

APRIL 2023

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

NEXT QUARTERLY MEETING

Our next quarterly UP Suicide Prevention Coalition meeting will be May 11 at 12pm EST. This is a chance to share information and network with others in the field. Email dial.help@dialhelp.org for the Zoom link.

You can also email events to be shared with this group, and on social media.

Between newsletters, you can watch for content on our Facebook page: www.facebook.com/upspcoalition

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

IN THIS NEWSLETTER

- Next Quarterly Meeting - 1
- Mini Grants Available - 2
- Local News & Updates - 2
- State & National News - 2
- Events of Interest - 3
- Local Support Groups - 5



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 “support, encourage, and empower all” by providing immediate, accessible, and affordable services.

MINI GRANTS AVAILABLE

Marquette County groups/organizations can now apply for up to \$500 for suicide prevention projects!

Learn more: www.dialhelp.org/mc-spa



LOCAL NEWS & UPDATES

Veteran Services Available in the Upper Peninsula

NorthCare Network, through the Walking with Warriors program, offers direct assistance connecting Veterans and their families to federal, state and local resources to ease issues regarding mental health, substance abuse, and more.

They also offer Military Cultural Competency training to providers. The training is facilitated through a “lunch and learn” style presentation on the military experience, discussion of resources available for our region, and Q&A during time remaining. MDHHS is encouraging all CMHSPs, SUD providers, and other interested individuals who work with Veterans, service members and military dependents to participate in this training as benefits and resources are continually evolving. For more info on either of these services, **contact Veteran Navigator Jason Wallner**, at 906-251-1436 or 906-936-6863, or at veterannavigator@northcarenetwork.org

STATE & NATIONAL NEWS

Anti-Stigma Toolkit for Behavioral Health Providers:

https://pttcnetwork.org/sites/pttc/files/2023-03/Anti%20Stigma%20Guide.FINAL_.2023.1.pdf

Research Finds Telehealth Suicide Prevention Program Safe, Acceptable:

<https://www.medscape.com/viewarticle/990905>

VITAL WorkLife Launches American Foundation for Suicide Prevention’s Interactive Screening

Program: <https://www.prnewswire.com/news-releases/vital-worklife-launches-american-foundation-for-suicide-preventions-interactive-screening-program-301798882.html>

EVENTS OF INTEREST



SOUL SHOP™ FOR YOUTH LEADERS

Details

Who Should Attend?

Anyone interested in Youth and College-aged individuals

Location:

Common Grounds Coffeehouse
927 W. Fair Ave.
Marquette, MI 49855

Cost:

\$20 (scholarships available)

Registration:

<https://SoulShopMarquette.eventbrite.com>

Questions?

Marna Franson
marna@upepiscopal.org
906-458-6395

April 21st, 2023

8:30 – 4pm Eastern Time

Soul Shop™ for Youth /College Workers is a one-day faith-based workshop to equip youth pastors, youth leaders, camp directors, camp counselors and anyone else who works with young people. The goal is to learn how to minister to those impacted by suicide. This workshop engages the question of how to cultivate a soul-safe culture wherever youth/college students are gathered. Special attention will focus on youth-specific issues of impulsivity, contagion, social media, mandated reporting and confidentiality. The workshop includes training in suicide awareness, in suicide as a community health crisis, and in upstream suicide prevention.

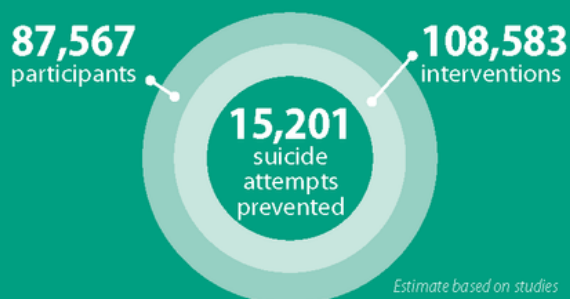


Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Two-day workshop in suicide intervention skills
- Learn and practice a life-saving intervention model
- Widely used by professionals and the general public

ASIST's impact in 2016



ASIST works

Studies show that ASIST participants gain:

- Knowledge about suicide
- Skills to reach out
- Confidence to help save a life

ASIST changes lives

Odds of improvement after receiving an ASIST intervention (2013 study):

- ▲ 35% more hopeful
- ▼ 31% less depressed
- ▼ 46% less overwhelmed
- ▼ 74% less suicidal

ASIST is cost-effective

50:1 return on investment in decreasing long-term costs of suicide (2015 study)

June 21 and 22nd 2023, 8:30-4:30
Bay De Noc Community College
John Herman University Center
2001 N Lincoln Rd Escanaba MI

Sponsored by: Delta County
Suicide Prevention Task Force

Cost: \$50
To inquire or register, call
Kristine Martens 906 482 9077
or email kmartens@dialhelp.org

Learn more about ASIST and see the evidence at www.livingworks.net/ASIST



LOCAL SUPPORT GROUPS

Find UP support groups online at www.dialhelp.org/resources

Grief Support Group for Survivors of Suicide Loss

2nd Monday of each month
6:00-7:30 PM

Great Lakes Recovery-Adolescent
Services Center
Community Room
104 Malton Road
Negaunee, MI

Grief Support Group for Survivors of Suicide Loss

3rd Tuesday of each month
7:00-8:30 PM

Peter White Public Library
Dandelion Cottage Room
217 North Front Street
Marquette, MI 49855

For adults aged 18+. Based on best practice, a person should be at least 6 months out from their loss. We highly recommend calling ahead before the first meeting so facilitators can share specific group information and guidelines. The support groups are peer-facilitated by a person who has also experienced suicide loss; the group is NOT psychotherapy. **Negaunee:** Call (906) 250-4911 -- **Marquette:** Call (906) 315-2621

Survivors of Suicide Loss Support Group



Support Group meets first Tuesday of
Every Month from 5:30pm-7:00pm

This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide. You are welcome to attend, listen, or share your story.

For information and to Register Contact:
Ann Marie at 353-4506 or
annmarie.amsler@kbic-nsn.gov
Carmen at 338-2421

Lakeside Covenant Church
111 Pennock Ave Baraga, MI 49908

THE PARENT SUPPORT NETWORK OF THE UPPER PENINSULA OF MICHIGAN

VIRTUAL MEETINGS:

The 3rd Wednesday of the month
Time: 6:30-8:00 ET

Register at: <http://www.supportgroupscentral.com/ymhp>

For more information: upperpeninsulamipsn@ymhproject.org

NEW MEMBERS ALWAYS WELCOME!

The Parent Support Network™ is a confidential group for families with children who are affected by mental health challenges. Each group is led by a trained facilitator, and caregivers can receive support from others who understand what they are experiencing. It is our goal to create a parent community that provides ongoing support and resources for families navigating mental health challenges.



Survivors of Suicide Loss Support Group. This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide.

Register: Ann Marie at 906-353-4506 or annmarie.amsler@kbic-nsn.gov

For parents whose kids struggle with anxiety, depression, or other mental health challenges.

Registration at:

www.supportgroupscentral.com/ymhp.

For more information, email upperpeninsulamipsn@ymhproject.org.