a resource to help educate and inform the Red Cliff Community about the topics of suicide and substance abuse, to help increase awareness that Native Connections could be an option for people struggling with either concern. Supportive services to help anyone seeking help with suicide or substance abuse included offering peer support, along with gently guiding the individual to possible support hotlines that they could reach out to if they ever found themselves alone and without someone to turn to for immediate support. Awareness to Native Connections' focus on suicide prevention and substance misuse reduction was also showcased to the Red Cliff Community through putting on a variety of events throughout the years to help communicate the importance of wellbeing and offering opportunities for the public to engage in fun, drug-free activities.

It is with a heavy heart to announce that Native Connections will no longer be continuing to offer its services to the Red Cliff Community. Native Connections had officially come to an end on its last day, which had been September 29, 2021.



The Behavioral Health Department is thankful for all that Native Connections was able to achieve in the years it had been active, including the priority the program made to interact with the public not only through its own community events, but by also looking for opportunities to collaborate with other programs and help by offering support to the other program as they worked to make their community events a reality.

Miigwech to Mark Gokee and Mark King for the time they put into Native Connections and for continuing to offer community activities for the public to have access to during the COVID 19 pandemic that followed the Red Cliff Tribe's safety and social distancing protocols for events. Best wishes to Mark Gokee on his new work endeavor and Mark King will be transitioning to RC TREE, as the program's Youth Services Coordinator starting October 1, 2021.

A big Miigwech as well to all the previous staff who've been involved with Native Connections; the program and the positive involvement it was able to have in the Red Cliff Community will be greatly missed.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program available to provide supportive services to help anyone in the age range of 12-25 years old struggling with substance abuse and their parents/guardians.

Some of the services that clients can receive include:

- **Brief Intervention Therapy**
- **Outpatient Counseling Services**
- **Inpatient/Residential Funding**
- **Assistance with finding Support Groups**
- **Relapse Prevention Planning**
- **Peer Support/Mentoring**

Additionally, the RC TREE project can help clients who also have co-occurring mental health disorders. For anyone, who meets the criteria of having a co-occurring mental health disorder, services to supplement the client's management of it are pursued and help is offered to uncover coping mechanisms the individual can use whenever their mental health concern causes them to feel stressed or overwhelmed.

Screening tools are also something that's utilized with clients to uncover the frequency of a person's substance use and to determine which supportive services would be beneficial for them to receive during their time in the RC TREE project. The screening tools do this by not only asking questions about drug and alcohol use, but also by looking at areas in a person's life that can influence their substance use, like their living conditions and current emotional state.

Due to the importance the screening tools play in gauging the effectiveness of services being used to treat clients, the screening tools are frequently used with clients throughout their time in the RC TREE project to determine if their service plan needs to be changed by updating the services they are already receiving.

When the screening tools need to be conducted with clients, there are incentives that clients can receive upon completion of the screening tool with the RC TREE staff, the only exception is the one performed at intake, as the screening tool for that occasion is a part of 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

1st Annual Recovery Celebration

Miigwetch to all who participated in our color run/walk, the speakers & musicians who attended and made this first annual event a success!!



Michael "Scooter" Laughing Fox Charette
Music | Laughing Fox (bandcamp.com)



Frank Montano



Devin Thunhorst

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.

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



-Regret-

Name it to Tame it

If you have ever seen the movie, "Hocus Pocus" you probably know what self-blame is. Thackery Binx was turned into a cat by the Sanderson sisters after failing to save his little sister, Emily from the witches. Alongside being turned into a cat, Thackery has a curse put on him that allows him to live forever to dwell on his memory of the failed rescue. Thackery spends three centuries without companionship of family or friends, living with the emotion of self-blame, as the encounter with Sanderson sisters resulted in Thackery losing his sister and feeling as though it was his fault. Continuously having thoughts that if he'd been able to do more in his faceoff with the Sanderson sisters,, maybe things could have turned out different, where he could have saved Sarah and he'd continue to live his life as a human instead of a cat.

To learn more about self-blame and the effects it can have on mental health visit:

<https://psychologia.co/self-blame-test/>

and

<https://www.psychologytoday.com/us/blog/emotional-nourishment/201801/self-blame-how-do-you-respond-when-things-go-wrong>