

# Upper Peninsula Communities That Care #UPCTC

## October 2021 Quarterly Newsletter



## Free Virtual Classes

Guiding Good Choices (GGC) is a free family class for anyone who interacts with 9-to-14-year-olds. The class is six weekly two-hour sessions. Children attend one session that teaches skills to resist peer pressure. The other sessions are just for adults, and include:

- Risk factors for youth substance use, and how to help prevent it
- Effective parenting or youth support practices
- Managing conflict
- Improving communication with youth

GGC addresses a variety of challenging behaviors that may arise during adolescence, while strengthening family bonds and teaching useful skills for family management.

Classes are being offered throughout 2022 and open to anyone in the Upper Peninsula. Gift cards are offered to those who complete all six classes.

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

## Take Our Brief Survey!

We're looking for feedback to help our coalitions grow:

<https://forms.gle/3QHJKB5BT8CoebZ87>

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# GUIDING GOOD CHOICES®

Grant funding for each coalition provided by NorthCare

Find us on Facebook & Instagram @UpperPeninsulaCTC



## Narcan Results

In August, our coalitions supported DHHS in distributing Narcan, a life-saving drug that reverses opioid overdose. 578 doses were provided:

- Alger County: 68
- Chippewa County: 72
- Delta County: 62
- Dickinson/Iron: 133
- Houghton/Keweenaw: 87
- Mackinac County: 1
- Marquette: 100
- Schoolcraft: 55

Learn more about Narcan at [www.upctc.com/harm-reduction](http://www.upctc.com/harm-reduction)

## 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).

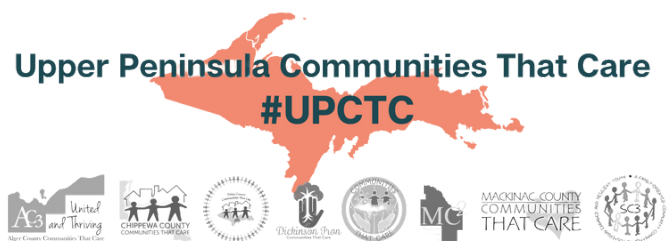
## Get Involved

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

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**#AC3CTC**



Thank You to the Chatham CoOp for letting us hold our Drug Overdose Awareness Day event outside their store. We had a large turnout, many positive conversations and most importantly we were able to get lifesaving materials out into the community.

Check out our newest podcast: <https://www.canr.msu.edu/alger/communities-that-care-podcast>. Vicki Ballas speaks with Monica Eriksen from the LMAS Health department's Harm Reduction Program. It details the workings of the Harm Reduction model and the health and financial benefits it provides for the community at large. If you would like more information regarding the program, you can contact Monica at (906) 322-4444 or at [meriksen@lmasdhd.org](mailto:meriksen@lmasdhd.org).

Finally, We held our annual Pizza with a Purpose event at Pictured Rocks Pizza to raise funds for suicide prevention in Alger County. Thank you all to so many who participated in making this year another success. We were able to surpass our goal of \$20,000. The outpouring of support for each other in this community is truly overwhelming!!!



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

# Chippewa County Communities That Care

Coordinated by Clara James

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#ChippewaCountyCTC



Chippewa County CTC partnered with the EUP United Way to provide information and materials for kids returning to school at the EUP Project Backpack event. Our coalition provided play dough and slime as sensory item prizes. The kids could drop a plinko chip if they came to the booth. Parents were encouraged to take information on back to school ways to destress their routines, mental health awareness, and how to talk to their kids about alcohol, tobacco, and other drugs.

We also provided Narcan, deactivation bags, and lock boxes during National Overdose Awareness Day. The coalition was part of the downtown days to support the community and create awareness, and a Business Blitz to ask for support from area businesses. We had a very successful but hot day at the Lake Superior State University Lakerpalooza, where we continue our connection with students and staff at the university.

The coalition got very creative with the challenges they experienced with covid spikes and still having a suicide prevention awareness event that could have an impact. The coalition along with CCSPC created signs sponsored by area businesses with statistics, education, and resources to address suicide prevention and mental health awareness. These signs were hosted by participating schools and events where they were moved throughout the month to provide awareness. This also provided another opportunity community wide to share LIVE signs and to share info on West End Suicide Prevention programming.

Our Townhall event was probably our biggest planning event where we tackled the stigma of Tailgating for the football season. In coordination with our recent youth survey and its results, the need for education regarding underage use and the report that there is nothing to do in our town, our coalition had it's first ever alcohol free tailgating party to show youth you can have fun and get together without there having to be alcohol. The kids involved were excited and had many ideas for additional events. We are excited to be working with the youth on a basketball season event.



# Delta County Communities That Care



Coordinated by Sarah Latvala  
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**#DeltaCounty  
CommunitiesThatCare**



Delta County CTC volunteers and youth helped support the End The Silence Suicide Prevention walk in Delta county. Youth and volunteers gave out boxes of Narcan, drug deactivation kits, lock boxes, and resource materials. Community members had the opportunity to stop by the Delta CTC booth and pick up information about how to get involved in our coalition. The event was very successful and helped raise awareness in the community.

Our coalition was also excited to announce the arrival of the Narcan vending machine that is being housed in the Delta County Jail lobby. Delta County CTC is excited to partner with the jail to provide the community with access to Narcan 24/7. Delta County CTC members are looking forward to continuing to engaging the youth in our community this fall.



At the End the Silence Suicide Prevention Walk

# Dickinson/Iron Communities That Care



Coordinated by Traci Johnson  
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**#itcouldbeyou**  
**communitiesthatcare**



Dickinson Iron Communities That care has been busy the last three months.

We now have a Social work intern learning the five phases of CTC and providing Catch my Breath Vaping program. We have hosted two Narcan trainings and giving out 133 Narcan kits, 22 prescription lock boxes and 150 prescription disposable kits.

We hosted our Fourth Annual Hope2Help suicide awareness walk, raising \$4,400.

We were involved in a spirit week during home coming to host safe homecomings to our students. Other highlights include:

- Suicide awareness volleyball tournament
- Healthy Youth Pour painting for depression and anxiety.
- Two Prime for life courses happening at local schools
- Voices course taking place with funds from our local Kiwanis
- Delivered 6 camcorders to all Dickinson and Iron County schools for our SAMSHA Town Hall: Talk, They Hear You.
- Currently hosting our pizza fundraising



Fourth Annual Hope2Help Suicide Awareness Walk

# Houghton/Keweenaw Communities That Care

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## #HKCTC



Our Narcan Event was held at the Health Department in Hancock. We had Narcan and Detera drug disposal bags available. There were quite a few people who stopped by.

Our annual Suicide Prevention Walk was a wonderful experience for our community. We had about 160 people show up to give their support. The Houghton High School 11th grade English Class and the Houghton Football Team volunteered as well as 15 members from the Calumet High School JROTC. Our activities included a flower memorial garden, rock painting, temporary tattoos, and memorial beads.

We also sold t-shirts and goody bags, which included information on how they could join our coalition. We raised \$1,665.00 from business sponsorship and t-shirt sales. Our walk started at Kestner Pavilion in Houghton, continued walk on across the bridge and back.



- Good Times Music
- Kirkish Furniture
- Copper Country Lodge 135 Masonic
- Gonnie's Kitchen
- Black Ice Comics
- Louie's Fresh Market
- Chopp Kallio Insurance
- M&M Title
- Cyberia Cafe
- Lindells Chocolate Shop
- Pats Calumet
- Otter River Outfitters
- Sir Harris & Associates
- George and Brenda Nousiatinen
- Aurora Piercing Boutique
- Keweenaw Jiu Jitsu Academy
- Superior Graphics
- Tadych's EconoFoods

Fifth Annual Suicide Prevention Walk

# Mackinac County Communities That Care

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MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

#MackinacCTC



This summer Mackinac County CTC participated in a few face-to-face events to boost awareness about the coalition, its mission, and our continued efforts in promoting healthy behaviors in our youth.

In August we handed out recourse bags to families during the 2021 Project Backpack held in St. Ignace. We reached roughly 75 families during the drive-thru event and nearly 170 backpacks were distributed to students.

At the end of August we hosted an ice-cream social to share with community members about our accomplishments during the 20-21 school year including our successful social norms poster campaign. We also set up a booth at our local grocery store for National Drug Addiction Awareness Day to hand out Narcan, medical lock-boxes, drug deactivation bags and lots of resources.

We wrapped up the summer in September at the Mackinac Co Wellness Coalition's resource fair with 19 other organizations promoting the message of mental health and resiliency. We saw about 185 people attend the fair and the CTC was there with all our resources and promoting our partnership with the EUP Hidden In Plain Sight Trailer.



Top: Presenting CTC information at our summer Icecream Social.

Middle: Promoting our new HIPS trailer at the MCWC Resource Fair

Bottom: Handing our parent resource bags at Project Backpack



# Marquette County Cares Coalition (MC2)



Coordinated by Jennifer Eyler

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## #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)



Coordinated by Jen Levins  
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#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](http://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