

# U.P. Suicide Prevention Quarterly – April, 2018

Welcome! This electronic newsletter is meant to be a quarterly point of contact for those working in suicide prevention in the U.P. Please feel free to forward this and to send me information you want to have out for July, August, or September, 2018. Anyone may contact me to add or remove their email from the list ([dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)).

Between newsletters, I'll be happy to post information on the U.P. Suicide Prevention Coalition Facebook page

Mike Gaunt,  
Crisis Unit Manager, Dial Help.

## Dial Help, Houghton, Michigan

*To "help people help themselves" by providing immediate, accessible, and affordable services to the communities we serve.*

906-482-9077

[dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)



**For any individual experiencing thoughts of suicide at any time, call:**

**1-800-273-TALK,**

**or in the U.P. text:**

**906-35NEEDS (63337)**

## UP Coalition Network & Superior Health Foundation to Expand QPR

The UP has 14 youth-focused prevention coalitions covering all 15 counties, working to reduce rates of youth problem behaviors like substance use, violence, and depression. Most of the coalitions follow the evidence-based Communities That Care (CTC) model. Each coalition has a dedicated Coordinator who facilitates the CTC process in their county.

These Coordinators work collaboratively as UP Coalition Network (UPCN), along with support staff from NorthCare Network, Dial Help, the Western UP Health Department, and Child and Family Services. Their mission is to increase membership in their coalitions, share information, and develop/promote UP-wide messaging. So far, UPCN has engaged in two UP-wide campaigns, disseminating thousands of flyers, PSAs, and other materials to promote National Drug Take Back Day and year-round drug disposal sites.

Superior Health Foundation (SHF) selected UPCN as a 2018 Gala Partner, and will provide \$10,000 of funding to the organization in September to enhance Question, Persuade, Refer (QPR) suicide prevention training. UPCN will train a volunteer in each of the 14 participating counties to provide QPR to the public, with no charge for the trainer's time. QPR is an evidence-based model that can be delivered in one hour, and is appropriate for both adults and youth.

UPCN's goal in this endeavor is to increase the number of individuals who can recognize the warning signs of suicide and connect at-risk people to help. Experienced QPR trainers from the Marquette Health Department will assist the volunteer trainers as they begin providing QPR in their communities. Each participating coalition will also host a kickoff event to promote QPR and suicide prevention.

"We're excited to be able to promote QPR because it's evidence-based, it can be provided in a short amount of time, and it can be offered to adults and to youth," said Gery Shelafae, Certified Prevention Consultant and organizer of UP Coalition Network. "Suicide is the second leading cause of death for people age 10 to 34 in the US, and we are committed to doing everything we can to help people recognize the signs of suicide and link those in need to help."

If you're interested in being a volunteer QPR trainer in your county, contact your local CTC Coordinator by visiting:

[www.UPprevention.org/UPCN](http://www.UPprevention.org/UPCN). To purchase tickets or become a sponsor for SHF's 2018 Gala, call 906-225-6914

or visit:

[www.SuperiorHealthFoundation.org](http://www.SuperiorHealthFoundation.org). Each CTC coalition in the UP is funded by NorthCare Network.

May is Mental Health Awareness Month and you are invited to **Stomp Out Stigma** by attending Gogebic Community Mental Health Authority's 7<sup>th</sup> annual Walk A Mile In My Shoes event scheduled for Wednesday, May 23<sup>rd</sup> taking place at the VFW in Wakefield. Registration begins at 10 a.m. and the program starts at 10:30 a.m. (CST). Together we can rally and make a difference and educate the public and legislators why mental health matters, end stigma related to mental illness and intellectual/developmental disabilities, educate others that equality between mental health and physical health coverage is needed in Michigan, and to promote mental health wellness! A light lunch will be provided after the program and the short symbolic walk. For more information or to register, contact Missy Lane at 906-229-6105 or [mlane@gccmh.org](mailto:mlane@gccmh.org) or Angie Pope at 906-229-6170 or [rapope@gccmh.org](mailto:rapope@gccmh.org).

Dial Help now has a Mobile Response Team available for our four-county area schools! We launched this program last year, working with students, teachers, and others within the school districts. The Mobile Response Team (MRT) is staffed with trained Dial Help Crisis Specialists who can respond in-person to agency requests to support someone struggling to cope with a difficult situation. The program provides on-site crisis intervention to adults or youth, but was developed with a focus on students in mind.

Imagine a student who has recently experienced a hardship, like bullying at school, depression, or even something bigger like losing a family member. Dial Help's caring and trained Crisis Specialist will give that student the option of sitting down to talk about it one-on-one. We offer an open environment, free of judgement, while also exploring for risk of anything more severe (especially suicidal thoughts). The goal of our work is to listen, connect to resources, and screen for safety.

We assist a person to identify their own existing skills and courage, as well as their support networks. The help we offer is meant to be short-term; we are here for the person struggling at that moment. We work to empower the individual to make their own choices, without giving advice. We strive to link people to long-term services so they continue receiving meaningful support and assistance.

Our schools are packed full of teachers, staff members, and faculty who care deeply about their students, and we want to make life easier for them as well. Sometimes there just aren't enough adults to go around--and sometimes, it's easier for youth to open up to someone they don't know well. We especially want to emphasize our experience in working with individuals who experience thoughts of suicide, and our dedication to keeping them safe.

Our crisis intervention services are free and confidential, currently for Houghton, Keweenaw, Baraga, and Ontonagon Counties. If you need someone to come to your school or organization for immediate support, please call Dial Help at 482-9077.