

# Upper Peninsula Communities That Care #UPCTC

# October 2022

## Quarterly Newsletter



## Great American Smokeout

The third Thursday of November each year is "The Great American Smokeout," a call to action encouraging cigarette smokers to think about quitting. About 34 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths.

There are many reasons to quite: for your health, your friends and family, to save money. No matter your age or how long you've been smoking, quitting improves health both immediately and over the long term. Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully. Learn more at [www.cdc.gov/tobacco/features/great-american-smokeout](http://www.cdc.gov/tobacco/features/great-american-smokeout)

## Help Teens Quit Vaping

There are programs available to help teens quit vaping. The chemicals in vape can cause lung damage, mouth sores, tooth decay, even anxiety and depression. Vapes are NOT just water vapor. Learn more at [www.upctc.com/vaping](http://www.upctc.com/vaping).

### INSIDE

- Guiding Good Choices - 2
- Monthly Education - 2
- Get Involved - 2
- Alger - 3
- Chippewa - 4
- Delta - 5
- Dickinson/Iron - 6
- Houghton/Keweenaw - 7
- Mackinac - 8
- Marquette - 9
- Schoolcraft - 10



Grant funding for each coalition provided by NorthCare

Visit our website at [www.upctc.com](http://www.upctc.com) or email [UPCTCs@gmail.com](mailto:UPCTCs@gmail.com)

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# Alger County Communities That Care (AC3)



Alger County Communities That Care

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#AC3CTC



Our annual Pizza with a Purpose fundraiser kicked off on September 29th. Pictured Rocks Pizza was gracious enough to host this event again. It was a tremendous success due to all of the hard work by our volunteers and the outpouring of support from countless donors. We are confident that we will have at least matched or surpassed our \$22,000+ from last year. All proceeds go towards our suicide prevention efforts in Alger County.

Speaking of our suicide prevention efforts, the AC3 was proud to bring Kevin Hines to Alger County. Kevin is a best-selling author, documentary filmmaker and suicide prevention and mental health advocate. He spoke at Superior Central and Munising schools and then at a community event. His message was extremely positive and powerful. #BeHereTomorrow

## Suicide prevention speaker comes to Alger

*Hines localizes global trends in suicide prevention*

By JENNIFER CHAMPAGNE

Kevin Hines is a storyteller, author, public speaker and award-winning documentarian. CNN named him a Champion of Change, Mental Health America awarded him their highest honor The Clifford W. Beers Award, and the National Council of Behavioral Health awarded him a Lifetime Achievement Award. These are only a few of the many laurels bestowed upon him since dedicating his life to being a mental health advocate. Despite all the accolades, his biggest accomplishment and something he works at every day, is being a SURVIVOR.

Hines, who suffered a traumatic childhood, nearly dying of a toxic overdose at nine months of age from a diet composed solely of processed foods and whatever his biological parents could steal. He and his brother landed in foster care and luckily found refuge with Pat and Debbie Hines just in time for them to save his life, later adopting both boys.

Hines calls his childhood relatively normal, until he was diagnosed with bipolar disorder, formerly called manic depression, at age 17. After years of struggling with his diagnosis and yearning to live a "normal" life, at 19-year-old Hines jumped off the Golden Gate Bridge in San Francisco. Miraculously, he survived, but that wasn't rock bottom. His struggles continued, until he was in the third out of ten psych wards, when favorite Uncle George gave him a proverbial smack on the head with a few tough love words of encouragement and a magazine article from *The Monday*. The article encouraged him to take his



Jennifer Champagne  
Kevin Hines speaks to a group at Munising Middle/High School as a positivity and suicide prevention speaker.

Effect" (2018), and now hosts the "Hinesights" Podcast. His story is globally known and he travels around the world spreading his message of hope, recovery, wellness and most importantly self-care.

Utilizing the Prevention Network's Community Coalition Capacity Building Project Grant Award, Alger County Communities that Care (AC3) focus is guiding communities through a "proven five-phase change process. Using prevention science as its base, CTC promotes healthy youth development, improves youth outcomes, and reduces problem behaviors." AC3 engaged Hines to speak with students at both Munising Middle/High School (MMHS) and Superior Central.

death in 2017. According to the North London Coroner's Court inquest into Russell's death that was released in September 2022, coroner Andrew Walker reported the "negative effects of online content" and said content "shouldn't have been available for a child to see".

"Look at this young lady from Britain. She was on social media, particularly Facebook and Instagram, and she was searching for depression. An (artificial intelligence) algorithm sent her berating messages for days, saying that she should kill herself," said Hines. "This AI bot messaged her over and over again, slowly pushing her to end her life. And she did. This is the first instance we can prove that that happened. It's happened many times before."

Hines continues, "The worst part is that parents don't know what's out there and how dangerous it is. I don't think social media should be in the hands of 15-year-olds. Right? Let alone four-year-olds. It's just dangerous. Everybody thinks it's a big joke, but it's not. Our kids are dying."

In 2014, former Facebook employer turned whistleblower, Frances Haugen, testified before a U.S. Senate committee. Her position was that executives knew of the impact of its clickbait and were culpable of leading young users to content such as anorexia and other harmful content on its social media platforms. The report also noted that because of these online outlets the rates of suicide and depression among young people were on the rise.

"Look at the Facebook report. Look, I use social media every day, but I use it to help people. Video media is the fastest way to reach anybody right now and really reach them," said Hines. "But what are they getting out of that video? Dangerous, hateful, spiteful, hurtful, damaging things."

Hines and his wife, Margaret, moved to Munising in 2017.

# Chippewa County Communities That Care

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## #ChippewaCountyCTC

July was a busy month recruiting and creating messaging for marijuana advertisements. We were involved in project backpack in August to provide materials to family and parents and school items for children K-12. We also got to meet and do a little recruiting at Lake Superior State University at their Lakerpalooza.

We recognized National Overdose Day with lock box hand outs, Narcan distribution, and drug deactivation bag education with free handouts. In September we got our local Suicide prevention Coalition a little more organized by chairing meetings for them and hosting the first annual Suicide Prevention walk. We had 82 participants, 2 speakers, one who spoke on reaching out for help and the other on why QPR training is so valuable to community members. We were so happy to partner with HBH, Brimley Behavioral Health, and Bay Mills Police department.

Big Lots and Joann Fabric were corporate sponsors supporting On Our Sleeves programming. This is directly shared to the community for youth mental health activities that can be done in schools, youth groups, and community events. We received a lot of great feedback and some interest in the Suicide Prevention Coalition. We also hosted the Tackling Tailgating event at the first home football game of the season, showing youth how to have fun with out alcohol.

**International Overdose Awareness Day**  
31 AUGUST

**CHIPPEWA COUNTY SUICIDE PREVENTION COALITION**  
DON'T LOSE HOPE  
When the Sun Goes Down the Stars Come Out

**SOMEONE'S BEST FRIEND**

**Marijuana Mindfulness**  
Keeping youth & pets safe  
Smoke away from youth  
Let kids/teens know your edibles are adult only  
Store products in a locked container  
Don't drive after using marijuana products  
[UPCTC.com/marijuana](http://UPCTC.com/marijuana)

**YOU MATTER**

**QPR** Are you interested? Sign up below

**BOTVINS LIFESKILLS TRAINING KNOWLEDGE**  
AT WORK IN CHIPPEWA COUNTY  
2021-2022 SCHOOL YEAR

67.0% Increased to <b>60.3%</b> Anti-Drug Knowledge	81% Increased to <b>77%</b> LifeSkills Knowledge	76% Increased to <b>70%</b> Overall Knowledge
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*Knowledge is Power*

# Delta County Communities That Care



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

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**#DeltaCounty  
CommunitiesThatCare**



Delta County is home to Michigan's only State Fair, the UP State Fair, and Delta County was able to attend Ladies Day where we were able to provide information as well as on the spot Narcan and Drug Deactivation kits. It was very well received.

Delta County CTC was also excited to once again partner with the Delta County Suicide Prevention Task Force for their annual End the Silence Walk. It was well attended despite wind and rain.



# Dickinson/Iron Communities That Care



Dickinson Iron  
Communities That Care

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**#itcouldbeyou**  
**communitiesthatcare**



Dickinson Iron Communities That Care held our 5th Annual Hope 2 Help Suicide Awareness walk on September 18, we had a wonderful turnout. Tons of participation from our community with resources and fun activities.

We started our Botvin's Life Skills in every school in Dickinson and Iron Counties this year! As of October 1, Great Lakes Recovery Centers is now overseeing Delta County CTC and are currently hiring for a Coordinator. When it is filled we will be running Botvin's Life Skills and Guiding Good Choices along with the Communities That Care program.

We are currently having our yearly World's Finest Candy Bar sale! This is one of the best fundraisers we run for Dickinson & Iron counties. We have full participation from our coalition members who are always excited to grab a box (or two) to sell for us and it never takes long for anyone to sell a whole box!



# Houghton/Keweenaw Communities That Care

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## #HKCTC



In August, HKCTC partnered with the WUPHD for Overdose Awareness Day. We distributed free Narcan, overdose kits, and Deterra. We also offered different Drug Disposal resources, Dial Help resources, and information about CTC and what we do in the community.



HKCTC held their 6th annual Suicide Prevention Walk. This year's theme was "Families of the 906: Suicide Prevention Picnic". The coalition wanted to give the community a sense of family and that we're in this together. We want to break the stigma against suicide prevention and let people know we're here to led a helping hand no matter if you're struggling yourself or lost someone to suicide.

With the Suicide Prevention Picnic & Walk, HKCTC coalition was able to raise over \$4,000 with the held of local sponsors and t-shirt purchases. Many local business also donated raffle prizes for the event. Local bands volunteered their talents to provide music for everyone at the Kestner Waterfront Park. It was a special day for an important cause.



# Mackinac County Communities That Care

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MACKINAC COUNTY  
COMMUNITIES  
THAT CARE

#MackinacCTC



Over the summer and early fall, Mackinac CTC worked on a number of initiatives to build our coalitions capacity, strengthen community connections, and bring awareness to the topics close to our hearts. In August we participated in the St. Ignace "Backpack Drive Through" handing out parent resources bags full of tips, resources, and swag to promote healthy conversations with parents and their youth including flyers to our on-going Guiding Good Choices workshops. We handed out over 50 resource bags to families.

On September 13th Mackinac CTC partnered with LMAS and Mackinac County Wellness Coalition to bring another fun Mindfulness & Personal Planning workshop to the students of Mackinac Island Public Schools. Sam Radecki led students through some yoga and mindfulness activities as pictured here (photo courtesy of Mackinac Island Community Foundation) while Meghann Wolvert lead students in activities focused on personal resource management including positive thoughtfulness and personal time management.



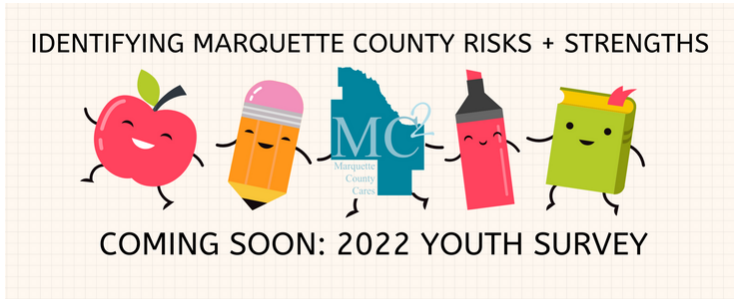
As part of our capacity building grant through Prevention Network we have been working on increasing our visibility in the community by attending different events to hand out our resources and get our name and mission out there. Picture to the right is our table set up for the first annual Mackinac Straits Pride Festival's Resource Fair. Mackinac CTC along with Mackinac County Wellness Coalition had a table with free resources like Narcan Rescue Kits, Deterra deactivation bags, and other fun swag. We gave away 24 Narcan rescue kits (nearly a dozen more than we handed out on National Overdose Awareness Day).





# Marquette County Cares Coalition (MC<sup>2</sup>)

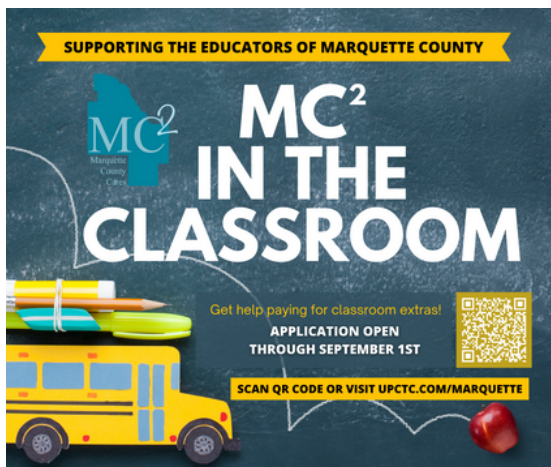
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A final vote for February 2023 has been solidified for the deployment of our **Biennial Youth Survey**. Much groundwork is being laid to obtain 70% participation goal for Marquette County youth. This survey will give us valuable insight on risk factors and attitudes towards drugs & alcohol for Marquette County.



**The 7th Annual "Golf Classic"** hosted by the West End Health Foundation occurred on September 9th, 2022. We are excited to announce record attendance with 30 teams and over 100 attendees. We do not yet know estimates on monies raised, but we are well on our way to have a record year for the coalition! Special thanks to WEHF for once again holding this event for our coalition, our appreciation knows no bounds!



**Our MC<sup>2</sup> In the Classroom initiative** closed on 9/1/22. We encouraged all educators that foster a pro-social learning environment too apply for a classroom extra that our coalition could sponsor! MC<sup>2</sup> members were humbled to read so many amazing applications. We are **thrilled** to announce that all qualifying applications were honored! This was a total of 21 classrooms sponsored, and roughly \$3,000 back into our community to support the educators of Marquette County!

**The Botvin Lifeskill Education Program** has returned to Marquette County 6th-8th graders! Targeted education will occur quarterly throughout the year focusing on topics like: managing anxiety, decision making, resisting peer pressure, and busting myths surrounding drugs, alcohol, and vaping.

**International Overdose Awareness Day** gave MC<sup>2</sup> a chance to supply our community with over 20 Narcan Overdose Kits, dozens of medication safety lock boxes, gun safety locks, fentanyl testing strips, and LOADS of targeted education for overdose awareness! Together we reduced stigma and put lifesaving products into the hands of those that need it!



# Schoolcraft Communities That Care Collaborative (SC3)



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**#SC3**



Schoolcraft County CTC has been going through some changes recently. In August, we welcomed a new CTC Coordinator. Please help welcome Tricia Noble. She comes to us as a resident of Schoolcraft County of over 19 years. With her knowledge and deep ties to the community, we hope to reinvigorate the desire to provide our youth with resources for their health and well-being.

As for October, we participated in National Drug Take Back Day and took in over 2lbs of expired prescription drugs. Look for our next date to be in April, 2023.

We had a “Totally Rad” time celebrating Halloween at our Drive In Theater for trunk or treating! We handed out information and candy to over 300 kids (and had a little fun while we did it)!

Meetings for workgroups are underway and we continue our recruitment efforts to find more like-minded community members to join the coalition.

