



QUARTERLY REPORT

January - March 2019

Annual Celebration April 25

2019 marks 48 years of Dial Help services in the UP. Join us to celebrate, and raise funds for 48 more! And we really have a lot to celebrate. We have a new Mental/Behavioral Health Department overseen by a Licensed Master's Social Worker. Our Prevention Department has grown so much, we've rented additional offices at Portage Plaza. In fact, our staff has grown 63% since 2014, and programs have increased 180%.

We're excited to share our successes with the community, because our success is your success. Donors, funders, and volunteers make our work possible. Collaborative partners help create high-level change. And every day, our community fights stigma by encouraging people to reach out for help with mental health and substance use.

We hope you'll join us for our Annual Celebration on April 25, from 6pm to 9pm at The Continental Fire Company. Enjoy hors d'oeuvres, live music by Tom & Dirk, and a silent auction provided by generous local businesses. We're always amazed by the unique and fun auction items we receive!

Tickets are \$50, or \$53 if purchased online.

You can find more information at www.dialhelp.org/events



**“I feel better knowing
you guys are out there.”**

- Dial Help Crisis Line Client

THANK YOU

97th District Court • Aspirus Keweenaw & Ontonagon Hospitals • Blue Cross Blue Shield MI
Blue Cross Blue Shield of MI Foundation • City of Houghton
Health Resources & Services Administration • Kenneth Ryan Clark Memorial Fund
Keweenaw Community Foundation • MI Dept. of Health and Human Services
MI Sheriff's Association • National Suicide Prevention Lifeline • NorthCare Network
Portage Health Foundation • Rotary Club • Superior Health Foundation
United Way of Dickinson County • United Way of Marquette
UP Health Systems Marquette & Portage • US Food & Drug Administration

GENEROUS FUNDERS

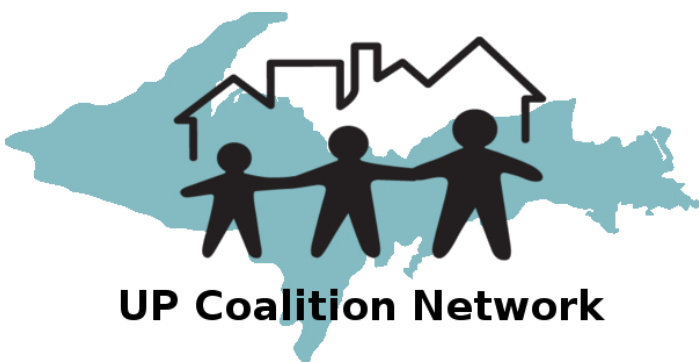
Supporter Spotlight

JOE & SANDY WALES DONORS

“We support Dial Help because of the wonderful community services they provide and their dedication to helping the people who need it most.”

This quarter, **11** volunteers provided **2,268** service hours.

Thank you volunteers!



UP Coalition Network

We're proud to be a part of this UP-wide prevention effort to create healthier communities for our kids & teens!

Get involved in your county:

www.UPCNetwork.org

Dial Help Updates

We have expanded the hours for our **Mobile Response Team** to 9am to 9pm, seven days a week. With this program, Dial Help staff travel to the location of individuals experiencing crisis. There they provide crisis support and referrals. This is possible thanks to funding from Blue Cross Blue Shield of MI and the Blue Cross Blue Shield MI Foundation.

Our **Teen Outreach Program (TOP) Club** has started meeting at Baraga, Ontonagon, Houghton, and Calumet High Schools. This programming is a collaboration with local schools and the Baraga, Houghton/Keweenaw, and Ontonagon CTC coalitions. Funded by Portage Health Foundation.

New **suicide prevention cards for parents** are available in partnership with UP Coalition Network. The goal of these cards is to provide information about how to support youth dealing with mental health issues or substance use. Both of these greatly contribute to suicide risk. If you're a business or agency interested in distributing these cards to client or staff, contact your CTC coalition: www.UPNetwork.org/coalitions. Funded by Superior Health Foundation.

Finally, we continue to work with the **Beyond the Save Opioid Abuse Response (SOAR)** Consortium to identify and fill gaps to address the opioid crisis in the UP.

Thank
You!



NorthCare Network

for grant funding to provide
Peer Recovery Support

Community Impact

CRISIS UNIT

24/7 Crisis Line • Safety Net Program
 Mobile & Juvenile Justice Response Teams
 ED Suicide Assessments • Youth One-Stop

2,780
 CRISIS
 CONTACTS

PREVENTION & EDUCATION

Youth-Focused Prevention • Alcohol Highway Safety
 Anger Management • Community Crisis Intervention
 ASIST • Nonviolent Relationship Problem-Solving

284
 INDIVIDUALS
 SERVED

OTHER SERVICES

Family Support Services
 Substance Use Disorder Services
 Victim Services

166
 INDIVIDUALS
 & FAMILIES
 SERVED

Board of Directors and Staff

| | | | |
|--|--|--|---|
| <p>Board President Tommy Gilpin, MEd</p> <p>Vice President Lt. Nick Roberts</p> <p>Secretary Mary Heckel, MSW</p> <p>Treasurer Eli Karttunen, MSF</p> <p>Members Keith Meyers, BA Lauren Letto, SBM</p> | <p>Executive Director Rebecca Crane, MS</p> <p>Finance Manager Darrin Beiring, BSBA, EA</p> <p>Clinical Supervisor Brian Rendel, MA, LPC, LLP</p> <p>Sustainability Coordinator Ginny Machiela, BS</p> <p>Crisis Unit Manager Mike Gaunt, PhD</p> <p>Executive Assistant Heidi Paoli, AA</p> | <p>Prevention Services Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Doug Ploe, BS</p> <p>Victim Services Anne Dumble, MS Krissy Putz, MS Jeanette Dorh, MS Virginia Lambert, MS Kelly Engle, RN Heidi Hietala, RN Gayle Maslakow, RN Paige Setter-Hallwachs, BS</p> | <p>Mental/Behavioral Health Sue Kauppi, BS Mary Gaddis Eric DeMink, BS Nanci Klein, RN Mindy Lantz, RN Scott Longrie Natalie Morgan, LMSW Mandy Daniels, BA Kassy Kallio</p> <p>Substance Use Disorder Gail Ploe, BA</p> <p>Crisis Line Staff Not Listed</p> |
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How Can You Help?

DONATE FUNDS



www.dialhelp.org/donate

Check: Send a check or money order payable to Dial Help to the address below

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

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

Any donations you make are tax deductible!



Select Dial Help on smile.amazon.com and Amazon will donate 0.5% of purchases

VOLUNTEER AT DIAL HELP

Call 482-9077 or email dial.help@dialhelp.org for opportunities with the crisis line, victim services, internships, and more!

DONATE GOODS OR SERVICES

Professional maintenance or cleaning services are always appreciated

You can view our Amazon wish list at:

www.dialhelp.org/donate

24/7 CRISIS LINE

UP-wide phone, text, chat, & walk-in

SAFETY NET PROGRAM

UP-wide follow-up support

MOBILE RESPONSE TEAM

Face-to-face crisis intervention

YOUTH ONE STOP

Support for youth in crisis

PREVENTION FOR YOUTH

In-school programming & Communities That Care (CTC)

FAMILY SUPPORT SERVICES

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

VICTIM SERVICES TEAM

Free counseling, advocacy, court accompaniment, and 24-hour emergency response to victims

ED SUICIDE ASSESSMENTS

At UP Health Systems Portage

SUBSTANCE USE SERVICES

Assessments & outpatient counseling

COMMUNITY EDUCATION

ASIST, Alcohol Highway Safety, Anger Management, and more

Dial Help • 609 Shelden Avenue, Houghton MI 49931

Business: 906-482-9077 • **Crisis:** 906-482-HELP • **Crisis Text:** 35NEEDS • **Online:** DialHelp.org