

APRIL 2022



UPPER PENINSULA SUICIDE PREVENTION COALITION

A broad coalition of people and organizations across the UP working to increase awareness on ways to help prevent suicide

WELCOME!

This newsletter is a quarterly point of contact for those working in suicide prevention in the UP. Feel free to forward to anyone who you think might benefit from it.

You can always send information that you'd like included to dial.help@dialhelp.org, or email to subscribe or unsubscribe.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition Facebook page:

www.facebook.com/upspcoalition

We also have a website @ **www.dialhelp.org/upspc**

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24/7 CONTACT FOR THOSE AT RISK OF SUICIDE

Call: 482-HELP or 800-562-7622

Text: 35NEEDS or 906-356-3337

Chat Online: **www.dialhelp.org**



OUR MISSION

To “support, encourage, and empower all” by providing immediate, accessible, and affordable services.

NEW RESOURCE: MEDIA REPORTING GUIDELINES

Dial Help has created a page for local media that includes guidelines for reporting on mental health, suicide, addiction, child abuse, and sexual violence. Please feel free to share with your contacts in the media: www.dialhelp.org/media

LOCAL NEWS & UPDATES

Fund created to help families who experience a violent suicide:

www.uppermichiganssource.com/2022/02/26/fund-created-help-families-who-experience-violent-suicide/

Suicide prevention resources:

www.uppermichiganssource.com/page/suicide-prevention-resources/

Local student suicide linked to sextortion:

www.uppermichiganssource.com/2022/03/29/investigators-mshs-student-was-victim-sextortion-hours-before-suicide/

STATE & NATIONAL NEWS

New 988 site now live: <https://www.samhsa.gov/find-help/988>

New study: Examining Access to Psychiatric Care in Michigan's Upper Peninsula:

<https://journals.stfm.org/primer/2021/bernson-2020-0069/>

Five-Year Trends in US Children's Health and Well-being, 2016-2020:

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2789946>

US Surgeon General's Advisory on Protecting Youth Mental Health:

www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf

Pandemic Brought Surge in Fatal Drug Overdoses in U.S. Teens:

<https://consumer.healthday.com/4-12-emb-11am-pandemic-brought-big-surge-in-teen-drug-overdoses-2657123221.html>

EMS suicide prevention resource: <https://www.usfa.fema.gov/blog/ig-092321.html>

**THE PARENT SUPPORT NETWORK OF
THE UPPER PENINSULA OF MICHIGAN**

VIRTUAL MEETINGS:

**The 3rd Wednesday of the month
Time: 6:30-8:00 ET**

Register at: <http://www.supportgroupscentral.com/ymhp>

For more information: upperpeninsulamipsn@ymhproject.org

NEW MEMBERS ALWAYS WELCOME!

The Parent Support Network™ is a confidential group for families with children who are affected by mental health challenges. Each group is led by a trained facilitator, and caregivers can receive support from others who understand what they are experiencing. It is our goal to create a parent community that provides ongoing support and resources for families navigating mental health challenges.



For parents whose kids struggle with anxiety, depression, or other mental health challenges.

Registration at:

www.supportgroupscentral.com/ymhp

For more information, email

upperpeninsulamipsn@ymhproject.org.

NOTE: The third Wednesday session is reserved for people from the UP.

*Grief Support Group for
Survivors of Suicide Loss*

**2nd Monday of each month
6:00-7:30 PM**

**Great Lakes Recovery-Adolescent
Services Center
Community Room
104 Malton Road
Negaunee, MI**

*Grief Support Group for
Survivors of Suicide Loss*

**3rd Tuesday of each month
7:00-8:30 PM**

**Peter White Public Library
Dandelion Cottage Room
217 North Front Street
Marquette, MI 49855**

For adults aged 18+. Based on best practice, a person should be at least 6 months out from their loss. We highly recommend calling ahead before the first meeting so facilitators can share specific group information and guidelines. The support groups are peer-facilitated by a person who has also experienced suicide loss; the group is NOT psychotherapy.

Negaunee: Call (906) 250-4911 -- **Marquette:** Call (906) 315-2621

**Mental Health
Support Group**



Keweenaw Area

Previously affiliated with the
National Alliance on Mental
Health (NAMI)

Mental Health Support Group Keweenaw area is meeting on the third Wednesday of the month at 6:00pm at The Institute in Houghton. Email MHSKGKA@aol.com with questions or visit www.dialhelp.org/events for more information or to view their brochure.

RESOURCES TO SUPPORT TEENS



Staywell Virtual Support Groups from DHHS offers groups specifically for teens, as well as a resources page for teens. Learn more at www.michigan.gov/staywell



The Jason Foundation is a youth-focused suicide prevention organization. They host the "A Friend Asks" app and have a variety of resources for teens. Learn more at <https://jasonfoundation.com/>

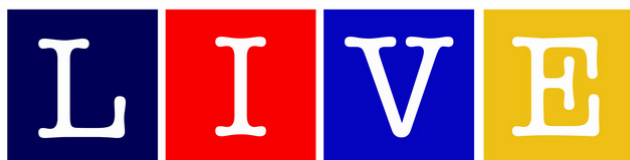


SmartRecovery for Teens offers a safe space for teens to learn about addiction and guidance on managing addictive behavior (which is a risk factor for suicide). It is not a 12-step group. Learn more at <https://www.smartrecovery.org/teens/>



Copper Country TOP Club is an evidence-based after-school club that currently meets in five Copper Country schools to help teens build resiliency, and will be expanding to more in the fall. Learn more at www.dialhelptop.org.

Who wants some



SWAG?

West End Suicide Prevention is going to be purchasing some new LIVE swag! Tell us what kind of swag you think we should get by completing this survey.

<https://www.surveymonkey.com/r/8JLHM8N>

We will randomly pick two people who complete the survey to get a bag full of LIVE stuff.

Swag Survey:

Help the LIVE campaign decide what kind of swag items to get next! Visit <https://www.surveymonkey.com/r/8JLHM8N>

Free Print Materials:

Free LIVE materials are available, including informational cards with signs of suicide and ways to help (plus the Lifeline number), bookmarks, stickers and more. If agencies are looking for 'prizes' for an event, they can also provide a bag of LIVE swag. Email apoirier@greatlakesrecovery.org or call (906) 523-9688 to request materials.

EVENTS OF INTEREST



Alger County CTC will be hosting a speaking event with Kevin Hines on May 12 at 6:00 pm at Mather Elementary School. Kevin attempted to take his own life by jumping from the Golden Gate Bridge & is now a mental health advocate. Learn more at www.algerctc.org.



Dickinson Iron County CTC will be hosting a suicide awareness event at Bay College on May 19, with a viewing of The Ripple Effect in Fornetti Hall at Bay West Campus.

Their **5th Annual Hope 2 Help Suicide Awareness Walk** and Suicide Prevention work group is looking for new members to help with the planning! The next meeting is May 12th at 1:00 pm central time Contact Tracy Johnson @ 906-458-2627 or DickinsonIronCTC@gmail.com.



Beyond the Save is hosting a "Beyond the Call" EMS Conference in Escanaba on June 13 and 14. It will help educate EMS professionals about addiction, which is a risk factor for suicide across the board. Registration link coming soon at www.beyondthesave.org.



Kevin's Song Support Group for Loss Survivors is meeting virtually through Zoom on the first Wednesday and third Thursday of the month at 7:00 pm. It is best practice that a person be about six months out from their suicide loss before attending these types of groups. People can email gail@kevinsong.org for the invitation code to join.

Trainers of SafeTALK, ASIST, QPR, MHFA, AMSR, Trauma Informed Care, More Than Sad, & more

GET INVOLVED! LET'S TRAIN AS MANY AS POSSIBLE!

1st. Schedule a training during the week of May 15-May 21, 2022

2nd. Email all of the details to info@srrn.net

(How to register, costs, location, etc.)

Michigan Suicide Prevention Training Week: May 15 - 21

Email your training to info@srrn.net to be listed on the schedule.