



# 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](http://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

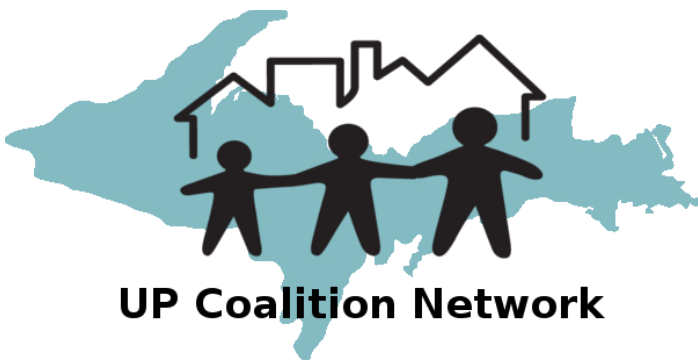
GENEROUS FUNDERS

# 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](http://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](http://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><b>Board President</b> Tommy Gilpin, MEd</p> <p><b>Vice President</b> Lt. Nick Roberts</p> <p><b>Secretary</b> Mary Heckel, MSW</p> <p><b>Treasurer</b> Eli Karttunen, MSF</p> <p><b>Members</b> Keith Meyers, BA Lauren Letto, SBM</p>	<p><b>Executive Director</b> Rebecca Crane, MS</p> <p><b>Finance Manager</b> Darrin Beiring, BSBA, EA</p> <p><b>Clinical Supervisor</b> Brian Rendel, MA, LPC, LLP</p> <p><b>Sustainability Coordinator</b> Ginny Machiela, BS</p> <p><b>Crisis Unit Manager</b> Mike Gaunt, PhD</p> <p><b>Executive Assistant</b> Heidi Paoli, AA</p>	<p><b>Prevention Services</b> Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Doug Ploe, BS</p> <p><b>Victim Services</b> 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><b>Mental/Behavioral Health</b> 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><b>Substance Use Disorder</b> Gail Ploe, BA</p> <p><b>Crisis Line Staff Not Listed</b></p>
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# How Can You Help?

## DONATE FUNDS



[www.dialhelp.org/donate](http://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

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

**Any donations you make are tax deductible!**

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Select Dial Help on [smile.amazon.com](http://smile.amazon.com) and Amazon will donate 0.5% of purchases

## VOLUNTEER AT DIAL HELP

Call 482-9077 or email [dial.help@dialhelp.org](mailto: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](http://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](http://DialHelp.org)