

# U.P. Suicide Prevention Quarterly – January, 2019

Welcome! This electronic newsletter is meant to be a quarterly point of contact for those working in suicide prevention in the U.P. Please feel free to forward this and to send me information you want to have out for April, May, or June, 2019. Anyone may contact me to add or remove their email from the list ([dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)).

Between newsletters, I'll be happy to post information on the U.P. Suicide Prevention Coalition Facebook page

Mike Gaunt,  
Crisis Unit Manager, Dial Help.

## Dial Help, Houghton, Michigan

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

906-482-9077

[dial.help@dialhelp.org](mailto:dial.help@dialhelp.org)



For any individual experiencing thoughts of suicide at any time, call:

**1-800-273-TALK,**

or in the U.P. text:

**906-35NEEDS (63337)**

The Upper Peninsula, like the rest of the country, is experiencing alarming rates of youth issues like depression, suicidal ideation, substance use, and other mental/behavioral health problems. National statistics are disturbing: suicide is the #2 cause of death for those aged 10 – 34, and more than 1 million adolescents aged 12 to 17 had a Substance Use Disorder in 2016. Local data shows that depression and substance use rates in youth are both high. However, many organizations across the UP are working individually and collaboratively to address this by promoting evidence-based solutions in schools and the community. One of these programs is Botvin's Lifeskills, a school-based curriculum currently offered to middle school students in all 15 UP counties. Botvin's is proven to:

- Cut drug use by up to 75%
- Cut alcohol use by up to 60%
- Cut verbal/physical aggression, fighting, and delinquency by up to 50%
- Cut tobacco use by up to 87%

Providing concrete "life skills" offered through Botvin's helps students develop greater self-esteem and ways to effectively cope with anxiety. "By teaching skills to middle school students now we are helping to lower the rates for substance use, depression, and other mental health problems throughout their lives," said Gery Shelafoe, NorthCare Network's SUD Prevention Coordinator.

Funding for Botvin's is provided primarily through State Block Grant funds managed by NorthCare Network. Various agencies oversee the implementation of Botvin's county-by-county. To learn more about youth-focused prevention efforts across the Upper Peninsula, visit

[www.UPprevention.org](http://www.UPprevention.org).

## Written Off Film Screening

January 17 @ 12:00 pm - 2:00 pm

February 26 @ 6:00 pm - 8:00 pm



Join us for another free community screening of the film "Written Off." Along with the film, we will provide people with take-away resources, local treatment information, and address the destructive stigma of addiction. Lunch will be provided. Please RSVP to [ttankersley@greatlakesrecovery.org](mailto:ttankersley@greatlakesrecovery.org)

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LIFELINE™  
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