

Upper Peninsula Communities That Care #UPCTC



January 2024 Quarterly Newsletter

Teen Dating Violence

February is Teen Dating Violence Awareness Month. Many people don't realize that one in three U.S. teens will experience physical, sexual, or emotional abuse from someone they're in a relationship with before becoming adults (per the Journal of Adolescent Health). Dating violence can take place in person, online, or through other technology.

This is an important topic to include when discussing dating and relationships with teens. Some warning signs of teen dating violence include a partner who:

- Checks the teen's phone, email, or social media account without permission
- Puts them down frequently, especially around others
- Isolates them from friends or family (physically, financially, or emotionally)
- Exhibits extreme jealousy, insecurity or temper
- Inflicts any form of physical harm
- Is possessive or controlling
- Pressures for sex or sexual favors

Teens and parents can learn more and find resources for help at www.loveisrespect.org

Grant funding for each coalition provided by NorthCare

Visit our website at www.upctc.com

Find us on Facebook & Instagram @UpperPeninsulaCTC

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**Teen Dating Violence
Awareness Month
#TDVAM2024**



NorthCare Network

Directory of Coalitions

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| <p>Alger County CTC Coordinated by Michele M. Culp-McDonald 906-202-2244 Alger@upctc.com</p> |  #AC3CTC | <u>4</u> |
| <p>Baraga County CTC Coordinated by Thomas Leeds 906-202-2244 baraga@upctc.com</p> |  | <u>5</u> |
| <p>Chippewa County CTC Coordinated by Stephanie Woods 906-635-3618 Chippewa@upctc.com</p> |  #ChippewaCountyCTC | <u>6</u> |
| <p>Delta County CTC Patrick Bradway Delta@upctc.com</p> |  #DeltaCountyCommunitiesThatCare | <u>7</u> |
| <p>Dickinson/Iron County CTC Coordinated by Bob Boivin 906-458-6549 DickinsonIron@upctc.com</p> |  #itcouldbeyoucommunitiesthatcare | <u>8</u> |
| <p>Gogebic/Ontonagon County CTC Coordinated by Carly Hesterberg 906-299-4857 GogebicOntonagon@upctc.com</p> |  | <u>9</u> |
| <p>Luce County CTC Coordinated by Jamie Rushfrord 906-203-2116 Luce@upctc.com</p> |  | <u>10</u> |
| <p>Marquette County CTC Coordinated by Ashly Gleason 906-315-2615 Marquette@upctc.com</p> |  #MarquetteCountyCares | <u>11</u> |
| <p>Schoolcraft County CTC Coordinated by Heather Chambers 906-286-0159 Schoolcraft@upctc.org</p> |  #MarquetteCountyCares | <u>12</u> |

Guiding Good Choices Your CTC Basics

Guiding Good Choices (GGC) is a free class for anyone who interacts with middle schoolers. It provides education and skills to reduce risk of youth using alcohol and other drugs.

The class is six sessions of two hours each week. Gift cards are offered if you complete all six sessions.

Learn more and register online at 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.

Get Involved

Each of our CTC coalitions is coordinated by one of the agencies to the right. We are grateful to our community partners for supporting prevention!

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

Upper Peninsula Communities That Care #UPCTC



Alger County Communities That Care (AC3)



Coordinated by Michele Culp McDonald
906-202-2244
algercountyyctc@gmail.com

AC3 has been busy collecting and analyzing the results of the Youth Survey recently administered to local Alger youth. Specifically, AC3 looked at the Youth Survey and found that youth needed more outlets for prosocial events.



AC3 was able to provide cross country skis to Superior Central Schools and they started an after school skiing program. Thank goodness we got some snow finally!

We have made a partnership with Putvin Drugs to provide lock boxes and have monthly De-Terra demonstrations to educate the public about safe disposal of expired and unused drugs.



AC3 donated 1,000 pairs of skate rentals for Open Skate through the Munising Hockey Association



COMING SOON

February 29 Key Leaders Luncheon

May 2nd AC3 Career Exploration Day

Baraga County Communities That Care



Coordinated by Thomas Leeds
906-458-1594
tleeds@greatlakesrecovery.org



The Baraga CTC Coalition held one meeting in the month of November with 6 people in attendance. From this, we will be creating our workgroups. We hope to have the first meetings for our workgroups in January.

The Coalition has been working hard to connect with interested members of the community. We continue to seek members who are interested in joining a workgroup. Currently, we are reaching out to those who were members of the previous coalition,

Chippewa County Communities That Care



Coordinated by Stephanie Woods

906-635-3618

Chippewa@upctc.com

This fall Communities That Care has been in the classroom delivering **Catch My Catch Vape Education** to middle school and high school students throughout Chippewa County. Catch My Breath is a four-session class that teaches students the facts about vaping, the truth about advertising, and the information students need to know to make informed decisions about vaping.

CATCH[®] MY BREATH



Our **Suicide Prevention Workgroup** decided to purchase light therapy lamps for the public libraries in Chippewa County. Each library has received two light therapy lamps to put into their lending libraries.

The lights offer an effective treatment for seasonal affective disorder. Seasonal Affective Disorder (SAD) is a type of depression that typically occurs during fall and winter months, especially in northern climates.

Lamps can be found at Bayliss Public Library, Pickford Public Library, Rudyard Public Library, Drummond Island Public Library, and Whitefish Township Public Library.

We also distributed **Carter Kits** to our local Sheriff's Office and our local Michigan State Police Post. We have now distributed 20 Carter Kits to Chippewa County. These kits can be found with law enforcement, school resource officers, and within schools. If you have any questions or would like more information on Carter Kits please email us at swoods@chippewahd.com



DELTA COUNTY CTC

HIGHLIGHT

Dear Delta County Community,

Greetings, my name is Patrick Bradway and I would like to introduce myself as the new Program Director for Delta County Communities That Care. Over the past 10 years I have had the privilege of serving and engaging with both youth and adults in various capacities within Delta County. I also serve as an associate pastor in Escanaba. One of my greatest roles has been being the father of two incredible children, a 6-year-old son and an 8-year-old daughter, which has further motivated me to dedicate my efforts towards fostering healthy relationships based on honest communication for youth. My ultimate goal is to see people, especially our youth, reach their full potential. As Delta CTC moves forward, I am excited to build a strong coalition of caring individuals that identify and thoroughly meet the needs of our county's youth. Together, let's create a healthy community where everyone has the opportunity to thrive.

Sincerely,
Patrick Bradway

PROUD TO SERVE DELTA COUNTY



Upcoming events:

Principle meeting for all Delta County Schools.
February

Mental Health Task Force.
February

Bounce House Bash
preschool to 5th grade @
New Life Community Center
Friday Jan 19th 5-7



Pbradway@greatlakesrecovery.org



www.facebook.com/DeltaCTC

Dickinson/Iron Communities That Care



Coordinated by Bob Boivin
906-458-6490
Bboivin@glrc.org



Our coalition completed its mini-Community Board Orientation with a REBOOT meeting to get members used to meeting in person instead of virtually. During this meeting one of our topics of discussion was the various work groups. We had some people sign up for groups that met their interests. We made great progress during this Reboot meeting, as a Suicide Awareness work group meeting was scheduled for the second week of January, and a Youth Involvement workgroup meeting the following week.

Another topic covered was the upcoming Youth Survey. Most of the local Schools are ready and have the dates set for the surveys to take place. Our Data workgroup will be set up once we get these results back.

Our Students Assisting the Population group at North Dickinson schools has been very active. They participated in fundraising for two separate projects. The first was one close to home as they helped to get winter clothing donated to the school's clothes closet to help students in need. Their second fundraiser is ongoing. The students are gathering school supplies for children in the Dominican Republic. They will be delivering the supplies during a mission trip this summer. We are very proud of these youth and hope to use their example to get other schools' youth more involved.



Finally, we participated in a successful event at Kingsford that allowed students to discuss physical and mental health needs. We were invited to host a similar event at North Dickinson School and set aside a whole day where youth were exposed to different resources in their community.

Gogebic/Ontonagon Communities That Care



Coordinated by Carly Hesterberg
 906-299-4857
 GogebicOntonagon@upctc.com

As of November 2023, Copper Country Community Mental Health hired a new coordinator, Carly Hesterberg. Carly has been an Ontonagon resident since July 2021, after falling in love with the area on vacation. Carly's background includes being a Realtor, business owner, a local ambassador and active community member. Carly is dedicated to community outreach and optimizing town expansion through local businesses and nonprofits for programming, events, youth, education, and tourism opportunities.

The Coalition is now seeking likeminded community member involvement from both Gogebic and Ontonagon Counties. If you have served on a work group or helped the coalition in some form in the past, please reach out to Carly. You can also click our [Link In Bio](#) here or on our Facebook page and Instagram to find all associated links to the Gogebic Ontonagon Coalition. It's encouraged to fill out the google interest form found in our [Link In Bio](#) to keep track of everyone interested in joining the Coalition or wanting to volunteer in some form.

The Coalition is looking to plan its first event early 2024! The Coalition is vital to educating our youth and all community members in promoting a healthy society for everyone. We are eager to get this coalition up and off the ground with a running start into both communities. We have had an enormous amount of positive feedback with restarting the Coalition. It's truly a blessing to serve as the new CTC Coordinator. We look forward to meeting with you all. Please don't hesitate to reach out and introduce yourself.



Luce Communities That Care



Coordinated by Jamie Rushford
906-203-2116
jrushford@lmasdhd.org



Carter Kit Distributions:

The Luce Co CTC applied and received funding through the Luce County Child's Trust Michigan Council to purchase and distribute 22 Carter Kits to the following agencies:

Tahquamenon Area Schools
Helen Newberry Joy Hospital
Luce Co DHS
Luce Co EMS
Portage TWP EMS
Garfield TWP EMS
Newberry Fire Dept
Garfield TWP Fire Dept
Columbus TWP Fire Dept
Portage TWP Fire Dept



Carter Kit Sensory Bags contain items known to comfort children who find themselves overwhelmed or impacted by traumatic events. To learn more, please visit www.carterkits.org.



Newberry Merry Christmas Celebration:

Luce CTC helped coordinate the Newberry Merry Christmas Celebration by securing donations & assisting with logistics. Through great partnerships with multiple agencies, the planning committee successfully organized a parade of lights, an experience with Santa and a free meal. Over 400 people attended; each person had the opportunity to eat a ham dinner & each child was given a teddy bear and a toy.

Looking Ahead:

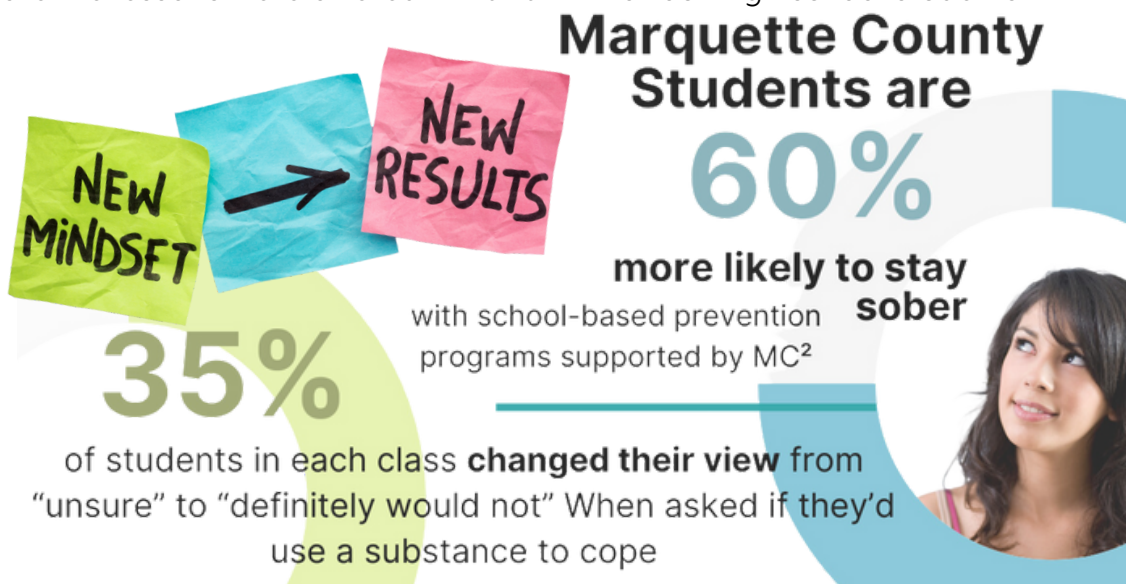
- 6th, 8th, 10th and 12th grade students at Tahquamenon Area Schools and Newberry Alternative School participated in a Prevention Needs Assessment in November. The Luce CTC Data Workgroup will spend time analyzing the data & preparing community reports.
- Luce CTC is planning to partner with Tahqua Land Theater to provide a free or low cost movie to families this winter - stay tuned by following us on Facebook!

Marquette County Cares Coalition (MC²)



Coordinated by Ashly Gleason
906-315-2615
marquette@upctc.com

We are **50% complete** with the Botvin Lifeskills curriculum in Gwinn Area Schools, and **84% complete** in Ishpeming area schools. In Quarter 2 (Oct-Dec) **115 lessons were completed to a total of 243 students**. We continue to be impressed by the impact of this curriculum on Marquette County youth. Over 50% of our completed 9th grade classes state that they now understand the impact of vaping nicotine **MORE** than they did before the lessons were offered. What a win for our high school students!



Our Community Action Planning Team is hard at work reviewing CTC Youth Survey data. We held our first Community Action Planning (CAP) Workshop in September, and selected priority youth risk and protective factors to focus on for the 2024 Community Action Report. This report will be made public to our community, and allows our coalition to select programs, policies, and goals that align with our vision for a healthy community. **Join us in February for our next CAP Workshop!**



Coalition Coordinator attendance to **CADCA's National Leadership Forum** will occur 1/29/24-2/1/24. This conference is the premiere training event for prevention professionals, community leaders, advocates, and experts to convene, share insights, and collaborate on innovative strategies to **drive lasting and impactful community change**. We are SO excited to have received support from Prevention Network to have our coordinator attend this event.

Schoolcraft County Cares Coalition



Coordinated by Heather Chambers
906-286-0159
hchambers@greatlakesrecovery.org



It is with great enthusiasm, we introduce the newest member of the GLRC team. In Schoolcraft County, Heather Chambers has joined as the CTC Coordinator. Heather lives in Manistique with her significant other, Mike and has 2 teen daughters, Hope and Grace. Before becoming a Prevention Specialist, Heather was a hairdresser for over 20 years. With a goal set at the age of 40 to go back to college to finish a degree she started at 18, she went on to accomplish it in 2018.

After getting an Associates' Degree in Early Childhood Development from Bay College, Heather worked as an Assistant Preschool Teacher. Heather decided she wanted more and continued to complete a Bachelor's Degree from Central Michigan University. Heather enjoys cooking, baking, reading, laughing with family and friends, going exploring around the UP with Mike and beaching it with her girls. She is very excited about her new role as the CTC Coordinator for Schoolcraft County.

Schoolcraft CTC recently received 10 Carter Kits from grant money through Child Trust Michigan. These kits include various toys and tools for law enforcement officers to use when they encounter children dealing with autism, sensory disorders or facing trauma. There are things like a weighted blanket and ear coverings to calm children down. These kits were all distributed to MSP, Manistique Public Safety, and Schoolcraft County Sheriff's Department.

