



Behavioral Health Department

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

MARCH 2021 NEWSLETTER

Featured Articles/Program Updates

Nat'l Drug & Alcohol Facts Week.....1
Nat'l Drug & Alcohol Facts Quiz2
Native Connections Program Update and Info on Self-harm3
CCS/CST Program4
RC TREE Program4
Noojimo'ewewin Center5
Quiz Answers, Brain Effects.....5
Mental Health & AODA Program....5
name it to tame it.....6

~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 Onaabini-giizis, (Crusty Snow Moon ~ March) we are highlighting AODA Facts and Self-Harm Awareness!

March 22 - 28, 2021 is National Drug and Alcohol Facts Week!

There are many concerning statistics regarding drug and alcohol use in our country today:

In 2018, 20.3 million people in the US age 12 or older had a substance abuse disorder:

14.8 million people with an alcohol use disorder

8.1 million with an illegal drug use disorder, the most commonly abused drug being marijuana with 4.4 million people having a marijuana use disorder

2 million people had an opioid use disorder (including prescription pain reliever and/or heroin use)

We can see that addiction is a prevalent problem for our communities and it is especially dangerous for our young people. In order to heal our communities from alcohol and other drug use disorders, we need to have as much information as possible to understand where we are at and what the root causes are.

You can test your knowledge on youth alcohol and drug use by taking the quiz on page 2 of this newsletter ~ the answers are on page 5.



National Drug & Alcohol Quiz !

- 1. The percentage of teens who drink alcohol has increased over the last 10 years.**
 - A. True
 - B. False
- 2. According to research from 2019, in the past month, approximately how many high school seniors reported vaping THC, the chemical in marijuana that causes the high?**
 - A. 40 percent
 - B. 32 percent
 - C. 26 percent
 - D. 14 percent
- 3. Scientists have discovered that vaping nicotine exposes people to which of the following chemical compounds?**
 - A. Formaldehyde, a gas that has been linked to cancer
 - B. Acrylamide, a chemical used to treat wastewater, including sewage
 - C. Crotonaldehyde, a poisonous and highly flammable liquid with a suffocating odor
 - D. All of the above
- 4. Which drug do adolescents use the most?**
 - A. Alcohol
 - B. Marijuana
 - C. Nicotine (vaping)
 - D. None of the above
- 5. If a person takes Ritalin[®] (a prescription medicine for attention-deficit/hyperactivity disorder) at the same time they take a decongestant, what could happen to them?**
 - A. Blurred vision
 - B. Increased heart rate and blood pressure
 - C. Chills and sweating
 - D. None of the above
- 6. Which statement below is false?**
 - A. The liquid in e-cigarettes—whether or not it is flavored—can be toxic (poisonous).
 - B. Unlike cigarettes, vaping nicotine does not affect the development of the brain's reward system.
 - C. Some e-cigarettes contain high levels of metals like nickel and chromium.
 - D. Early studies suggest that teens who vape are at a greater risk for smoking cigarettes in the future.
- 7. Research shows that young people's brains keep developing well into their 20s. What effect could alcohol have on the development of the brain? Choose all that apply:**
 - A. Cause cognitive or learning problems
 - B. Affect brain structure and function
 - C. Sharpen your cognitive function
 - D. None of the above
- 8. Which of the following could increase the risk that someone will have a problem with drugs?**
 - A. Mental health issues
 - B. Starting drug use at a young age
 - C. Genetics
 - D. All of the above

Quiz continued on next page.

Quiz from 2020
NATIONAL INSTITUTE ON DRUG ABUSE
<https://www.drugabuse.gov>



Boozhoo from Native Connections!

A couple of updates from the program. First, to extend a chi-miigwech to Clarissa Bressette for her work with the program. Clarissa wrapped up her time working with us and can now be found working for LCOCC. We appreciate the knowledge, creativity, and enthusiasm she brought to the program and look forward to collaborating in the future.

Our Youth Engagement Coordinator, Steven Luther, has been working with the Boys and Girls Club to provide some tutoring and assistance for our youth. We, along with the Family Violence Prevention Program, are also looking forward to seeing what the community youth will post on the **Tik Tok Challenge**. Categories will be duet, solo, lip synch, dance, best editing, and most education. Categories will be judged on Wednesday March 10th.

To wrap things up this month, we'd like to provide some insights, that hopefully our community will find helpful, on the difficult topic of **self-harm**.

From MentalHealth.gov: Self-harm refers to a person's harming their own body on purpose. About 1 in 100 people hurts himself or herself in this way. More females hurt themselves than males. A person who self-harms usually does not mean to kill himself or herself, but they are at higher risk of attempting suicide if they do not get help.

Self-harm tends to begin in teen or early adult years. Some people may engage in self-harm a few times and then stop. Others engage in it more often and have trouble stopping.

Many people cut themselves because it gives them a sense of relief from the emotional pain by transforming it to physical pain. Some people use cutting as a means to cope with a problem. Some teens say that when they hurt themselves, they are trying to stop feeling lonely, angry, or hopeless.

It is possible to overcome the urge to hurt yourself. There are other ways to find relief and cope with your emotions. Talking with someone, friend, relative, or someone with training like a counselor, to assist those who feel the need to engage in self-harm can be helpful and provide a healthier and balanced alternative for gaining a sense of relief and emotional balance.

Miigwech miinawaa weweni go. Thank you and take care

Quiz continued...

9. **Fill in the blank: Prescription opioid medicines, used to relieve pain, are similar to the illegal drug _____.**

- A. Cocaine B. Methamphetamine C. Heroin D. Psilocybin

10. **Long-term effects of methamphetamine (meth) use include which of the following?**

- A. Mood swings
B. Severe dental problems, known as "meth mouth"
C. Psychosis
D. All of the above

11. **Which medicine, if given right away, can reverse the effects of a heroin or opioid overdose and prevent death?**

- A. Methadone B. Oxycodone C. Naloxone D. Hydrocodone

See the answers on page 5!

Red Cliff Comprehensive Community Services (CCS)

Comprehensive Community Services is a voluntary program that provides services to children and adults who have mental health or substance abuse issues. Services are individualized offering an array of Red Cliff Tribal and Bayfield County services. Services are client directed, recovery oriented and strengths based. The Red Cliff CCS program provides services to Red Cliff Tribal members and Red Cliff Community Members within reservation boundaries and Bayfield County.

Services are covered by Medical Assistance through Wisconsin's Comprehensive Community Services. Services are not time limited. It is the vision of CCS to support, participants to achieve maximum independence, ultimately resulting in discharge from CCS. Individualized criteria will identify in what circumstance discharge should occur.

Red Cliff Coordinated Services Team (CST)

A CST team is a group of individuals, including family members and service providers chosen by the family, who work together to respond to the service needs of a child and their family. This wraparound process aims to achieve positive outcomes by providing a structured, individualized team planning process. Additionally, this collaborative approach results in a plan of care that is more relevant to the needs of the child and their family. The child and their family develop and refine their problem-solving skills, coping skills, and belief in their ability to complete tasks and reach goals. Planning is grounded in family members' perspectives and the team strives to provide options that reflect the family's values and preferences.

For more information , please call Lorna Gamble, CCS & CST Administrator at (715) 779-3741 x 2402.

RC TREE Program

The Red Cliff Youth and Family TREE Project or RC TREE for short, is a program that's available to offer supportive services for individuals who are struggling with substance abuse. To receive services from RC TREE, the age that the program serves are 12-25 year olds. Extension of services can also be provided to family and guardians of a client enrolled in the program, as doing so allows the opportunity for the family structure of the client to benefit as a whole from participation in treatment and recovery services compared to if services were limited to just being available to solely the client.



Services vary for each individual and determination of which services clients receive is done by RC TREE staff utilizing screening interviews at various points throughout the program. The screening interviews help the RC TREE staff to uncover the frequency of a client's substance use and from that information, it can be determined which program services will be of benefit to the client. In the screening interviews being a task that clients are expected to engage in for the purpose of monitoring progress in the program, incentives will be rewarded to clients for their participation in the screening interviews. The only exception will be for the screening interview done at intake as that interview is considered part of the enrollment process.

This is a list of some of the services that can be offered in the RC TREE project:

- Brief Intervention Therapy
- Supportive Treatment Services
- Recovery Support
- Treatment Referral/Outreach
- Counseling Sessions
- Assistance with finding Support Groups
- Relapse Prevention Planning
- Peer Support/Mentoring

If you'd like to inquire about the RC TREE project or any of our services, please call (715)-779-3741.

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. At this time, due to COVID precautions, we are not able to host group activities, feasts or in-person recovery meetings but we do have online recovery group meetings. Please contact us for more information.

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 enter extension, or you can email staff:

Ed Metelica, Peer Specialist Ext. 2451 or email emetelica@redcliffhealth.org

Justin Hansen, Peer Specialist Ext. 2397 or email jhansen@redcliffhealth.org

Rosalea Botka, Behavioral Health Outreach Specialist Ext. 2452 or email rbotka@redcliffhealth.org

Cassie McCrow, Nooji Project Coordinator Ext. 2450 or email cmccrow@redcliffhealth.org

The Noojimo'iwewin Center is a safe, sober and welcoming drop-in center and community space.

Quiz Answers:

1. B False
2. D 14%
3. D All of the above
4. A Alcohol
5. B Increases heart rate and blood pressure
6. B Regardless of how nicotine is delivered, it activates the brain's reward centers.
7. A & B While young people's brains continue to develop into their 20s, alcohol can alter this development, potentially affecting both the brain's structure and its function, meaning how well it processes information.
8. D All of the above
9. C Heroin
10. D All of the above
11. C Naloxone



RCCHC Mental Health & Substance Abuse Services

The RC Tree, CCS, AODA and Mental Health Outpatient Services are all currently accepting referrals. We provide telehealth services and are opening back up to face-to-face appointments.

To begin the AODA inpatient treatment process, please call Mishomis Wellness Center (MWC) and complete an intake. You will then be assigned an AODA counselor and begin the process for inpatient treatment. Due to limited treatment centers available because of COVID-19 and processing required paperwork, it takes nearly two weeks to get a treatment date.

Relapse Prevention Support is offered daily via virtual means.

Intoxicated Driver's Program (IDP) is available for those seeking those services.

Contact Patsy Gordon (MWC) for referral to MH and/or AODA services at **715 -779 - 3741**.

How does substance use affect the brain?

Brain research has shown that addiction harms the brain. One way is that it weakens the prefrontal cortex which helps a person make good decisions and control their impulses. Often referred to as the "CEO of the brain," the prefrontal cortex is responsible for critical thinking, abstract thought, focusing attention, organizing thoughts, controlling impulses, and forming strategies for future action. This is one of the last regions of the brain to mature, so changes caused by drug use or misuse by teens could have long-lasting effects. Read more about the parts of the brain and what they control: <https://teens.drugabuse.gov/blog/post/meet-your-brain>.

In a study using brain scans, scientists found that teens with higher substance use between ages 16 and 18 was linked with significantly less gray matter at age 25 in the left pars opercularis, a part of the brain that is involved in cognitive control. The neurons that make up gray matter are involved in much of what the brain does: muscle control, sensory control (hearing, seeing), speech, memory, and emotions. The pars opercularis is part of the prefrontal cortex, the part of the brain responsible for helping you make decisions. The prefrontal cortex isn't fully mature until well after you graduate from high school! Scientists think this might help explain why teens tend to take more risks than adults, including experimenting with drugs. Read more about how drug use can "shape" your brain: <https://teens.drugabuse.gov/blog/post/sculpting-your-brain-science-addiction>.

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



name it to tame it



overwhelm

If you have ever seen the cartoon "SpongeBob SquarePants" you probably know what overwhelm is. SpongeBob's emotions, thoughts, and actions are all over the place. He goes back and forth between being very unfocused to super focused on something seemingly random. Somehow by the end of the episode everything turns out fine and all the characters have had a good laugh. In real life, overwhelm feels anything but funny and is rarely helped by spending 30 minutes with a sponge, a squirrel, a starfish and a squid.

What is helpful is to notice when you feel overwhelmed, pause, and remind yourself that:

"this too shall pass - it may pass like a kidney stone, but it will pass."

It is also helpful to notice what actions make the overwhelm feel worse and what makes it better.

Judging or shaming yourself for experiencing overwhelm is not helpful and may keep you stuck in the feeling longer instead of moving you forward. To learn more about overwhelm and get tips to cope:

[CTR Institute Blog: How to Embrace Change](#)

&

[Therapy in a Nutshell YouTube Channel: Overwhelmed? Do this! An Antidote to Feeling Overwhelmed](#)

&

[A Mother Far from Home Blog: Discouraged Mama: This 5 Second Tip Will Help Turn Your Day Around](#)