

# Upper Peninsula Communities That Care #UPCTC

## April 2023 Quarterly Newsletter



## Carter Kits Sensory Support

With funding from the Superior Health Foundation, UPCTC is bringing Carter Kits to nine UP counties! Carter Kits were developed downstate, in response to a request from an EMT who wanted to increase options to calm youth who have autism, who may find a visit from first responders frightening. They are also useful for youth who have experienced trauma.

The kits contain a variety of sensory support items, like a weighted blanket, noise-canceling headphones, fidget toys, and nonverbal communication cards. The young person can keep whatever item they use from the kit, thanks to the free replacement program offered by Carter Kits.

UPCTC will be distributing around 20 kits per participating county. The Coordinators for each CTC will evaluate local need and consider options to purchase additional kits. They can also provide a letter of support to any local organizations interested in writing their own grants for Carter Kits.



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Grant funding for each coalition provided by NorthCare

Visit our website at [www.upctc.com](http://www.upctc.com) or email [UPCTCs@upctc.com](mailto:UPCTCs@upctc.com)

Find us on Facebook & Instagram @UpperPeninsulaCTC



# Directory of Coalitions

	Social Media Link	Page
<p><b>Alger County CTC</b>            Coordinated by Cassandra Wendt            906-202-2244            Alger@upctc.com</p>	   #AC3CTC	<u>4</u>
<p><b>Chippewa County CTC</b>            Coordinated by Stephanie Woods            906-635-3636            Chippewa@upctc.com</p>	   #ChippewaCountyCTC	<u>5</u>
<p><b>Delta County CTC</b>            Coordinated by Sawyer Rietveld            906-458-1100            Delta@upctc.com</p>	   #DeltaCountyCommunitiesThatCare	<u>6</u>
<p><b>Dickinson/Iron County CTC</b>            Coordinated by Traci Johnson            906-458-2627            DickinsonIron@upctc.com</p>	   #itcouldbeyoucommunitiesthatcare	<u>7</u>
<p><b>Houghton/Keweenaw County CTC</b>            Coordinated by Callisto Cortez            906-231-0734            HKCTC@upctc.com</p>	   #HKCTC	<u>8</u>
<p><b>Mackinac County CTC</b>            Coordinated by Meghann Wolvert            906-298-2138            Mackinac@upctc.com</p>	   #MackinacCTC	<u>9</u>
<p><b>Marquette County CTC</b>            Coordinated by Ashly Gleason            906-315-2615            Marquette@upctc.com</p>	   #MarquetteCountyCares	<u>10</u>
<p><b>Schoolcraft County CTC</b>            Coordinated by Tricia Noble            906-286-0159            Schoolcraft@upctc.com</p>	   #SC3	<u>11</u>

# Guiding Good Choices      Your CTC Basics

Guiding Good Choices (GGC) is a free family class for anyone who interacts with middle schoolers. It provides the skills to reduce youth's risk for using alcohol/other drugs.

The class is six sessions of two hours each week. Children are required to attend one session that teaches peer resistance skills. The other sessions are solely for parents. Gift cards are offered if you complete all six sessions.

Learn more and register online at [www.upctc.com/classes](http://www.upctc.com/classes).

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/classes](http://www.upctc.com/classes).

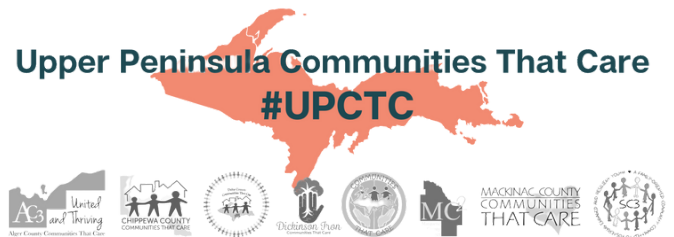
## Get Involved

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](http://www.upctc.com)

Support youth-focused prevention



# Alger County Communities That Care (AC3)

Welcome to Spring!

In early January the AC3 was proud to be a part of the Munising Student Mental Health & School Safety Forum. We were able to present data from our 2022 Prevention Needs Assessment and our AC3 Youth Council members sat on a panel answering questions from the audience about student wellness and safety. We appreciate our partnership with Alger Schools.



Our Youth Council received \$2000 from the Alger County Commissioner's ARPA funds. Thank you to the Commissioners and to Gallery Coffee for lending their venue as a place for youth to hang out after school once a week and engage in prosocial activities.

The Adult Workgroup had another successful Octogenarian 2023 calendar sales event. Twelve local models, 80 years and older, posed for the calendar. Fifty-five calendars were sold so far with 100% of proceeds used to purchase gas cards for Alger County Residents to get to medical appointments. Thank you, Alger Octogenarians!



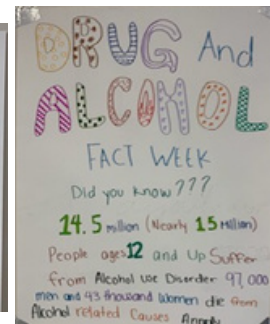
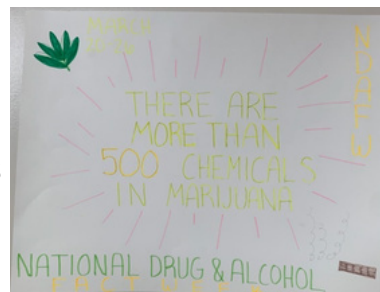
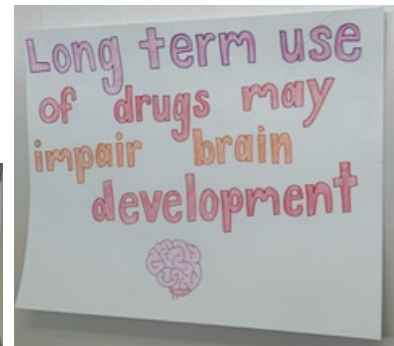
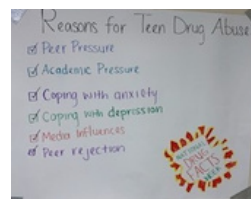
# Chippewa County Communities That Care

In **January**, the high school students at Sault Area High School held an information booth for Blood Donor Month, sharing statistics and facts regarding blood donation.

**February** is School-Based Health Care Month. The Sault Health Adolescent Care Center (SHACC) Advisory students provided tours of the facility, gave away prizes, and did an awareness campaign throughout the school and on social media.

National Drug and Alcohol Fact Week information posters were created and hung throughout the school at the end of March.

Sault Area Middle School hosted two lunch-period educational tables as well. They hosted a **Heart Healthy Table** in February for American Heart Month. Information on how to start being heart-healthy youth and maintain it throughout life was shared. A **Teen Mental Health Day** was held in March, and information specific to middle school-aged students was shared including, the importance of sleep, healthy relationships, and positive coping skills.



March also found CTC spending a day in **Brimley at the Teen Health Fair** for students grades 6 - 12. We disseminated information regarding common eating disorders, recovery options, and coping skills. We offered a chance to win a prize with the plinko board chip drop and educated students on common eating disorders, recovery options, and coping skills.

A **recruitment event** is coming this spring. Follow our social media for the date and information.

# Delta County Communities That Care

Delta County CTC has been actively working with surrounding organizations like Families Against Narcotics and the Suicide Prevention Task Force to tie together our community with some amazing organizations currently in place. In March, our Coordinator Sawyer was able to attend a new pilot training, where he represented the Upper Peninsula. The conference had 37 people across the Great Lakes region to build prevention efforts, and to guide evidence-based practices and programming in the communities we all serve.



**Delta County  
Communities That Care**  
*Empowering Youth. Impacting Communities.*



Picture taken by Prevention Technologies Training Center-Great Lakes Region for the Prevention Core Competencies Pilot Training Sawyer attended in March

We have received a few more grants as well, getting a renewal of the C3 grant which will bring more awareness on what Communities That Cares is and how you can get involved. As well as getting a Central Upper Peninsula Grant to bring a LOSS team, which will support loved ones in the aftermath of a suicide death, to Delta County. If you are interested in being part of the Delta County LOSS team or want to learn more contact Sawyer Rietveld.

We have been working hard to have the annual Substance Use Awareness Conference at Island Resort and Casino on June 12th 8:00 AM-3:30 PM a registration link will be sent out soon so keep an eye out for it.

# Dickinson/Iron Communities That Care

On April 15 we were involved in the Big Healthy day for kids at the Children’s Museum in Iron Mountain. We had decorations made by our TOPs students and set up by out those attending Voices. Over 1200 families attended.

We recently combined some CTC work groups with the Community Health Improvement planning.

We had students reading Yell and Tell stories and gave out kindness swag and information on how to be involved in Communities That Care

We set the date for our Hope 2 Help Suicide Awareness walk, September 17 and have started looking into finding volunteers.



# Houghton/Keweenaw Communities That Care

**Hello 2023!** HKCTC successfully implemented the CTC Youth Survey into local Houghton/Keweenaw Schools. The coalition is waiting on results from the survey to begin analyzing the data to find out where we must fill in gaps in the community and what programs we could potentially bring to schools/community that will enhance the lives of our youth.



One of our teen volunteers, Emilee DeForge, along with her fellow classmates of Houghton High School, won the Youth Contributor of the Year at this year's Keweenaw Community Sparkplug Awards!

**TDVAM:** HKCTC partnered with our local TOP clubs for Teen Dating Violence Awareness month for a poster campaign to raise awareness about the warning signs of dating violence and how to set boundaries in relationships. Though, CTC doesn't necessarily focus on this topic, the coalition felt it was important to teach our youth how to stand up for themselves in other ways besides bullying.



**Teen Outreach Program:** This evidence-based program was brought in by HKCTC with data from our youth survey to target the low-commitment to school risk factor. The opportunity to build healthy relationships with trusted adults and building resiliency through this program, helps teens really thrive. TOP believes in celebrating a teen's glow, so in March we took our clubs to Mount Ripley as a reward for their success. Teens could connect in a positive environment together, tubing down a hill in the snow. What a great prosocial event!



# Mackinac County Communities That Care

Mackinac County CTC launched into the new year with lots of initiatives. In January, they offered a Social Development Strategy Training to community members who work with youth. While snow hindered some attendance, it was a valuable training that the coalition hopes to offer again.

MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

In March, our Coordinator Meghann worked with three students from Gros Cap School to create and record a new PSA to share positive statistics on the number of Mackinac County Students who are NOT partaking in risky behaviors like under age drinking, vaping, and the use of cannabis. This new PSA can be found at their YouTube channel:

<https://www.youtube.com/@mackinacctc>



Gros Cap Students, Hanna Dornbecker, Karly Grant, and Skye Hettle helped with the created of a new PSA that went live in March.

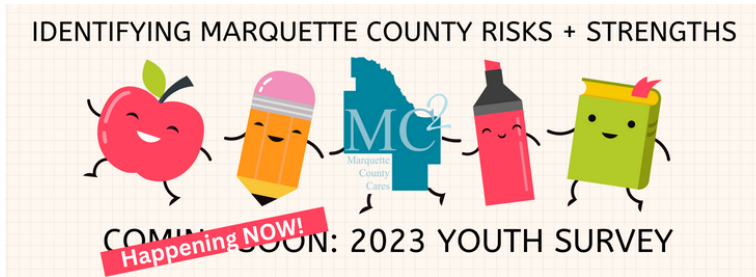
We also wrapped up supporting our school in National Reading Month with a fun booth at the St. Ignace Elementary Literacy Night. Students and their parents enjoyed a super-hero themed roll a story activity while parents were provided with bags of information and resourced from the CTC.



Mackinac County CTC also participated in a virtual delivery of the 2023 National Drugs and Alcohol Facts Week during March 20th-24. NDAFW is an annual, week-long, health observance that inspires dialogue about the science of drug use and addiction among youth.



Aurora and Lilyana Wolvert show off the giant dice used to roll-a-story.



**The Biennial CTC Youth Survey** is underway! Links for the youth survey went live on April 10th, and will remain open for the month! We couldn't be more thankful for the parents, administrators, educators, and students that are keeping prevention programming at the forefront of our community!

Marquette County schools use data from the CTC Youth Survey for grant applications, district improvement plans, and enjoy being overall better informed about youth mental health and attitudes towards substance use.

**That's a Wrap!** The Botvin's Lifeskill education program has concluded for the year in Ishpeming Area schools, and will be completing one more marking period in Gwinn! **Botvin LST is a clear winner** for our community, and educators agree! In 2023, our coalition saw a **240% increase** in the amount of classes we were able to provide to classrooms in Marquette County, what a **WIN** for our kids!

**Planning is underway** for the 2023 Fall Golf Classic! We'll begin talking dates, sponsors, and all things golf starting soon. We couldn't be more excited! Hop aboard to help us plan our largest fundraising event of the year! As always, a BIG "Thank You" to the West End Health Foundation for this partnership. We are so humbled & thankful for their generosity!

**On The Horizon:** Marquette County Cares has partnered with the Superior Health Foundation and Dial Help to bring "Carter Kits" to Marquette County! The kits will offer innovative tools that help EMS workers reduce risk during vulnerable times. Keep your eyes peeled for announcements as we begin education and distribution May 2023!

**\*NEW\* Community Engagement Events** are on deck for summer 2023! Come hang out with us in a casual, no-pressure environment geared toward providing you with more meaningful ways to introduce you to the coalition!



**"Coalition over Coffee" - Friday, JUNE 2nd | Quarterly Coalition Meeting- Friday, JULY 28th**

# Schoolcraft Communities That Care Collaborative (SC3)

Schoolcraft County CTC is getting active with their youth! Now in our 4th month of Lego Club, we continue to grow with 24 students participating! Their Lego creations are on display at our public library for all to see. We have added in Still Motion Animation where they can make movies. Legos are provided by our local 4H/MSU Extension.



We went to the Manistique Middle and High School and St. Francis de Sales to complete our Youth Survey for 2023. We are looking forward to getting our results and diving into the data. Botvin's Life Skills is in full swing for all 6th graders in Schoolcraft County.

Recruiting is always a priority and we are working hard to increase our presence in the community.

We have a Free Family Paint Day on May 6th being offered to the community to help facilitate bonds for families in Schoolcraft County! We also will be hosting a Drug Take Back Day on April 26th in the Atrium of Schoolcraft Memorial Hospital.

**SCHOOLCRAFT COUNTY COMMUNITIES THAT CARE COALITION PRESENTS:**

**FREE FAMILY PAINT DAY**  
**SATURDAY, MAY 6TH**  
**LAKE AFFECTS ART CENTER**

3 separate sessions available  
 11-1pm, 1-3pm and 3-5pm.  
 No registration necessary but encouraged. Call 906-286-0159

Adult Project      Youth Project (age 5 or older)

A Community Event to promote healthy bonds within the family!

- Accepting Donations at the Door to support CTC

