# Red Lake Nation “Uplifting Our Relatives”

American Indian/Alaska Native Tribal Nations · https://bridges4mentalhealth.org/hub/tribal-communities/red-lake-nation-uplifting-our-relatives/

The Red Lake Nation has transformed their approach to human services to focus on inter-generational health and well-being.

The mental health services focus on providing confidential, culturally responsive care for individuals and families of all ages. The staff includes clinical social workers, counselors, and mental health practitioners.

Key services include:

- **Assessment & Referral**: A multi-session mental health assessment determines a person's emotional well-being and eligibility for further care.
- **Psychotherapy/Counseling**: Strength-based therapy aligns with Anishinaabe values to address various mental health conditions.
- **Mental Health Targeted Case Management (MH-TCM)**: Helps individuals access medical, social, and educational resources while integrating cultural identity into support plans.
- **Children’s Therapeutic Services and Supports (CTSS)**: Focuses on addressing emotional disturbances in children, teaching skills to manage emotions, behavior, and relationships.

All services are adaptable to different settings, including homes, schools, offices, and communities.

Read More