

October 2019

# NEWSLETTER

## YOUTH-FOCUSED PREVENTION



**BARAGA COUNTY CTC WARR;OR WALK**

## About UP Coalition Network

UP Coalition Network (UPCN) is a group of the 14 Communities That Care (CTC) coalitions serving the Upper Peninsula. CTC is evidence-based to help lower rates of youth problem behaviors, including substance use, violence, delinquency, school drop out, teen pregnancy, and depression.

Our goal is simple: Create communities in the UP where youth thrive. CTC empowers communities to use prevention science to make real change. We use local data to get a realistic picture of what our young people are dealing with, and put programs and activities in place to address them.

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## Our Coalitions Are Coordinated By



## Grant Funding Provided By



# UP Wide Preventing Suicide

Our CTC coalitions collaborated to host this ambitious and impactful event to prevent suicide. A semicolon-shaped "torch" was carried through each county by walkers, runners, bicyclists, and motorcyclists. We had three main goals for this event:

- Increased awareness of suicide risk factors and resources
- Raising funds for future prevention initiatives
- More people joining their local coalition to continue prevention

Check out the following three pages for more pictures and info from this event. Thank you to the people and organizations who helped make this event a success! **Find our sponsors and supporters at [www.UPCNetwork.org/spw](http://www.UPCNetwork.org/spw)**



**MARQUETTE**



**HOUGHTON/KEWEENAW**

## WHY IT'S IMPORTANT

Suicide is the #2 cause of death for people age 10 - 34 in the US

In Michigan, five of the top 10 counties for death by suicide are in the UP

Up to 68.5% of local youth report feeling depressed or sad most days



**DICKINSON**

# \$1,350 Raised!

Why a semi-colon torch? "A semi-colon is used when an author could have chosen to end their sentence, but chose not to. You are the author and the sentence is your life." - Project Semi-colon



GOGBIC



SCHOOLCRAFT

SPECIAL THANKS



CHIPPEWA



MACKINAC



LUCE

## More from UP Coalition Network



CTC COORDINATORS AT THE FOURTH ANNUAL UP SUICIDE PREVENTION CONFERENCE



HOUGHTON/KEWEENAW CTC COORDINATOR HEATHER SAARI PRESENTING OUTCOMES FROM UPCN'S \$10,000 QPR AWARD AT SUPERIOR HEALTH FOUNDATION'S ANNUAL GALA

# 615 people QPR trained!

# Coming Soon Next Quarter



## QPR SUICIDE PREVENTION TRAINING

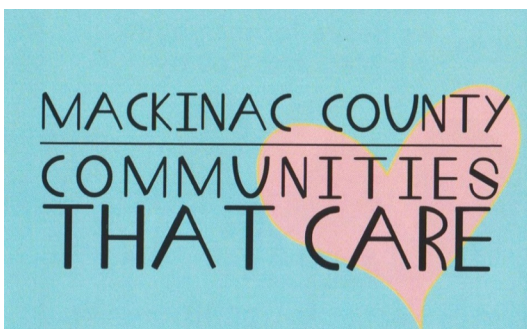
QPR is a one-hour training appropriate for youth and adults. With funding from Superior Health Foundation, volunteers across the UP have been trained to provide this training at no cost (except for booklets, \$3 each). Contact your local coalition for more information: [www.UPCNetwork.org/coalitions](http://www.UPCNetwork.org/coalitions)



**DEA NATIONAL <sup>Rx</sup> TAKEBACK**

Saturday, October 26 | 10 a.m. – 2 p.m.  
[DEATakeBack.com](http://DEATakeBack.com)

**Visit our Google Calendar for more:**  
[www.UPCNetwork.org/calendar](http://www.UPCNetwork.org/calendar)



Find your  
coalition:  
**UPCNetwork.org**