

Upper Peninsula Communities That Care #UPCTC

January 2023

Quarterly Newsletter



Recruitment Commercial

Keep your eyes peeled for a new commercial from UPCTC! Three Upper Peninsula Leaders generously shared their support of local Communities That Care coalitions. Geno Basanese, Trooper with Michigan State Police Iron Mountain Post; Rebecca Crane, Executive Director of Dial Help; and Greg Toutant, CEO of Great Lakes Recovery Centers are featured in the spot.

If you'd like to learn more about your local CTC, or to get involved, visit www.upctc.com.

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Grant funding for each coalition provided by NorthCare

Visit our website at www.upctc.com or email UPCTCs@gmail.com

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/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.

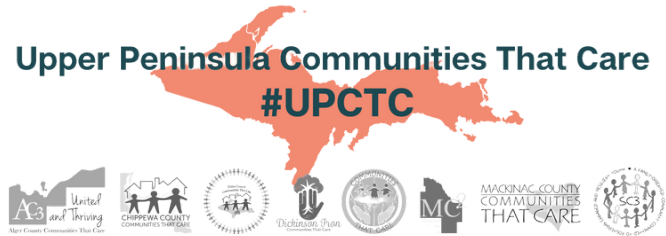
Sessions are virtual and only take an hour and a half. Times will vary to make it easy for members to find a class that works for them. Watch for our “Intro to CTC” events on Facebook or on our website at www.upctc.com/classes.

Get Involved

Each of our CTC coalitions is coordinated by one of the agencies to the right. We are grateful to our community partners, 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



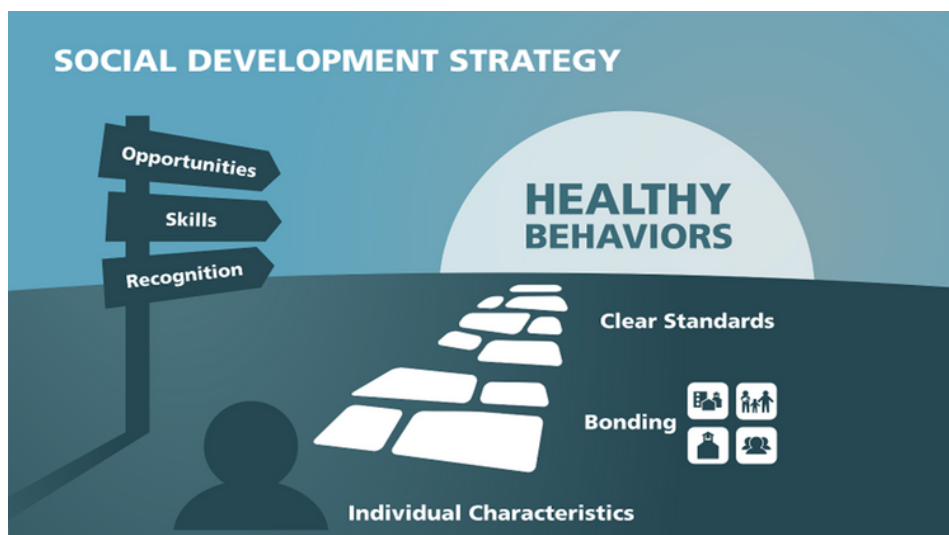
Hello all! We had a busy quarter. In conjunction with the MSU extension, Vicki Ballas completed our 8th podcast with Christina Bowers of the Get Away Drop in Center.

The center is a safe spot for those diagnosed with a mental illness offering peer supports/assistance and so much more. Check it out here:

canr.msu.edu%2Fpodcasts%2Fac3-pod-cast-8-the-get-away-drop-in-center

We are are striving to make a positive impact in our community with our Prevention Network Grant award, working with our community partners and utilizing the Social Development Strategy. Our Youth Advisory Council is meeting regularly and has proved vital to our mission. Big Brother Big Sisters is re-established in Alger County Schools. We are working with Munising Public Schools to help support a Student Mental Health and Safety Public Forum and present our Prevention Needs Assessment Survey results. We are providing prosocial after-school programming for Alger youth and adults. Come to open skate on Monday, Wednesdays and Fridays at Alger Centennial Arena and get free skate rentals compliments of the AC3. Or, go to the Chatham Ski Hill the first Wednesday of the month for free sledding, skiing and hot chocolate.

As always, thank you to our volunteers and community partners and stay Warm!



Chippewa County Communities That Care



Coordinated by Stephanie Woods

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#ChippewaCountyCTC

In October, CTC participated in United Way's Diagon Alley Fundraiser, constructing a witches' apothecary shop offering potion items, hats, games to play, and lots of house pride items. Local radio station Eagle 95.1 has an annual trunk or treat event, in which CTC created a Where's Waldo puzzle for participants to solve while waiting for their candy. We also participated in a Safer Homes event and distributed 20 kits to local homes.

Each month the High School SHACC Student Advisory Council sponsors a #SupportNotStigma event. These events highlight mental health or adolescent health topics and aim to educate their peers by offering a monthly gift bag filled with mental health items, school supplies, gift cards, phone accessories, and more.

For National Bullying Prevention Month in October, students played a 25-question Kahoot during all lunches. The highest score won the monthly prize. In October, they also distributed Red Ribbons for Red Ribbon Week to promote drug-free lifestyles among students. In December, a Holiday Charity Drive asked for donations that could be given to children aged 14-18 as our local Salvation Army receive the fewest gifts for those ages.

In December, our Advisory Council with the Health Alliance second-year students hosted their annual 6th Grade Health Fair. High School students created educational boards and presented them to the students offering them an interactive educational experience while learning about health topics important to their age group.



Delta County Communities That Care



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

Coordinated by Sawyer Rietveld
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**#DeltaCounty
CommunitiesThatCare**



Sawyer Rietveld is the new Coordinator for the Delta County CTC! Sawyer has previously worked within CTC coalitions in Dickinson, Iron, and Schoolcraft counties. He is very excited to take the next step with Delta County to reduce youth depression and substance use.

With this transition, we are looking to bring new and exciting prosocial activities for youth, and educational opportunities for growth and advancement in the prevention field. We will still continue working on the C3 Grant to bring needed resources and projects into Delta County.



Dickinson/Iron Communities That Care



Dickinson Iron
Communities That Care

Coordinated by Traci Johnson
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#itcouldbeyou
communitiesthatcare



We brought a new program to Dickinson County called Yell and Tell. The mission of this program is for children's lives to be saved by the child who sees a dangerous situation and takes a proactive response.

Yell and Tell offers the following framework for youth to identify dangerous situations:

- See It (See something that is dangerous)
- Feel It (Scared. Doesn't know what to do)
- Yell (Yell HELP to attract attention)
- Tell (Tell the closest adult)

This program is used for the students by the students. It gives the opportunity for older youth to lead in their school, by interacting and building connection with students in the elementary school.



Houghton/Keweenaw Communities That Care



Coordinated by Callisto Cortez

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#HKCTC



Ending 2022: HKCTC Coordinator Callisto Cortez has been working towards implementing the CTC Youth Survey with local schools for spring 2023. Data from this survey is one of the cornerstones of the CTC process. The more we know about what kids are dealing with, the more we can help them overcome obstacles and make healthy choices.

Starting the year: A group of local Houghton students planned and held a semi-formal Snow Ball. Their goal was to raise funds for youth mental health and suicide prevention-awareness. They raised \$1,100 from ticket sales and graciously requested to donate their total to HKCTC for our suicide prevention efforts! We're so grateful for their support and dedication for teen suicide prevention and mental health awareness.

Mid January: January was Human Trafficking Prevention-Awareness Month. HKCTC is partnering with Dial Help's Victim Services Unit holding a Human Trafficking Education course, free to the public, and promoting other events.



RECEIVE

A greater understanding of Human Trafficking

Certificate from Human Trafficking Education Seminars of Michigan

LOCATION

East Reading Room, VPO Library

Advocates will be available for questions, support and resources after the training

HUMAN TRAFFICKING EDUCATION

February 23rd
2:30pm to 4pm

Sponsors:
The Division of Victim Services Michigan

Houghton/Keweenaw Communities That Care

Mackinac County Communities That Care

Coordinated by Meghann Wolvert

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#MackinacCTC

MACKINAC COUNTY
COMMUNITIES
THAT CARE



This fall Mackinac CTC participated in a number of health and resource fairs, including the St. Ignace Fall Festival. Mackinac CTC provided a scare crow arts and craft activity for children and handed out parent resource materials. Mackinac CTC enjoys supporting community events like these that provide positive social interactions with the youth in our area, while also providing parents resources for talking to their children about the risk of under age substance use and other problem behaviors.



Photo courtesy St. Ignace News

As we wrapped up the year, Mackinac CTC focused their social media campaigns around bringing awareness to the Social Development Strategy. This was part of a campaign to start conversations about this important foundational piece of the Communities That Care model, and the coalition hosted an in-person SDS training in January.

The coalition also posted about clear standards in an effort to boost awareness about the Guiding Good Choices classes offered virtually.

We had 5 Mackinac County families participate in the last GGC class of 2022! Mackinac CTC is gearing up for 2023 with lots of plans in the works. In addition to our Social Development Strategy training, we are working with TV 6 to create a new PSA featuring local youth.

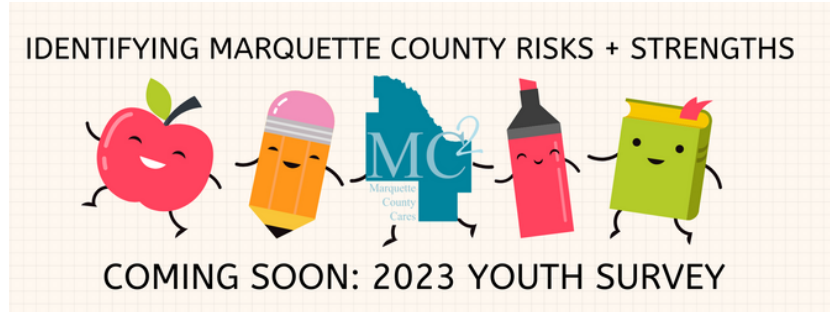
On October 29th Mackinac CTC hosted a Drug Take Back Day in partnership with Mackinac County Sheriff's Office, LMAS and the EUP-Opioid Response Consortium. We talked to seven individuals, handing out Narcan, lock-boxes, and lots of resources. In total we collected 7 pounds of medication. These events have been very well-received in the communities.



Marquette County Cares Coalition (MC²)



Coordinated by Ashly Gleason
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The Biennial CTC Youth Survey will take place February 20th through March 6th 2023. We thank educators for their time allowing us to speak at the principal meeting on January 11th. We were thrilled to present on the ways that our community benefits from the biennial youth survey, and asked for their continued participation. Marquette County Cares is just as eager to provide relevant, useful data in 2023!

Our schools use this data for grant applications, district improvement plans, and are overall better informed about youth mental health and attitudes towards substance use.

The check for the 2022 Golf Classic was presented to the Marquette County Cares Coalition on 11/9/22 at the West End Health Foundation business after hours event. We are thrilled to announce that we raised \$16,974 from the event! Our coalition uses this funding to keep quality prevention programming in our community. We thank WEHF for their partnership- we are so humbled & thankful for their generosity!

WE WANT YOU - YES - YOU! The Marquette County Cares Coalition is looking for new members. When youth thrive, we all win! Join a team that's committed to quality prevention programming in our community. We need you!

That's a Wrap! The Botvin's Lifeskill education program has concluded for semester 1 in Ishpeming, and marking period 2 in Gwinn.

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 this spring!

Join us for our next coalition meeting: February 22nd!



Schoolcraft Communities That Care Collaborative (SC3)

Coordinated by Tricia Noble
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#SC3



Schoolcraft County CTC is getting active with their youth! We have started a Lego Club for school-age kids that happens after school once a month. Our first session was a HUGE success with 22 students participating! Their Lego creations are on display at our public library for all to see. Legos were provided by our local 4H/MSU Extension. We plan to continue this event monthly and are excited to watch it grow and allow us to interact with these kids!

We went to the Manistique Middle School to complete our Youth Surveys with our 6th and 8th graders. Our volunteers have been essential in making this happen and in giving of their time to help proctor it. We are so grateful for our volunteers! Botvin's Life Skills began January 24 at Manistique Middle School, where we presented to over 60 sixth graders. Recruiting is in full swing as our TV6 recruitment commercial is currently airing and we are working hard to increase our presence in the community.

