

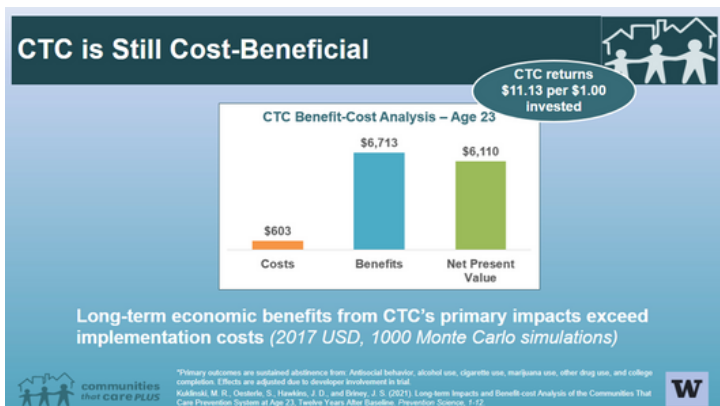
# Upper Peninsula Communities That Care #UPCTC

# July 2021 Quarterly Newsletter



## The Value of Prevention

New research has shown that the value of CTC in the community has almost doubled! For every \$1 invested in CTC, \$11.13 is returned in the form of lower criminal justice system, crime victim, and health care costs and increased earnings and tax revenues. This is up from \$5.31 previously.



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## Coming in August: Narcan Distribution Day

Narcan is an opioid overdose reversal drug available as a nasal spray. Anyone who has a prescription for opioids should have Narcan on hand in case they or a family member accidentally ingest too much.

Our CTCs are hosting free Narcan distribution with funding from DHHS. Dates, times, and locations vary -- visit [www.upctc.com](http://www.upctc.com) for more info.



Grant funding for each coalition provided by NorthCare

Find us on Facebook & Instagram @UpperPeninsulaCTC



## Parenting Classes

Guiding Good Choices classes for parents and others who interact with youth ages 9 - 14 are still available and free of charge!

Learn new communication skills and ways to lower the risk of your child using alcohol or other drugs.

Held virtually via Zoom, this is a six-week session, with one two-hour class each week. People who complete the class can receive a gift card.

Learn more at [www.upctc.com/ggc](http://www.upctc.com/ggc).

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

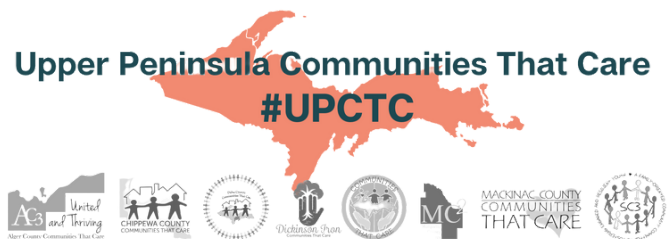
## Get Involved

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

Support youth-focused prevention



# Alger County Communities That Care (AC3)



Alger County Communities That Care

Coordinated by Hans Eriksen

906-202-2244

AlgerCountyCTC@gmail.com

**#AC3CTC**



Thanks to all of the Farmers, volunteers and to those of you who generously contributed, Farms for Folks is off and running strong, bringing healthy food to families in need.

In conjunction with the MSU Alger Extension we are proud to launch our third podcast focusing on issues facing teens. Special thanks to the students of Munising Middle/High School and Therapist Melissa Carlson for participating. Listen to it here: [www.canr.msu.edu/alger/communities-that-care-podcast](http://www.canr.msu.edu/alger/communities-that-care-podcast).

We are also happy to announce our collaboration with Roam Media to help provide you with information regarding upcoming AC3 events.

Finally, please join us for our fifth annual Pizza with a Purpose fundraiser on September 23rd and 24th. We team up with delicious Pictured Rocks Pizza in Munising to offer gourmet wood oven pizza and pasta. Proceeds support our suicide prevention campaign and help fund our school social workers at Superior Central, Munising Public and Burt Township schools.

Have a Great, Safe Summer!



Pizza with a Purpose annual fundraiser will be held September 23 & 24!

# Chippewa County Communities That Care



Coordinated by Clara James  
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#ChippewaCountyCTC

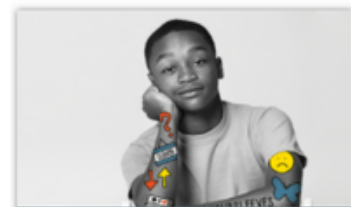


## MENTAL HEALTH AWARENESS

Chippewa County CTC partnered with the LIVE West End Suicide Prevention Coalition to hold a Mental Health Scavenger hunt at Sault Area Middle School during Mental Health Awareness week in May 2021. The students were given clues in the morning messages about where they could seek out healthy choices at school or receive help if needed. If they found the right place, there was a QR code to answer the question along with information on mental health awareness. The entire project came from the information provided to the CTC from On Our Sleeves, a national, evidence-based curriculum Chippewa County CTC is currently collaborating with to improve overall mental health among young teens in Chippewa County.



Sault Area Middle School students participate in suicide prevention scavenger hunt.



On Our Sleeves  
Alliance

[www.onoursleeves.org/](http://www.onoursleeves.org/)

**L** LOVE more  
**I** INCLUDE more  
**V** VALUE more  
**E** ENGAGE more

[www.facebook.com/  
WestEndSuicidePrevention](https://www.facebook.com/WestEndSuicidePrevention)

# Delta County Communities That Care



Coordinated by Sarah Latvala  
906-789-8105  
DeltaCountyCTC@gmail.com

**#DeltaCounty  
CommunitiesThatCare**



The Delta County CTC has welcomed four new coalition members in the last couple of months and is excited to have them join our group.

Delta County CTC volunteers and youth worked together to create a radio campaign to discourage underage drinking and raise awareness of the dangers of tobacco use. Thanks to our coalition volunteers, we were able to successfully complete sticker shock -- putting stickers on alcohol to discourage adults from buying for youth -- in time for the Fourth of July. Youth and volunteers worked hard to get the message out to the community that providing alcohol to minors is a serious crime in Michigan.

Our coalition was also excited to begin the transition back to in-person meetings while still offering an online option for those that still prefer online meetings. We are looking forward to continuing to engage the youth in our community this summer, and hopefully the weather allows us to be able to work on some outdoor activities into the fall.



Sticker shock campaign: The sticker above was placed on alcohol prior to the Fourth of July.

# Dickinson/Iron Communities That Care



Dickinson Iron  
Communities That Care

Coordinated by Traci Johnson  
906-458-2627  
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#itcouldbeyou  
communitiesthatcare



Dickinson Iron CTC participated in Synar in May when we dropped off digital calendars to our local grocery stores and gas stations, which showed the current legal age to purchase tobacco.

In July we will be participating in the Sticker Shock campaign to prevent underage drinking, along with Michigan State Police. We'll place stickers on alcoholic beverages in our local stores to discourage adults from buying for youth.

On September 19 we will be hosting our fourth Annual Hope 2 Help Suicide Awareness walk. For more information visit <https://runsignup.com/Race/MI/IronMountain/Hope2HelpWalk>.



**STOP Underage Drinking!**



It is **illegal** to purchase or provide alcohol to those under 21!

Minimum fine of \$1,000 or 2 months in jail



Left: Digital calendars; center: Hope2Help shirt; right: sticker shock

# Houghton/Keweenaw Communities That Care



Lisa Simpson

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HoughtonKeweenawCTC@gmail.com

## #HKCTC



The Houghton/Keweenaw CTC hired a new Coordinator, Lisa Simpson! Lisa begins in early August. Meetings will start up again soon, watch your inbox for emails from houghtonkeweenawctc@gmail.com.

We will be holding our annual suicide prevention walk in September.

**We're still  
here for you**



**Call**  
800-562-7622

**Text**  
906-356-3337

**Chat**  
[www.DialHelp.org](http://www.DialHelp.org)

Our coalition is coordinated by Dial Help, available 24/7 to support, encourage, and empower all.

# Mackinac County Communities That Care

Coordinated by Meghann Wolvert

906-298-2138

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MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

#MackinacCTC



Mackinac CTC had just under 30 submissions for their Youth Social Norms Poster Competition in the spring, and in early June we selected six winners. The selected posters will be produced in poster forms to be displayed in our schools and businesses around town. The mission on this social norm campaign is to change the perception that "everyone is doing it" in regards to underage drinking, marijuana use, and vaping.

Our work with the "Hidden in Plain Sight" program continues, and we are happy to announce that our efforts with the Chippewa 4H program have finally brought in enough money to purchase a trailer. Our goal is to roll out the trailer for it's first official event at the Chippewa County Fair, helping parents learn more about where youth may hide alcohol or other drugs.

Mackinac CTC and the Mackinac Co Wellness Coalition are in the planning stages of a Health and Resource Fair. Our goal is to bring together area resources for families, parents, youth, and adults in Mackinac County. There will not only be tables full of community resources, but also activities to promote health and well being. It will be held September 16 from 3pm to 6pm at the St. Ignace Marina.





# Marquette County Cares Coalition (MC2)



Coordinated by Jennifer Eyler

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CTCMarquetteCounty@gmail.com

## #Marquette CountyCTC



The Marquette County Cares Coalition (MC2) will be partnering with Start the Cycle, MARESA and Great Lakes Recovery Centers to provide a youth biking event with Communities Talk funds the coalition received from SAMHSA. A motivational speaker will be speaking with the youth about the importance of choosing healthy alternatives, such as biking, to underage drinking. This event will be held on August 19th at the Negaunee Township Hall.

On August 31st, MC2 will be distributing Narcan in the Marquette Commons from 10 - 4 PM. This life-saving medication is free to all community members. The public is encouraged to stop by to learn how to administer Narcan and to pick up their free doses. This event is being held on the International Overdose Awareness day to help raise awareness of overdose, reduce the stigma associated with Narcan, and to increase the amount of community members who have Narcan in case of a life-threatening emergency.



## NALOXONE COULD POTENTIALLY SAVE A LIFE



The State of Michigan is providing naloxone for free  
on August 31, 10a - 4p at Marquette Commons

Left: Start the Cycle Communities Talk; right: Narcan Distribution

# Schoolcraft Communities That Care Collaborative (SC3)<sup>10</sup>



Coordinated by Jen Levins  
906-286-0159  
SchoolcraftCountyCTC@gmail.com

#SC3



Schoolcraft County Communities That Care (SC3) is hosting an online support group for those struggling with mental health during the COVID-19 Pandemic. We are partnering with New Beginnings Outpatient Therapies to have counselors 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](https://www.facebook.com/SchoolcraftCTC).

Recently, SC3 partnered with Lighthouse Ministries to host a Kid's Fishing Derby! We utilized this platform to reach parents and community members on the fundamentals of the Social Development Strategy (SDS) by training the adult participants ahead of time in the SDS. Then on June 26th we met at McDonald Lake to put the skills, opportunities, and recognition taught in SDS into practice. Fun was had by all and the kiddos got to walk away from the event with some cool prizes and great memories! We will be hosting this derby along with Lighthouse Miniseris each month this summer. For more details or to register please call (906)286-0159.

SC3 is also hosting QPR Trainings throughout the summer. QPR is a suicide prevention gatekeeper training that teaches participants the questions to ask if they encounter someone in a suicidal crisis. The trainings are held on Zoom.



SCHOOLCRAFT COUNTY COMMUNITIES THAT CARE PRESENTS:

## QPR:

**Three steps anyone can learn to help prevent suicide.**

Live on Zoom:  
Thursday, June 24, 2021  
Thursday, July 22, 2021  
Thursday, August 19, 2021  
7:00 - 8:00 pm

Call Jennifer Levins at (906) 286-0159 to register or with any questions.

Left: Fishing derby; right: QPR trainings