

JANUARY 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



Norway Knights Leo Club trained in QPR by Dickinson County CTC with funding from 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

Suicide Risk in First Response - 2

Update from Gogebic County CTC Coalition - 2

Upcoming Events & Other Resources - 3

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 MEMBERS



BtS is a consortium of agencies working to address opioid and other substance use disorders in the UP. It includes Dial Help, Great Lakes Recovery Centers, NorthCare Network, and UP Coalition Network. The consortium is led by MIREMS and funded by HRSA. You can find them on Facebook **@BeyondtheSave**.

MIREMS is a non-profit organization supporting EMS professionals & EMS agencies that provide prehospital care in rural Michigan. They bring opportunities, events, resources, and technical assistance to rural EMS professionals and the companies for which they work. You can find them online @ **www.MIREMS.org**.

Gogebic County CTC has worked closely with the local prevention council to form a youth suicide prevention group within the schools. These youth are also working on upcoming suicide prevention events. They have been educated on mental health for peer-to-peer support of other students. You can find this CTC on Facebook **@GogebicCountyCTC**.

SUICIDE RISK IN THE FIRST RESPONSE FIELD

According to a 2017 study by the Ruderman Family Foundation, more firefighters and police officers died by suicide than in the line of duty. The study also found that Post-Traumatic Stress Disorder (PTSD) and depression can be almost five times as high among this population than the general public. Stress, physical strain, long work hours, and exposure to trauma are contributing factors. For instance, the study indicated that on average, police officers witness 188 'critical incidents' during their careers.

“First responders are heroes who run towards danger every day in order to save the lives of others. They are also human beings, and their work exerts a toll on their mental health,” said Jay Ruderman, President of the Ruderman Family Foundation. “It is our obligation to support them in every way possible – to make sure that they feel welcome and able to access life-saving mental health care. This white paper should serve as a critical call to action to all who care about our heroes in red and blue.”

Stigma and shame were found to be major barriers to seeking treatment, along with a lack of suicide prevention training. The full white paper available @ **www.rudermanfoundation.org**.

UPCOMING EVENTS & OTHER RESOURCES



Information Booths ❄️ Driving Simulator ❄️ Door Prizes
 Games ❄️ Children's Finger Printing ❄️ Snowman Contest
 Blender Bike ❄️ Prescription Drug Take Back

Suicide and Our Youth

Thursday, February 6th
 Doors open @5:45 p.m.
 Discussion Panel @ 6 p.m.
 S Word Showing @ 7 p.m.

Bay College West
 Room 231 A

Interested in joining Communities That Cares?
 Coordinator: Traci Johnson
 Phone: 906-458-2627
<https://upenetwork.org/dickinson/>

Please join us for a special event dedicated to the discussion of suicide and its impact on our youth. Learn about the warning signs, ask the expert panel questions, and stay after for a showing of the movie *S Word*.

FREE Public Showing
Mariner Theater
All adults welcome!!
February 25th 5:30- 6:45

FREE POPCORN & SODA

RESILIENCE

THE BIOLOGY OF STRESS & THE SCIENCE OF HOPE

Call 906.863.5665 ext 1028 for any questions
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QPR

Question, Persuade, Refer

Communities That Care coalitions are offering free QPR suicide prevention training across the UP thanks to funding from Superior Health Foundation. To schedule a training, find your local coalition at www.UPCNetwork.org/coalitions

Marquette Toward Zero Suicide
February 4, 2020
NMU West Science Building, Room 2904
6:00 – 8:00 p.m. EDT

Speaker: B Ahmedani MD
Henry Ford Health System



Dr. Ahmedani currently serves as Director, Center for Health Policy & Health Services Research, and Director of Research in the Department of Psychiatry, at Henry Ford Health System.

The two objectives are to present evidence-based approaches to providing optimal Suicide Prevention in health care settings, and discuss opportunities for optimization of local Suicide Prevention Practices. Participants will learn about Henry Ford's Zero Suicide Model, as well as the research evidence, clinical significance, and patient preferences for optimal Suicide Prevention Activities, while contributing to interactive discussion on barriers and strengths to implementation.

If you are looking for more information, check out....

The Henry Ford Health System (HFHS) successful Zero Suicide program reduced suicides at the HFHS by 80% in 10 years, as presented in this article:
<https://catalyst.nejm.org/dramatically-reduced-suicide/>

David Litts, associated with the Air Force, spoke in Marquette in September 2018 about how the Air Force adopted the HFHS Zero Suicide Initiative and Depression model, and saw a reduction in suicides (from one a day to zero in 180 days), as discussed in this article:
<https://www.youtube.com/watch?v=UKBLGKMd2Cw>

Dr. Ahmedani specifically asked to speak with healthcare providers because of this fact: "Although they may not call prevention centers, people considering suicide usually do seek help; for example, 64% of people who attempt suicide visit a doctor in the month before their attempt, and 38% in the week before. This information is included in the following article:
<https://wolterskluwer.com/company/newsroom/news/2015/04/high-rate-of-healthcare-visits-before-suicide-attempts.html>).



MIND YOUR
 HEALTH
 NMU

Find this campaign focused on reducing stigma and increasing awareness on mental health issues on NMU's campus on Facebook @MindYourHealthNMU



**National Prescription Drug
 Take Back Day is April 27th!**

Visit DEATakeBack.com
 for a collection site near you.



KEEP THEM SAFE. CLEAN THEM OUT. TAKE THEM BACK.

#StigmaStopsHere906

Help break the stigma around mental health in the Upper Peninsula by using the hashtag above when you share info and resources about mental health & suicide on social media!

Members