2017 Annual Newsletter

Welcome from the Executive Director

This has been a tremendous year of growth and expansion of our services, with particular attention to serving youth. One of the most exciting events for me was being part of Portage Health Foundation's CRAVE21 Challenge with Rise Together (pictured below). We helped educate over 1,100 four-county middle schoolers on mental health, substance abuse, and other important topics. We are excited to continue empowering people to solve problems, reduce crisis and trauma, and increase safety for self and others.

2017 at a Glance

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Our Funding Partners

- Aspirus Keweenaw & Ontonagon Hospitals
- Copper Country United Way
- Keweenaw Community Foundation
- MI Dept. of Health and Human Services
- Michigan Sheriff's Association
- National Suicide Prevention Lifeline
- NorthCare Network
- Portage Health Foundation
- Superior Health Foundation
- United Way of Dickinson County
- United Way of Marquette
- UP Health Systems Marquette & Portage
- Walmart Foundation

Community Impact

6,893
Calls, Texts, IMs, Walk-Ins
24/7 Crisis Line

768
Outgoing Calls & Texts
Safety Net Program

39
Face-to-Face Contacts
Mobile Response Team

684
Students served
In-School Youth Prevention

182
Individuals Served
Family Support Services

184
Individuals Served
Victim Services

48
Assessments Provided
Emergency Room Suicide Assessments

567
Individuals Served
Adult Community Education

44
Individuals Served
Substance Use Disorder Services

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Mandy Daniels , BA

Victim Services
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Anne Dumble, BS
Kelly Engle, RN
Heidi Hietala, RN
Gale Maslakow, RN

Support from our Community

McGrath Construction Donates New Roof

McGrath Construction generously donated $30,000 in labor so Dial Help could afford to replace their leaky roof. If you're looking for a reliable construction company that is truly invested in their community, look no further than McGrath!

Kenneth Ryan Memorial Fund

The Clark family set up an endowment fund for Dial Help in memory of their son, Kenneth Ryan Clark.

Dial Help is proud and honored to help carry on Ryan's legacy with on-going work in the community. You can make a donation to the endowment through the Keweenaw Community Foundation.

Volunteer Spotlight

Thanks to our volunteers for all their dedication and support!

Arno Moyyad, Barb Braithwaite, Jeannie Manning, Jim Waters, Lee Ann Anderson, Marty Seid, Melissa Santini, PJ Fish, Susan Chastan, Susan Giesen, Susanna Peters

How Can You Help?

Donate Funds

PayPal: Visit DialHelp.org, click on the "Give Help" section, then the PayPal link

Check: Send a check or money order payable to Dial Help @ 609 Shelden Avenue, Houghton MI 49931

Cash: Accepted at Dial Help's offices

Direct Withdrawal: Set up a recurring direct withdrawal from your bank account

Estate Planning: Consider a legacy donation to Dial Help in your name

Donate Goods or Services

We provide a letter so you can receive a tax deduction for the value of the goods or services—some ideas include printer paper, cleaning supplies, or professional cleaning or maintenance services.

Volunteer at Dial Help

Opportunities include crisis line services, victim services, office support, internships, and more! Call 482-9077 or email dial.help@dialhelp.org for more information.

Dial Help is a 501(c)(3) non-profit agency.

Any donations you make are tax deductible!

New Programming in 2017

Mobile Response Team

Portage Health Foundation awarded Dial Help funds to launch a Mobile Response Team (MRT). The MRT responds on-site to requests from schools and agencies to help those in crisis in the four-county area.

The MRT has primarily served youth in local schools, providing early intervention, increased access to services, and connection on-going resources. This includes help for youth unable to access counseling due to financial issues, with a referral to obtain counseling at no cost to the family.

MRT staff also spend dedicated time within schools, so students can drop in for help on their own. With youth suicide rates rising nation-wide, MRT has life-saving potential.

Community Crisis Training

As part of this same grant funding, Dial Help created a new crisis intervention training for community members, based on their formal crisis line training. The goal is to give parents and others in the community the tools to help loved ones dealing with mental health and crisis issues. Two trainings have been held so far, with more to come.

PHFoundation

"I have wondered often just how different our community would be without Dial Help. How many lives have they impacted – have been saved – because of their dedication, creativity, and purposeful approaches in meeting the needs of our community?"
~ Kevin Store, Executive Director of Portage Health Foundation

Rural Outreach & Coordination

Thanks to a three-year grant from MDHHS Division of Victims' Services, Dial Help staff is working collaboratively with all domestic violence shelters across the UP.

The goal is to strengthen sexual assault services through training, clinical support, and utilization of Dial Help's centralized crisis line, texting, and IM capabilities.

MDHHS
Michigan Department of Health & Human Services

Emergency Department Suicide Assessments

Dial Help expanded its service area to include UP Health Systems Portage in May of this year.

With years of experience with suicide risk assessments and managing 24-hour response teams, Dial Help was able to fill a void for members of the community seeking services at UPHSP's Emergency Department.

UP HEALTH SYSTEM PORTAGE

Yesterday's Investment, Today's Results

In 2016, the Walmart Foundation awarded funds to Dial Help to support crisis line services. In 2017, these funds are at work in the form of program enhancement, training, outreach, and sustainability, to continue vital services to those in need.

Suicide Prevention

Second Annual UP Suicide Prevention Conference

Marquette Health Department and Dial Help hosted the Second Annual UP Suicide Prevention Conference on September 15. This conference was part of a collaborative proposal between these agencies, "Communities Uniting for Suicide Prevention," which is in its third year of funding from the Garrett Lee Smith grant.

Over 60 people from across the UP attended the second annual conference at the Ramada Inn in Marquette to network and learn more about suicide prevention, local efforts, and practices.

Highlights included:

- "Psychology of Suicide" with Buckbee, Doyle & Dupont Training Assoc.
- "Stopping Stigma: A Panel Discussion"
- "Improving Ethical Decision Making Within Suicide Prevention" with MTU's Dr. Adam Feltz
- "Reducing Veteran Suicide" with Angel Ellis of the Department of Veterans Affairs
- "Cultural Issues in Suicide Prevention & Postvention for Surviving Families" with American Indian Health and Family Services of SE Michigan

First Houghton/Keweenaw Suicide Prevention March

Houghton/Keweenaw CTC and the local Suicide Prevention Coalition merged this year. Their first project was a Suicide Prevention March, held on September 9.

Community members attended to help reduce stigma and support those impacted by suicide. CLK Junior ROTC, Keweenaw Community Foundation, and Tadych's EconoFoods sponsored the event.

Learn more about our CTC on page 6.

CTC: Youth-Focused Coalition in the Copper Country

Houghton/Keweenaw Communities That Care (CTC) has been working in the Copper Country since May 2016. The coalition is headed by Dial Help's Mary LeDoux, and is a collaboration of professionals, parents, youth, and others in the community. Research shows that the CTC prevention model helps lower rates of youth problem behavior like substance abuse, delinquency, and depression.

This year, the coalition received the results of the CTC Youth Survey, with a number of local schools participating. Based on these results, the community voted for CTC to address two top risk factors. The first is youth having a low perceived risk of drug and alcohol use, and the second is anxiety/depression.

Members of CTC are currently assessing existing programs and gaps in the area to address these concerns.

To learn more or join CTC, please contact Mary LeDoux at HoughtonKeweenawCTC@gmail.com or 482-9077.

We have the power to help youth learn to make healthier choices.

When the community works together, our kids and teens thrive!

Houghton/Keweenaw Communities That Care is funded by: NorthCare Network

Youth prevention efforts just like this are going on across the UP.

Learn more

UPprevention.org

UP Coalition Network

Packers Fundraiser

In one of the most exciting events of Dial Help's 46 years, the Green Bay Packers brought their Tailgate Tour to Houghton, with all proceeds donated to Dial Help!

The Green Bay Packers Tailgate Tour is a community outreach event that serves as a thank you to loyal Packers fans while also assisting local non-profit organizations. The event featured President/CEO Mark Murphy, six current and former Packers players, kids' games, food and drink, autograph signing, door prizes, silent auction, and a Q&A. Almost 500 people attended to enjoy the Tailgate Tour and raise a total of $40,000 for Dial Help.

The big sellers at the silent auction were three autographed Packers helmets, which each sold for over $500. Many local businesses also donated goods and services. You can find a full list of our silent auction donors online at DialHelp.org.

Dial Help Executive Director Rebecca Crane was thrilled to participate in the event. "Our critical crisis services are free, and this money will be a huge help," she said. "Our crisis line alone costs $250,000 annually to operate, so we appreciate the Packers and our community supporting us in this event."

SPONSORS

Aspirus Keweenaw Hospital

UP Health Systems Portage

Tadych's Econo Foods

Roka Optical

UPHP

UPEA

UPPCO

Vollwerth's

Copper Country Ford

KBIC Office of Child Support

OHM

Special thanks to: Michigan Tech's SDC, Ed Janisse, Fine Line Tire, Walmart, Festival Foods, Vollwerth's, Superior Graphics, Houghton Community Broadcasting, Eagle Radio, and 93.5

Coming Soon in 2018

Expanded Program

Superior Health Foundation awarded funding to NorthCare Network and Dial Help for their joint initiative to address addiction in the UP.

Dial Help will support NorthCare in a variety of UP-wide prevention Initiatives, including: completing the Tri-Ethnic Readiness Survey in all 15 counties; bringing Guiding Good Choices trainers to the UP; and developing/promoting UP-wide messaging around addiction and substance abuse.

Dial Help will also expand their existing Safety Net Program for individuals who are seeking help for addiction. This program is based on SAMHSA's evidence-based suicide risk model, offering follow-up support to individuals via phone or text.

This model shows promise as a support for individuals struggling with addiction. Dial Help will expand their program to offer enhanced navigation of treatment systems to assist people in accessing appropriate addiction treatment; support during treatment; and120 day follow-up post-treatment to aid in rebuilding sober lives. Overall, Dial Help hopes to increase success for people with addiction who choose to seek treatment.

SUPERIOR Health Foundation
Providing Health Opportunities to Superior People

Juvenile Justice Response

MDHHS Behavioral Health and Developmental Disabilities Administration awarded funding to Dial Help to develop a 24-hour Juvenile Justice Response Team (JRT) in the four-county area.

The goal of the JRT is to help youth ages 10 to 21 (and their families) address the issues that have resulted in the youth entering the juvenile justice system, and divert youth from further movement into the system. The JRT will provide face-to-face crisis support, linkage to resources, and wrap-around care.

Dial Help is thankful for the support of local schools, law enforcement, and court systems in development of this program. This cross-system collaboration will give at-risk youth the opportunity to move away from the criminal justice system and make healthier choices in this critical period prior to adulthood, interrupting the "school to prison" pipeline.

Comprehensive List of Dial Help Programs & Services

24/7 Phone, Text, Chat, & Walk-In Crisis Line

Available UP-wide to help people develop a plan to cope or stay safe.

Safety Net Program

Follow-up support UP-wide for individuals with suicide risk, loss of a loved one to suicide, or intense crisis. Coming soon: Substance Use Disorder follow-up!

Mobile Response Team

Responds to requests from schools and agencies in the four-county area to provide face-to-face crisis intervention and connection to resources.

Substance Abuse Youth Prevention

Curriculum-based school programming and Communities That Care (CTC) youth prevention coalition.

Family Support Services

Working in-home with at-risk families to prevent child abuse and neglect.

Victim Services Team

Free counseling, advocacy, and court accompaniment, with 24-hour emergency response to victims of any type of crime.

Substance Use Disorder Services

Offering Drug & Alcohol Assessments and Outpatient Counseling for individuals dealing with substance abuse/addiction.

Emergency Department Suicide Assessments

Determining suicide risk for patients at UP Health Systems Portage.

Community Education

Alcohol Highway Safety Classes, Domestic Violence Intervention Program, Anger Management Classes, Community Crisis Intervention Training, Applied Suicide Intervention Skills Training (ASIST), and other trainings as needed.

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Dial Help Community Support and Outreach

Crisis Intervention ● Education ● Direct Services ● Prevention

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Chat online or find more info: www.DialHelp.org

Helping people help themselves since 1971

GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED®

United Way

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