

Upper Peninsula Communities That Care #UPCTC

April 2021 Quarterly Newsletter



New Name, Same Services

We've changed names from UP Coalition Network to Upper Peninsula Communities That Care (UPCTC). Our coalitions are still working in ten counties of the UP to prevent risky youth behavior like substance use, delinquency, depression and more.

We're excited to offer Guiding Good Choices classes for parents and caregivers of 9 to 14 year olds. Classes are free, virtual, and last two hours a week for six weeks. People who participate in the whole class are eligible for gift certificates and other incentives.

Learn more and register at www.upctc.com/gcc

Superior Health Foundation Gala Partnership

Our partner Dial Help was selected Superior Health Foundation's Gala Partner for 2021, and will receive \$10,000 that they are providing to our CTC coalitions to enhance youth-focused prevention. We're thankful to SHF and Dial Help for this generous support!

We invite our community to attend the Gala in September. If you're interested in donating a prize or sponsorship to the Gala, please reach out to your local CTC coalition.

Learn more about the gala and SHF's work in the UP at their website:

<https://superiorhealthfoundation.org/events/annual-gala/>

Grant funding for each coalition provided by

[Facebook.com/UpperPeninsulaCTC](https://www.facebook.com/UpperPeninsulaCTC)

[Instagram.com/UpperPeninsulaCTC](https://www.instagram.com/UpperPeninsulaCTC)

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NorthCare Network

Rx Drug Disposal

With funding from the Beyond the Save consortium and in partnership with Peninsula Pharmacy, our coalitions are in the process of obtaining safe prescription drug disposal bags to help lower risk of opioid misuse.

We will work with local law enforcement and other agencies to distribute these kits, as well as providing them at community events. Safe prescription drug disposal is important not just to prevent drug misuse, but also for the environment.

Monthly Education

We're always seeking members at the CTC table to help with planning events, raising funds, and other tasks. To make sure new members have information about prevention science and how CTC works, we're now offering monthly educational sessions.

Sessions are virtual and only take an hour and a half. Times will vary to make it easy for members to find a class that works for them. Watch for our "Intro to CTC" events on Facebook or on our website at www.upctc.com/calendar.

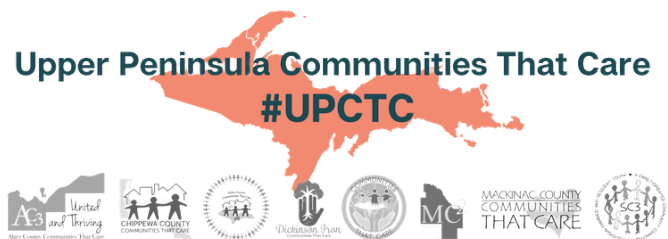
Get Involved

Each of our CTC coalitions is coordinated by one of the agencies to the right. We are grateful to our community partners, but for our coalitions to work we need people from all walks of life.

Parents, professionals, retired folks, young people--there's a place for everyone to share their skills and passion around the CTC table!

Find your local CTC and reach out today: www.upctc.com

Support youth-focused prevention



Alger County Communities That Care (AC3)



Alger County Communities That Care

Coordinated by Hans Eriksen

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#AC3CTC



The Alger Counties Communities That Care is proud to launch our first podcast in January, which focused on the overall theme of the coalition and touched on the programming we provide to the community. Find it at www.canr.msu.edu/podcasts/ac3-podcast-episode-1 and tune in for more soon.

Our Prevention Needs Assessment data has been gathered and we are in the process of analyzing it and preparing it for presentation to the schools and the community. The AC3 is excited to see the growth of the FAN (Families Against Narcotics) Alger County/Schoolcraft Chapter. Finally, we are also excited to support Farms For Folks again this summer and ask for your support as well in bringing fresh farm products to the people who need it most.

FARMS FOR FOLKS

**Local farmers connecting with folks in need -
building food security and community in Alger County.**
No-Cost Community Supported Agriculture (CSA)

12 Weeks
July - September



Weekly bags contain mostly
veggies with occasional additions
of eggs, bread & protein as well
as recipe suggestions & prep tips!



Home delivery
available for those
lacking transportation.



No Cost for Participants - Full Payment to Farmers

Funded by local businesses & individuals who want to
support food security & access in their community.
*Done in partnership with Alger County Communities
that Care (a non-profit organization).*

*Other program champions: MI Department of
Health & Human Services, MSU Extension*



**Interested in being a participant or a sponsor?
call: 906-250-4825 or email: eliseb@tds.net**



Chippewa County Communities That Care



Coordinated by Clara James
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#ChippewaCountyCTC



Chippewa County CTC was asked to chair the Suicide Prevention Coalition and have recently taken steps to have QPR suicide prevention trainings in the community for free for the Mental Health Month in May. We will be working with the coalition to create a calendar that can be published and with the goal of scheduling one training a month.

We were able to hand out Narcan to the community through emergency response efforts in helping CTC with coordinating distribution. We also have been providing Guiding Good Choices workshops for free virtually to UP residents. The coalition is working very hard to get our youth survey out this year and has not given up although it has been rescheduled three times now with COVID-shutdowns at school affecting the ability to provide adequate private space to ensure a confidential survey to students.

The coalition partnered with the schools and had a very successful National Drug and Alcohol Fact week. We had over 250 participants between middle and high school students that participated across 8 of 12 school in Chippewa County. We continue to offer Vaping Education and Prime For Life Classes for at risk students and Botvins in classrooms for all students at participating schools.

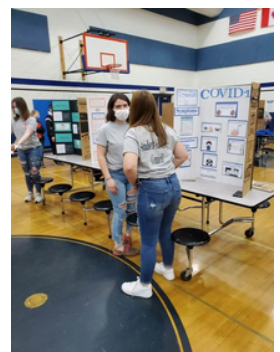
NATIONAL DRUG ALCOHOL FACTS WEEK
#NDAFW

National Drug and Alcohol Facts Week links students with scientists and other experts to counteract the myths about drugs and alcohol young adults and teens get from the internet, social media, TV, movies, music or from friends.

We're partnering with local schools in Chippewa County for #NDAFW! Check in with your kids, grandkids, and students you may know, to find out what they are learning about this week

#ChippewaCountyCTC

Logos for: Chippewa County, NorthCare Network, and schools including Malcolm High School, East Area Middle School, and others.



GUIDING GOOD CHOICES
FREE VIRTUAL 6 WEEK WORKSHOP SERIES
Open to all Upper Peninsula Families with children ages 9-15!

Empower parents & caregivers, giving them information to help youth meet challenges adolescence face.

In the session kids attend, they will learn to resist peer pressure while maintaining friendships.

Learn how to set clear boundaries while maintaining positive family communication & connection.

Sign up with a friend

Monday 6:30-7:30pm April 12, 19, 26, May 3, 10, & 17
Register here by using one of the links below: training@chippewaCTC@gmail.com or call 906-635-3636

<https://forms.gle/z9pg8K3p5EpmYq9>

Logos for Great Lakes and other partners.

Delta County Communities That Care



Coordinated by Sarah Latvala
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**#DeltaCounty
CommunitiesThatCare**



Delta County CTC partnered with the Bay College Wellness Committee to reach young adult students by offering the universal Prime For Life class.

Despite the limitations of Covid-19, our coalition was able to successfully promote National Drug and Alcohol Awareness week as well as Take Down Tobacco Day. To get this important message out to our community, the coalition created Canva posters with drug and alcohol facts that were posted to our Facebook page during the awareness week.

We are looking forward to continuing to engage the youth in our community in the coming months, and hopefully as the weather improves we will be able to work on some some outdoor activities.

Dickinson/Iron Communities That Care



Coordinated by Traci Johnson
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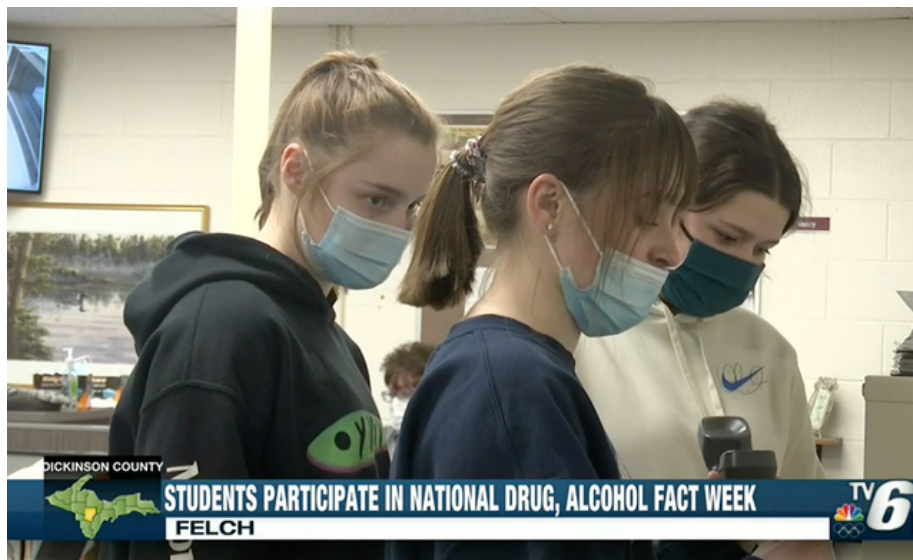
#itcouldbeyou
communitiesthatcare



Linking Teens to Facts that SHATTER THE MYTHS® about drugs and drug use. Students from Norway, North Dickinson, Kingsford Iron Mountain West Iron and Forest Park worked together to Shatter the Myth. Students read PSA on morning announcements about the facts of Drug and Alcohol usage.

Each High School had a Student Consul challenge, the best PSA would be aired on local Radio Frog Country 101.4

National Drug and Alcohol Facts Week®, or NDAFW, is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth. It provides an opportunity to bring together scientists, students, educators, healthcare providers, and community partners—to help advance the science, so that we can improve the prevention and awareness of substance misuse in our own communities and nationwide.



Houghton/Keweenaw Communities That Care



Coordinator position currently open
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#HKCTC



The Houghton/Keweenaw CTC held a community contest for National Drug and Alcohol Facts Week.

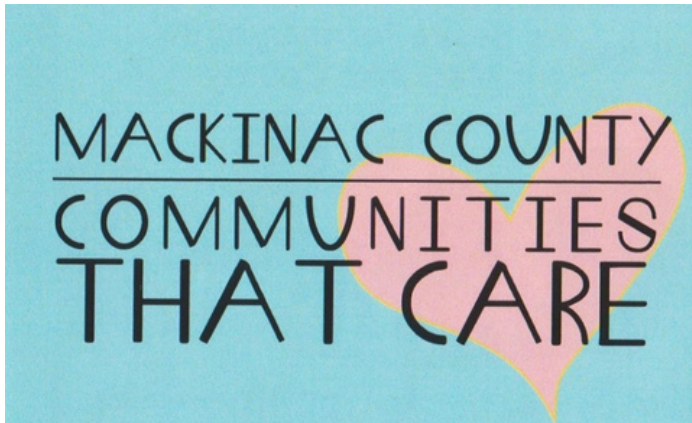
Teen Outreach Program (TOP Club) continued meeting virtually, providing education and opportunities for resilience and leadership skills to middle and high schoolers.

Guiding Good Choices classes for parents and caregivers of youth age 9 to 14 have been continuing throughout the pandemic, with more virtual classes coming up throughout the summer. Learn more at www.upctc.com/ggc.

We are currently hiring for a new Coordinator. If you're organized, outgoing, and passionate about creating a healthier community for youth, visit www.dialhelp.org and scroll to the bottom of the page to apply.



Mackinac County Communities That Care



Coordinated by Meghann Wolvert

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#MackinacCTC



Mackinac County CTC has begun the work of planning a PSA focused on changing the social norms of our youth regarding substance use. Our goal is to have a PSA ready to show at summer movies in the park around our communities.

We have also begun a partnership with MSU Extension in Chippewa County to purchase a trailer for the "Hidden in Plain Sight" program. Our funding workgroup is working on some grants to support these efforts, and we look forward to a continued partnership with these efforts and the HIPS program for our area.

On March 13th Mackinac CTC partnered with the Mackinac County Child Protection Round table and many other organizations in the Annual Family Fun Day. To keep the event COVID safe, this event was a drive through "parade" where families were invited to dress up and drive through as all the partnering organizations handed our gift bags with resources and fun activities. We saw roughly 135 people drive through this event.



Marquette County Cares Coalition (MC2)

Coordinated by Jennifer Eyler

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#Marquette CountyCTC



The Marquette County Cares Coalition (MC2) has been partnering with local radio stations to create PSAs that are read by local youth. These substance use prevention messages have been written by the youths to help target their peer group.

The coalition is also working with a team of youths from around the state of Michigan and the Children’s Museum to create an Anti-Vaping billboard.

MC2 donated brain science posters to each of the middle and high schools in Marquette County depicting what happens to the brain when it is exposed to various drugs over time.

To spread some Christmas cheer; the coalition decided to use the funds that were raised during the Aubree’s fundraiser to adopt a family in need for Christmas.



Schoolcraft Communities That Care Collaborative (SC3)¹⁰



Coordinated by Jen Levins

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#SC3



Schoolcraft County Communities That Care (SC3) is hosting an online support group for those struggling with mental health during the Covid Pandemic. We are partnering with New Beginnings Outpatient Therapies to have councilors available for each session. These sessions are ongoing and will happen every other Thursday via Zoom. To find more information, please visit our Facebook page at: www.facebook.com/SchoolcraftCTC .

In March SC3, celebrated National Drug and Alcohol Facts Week by educating students and adults in our community. We hosted an online quiz contest all week via our Facebook page, as well as worked with our local schools to host an announcement each morning stating a prevention fact. After receiving the information in the mornings, students were then invited to answer their question online to be entered into a contest. We did a similar event through local businesses as well.

Each quarter SC3 ask specific businesses to participate in our Sticker Shock campaign. In March, area vendors placed our stickers on their 30 packs of beer reminding parents to not host underage drinking in their homes. This campaign has been quite popular in our community!

Upcoming events include: Sticker Shock campaign for Memorial Day and Fourth of July, National Drug Take Back Day, Mental Health Awareness Month projects, and a "Pie In The Face" fundraiser in June as part of our local Folkfest Event!. Lot's of fun happening with SC3! To join in please call (906)286-0159.