



Annual Newsletter

Summer 2016

Great Strides in Suicide Prevention

Thanks to grant awards from the Superior Health Foundation and the Portage Health Foundation, suicide prevention efforts have grown across the Upper Peninsula. Dial Help staff and health educators from all six U.P. Health Department districts have been working together to form suicide prevention coalitions. These coalitions can now be found in each of the 15 counties across the U.P.

We have also hosted the first of three community forums about suicide prevention. This first forum was held in Dickinson County last month. Dial Help has completed one Applied Suicide Intervention Skills Training (ASIST), with four more planned in the next three months. Dial Help will host the first Annual Suicide Prevention Conference on October 10 at the Holiday Inn in Marquette from 8am to 4pm.

The conference's key note speaker,

Michael Hogan, PhD, is an independent adviser and consultant with Hogan Health Solutions LLC. He serves on the Executive Committee of the National Action Alliance for Suicide Prevention, a public-private partnership advancing the National Strategy for Suicide Prevention.

There will also be breakout sessions to learn about supporting suicide prevention efforts in your community, presented by Northpointe Behavioral Healthcare and the Veterans Administration. In addition, we will offer a Question Persuade Refer (QPR) training at the conference. QPR teaches individuals how to identify someone at risk for suicide, as well as next steps to help that person.

Dial Help is proud to be involved in the collaborative efforts going on throughout the U.P. to bring awareness to the

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Volunteers Needed!
See page 4 for
more information

Our Funding Partners:

Portage Health Foundation

Superior Health Foundation

Substance Abuse and Mental Health Services Admin.

MI Dept. of Health and Human Services

Michigan Crime Victim Services Commission

Copper Country United Way

United Way of Dickinson County

United Way of Marquette

National Suicide Prevention Lifeline

Keweenaw Community Foundation

NorthCare

Portage Health System

Aspirus Keweenaw Hospital

Collaborations in Programming

Dial Help was chosen to bring Communities That Care (CTC) to Houghton and Keweenaw Counties. CTC is an evidence-based youth prevention model that mobilizes community members to work together to create a healthier environment for kids and teens. CTC can help reduce rates of youth problem behavior including substance abuse, violence, delinquency, school drop-out, teen pregnancy, and depression and anxiety.

CTC is currently seeking membership for the Community Board. After training, it is only a one to three hour commitment each month to work on the CTC. Find more information about CTC by visiting HoughtonKeweenawCTC.com or FaceBook.com/hkctcup. You can also call 906-231-0498 for more info. Our CTC is funded by NorthCare.

On July 18, 2016, Dial Help, Copper Country Mental Health, and several other partners opened a new program designed to help adults 60 and older in our community. Senior Reach is a program that provides support for the well-being, independence, and dignity of older adults through community education, mental health services, and connection to community resources.

It is a community program that identifies older adult who may need emotional or physical support. Senior Reach can provide connection to community services and is a simple way to help older adults get assistance before a serious crisis develops.

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Grant Award Extended

Dial Help has been awarded an extra year of funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). This funding will support our Safety Net Program, which works with individuals who are dealing with suicidal thoughts, lost of a loved one to suicide, and complex crisis.



Suicide Prevention, cont'd

issue of suicide prevention. The more people know about suicide prevention, the easier it is for individuals at risk of suicide to find the support and help they need. If you're interested in joining a suicide prevention coalition in your area, please email dial.help@dialhelp.org for more information.

Volunteer Spotlight

Thanks to our volunteers for all their dedication and support!

Arno Moyyad
Chris Walkons
Elizabeth Gundlach
Jim Waters
Lilly Szilagyi
Melissa Santini
Shweta Gujrathi
Susanna Peters

Programming cont'd

Senior Reach Community Partners are trained volunteers who identify older adults who may need help. Community Partners then contact Dial Help to discuss their concerns and make a referral. One of Dial Help's Senior Reach Specialists will then talk with the senior to determine need and willingness for intervention. If the older adult agrees, Senior Reach will help connect them with appropriate services.

Community Partners are looking for signs that could indicate an older adult is in need of help, by watching for their mental state, physical condition, emotional or social concerns, and appearance, environmental, or economic indicators. With the help of community members, Community Partners, and local service agencies, we can reach out to these older adults and provide support that will truly make a difference in their lives.

Annual Gala a Success

Dial Help's 45th Annual Gala on April 21, 2016 was both a fundraiser and celebration of our 45 years serving the U.P. An unprecedented number of businesses and community members donated to our live and silent auctions, and 80 people attended to bid. Tickets were \$50 each, with all money raised benefiting our 24/7 crisis line.

See page 5 for a list of donors.

Where Does Your Support Go?

- 24/7 UP-wide crisis and suicide hotlines (phone, text, instant message, walk-in)
- UP-wide Safety Net Program for individuals at risk of suicide, dealing with loss of a loved one to suicide, or intense crisis
- 24/7 Mobile Response Team that responds to tragedies, death notifications, and violent crime in the four-county area
- Services for victims of any crime
- Substance abuse counseling
- Community education programs
- School-based prevention
- Intensive family support services

The common thread of our agency is to help empower people to solve problems, reduce crisis, address trauma, and increase safety for self and others.

Offering these services is only possible because of a committed, professional staff, generous and well-trained volunteers, and financial support of local agencies and community members.

Funding cuts are impacting a lot of non-profit agencies, including ours.

Please consider a financial gift, donating goods or services, or volunteering to help us keep offering our vital services that the community has come to rely on!

SUPPORT DIAL HELP!

Make a Donation:

- Go to www.dialhelp.org and click on the "Give Help" section. Click the **PayPal** link to make a safe, secure on-line donation
- Send a **check** payable to:
Dial Help, Inc.
609 Shelden Ave.
Houghton, MI 49931
- Set up a recurring **direct withdrawal** from your checking or savings account.
- Donate to the Dial Help Endowment at the **Keweenaw Community Foundation**.
- Consider Dial Help in your **estate planning**.

Dial Help is a 501(c)(3) non-profit agency. Any donations you make to Dial Help are TAX-DEDUCTIBLE.

VOLUNTEER AT DIAL HELP

Interested in lending a compassionate ear?
Helping someone in need?
Assisting an agency that supports the community in many different ways?

Call 906-482-9077 to discuss our volunteer opportunities:

- Crisis Line services
- Victim services
- Internships
- Office support
- Building maintenance
- And more!

45th Annual Gala Live & Silent Auction Donors

Special thanks to **Fine Line Tire**, which donated two sets of tires valued at \$1,000 total to our live auction!

- Ace Hardware
- Amy J's Pasty
- Andrew Longtine
- Applebees
- Auto Pro Glass & Tire
- Behennaed
- Bethanne Cadeau
- Beth Anderson
- Beth Jukuri
- Beth Millner Jewelry
- Betsy Reed
- Bill Fink
- Border Grill
- Brigitte Goss
- Carquest
- Casa Calabria
- Colleen O'Hara-Jackson
- Computer Mechanix
- Copper Country Vet Clinic
- Crane Berry Farm
- Cyberia Café
- David Martwick
- Donna Machiela
- Detroit Red Wings
- Detroit Tigers
- Diana Oman
- Econo
- Erickson's Feed, Seed & Pet Supply
- Fine Line Tire
- Geminani's
- Gens Creations
- Getz's
- Green Bay Packers
- Hancock Bike Shop
- Heather McGee
- Herb Schnabel
- Holiday Inn Express
- Holiday Station Store
- J. Jukuri Spa & Salon
- Jackie Williams
- Java by the Bay
- Joe & Sandy Wales
- Joey's Seafood & Grill
- Kaleva Café
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- Keweenaw Family Resource Center
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Dial Help Donors Throughout the Year

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Dial Help Donors Throughout the Year, cont'd

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Thank you
to all our
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Dial Help Community Support and Outreach

Crisis Intervention • Education • Victim Services • Prevention

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Chat online or find more info: www.dialhelp.org

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ANNUAL NEWSLETTER