



QUARTERLY REPORT

April - June, 2021

Stakeholder Survey

Each year, Dial Help holds an online stakeholder survey to obtain input on programs and more. This is an opportunity for clients, donors, funders, agency partners, and community members to share their thoughts and help Dial Help identify strengths and areas for improvement.

Your feedback is invaluable, and we hope you will take a moment to take our survey. It's available online at www.dialhelp.org.

Also, we are now hiring! Find open positions on our website: www.dialhelp.org/careers.



"Teenagers should join a TOP Club because we learn about things that are essential in life, like how to handle emotions and calm yourself down with breathing exercises. We also get to have fun while learning how to handle ourselves better."

- Teen Outreach Program (TOP Club) Member

See "Prevention" on page 4 for TOP Club information

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We're proud to be the 2021 SHF Gala Partner! The gala is September 11, and you can sponsor the event or register for tickets online: superiorhealthfoundation.org/events/annual-gala/

Community Impact

Our services are person-centered with the goal of empowering each individual to find their path to well-being.

CRISIS UNIT

24/7 Crisis Line • Safety Net Program
ED Suicide Assessments

728
CRISIS
CONTACTS

PREVENTION & EDUCATION

Youth One-Stop • Prevention
Teen Outreach Program • Education

484
INDIVIDUALS
SERVED

OTHER SERVICES

Family Support • Substance Use Disorder
Peer Recovery • Victim Services • Child Advocacy

211
INDIVIDUALS
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>Assistant Director Krissy Martens, 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>Executive Assistant Heidi Ek, AA</p>	<p>Victim Services Virginia Lambert, MS Paige Setter-Hallwachs, BS Heather Saari, MS Kelly Engle, RN Heidi Hietala, RN</p> <p>Prevention Services Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Jeanette Dorh, MS</p>	<p>Mental/Behavioral Health Kara Eastling, LLPC Morgan Vallejo, MS, LLPC Mandy Daniels, BA Andrew Kalcich, BS</p> <p>Substance Use Disorder Gail Ploe, BA Kassy Kallio, Peer Support</p> <p><i>To maintain anonymity, crisis line staff not listed</i></p>
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Dial Help Supporters

Thank you to all those make our services possible!

SPOTLIGHT ON... **Rebecca Crane, Executive Director**

“I’ve been the Executive Director at Dial Help for 12 years because I strongly believe that people who are struggling deserve the support & voice in our community that we provide.”

VOLUNTEERS

This quarter,
10 volunteers
provided **2341.5**
hours of service

OUTREACH



DialHelp.org
670 unique hits



@DialHelp
1,206 followers



@DialHelp
351 followers



3 Presentations

FUNDERS

97th District Court • Aspirus Keweenaw & Ontonagon Hospitals
City of Houghton • FDA • Health Resources & Services Administration
Kenneth Ryan Clark Memorial • Keweenaw Community Foundation
MI DHHS • Michigan Tech University • MI Sheriff's Association
National Suicide Prevention Lifeline • NorthCare Network
Portage Health Foundation • Superior Health Foundation
United Ways of Dickinson & Marquette Counties • UP Health Systems

Department Updates

CRISIS UNIT

The Safety Net Program continues helping people find treatment and offering on-going phone and text support to stabilize each client's life situation.

This free service is available to anyone in the UP dealing with addiction, complex crisis, or suicide risk/bereavement.

Learn more or enroll by contacting the crisis line (see back page), or visiting www.dialhelp.org/programs.

If you'd like to volunteer on the crisis line, check out page 6 for info.

PREVENTION

We have two new hires in our Prevention Department! Prevention Coordinator Gini Gesler and Houghton/Keweenaw CTC Coordinator Lisa Simpson will both begin in August.

Our Teen Outreach Program (TOP Club), which utilizes lessons and hands-on activities (like our recent camping trip) to build resilience in youth, has begun meeting for the summer.

To view the middle/high school schedule, learn more about the program, or sign-up for upcoming activities, please visit www.dialhelptop.org.

VICTIM SERVICES

The Victim Services Department is seeking Sexual Assault Nurse Examiners (SANEs), as well as volunteer advocates. The SANE position is paid, including on/call pay.

In-person presentations to prevent sexual violence at universities will be starting as the school year begins.

The Child Advocacy Center remains busy providing services to sexually abused youth and their families.

Crime victims in Baraga, Houghton, Keweenaw, or Ontonagon Counties can reach out to Dial Help for support.

MENTAL HEALTH

Our new Youth One-Stop staff, Ashley Bakewell, will be starting in August. This program continues providing counseling to students over the summer.

We are distributing free posters about resources for addiction for the Beyond the Save program. If you would like a poster for your office or agency, please email BeyondtheSave@mirems.org.

The FACE project is preparing to hold a Gathering of Native Americans (GONA) to raise awareness about addiction. To learn more, email 906face@gmail.com.

Media Mentions



Mental Health Crisis Among Youth

www.keweenawreport.com/featured/mental-health-crisis-among-young/

Suicide Prevention

<https://abc10up.com/2021/06/04/suicide-prevention-dial-help-can-assist-those-who-struggle-with-mental-illness/>



Stomp Out the Stigma

www.uppermichiganssource.com/2021/05/26/keweenaw-county-sheriffs-office-to-hold-mental-health-panel/



U.P.'s Dial Help Service Available To Help Suicidal People

www.radioresultsnetwork.com/2021/06/04/u-p-s-dial-help-service-available-to-help-suicidal-people/

The Daily Mining Gazette

Available Mental Health Services Include Dial Help

www.mininggazette.com/news/2021/06/available-mental-health-services-includes-dial-help/

VOLUNTEER AT DIAL HELP

www.dialhelp.org/volunteer

DONATE FUNDS

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

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 in your name

www.dialhelp.org/donate

DONATE GOODS/SERVICES

Professional maintenance or cleaning services appreciated!



DIAL HELP PROGRAMS

24/7 Crisis Line • Safety Net Program • ED Suicide Assessments
 Youth One-Stop • Prevention • In-Home Family Support • Victim Services
 Substance Use Disorder Services • Education

Dial Help • 609 Shelden Avenue, Houghton MI 49931

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