

U.P. Suicide Prevention Quarterly – April, 2019

Welcome! This electronic newsletter is meant to be a quarterly point of contact for those working in suicide prevention in the U.P. Please feel free to forward this and to send me information you want to have out for July, August, or September, 2019. Anyone may contact me to add or remove their email from the list (dial.help@dialhelp.org).

Between newsletters, I'll be happy to post information on the U.P. Suicide Prevention Coalition Facebook page

Mike Gaunt,
Crisis Unit Manager, Dial Help.

Dial Help, Houghton, Michigan

To "help people help themselves" by providing immediate, accessible, and affordable services to the communities we serve.

906-482-9077

dial.help@dialhelp.org



For any individual experiencing thoughts of suicide at any time, call:

1-800-273-TALK,

or in the U.P. text:

906-35NEEDS (63337)

MANY events happening over the next quarter in the U.P. related to suicide, mental health and Substance Abuse!

Flyers follow on later pages

Great Lakes Recovery Centers: Mental Health First Aid courses: **April 5**-Pickford & **April 12** Marquette (Flyer below)

U.P. Opioid summit on April **10th** from 8:00 to 5:00 at the Ramada Inn in Marquette. (Flyer below)

Applied Suicide Intervention Skills Training (ASIST:) **April 11 & 12** in Hancock at the UP Health Systems Portage Hospital, **and May 29 & 30** in Marquette at MARESA. (Flyer below)

"Supporting Recovery" is a peer support group for family and friends who have ever been impacted by a loved one's addiction or survived an addiction-related loss. Next meeting is **April 12, 2019** at 6pm. The group meets every other Friday at the Calumet Laurium Senior and Community Center, 307B 6th Street, Calumet

Value of Prevention Health Night event: **April 16, 2019**, at the Marquette Alternative High School. This event will include a small health fair event and a revealing of the middle and high school PSA winners in this year's PSA contest. (Flyer below)

Gogebic County Walk A Mile In My Shoes event on **May 15, 2019**. (Flyer below)

The next screening of the film 'Written Off' will be in **early May** in partnership with the Ontonagon County Communities that Care group. This is a documentary about a man from northern Wisconsin who battled an opioid addiction for ten years, starting when he was prescribed pain meds at age fifteen. GLRC welcomes other groups interested in partnering with them. (Flyer below)

GLRC save the date set for our Run For Recovery-- **July 24, 2019**.

Second Annual Hope2Help Suicide Prevention Walk Sunday **September 15, 2019**. (Flyer below)

Great Lakes Recovery Centers Specialty Clinic update (Flyer below)

Baraga County Communities that Care (CTC) is proud to introduce the community to The SHOW (Flyer below)



MENTAL
HEALTH
FIRST AID

Upcoming Mental Health First Aid Trainings

March 11th - Adolescent Services Center, Negaunee

March 18th - Hiawatha Behavioral Health, Sault Ste. Marie
(Register with Jennifer Sweet at (906) 635-3707)

April 1st - Upper Peninsula Health Plan, Marquette

April 5th- Pickford Fire & EMS Station, Pickford

April 12th- Messiah Lutheran Church, Marquette



Registration is FREE, however space is limited. Register at foundation@greatlakesrecovery.org or call 228-9699, ext. 1011.



U.P. OPIOID SUMMIT

Sponsored by: Michigan HIDTA
U.S. Attorney's Office-Western District of MI

Wednesday, April 10, 2019
Holiday Inn - Marquette, MI

The objective of this Summit is to provide education, share information and continue open dialogue with federal, state, local and tribal, law enforcement, behavioral health, medical partners, substance abuse providers and educators who are assisting our U.P. communities in the fight against opioid and prescription drug addiction.

Summit: 8:00am-5:00pm
Registration: 7:00-8:00am

Apply online at <https://usaomittraining.org/UPOpioid2019>

Questions: Marlene.F.Mottes@USDOJ.gov
(906) 226-1422

FREE TO ATTEND – CEU's MAY BE AVAILABLE

Save the Date

UP Opioid Community
Awareness Event

April 10, 2019

6:00 pm - 8:00 pm

Northern Michigan University
Jamrich Hall, Room #1100

Agenda includes:

- A look at the Opioid Epidemic as seen in the Upper Peninsula
- A panel of local, state, and federal agencies discussing the trend, stats, and updates
- Families Against Narcotics community response info
- Great Lakes Recovery Centers Opioid treatment info and testimonial

Question & Answer Following the Presentations

Nursing and Social Work Continuing Education (CEU) Contact Hours available.



Applied Suicide Intervention Skills Training (ASIST)

April 11 & 12, 8:30 am to 4:30 pm

U.P. Health Systems Portage

500 Campus Drive in Hancock

Recognize signs of suicide • Offer support

Link someone at risk with resources for help

ASIST is a two-day interactive class designed to help professionals and lay people learn how to intervene to prevent the immediate risk of suicide

Normally \$125, only **\$20** thanks to our generous funder
Communities United for Suicide Prevention



To register, please contact Krissy Putz
at 906-482-9077 or kputz@dialhelp.org

Space is limited



LivingWorks

Value of Prevention

Save The Date

Hidden In Plain Sight

When: March 20th - 6 pm

Where: Marquette Alger RESA

Health Night & Revealing PSA Winners

When: April 16th - 6 pm

Where: Marquette Alternative
High School

MC2--Marquette County Cares--is a community-based coalition that seeks to improve the lives of youth in Marquette County through education and empowerment.

We welcome participation of all community members.



Promoting a safe, healthy, and supportive community by giving opportunities, recognition, and skills to further develop youth, family, and community.

May is Mental Health Awareness Month and you are invited to **Stomp Out Stigma** by attending Gogebic Community Mental Health Authority's 8th annual **Walk A Mile In My Shoes event** scheduled for Wednesday, May 15th taking place at the VFW in Wakefield. Registration begins at 10 a.m. and the program starts at 10:30 a.m. (CST). Together we can rally and make a difference and educate the public and legislators why mental health matters, end stigma related to mental illness and intellectual/developmental disabilities, educate others that equality between mental health and physical health coverage is needed in Michigan, and to promote mental health wellness! A light lunch will be provided after the program and the short symbolic walk. For more information or to register, contact Missy Lane at [906-229-6105](tel:906-229-6105) or mlane@gccmh.org or Angie Pope at [906-229-6170](tel:906-229-6170) or apope@gccmh.org.



“Written Off” Film Screenings



The documentary “Written Off” chronicles the life of Matthew Edwards, whose addiction to opioids began at age 15, after being prescribed pain medicine for a minor surgery. His grippingly honest journals reveal the secrets he tried so hard to conceal throughout a decade long struggle to escape addiction.

This documentary focuses on the opioid crisis through a unique first-person account of addiction. By showing this film, we hope to help break down the stigma surrounding addiction in our local communities.

If you would like to schedule a free community screening of the film “Written Off” for your community or organization please contact npohlman@greatlakesrecovery.org or 906-228-9699, ext. 1011. Thank you!

www.greatlakesrecovery.org | 906-228-9699 | www.facebook.com/906GLRC

Save The Date:



#ItCouldBeYouCommunitiesThatCare

**Second Annual Hope2Help Suicide
Prevention Walk**

Sunday September 15th

Location and Time to be announced



Baraga County Communities That Care

3.26.19

Starting in January of 2019, the Baraga County Communities that Care (CTC) is proud to introduce the community to The SHOW! It is a new outreach campaign intended to encourage the people of Baraga County to not only recognize the impact that each and every person can make in their neighborhood, but to step up and make a difference. Any and all talents, gifts, or resources can be utilized through the CTC. All you have to do is SHOW IT! Are you an excellent thank-you note writer? SHOW IT! Do you enjoy interacting with the people of your community? SHOW IT! Do you have a desire to make a difference in someone else's life? SHOW IT! It is that simple.

Want to see change in your community? It's all about "The Show"!

SHOW up to volunteer!

SHOW how to get involved and be a part of the solution!

SHOW others how to do something new!

SHOW that you care!

SHOW your community the best version of yourself!

SHOW us what you're made of!

The ultimate goal of the CTC is to create a safer, more desirable community that will continue to support the healthy development of its youth now and into the future. This is a task that not only requires a great deal of time and patience, but the support of a community to achieve. That starts with you. Will you SHOW your pride? Will you SHOW your talents? Will you SHOW up to volunteer?

Community change is just a SHOW away! If you are interested in learning more about The SHOW, the Baraga County CTC, or how to join, please contact CTC Coordinator, Carrie Rich, at 906-201-4024 or at baragacountyctc@gmail.com. Thank you and we hope to see you soon!

