

Upper Peninsula Communities That Care #UPCTC

January 2022

Quarterly Newsletter



Prevention Network Grants

Thank you Prevention Network for awarding five of our CTC coalitions grants totaling \$133,806!

- Dickinson/Iron: \$48,000 to bring Teen Outreach Program (TOP Club) to their counties with partner Dial Help
- Houghton/Keweenaw: \$50,000 to maintain/expand TOP Club with partner Dial Help, and build coalition capacity
- Mackinac: \$13,035 to purchase extra Botvin's Lifeskills curriculum, bring Tall Cop to the EUP, create PSAs and social media content, and support HIPS and SDS training
- Marquette: \$14,435 to increase community engagement
- Schoolcraft: \$8,336 to expand Botvin's Lifeskills and QPR

Beyond the Save Commercial

Beyond the Save is a consortium of agencies working to address opioid misuse in the Upper Peninsula. Because prevention is an important part of this work, they worked with UPCTC to create a commercial promoting our coalitions to increase awareness of what we do and how community members can help. We're grateful for their continued support!

You can find the commercial online at www.BeyondtheSave.org, or share it on Facebook at www.facebook.com/beyondthesave/videos/613883346392513. If you're interested in joining your local CTC to help create safer, healthier communities for our youth, see page 2.



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Grant funding for each coalition provided by NorthCare

Find us on Facebook & Instagram @UpperPeninsulaCTC



Guiding Good Choices Monthly Education

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/ggc.

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.

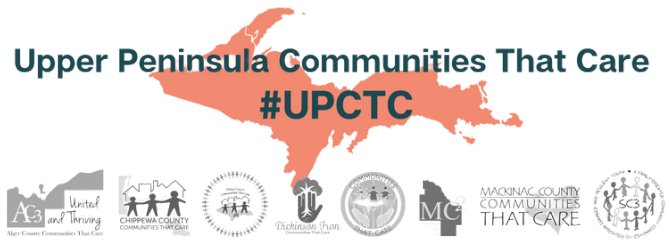
Sessions are virtual and only take an hour and a half. Times will vary to make it easy for members to find a class that works for them. Watch for our "Intro to CTC" events on Facebook or on our website at www.upctc.com.

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



Hello All! Once again our wonderful Alger Octogenarians stepped up to model for our 2022 Exceptional Seniors Calendar. Demand was high and they sold out quickly. Proceeds go towards gas and bus cards to assist our community members getting to medical related appointments. Thank you to all who supported this cause!

Please check out our newest podcast:

<https://www.canr.msu.edu/alger/ac3%20pod%20cast%205.mp4>

AC3 Member Vicki Ballas speaks to Elena Torongo, Vice President and Treasurer of the new Alger County Families Against Narcotics (FAN). FAN helps support families and individuals affected by substance abuse disorder. If you would like more information please visit www.familiesagainstnarcotics.org/alger.

Last but not least we were able to help Burt Township's high school students create a YouTube channel. They came up with the brilliant idea of creating a YouTube channel that displays the beauty of their surrounding environment and encourages students and their families to take part in healthy outside activities instead of turning to drugs and alcohol. Through a SAMHSA stipend, AC3 was able to purchase the equipment to get their endeavor off the ground. Good work Polar Bears!

Exceptional Seniors



Alger County 2022 Calendar

Chippewa County Communities That Care

Coordinated by Clara James

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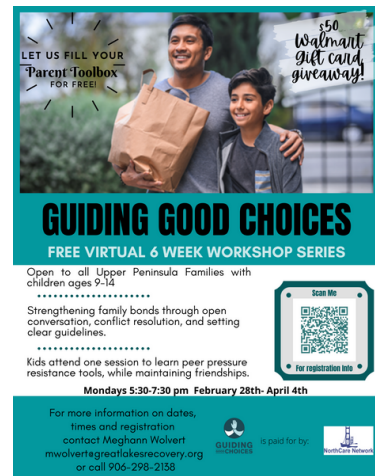
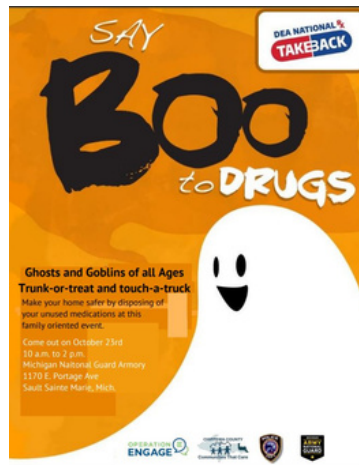
#ChippewaCountyCTC



Chippewa County spent a majority of it's time this past quarter getting reconnected to its youth groups and helping facilitate activities they wanted to see put into place. Our SHACC Youth Advisory group put together a site for Family Fun Night at Sault Area Middle School November 23rd, 2021 to provide education on vaping, They used the Plinko board and oversized dice to increase interest for participation. CTC helped with providing prizes and educational materials which highlighted MYLIFEMYQUIT cessation for students and their families, and Guiding Good Choices for parents of children attending the school. They also provided other healthy tips including Dial Help resources and cards and TIPS FOR TEENS from SAMHSA. There were over 300 participants for that event.

Another event that they put together and hosted was a middle school health fair with over 20 booths on topics for increasing healthy behavior choices. Our CTC helped the group provide materials for handouts and education as well as drawing prizes for the students that were able to answer questions about each booth. It was a great success with 119 6th grade students attending.

One of the priorities for our coalition was to make sure we recognized those who were already working with our coalition because we wouldn't be able to accomplish any of this without our community members and youth. Thank you to our CTC members and volunteers!



Delta County Communities That Care



Coordinated by Sarah Latvala
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**#DeltaCounty
CommunitiesThatCare**



Delta County CTC members have been busy working on various projects in the community.

In November adult and youth members partnered with Elmer's County Market in Escanaba and Pat's Foods in Gladstone to do sticker shock. This important annual event brings awareness to the community of the dangers and consequences of providing alcohol to minors.

In early December, Delta CTC partnered with Elmer's County Market to hold our annual Mocktails event. The festive event provided samples of a non alcoholic Christmas punch to shoppers as well as recipe cards.

Also during December, members worked with local students to participate in our annual Christmas card outreach project. Delta County CTC partnered with local agencies such as Pathways, the Delta Co. Jail, and Hope At The Inn to send hope and joy during the holiday season by hand writing Christmas cards to members in the community who might be struggling with substance use disorder and or mental health issues. The outreach program has received wonderful support from our community and continues to grow with participants and donations each year.



Dickinson/Iron Communities That Care



Dickinson Iron
Communities That Care

Coordinated by Traci Johnson
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#itcouldbeyou
communitiesthatcare



Dickinson Iron Communities That Care has been working hard with our youth involvement work group. We held a meeting to help with addressing depression and anxiety by showing music and art can be therapeutic. Participants learned how to create pour paintings and placed inspiring quotes or words on the back of their creations. Our youth members also worked with first grade students to make blankets for local nursing homes and homeless shelters the project was "It's Better to Give Than Receive".

We are continuing to work with our local schools on the social development strategies. We used SAMHSA funds to get a camcorder for each of the schools in our counties so they can record videos for PSAs for us.

We started a fundraiser with a local pizza shop, which is ongoing at this time.

Our group handed out appreciation gifts to some of our long-term coalition members as a thank you. We have several members who have been with us since we started in Dickinson county, five years ago.



Houghton/Keweenaw Communities That Care



Lisa Simpson

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#HKCTC



Our coalition's work groups began meeting again in September. Thank you to our members who attended, with a special thanks to those who took on Chair and Vice-Chair roles. We're still seeking people to join our CTC -- only a few hours each month can make a real difference! Our work groups meet monthly for one hour on Zoom. Reach out to Lisa at houghtonkeweenawctc@gmail.com if you're interested in using your skills in one of the work groups below:

- Outreach & Maintenance: Promoting and managing the CTC
- Data & Resource: Collecting and analyzing data to identify gaps in the community
- Funding: Finding and overseeing funds for the CTC
- Youth Involvement: Creating healthy opportunities for youth
- Suicide Prevention: Preventing youth suicide with training and awareness

We continue supporting Teen Outreach Program (TOP Club), an after-school program identified in our Action Plan to address the youth risk factor "low commitment to school." This program is currently funded by Portage Health Foundation, and provided with community partner Dial Help. We held a sledding outing in December and made the most of our Copper Country snow! Below is an activity from one of our TOP Clubs.



Mackinac County Communities That Care

Coordinated by Meghann Wolvert

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MACKINAC COUNTY
COMMUNITIES
THAT CARE

#MackinacCTC



Mackinac County CTC wrapped up 2021 by completing their Youth Needs Assessment Surveys in our schools. We look forward to seeing our results in 2022 and assessing any changes that need to be made to our Action Plan.

Between October and December a new partnership was formed with a group of concerned citizens in the Engadine community who are connected with the Hiawatha Sportsman’s Foundation. The newly form “EUP Youth Substance Use Disorder Initiative” is now working closely with Mackinac CTC and Engadine School District to ensure that educational material regarding opioid use is being shared in many different ways. Our October Drug Take Back Day was held in Engadine, where we collected 10lbs 4oz of medication from community members. This event was not only supported by the EUP-YSUDI, but also Luce Mackinac Alger Schoolcraft Health Department and Mackinac County Sheriff’s Office.

We continue to be grateful for the support of our local Wellness Coalition, St. Ignace Newspaper, and other key leaders supporting our efforts. Even in the slowness of the holidays, our efforts continued with forward momentum and we look forward to all that 2022 will bring.



Marquette County Cares Coalition (MC2)



Coordinated by Ashly Gleason

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**#Marquette
CountyCTC**



The Marquette County Cares Coalition (MC2) has a new Coordinator! We welcome Ashly Gleason, Health Educator from the Marquette County Health Department. Ashly holds a Bachelor of Science in Community Health Education, with a special focus on Substance Abuse Education and Prevention. Ashly welcomed a baby girl to her family December 16th, 2021 and returns to MC2 full time in March. Look for exciting things coming our way!

MC2 was awarded the Coalition Support & Community Change Grant from Prevention Network in the amount of \$14,435. We are excited to use this grant to increase community engagement throughout the next year.

Keep your eye out for MC2 to resume regular meetings, attend local health & prevention fairs, and coordinate an engaging "Revitalization Event" spring 2022. This event will be designed to bring past, present, and future members to the MC2 table. We can't wait to see you there!

We are ever-grateful for the support of our members and key leaders that helped us power through an uncertain 2021. We look forward to the renewal that 2022 offers!



Schoolcraft Communities That Care Collaborative (SC3)¹⁰



Coordinated by Jen Levins
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#SC3



In December 2021, we hosted our first annual Holiday Bazaar. It was a VERY cold and snowy day, but several members of the community came out to shop and pick up some tasty baked goods donated by local businesses. This fundraiser brought in around \$300 to help our coalition in our efforts to grow prevention in Schoolcraft County.

In the upcoming months SC3 will be working on a media campaign to share the message of underage drinking prevention in our county. This campaign will consist of activity sheets that will be utilized in many restaurants throughout our area, as well as radio ads that will be played on Radio Results Network. The goal of this campaign is to educate parents and other adults as to why they should not be purchasing alcohol for adolescents in their lives.

Lastly, this month SC3 will be conducting the CTC Youth Survey. This survey will give our community valuable data about what youth in our area experience in regards to drugs, alcohol, violence and other youth problem behaviors. After this data is collected we will begin the process as a community of going through and analyzing the data so that we can bring in appropriate programs and resources that fit our community's needs. If you would like more information about the CTC Youth Survey, please contact Jen Levins at (906) 286-0159.

