

APRIL 2020

UPPER PENINSULA SUICIDE PREVENTION COALITION

A broad coalition of people and organizations across the UP working to increase awareness on ways to help prevent suicide



John Fornetti Dental Center Question, Persuade, Refer (QPR) Training with Dickinson County CTC, funded by Superior Health Foundation

WELCOME!

This newsletter is a quarterly point of contact for those working in suicide prevention in the UP. Feel free to forward to anyone who you think might benefit from it.

You can always send information that you'd like included to dial.help@dialhelp.org, or email to unsubscribe from this list.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition Facebook page:

www.facebook.com/upspcoalition

We also have a website @ www.dialhelp.org/upspc

IN THIS NEWSLETTER

New Members - 2

NSPL Grant - 2

Commission Appointment - 2

Stress Hacks - 3

Other Announcements - 4

24/7 CONTACT FOR THOSE AT RISK OF SUICIDE

Call: 482-HELP or 800-562-7622
Text: 35NEEDS or 906-356-3337
Chat Online: www.dialhelp.org



OUR MISSION

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

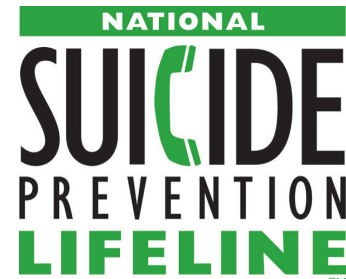
NEW MEMBER



The mission of Copper Country Mental Health is to ensure that appropriate, cost-efficient, and quality behavioral health services are accessible to eligible persons in Baraga, Houghton, Keweenaw, and Ontonagon counties. They provide services intended to increase independence, improve quality of life, and support community integration and inclusion of the persons served.

Learn more @ www.cccmh.org

GRANT AWARD



Dial Help has been awarded funds to expand state capacity for the NSPL. The purpose is to enhance long-term state support for Lifeline-affiliated call centers and boost in-state answer rates. Properly resourcing such centers means more calls can be answered in-state and fewer calls will be routed into Lifeline's national backup network. This will result in greater numbers of callers experiencing shorter wait times and efficient links to care.

MCHD'S SARAH DERWIN APPOINTED TO STATE SUICIDE PREVENTION COMMISSION

The Suicide Prevention Commission was signed into law in 2019 and became effective March 19, 2020. The Commission will work with state departments, agencies and nonprofit organizations to research the causes and possible underlying factors of suicide in Michigan.

The Commission is housed within the Michigan Department of Health & Human Services. It is required to prepare a preliminary report of its research and findings, and complete a revised report annually thereafter. It may research policy recommendations from relevant sources and policy initiatives from other states in order to make recommendations to the Governor and to the chairpersons of the House and Senate.



Photo courtesy TV6 News

STRESS RELIEF HACKS

by the Houghton/Keweenaw CTC (originally appeared in The Daily Mining Gazette)

Are you feeling stressed out in light of current events? Are you stuck at home alone, stuck at home with kids, working from home, or working as an essential employee? Is your stress bringing your sanity into question? It's not just you, trust me, but there are ways to help you take control of your unwanted stress. The best part is that it can work for anyone, at any age, anywhere, at any time. Which is fantastic, given that stress affects everyone and it isn't good for mental health. Thanks to our sensory abilities, as humans, we can take control. Let's go through the ways to figure out the ins and outs of if you are stressed, how you stress and what you can do with your senses to take your stressors down a notch.

The first thing you should do is recognize when you're stressed. It sounds easy, but in the heat of the moment no one stops to say "Wow I'm really stressing out about this." Ways to tell if you're stressing are: Do you have frequent headaches, do your jaw or hands feel sore from being clenched without noticing, maybe your neck and shoulders feel really tight. That's stress in its physical form. Now that we know how stress can be physically, how did you get so stressed? Seems obvious, but that is different for everyone since we all have different stress levels and responses.

Second, you should figure out your personal stress response. The first is the Over-excited stress response. That means that one gets angry or upset, can get overly emotional and all kinds of keyed up when faced with stressful situations. The best way for people who stress this way is to do calming activities, like read or listen to relaxing music. Other people may have an Under-excited stress response, meaning they space out, withdraw or get depressed. These people should do energizing activities that will be stimulating for them, like exercising, dancing, or something competitive. The last one is a Frozen stress response, which according to the article "Quick Stress Relief" is a person's response to past traumas. This is where the individual may feel stuck or unable to take action. The best way to combat this is to do some physical activity that requires both arms and legs like walks, running, dancing, etc.

Thirdly, what you should do once you find out your stress response is to get your senses involved. The more senses you use, the better. Here are some examples of what you can do for each sense (though not limited to these examples, use your imagination):

SIGHT: look at meaningful photos, your favorite trinket/object, add items/colors to the area you're in most, take in nature's beauty outside, decorate in colors/themes you like, close your eyes and visualize your "happy place"

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SMELL: burn candles/incense, experiment with essential oils, use wax melters, diffusers, place your favorite flowers near you, get fresh air outside, or use your favorite perfume/cologne.

TOUCH: wrap up in a warm blanket, wear soft/smooth feeling clothing, snuggle a comfort object you may have, pet/snuggle your animals or cuddle your kids, or you can give yourself hand/neck massages.

TASTE: this one is tricky because over-eating puts more stress on your body, so just small snacks like slowly enjoying a favorite treat, chew gum, sip a hot comforting drink or cold refreshing drink, have a piece of dark chocolate, a piece of your favorite fruit or even a healthy crunchy snack like carrots or trail mix.

SOUND: singing or playing your favorite tune, listen to calming/uplifting music, maybe invest in a small noise maker or fountain to hear running water, hang wind chimes by an open window. Also humming, while sitting straight up, until you find a pitch you find pleasant has been shown to relax and increase focus, like meditating.

MOVEMENT: though it's not one of our senses, it is also important in stress relief. You could run/jump in place, dance around, stretch out your neck by rolling around your head, squeezing stress objects or even taking walks.

This article was written by Hannah Butkovich, the coordinator of the Houghton-Keweenaw Communities That Care. The CTC is always looking for community members who have an interest in the health and well-being of our area youth. If you would like to learn more about the CTC coalition or are interested in becoming a member of a work group, please contact Hannah at HoughtonKeweenawCTC@gmail.com or call (906) 231-0734. Houghton-Keweenaw CTC is funded by NorthCare Network.

OTHER ANNOUNCEMENTS



[UP-Wide Promoting Mental Health in May @ Facebook.com/UPCoalitionNetwork](https://www.facebook.com/UPCoalitionNetwork)



[New website at BeyondtheSave.org](http://BeyondtheSave.org)