

Behavioral Health Holiday Closure Resources

Behavioral Health (except RTC) will be closed:

- ▶ Christmas Eve (12/24)
- ▶ Christmas Day (12/25)
- ▶ New Year's Eve (12/31)
- ▶ New Year's Day (1/1)

December 28-30: A skeleton crew will be onsite for essential services

8 a.m. -12 p.m. and 1 - 5 p.m. (12 - 1p.m. closed for lunch)

- If you need Crisis assistance during this time call the front desk at (989) 775-4850 and tell the staff that you need to speak to the crisis worker.

On-call is available during the above lunch hour, after hours, holidays, and weekends by calling (989) 775-4850 and following the prompt to reach the on call worker.

Virtual Drop-In Group via Zoom will be offered over the holiday closure:

For mental health and/or recovery check-in Mon/Thur 2 - 3 p.m.

Zoom (website or App)

- Meeting ID: 833 5742 8200
- Password: wellness
- December 24: 2-3 p.m.
- December 28: 2-3 p.m.
- December 31: 2-3 p.m.

Additional non-BH Resources/Crisis Lines:

- **Peer 360 Recovery Alliance:** Text "ZOOM MEETINGS" to (989) 245-5324 for a list of direct links to all Peer 360's Zoom meetings.
- **Virtual Recovery Groups:** through www.intherooms.com has several virtual recovery groups including White Bison Wellbriety Groups.
- **Crisis Text Line:** Text "HOME" to 741741 to connect with a Crisis Counselor
- **Listening Ear Crisis:** 1.989.772.2918
- **Strong Hearts Native Helpline:** 1.844.762.8483
- **National Suicide Prevention Lifeline:** 1.800.273.8255
- **National Teen Dating Abuse Hotline:** 1.866.331.9474
- **National Human Trafficking Hotline:** 1.888.373.7888
- **National Domestic Violence Hotline:** 1.800.799.7233



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org

“APP” SOLUTELY COOL RESOURCES



App: Breathe, Think, Do with Sesame

<https://itunes.apple.com/us/app/breathe-think-do-with-sesame/id721853597?mt=8>

- **Cost:** Free
 - **Ages:** 2-5 years old
 - **About:** teaches self-regulation skills like breathing strategies, problem solving skills and development of self-control
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App: Smiling Mind

<https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8>

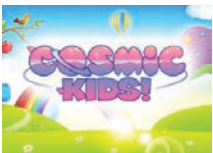
- **Cost:** Free
 - **Ages:** 7-18 years old
 - **About:** mindfulness, meditation and activities to help with emotional challenges
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App: Super Stretch Yoga

<https://itunes.apple.com/us/app/super-stretch-yoga/id456113661?mt=8>

- **Cost:** Free
 - **Ages:** 4-9 years old
 - **About:** interactive yoga app with 12 different poses to help regulate emotions through physical movement and breathing techniques.
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App: Cosmic Kids Yoga

<https://itunes.apple.com/us/app/cosmic-kids/id1401503306?mt=8>

- **Cost:** Free
 - **Ages:** 3-10 years old
 - **About:** yoga and mindfulness app using videos and a variety of activities to aid in managing arousal, body regulation and exploring the mind-body connection.
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App: Model Me Going Places 2

<https://itunes.apple.com/us/app/model-me-going-places-2/id375669988?mt=8>

- **Cost:** Free
- **Ages:** 4+ years old
- **About:** helps prepare children to visit and navigate unfamiliar community places and provides social and emotional learning. Modeling is used to decrease anxiety and teach children how to properly conduct themselves in common, but anxiety-inducing locations.



App: Pacifica

<https://itunes.apple.com/us/app/pacifica-for-stress-anxiety/id922968861?mt=8>

- **Cost:** Free and paid in-app upgrades
- **Ages:** 12+ years old
- **About:** cognitive behavioral therapy activities to help children with stress, anxiety and depression. It also addresses goal-setting and negative thinking as well as providing tools for mood tracking and promotes future-directed mindsets.



App: Insight Timer

<https://itunes.apple.com/us/app/insight-timer-meditation-app/id337472899?mt=8>

- **Cost:** Free
- **Ages:** older children and adults
- **About:** provides therapeutic music, guided meditations and talks from mindfulness.



App: For Me by Childline

<https://itunes.apple.com/gb/app/for-me/id1094217440?mt=8>

- **Cost:** Free
- **Ages:** 12+ years old
- **About:** helps address body issues, academic stressors, relationships, mood swings, self-harm, and bullying for adolescents by providing self-help content, message boards, and the ability to create a “locker room” where they can track mood, journal, save articles, reflect and even save conversations with their counselor.



App: Nomo

<https://play.google.com/store/apps/details?id=air.com.parkerstech.day>

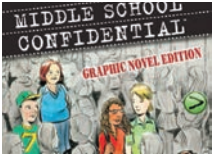
- **Cost:** Free
- **Ages:** 16 years old to adult
- **About:** app to aid in recovery from addiction. Provides clock function that can mark emotional turning points, and you have the choice of sharing any feelings of fear, joy, or shame that you are experiencing in the “encouragement” section of the app, which helps you feel less alone in your recovery. The sobriety clock helps easily track days in sobriety. Ability to share your sobriety clock with people who are supporting your recovery, such as friends, family, partners, coaches, or counselors. Ability to message an accountability partner if you are feeling triggered to use. There is also a “distraction” feature that serves as a simple refocusing tool to help give you strength during a moment of weakness.



App: In the Rooms

https://play.google.com/store/apps/details?id=com.ripenapps.intheroom&hl=en_US&gl=US

- **Cost:** Free
- **Ages:** 14 years old to adult
- **About:** free, digital meeting website and social network for the addiction recovery community that provides a virtual space for people to connect with others in recovery around the globe (including alcohol, drugs and behavioral addictions such as love, relationships, sex and gambling) and easy access to virtual meetings, social networking tools, blogs, and recovery guides. Take part in over 130 live meetings per week (including AA, NA and other fellowships) to supplement your in-person recovery meetings. Turn on your camera and share with the group, or just observe, then mark your attendance if you need verification of your presence in the meeting.



App: Middle School Confidential

<https://itunes.apple.com/us/app-bundle/middle-school-confidential-series/id917713588?mt=8>

- **Cost:** \$2.99 per app in the series
- **Ages:** 8-14 years old
- **About:** series of apps formatted as a graphic novel that teaches youth how to deal with everyday situations that present in middle childhood such as issues with self-confidence, relationship issues with family and friends, handling bullying, etc. Each app in the series has quizzes, quotes and tips from real teens, advice from parenting experts, and lots of online and real world resources.



App & website:

<https://whitebison.org/EldersMeditationApps.aspx>

- **Cost:** \$2.99 per app in the series
- **Ages:** 14 years old to adult
- **About:** provides a daily quote from a Native American elder with a recovery message.



App: Yonder

<https://play.google.com/store/apps/details?id=com.yonder>

- **Cost:** Free
- **Ages:** 18 years old to adult
- **About:** when you are in recovery, it is extremely helpful to stay busy. Going outside and enjoying the outdoors is an excellent way to keep your mind and body healthy. This app allows you to plan adventures like hikes, kayaking trips, rock climbing, etc. Share your experiences and photos on their social platform, and check out what other users are doing.



App: UNITY Wellness Warrior

<https://apps.apple.com/us/app/unity-wellness-warriors/id1256031270?ign-mpt=uo%3D2>

- **Cost:** Free
- **Ages:** 13 years old to adult
- **About:** designed to encourage American Indian people to live healthier lifestyles, through cultural approaches. Includes a Wellness Tracker, a Fitness time tracker, Culture sharing around the Regional UNITY fires, and a project planning template. The wellness tracker allows users to manually input and track their daily wellness input. The Wellness Tracker is set up in a sliding scale in four directions, highlighting the mental, spiritual, physical and social aspects of wellness. The Fitness Tracker is set up in a circular scale, in a clock-like manner, encouraging users to reach 40 minutes of physical activity.



App: Native Wellness Institute

<https://www.nativewellness.com>

- **Cost:** Free
- **Ages:** 13 years old to adult
- **About:** Native people have the strength and resiliency to move beyond and forward from a hurtful past and utilize what ancestors left behind- prayer, faith, songs, dances, ceremony, language and the perseverance to leave a positive legacy for future generations. The Native Wellness Institute exists to help create an awareness of where negative behavior comes from, provide opportunities for growth and healing and, most importantly, help Native people move forward in a good way.



App: AA Big Book Free

<https://play.google.com/store/apps/details?id=com.goodbarber.aabigbookfree>

- **Cost:** Free
- **Ages:** 16 years old to adult
- **About:** features the full text of the Big Book, prayers, personal stories, podcasts, meeting finder, and other features to support recovery.



Website: Michigan Cares Portal

https://michiganvirtual.org/sel/michigan-cares/?utm_campaign=Michigan%20Cares%20Portal&utm_source=Press&utm_medium=press

- **About:** this online platform houses hundreds of lessons designed to help children in grades K-12 develop skills required for social, emotional, and mental well-being.



Website: We R Native

<https://www.wernative.org/>

- **Cost:** Free
- **Ages:** 13 years old to adult
- **About:** a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in local communities and the nation at-large.



Website or App: Zoom

- **Meeting ID:** 833 5742 8200
- **Cost:** Free
- **About:** hosted by the SCIT Behavioral Health Programs on Mondays and Thursdays from 2:00 p.m. to 3:00 p.m. This is a resource for mental health and/or recovery check-in, a place to share resources and an opportunity for connection. For more information, contact Bob or Sarah at (989) 775-4850.
- **Password:** wellness
- **Ages:** Adult

This list provided by:



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