

Upper Peninsula Communities That Care #UPCTC

April 2022

Quarterly Newsletter



Coalitions Seeking Members

As we start gearing up for spring and summer, our coalitions are actively seeking new members to help plan events for youth, raise funds, and more! Joining your local CTC is easy -- just choose a work group to participate in. Each work group meets monthly for one hour to go over specific tasks. Help out with the tasks you have time for.

There's room for everyone at the CTC table, including parents, youth, business owners, law enforcement, media, school staff, health care workers, retired folks, and more.

Which work group is the best fit for your skills?

- Data/Resource: Identify gaps in services and programs to fill gaps, analyze data from youth surveys, write reports
- Funding: Write grants, raising and managing funds
- PR/Maintenance: Spread the word about CTC and develop coalition policies
- Suicide Prevention: Provide training and information about suicide prevention
- Youth Involvement: Engage local teens

We also have an Executive work group that all chairs and vice chairs attend monthly.

You can find contact information for your county's coalition at www.upctc.com.

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Members of Alger County CTC

Grant funding for each coalition provided by NorthCare

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

Upper Peninsula Communities That Care
#UPCTC

Support youth-focused prevention



Alger County Communities That Care (AC3)



Alger County Communities That Care

Coordinated by Hans Eriksen

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#AC3CTC



The AC3 would like to thank all of our partners for the sponsorships that continue to roll in this year and to the Prevention Network for their generous grant award. This support is key to our mission of promoting a safe, healthy and prosperous environment for all Alger County youth and adults.

We are excited to offer two more podcasts! In our sixth episode, AC3 Member and MSU Extension Community Nutritionist Vicki Ballas interviews Janel Crooks, a Certified Yoga and Meditation Instructor. In our seventh episode, Vicki interviews Elise Bunce of Farms for Folks. Here are the links:

<https://www.canr.msu.edu/podcasts/ac3-pod-cast-episode-7-farm-for-folks>

<https://www.canr.msu.edu/podcasts/ac3-podcast-episode-6>

Finally we are getting 3 coalition members certified as QPR (Question, Persuade, and Refer) instructors. This suicide prevention training can save lives and we want to disseminate it as widely across the county as possible and beyond.

Have a Wonderful, Safe Spring!

FARMS FOR FOLKS

**Local farmers connecting with folks in need -
building food security and community in Alger County.**
No-Cost Community Supported Agriculture (CSA)

12 Weeks

July - September

Weekly bags contain mostly
veggies with occasional additions
of eggs, bread & protein as well
as recipe suggestions & prep tips!

Home delivery
available for those
lacking transportation.

No Cost for Participants - Full Payment to Farmers

Funded by local businesses & individuals who want to
support food security & access in their community.
*Done in partnership with Alger County Communities
that Care (a non-profit organization).*

*Other program champions: MI Department of
Health & Human Services, MSU Extension*

Interested in being a participant or a sponsor?
call: 906-250-4825 or email: eliseb@tds.net

Chippewa County Communities That Care

Coordinated by Clara James

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#ChippewaCountyCTC

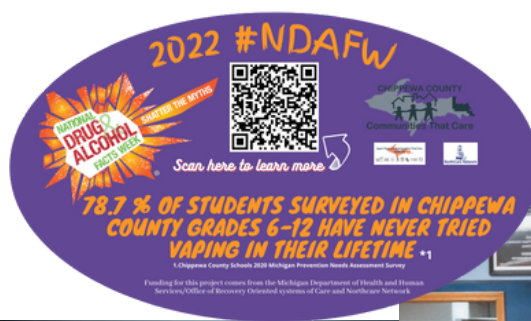


This quarter we have really focused on getting our Guiding Good Choices program out in the community. Our schools began partnering with us to help promote to their families.

In January and March we held in person/online hybrid Intro to CTC presentations to increase awareness in the community. We have started to gear up for face-to-face community activities to participate post-COVID. So stay tuned to sign up for activities, we are going to need all hands on deck!

Our SHACC Youth Advisory group was very busy with family night and health fairs that they were part of this quarter, highlighting National Drug and Alcohol Fact Week by providing a form for students to ask questions related to drugs and alcohol myths and facts. The CTC coalition PR group put out coffee sleeves with Superior Coffee to highlight NDAFW with prosocial statistics of our local youth from our 2020 Needs Assessment..

We also attempted a cardboard classic sled competition but struggled with registrations so we will try again next year with more input from the community on the best time to hold one to increase participation.



Delta County Communities That Care



Coordinated by Sarah Latvala
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**#DeltaCounty
CommunitiesThatCare**

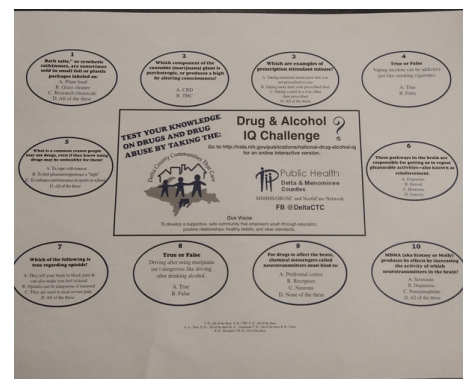


In the recent months, Delta County CTC has been working on rebranding our coalition. As part of this effort, the coalition is working on creating a new logo and slogan. The coalition's goal for 2022 and 2023 is to create community awareness of what Delta County CTC's mission is and to recruit new community members.

In February, the coalition celebrated member appreciation. To show how much we appreciate our members hard work and dedication to the coalition, the executive members hand- wrote thank you cards to each member and presented them with Saykly's chocolate and a coffee gift card.

In March, the coalition participated in National Drug and Alcohol Facts week. The coalition created placemats for local restaurants with drug and alcohol facts. The coalition's goal with the placemats was to reach families in the community with children and spark conversation around drug and alcohol facts. The project was very successful and received a lot of positive feedback from the restaurants, they are looking forward to doing the project again next year.

In the next couple months, Delta County CTC will start planning in-person activities in the community this summer. Some of the upcoming activities we are planning include a underage drinking/substance use awareness campaign for prom that will include information cards inside the boxes of corsages and boutonnieres. The coalition is also planning another sticker shock event before graduation.



Dickinson/Iron Communities That Care



Dickinson Iron
Communities That Care

Coordinated by Traci Johnson
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#itcouldbeyou
communitiesthatcare



Dickinson Iron Communities That Care worked with our schools during National Drugs and Alcohol Fact Week. We made an activity sheet with a quiz and word search for the schools to hand out for a chance to win a Walmart gift card.

We are continuing to work with our youth involvement work group by coming up with more ideas of projects/activities our youth can do for our community.

on January 21, Dickinson Iron Communities That Care partnered with Norway's High School Band to do a paint pour project. During the event, students discussed the practice of life mantras and healthy ways to cope with stress and anxiety. Students had a blast and supported one another while stepping outside of their comfort zones.

In February, we received a grant and are working with Dial Help to get the TOP Club (Teen Outreach Program) running for our youth.

For our quarterly fundraiser we sold Saykllys fudge eggs and currently still have our pizza fundraiser going.

January & February Dickinson and Iron counties schools took the Youth Survey again, we got the data back in March and are working on using the data for our Action Plan.



Houghton/Keweenaw Communities That Care



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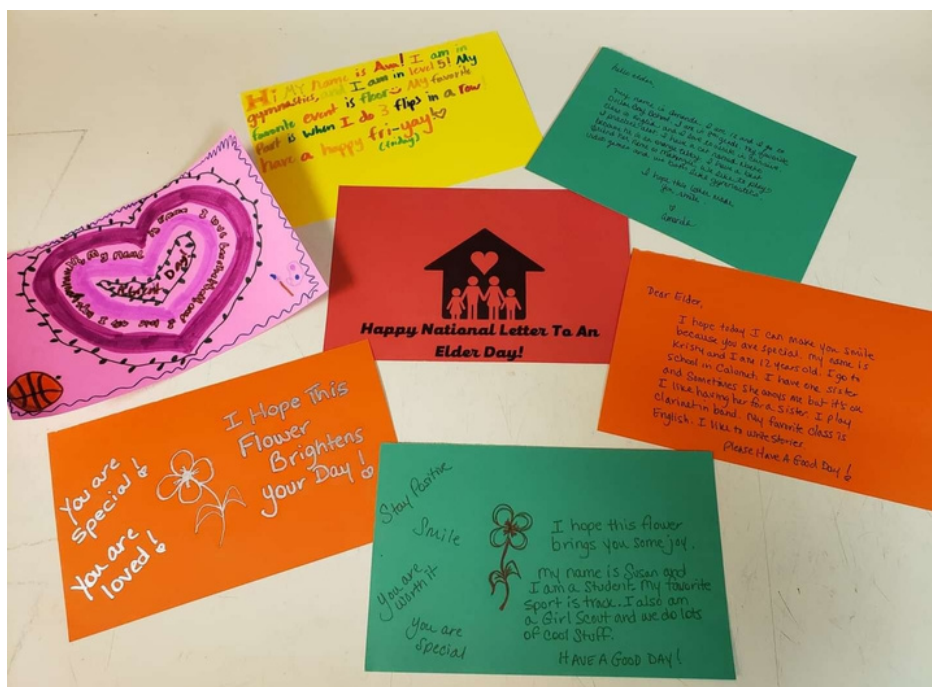
#HKCTC



In January Lisa stepped down as CTC Coordinator and moved on to the Prevention Coordinator role at Dial Help. We're excited to announce that Callisto Cortez is our new CTC Coordinator! Callisto grew up in the Houghton-Keweenaw community after moving from Milwaukee, WI. She is an alumni of Dollar Bay High School. Callisto is currently pursuing a Bachelors of Arts in Theatre with a minor in Technical Theater.

While theatre has played a major role in her life, another important aspect has been advocating for the mental health and well-being of others, especially youth. Work groups will begin meeting again soon. If you're interested in participating in the coalition, please visit our website at www.houghtonkeweenawctc.com.

Our Teen Outreach Program (TOP Club) continues to grow. February 26 was National Letter to an Elder Day. All of our TOP Clubs partnered with Copper Country Senior Meals to write letters. They were delivered by the dedicated staff at Senior Meals.



Mackinac County Communities That Care

Coordinated by Meghann Wolvert

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MACKINAC COUNTY
COMMUNITIES
THAT CARE

#MackinacCTC



The beginning of 2022 brought about exciting projects for Mackinac CTC. In January we completed our very first PSA to shift the social norms regarding youth substance use in our county. This 30 second PSA can be found on both the UPCTC YouTube Channel as well as the Mackinac CTC's channel at <https://www.youtube.com/watch?v=j5OkOsSgIXY>



With things moving back to face-to-face events, Mackinac CTC participated in a few events to promote the coalition and hand out educational material. One of which included St. Ignace Elementary School's literacy event where we invited to families to play a family bingo game in exchange for a prize. Parents were also given gift bags with flyers for our Guiding Good Choices series in April as well as other parent resources.

Our coalition has big plans for the spring including a Mental Health Awareness event on Mackinac Island where student grades 5-12 will rotate through three sessions of topics including Mindfulness, Coping Skills, and Time Management. This event will help the coalition launch into May's Mental Health Awareness Month.

Marquette County Cares Coalition (MC2)



Coordinated by Ashly Gleason

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#MarquetteCountyCTC



Spring Health Fairs are a perfect time to spread awareness and increase community engagement! MC² attended "Beating the Winter Blues" and the "Resolve to get Involved" fairs where we shared information and were thrilled to meet new friends! Catch us next at the Marquette County Community Resource Fair on June 15th from 12-4PM at Lakeview Arena in Marquette. We'll be handing out safety lockboxes and drug disposal kits!

It's advertising season and we're exciting to begin using our Coalition Support & Community Change Grant dollars from Prevention Network! Be on the lookout for NEW dynamic advertising coming!

May is mental health awareness month. It's time to raise awareness of those living with mental or behavioral health issues. MC² will have an increased awareness campaign dedicated to reducing stigma surrounding mental health, as well as helping you put a few more tools in your kit to combat concerns such as depression, stress, and anxiety.

Keep your eyes peeled for "Sticker Shock" to come to a grocery store near you! We're partnering with Great Lakes Recovery Centers to raise awareness this prom season about the dangers of underage drinking, as well as reminding adults that those that host loose the most!

A GUIDE TO JOINING MARQUETTE COUNTY CARES COALITION (MC2)

YOUR COLLABORATION MATTERS

Marquette County Cares (MC2) cordially invites you to be part of our coalition! We are growing and would be delighted if you would join us!

GET ON A WORKGROUP

Help us turn prevention science into ACTION

We ALL have a stake in the health and well-being of our communities' youth!

FILL OUT THE GOOGLE FORM

<https://forms.gle/ZPJ8Nmo6QMyNEG36>

COPY + PASTE INTO BROWSER

OR SCAN THE QR CODE WITH YOUR CELL PHONE CAMERA!

SCAN ME

SHARE IDEAS

Work group selection and event planning at our monthly meetings

MAKE AN IMPACT

Your input benefits our community

We facilitate prevention efforts and programming for youth in our community that have data-driven positive outcomes

I'M EXCITED TO WORK WITH YOU!

Schoolcraft Communities That Care Collaborative (SC3)¹⁰



Coordinated by Sawyer Rietveld

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#SC3



We want to Thank Jen Levins for 5 years in Schoolcraft County as the Prevention and CTC Coordinator. We want to welcome Sawyer Rietveld as of March 2022 who became the Interim Schoolcraft County Coordinator. Sawyer will be graduating with his Bachelors in Social Work April 30th from Northern Michigan University, and will be stepping into the role full time.

SC3 was awarded an \$8,337.60 grant from the prevention network, which is to bring QPR into our community, and to build our coalition. Thank you Dial Help for acting as our fiduciary.

SC3 will be conducting the CTC Youth Survey. This survey will give our community valuable data about what youth in our area experience in regards to drugs, alcohol, violence and other youth problem behaviors. After this data is collected we will begin the process as a community of going through and analyzing the data so that we can bring in appropriate programs and resources that fit our community's needs.

During Folk Fest on July 9th we will have a booth and pie in the face contest for the kids to pie their favorite teacher, this is to get youth involvement and to provide a fun activity for the whole family to enjoy while they are at the festival.