

U.P. Suicide Prevention Quarterly – July, 2016

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 appear in late October, November, or December, 2016. Anyone may contact me to add to or remove their email from the list (dial.help@dialhelp.org).

Also note that **Chris Prochut** will be speaking in Waupaca, Wisconsin September 19, 2016 through the WCSPC. See page three.

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



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

1-800-273-TALK,

or in the U.P. text:

906-35NEEDS (63337)

September 10, 2016 Suicide Prevention Walks

Range Suicide Prevention Council will be sponsoring a "Break The Silence - Walk Through The Pain" walk at Gogebic Community College on Saturday Sept. 10th at 10 a.m. A short program will precede the walk. There is no charge for taking part in either.

Baraga County Walk: L'Anse Waterfront Park - L'Anse, MI
Check-in: 9:00 a.m. For more information, please contact Holly Makela at 906-281-7187 or baragasuicideprevention@gmail.com, or visit <http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4277>

Escanaba's "End the Silence Walk" is in its eighth year. The walk is held at the Ludington Park in Escanaba Michigan. Registration starts at 9:00, with the opening ceremony at 10:00. The noncompetitive walk/run starts at 11:00. The registration fee is \$25 per adult or \$10 for a child up to 16 years of age. There is a family rate of \$50 for a family of 4 and \$10 for each additional person. There are group rates available. There is a t-shirt included with the fee. A Brat Fry, small raffle, Silent Auction and Bake sale will also be held. For more information or to register go to www.endthesilencewalk.com or call [906-789-0003](tel:906-789-0003).

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SAVE THE DATE!

First Annual Upper Peninsula Suicide Prevention Conference
Monday, October 10, 2016: 8:00 am - 4:00 pm Holiday Inn, Marquette. See the flyer on page two!

Suicide Rates on the Rise-from Contact USA

The National Center for Health Statistics recently released a major study, examining trends in rates of suicide. The suicide rate in the United States increased an alarming 24 percent from 1999 to 2014, the greatest percentage of increases occurring among girls aged 10-14 and men aged 45-64 years of age. The rate increased by 1% per year from 1999-2006, and then doubled to 2% after that. The increases follow a period of near constant decline in suicide rates from 1986 through 1999. In addition, the rates increased in every racial and gender category except for black men. It is estimated that 22 veterans take their lives each day. Overall, the national rate rose to 13 deaths per 100,000 people in 2014.

Suicide deaths continue to receive little attention. In the United States alone, over 750 individuals die by suicide each week. Visualize two jumbo jets crashing each week and you get the sense of the scope of this issue. If two jets were crashing every week, there would be massive attention and resources. Despite its serious impact on the general population, suicide remains an unspeakable problem.

CONTACT USA is a national membership organization whose mission is to provide accreditation, leadership, support, and networking opportunities to agencies and centers who offer helpline services to people in crisis.

Dial Help Safety Net Program: Supporting Individuals At Risk of Suicide

Dial Help's Safety Net Program Manager traveled to Washington D.C., to make a mandatory final presentation for the SAMHSA Suicide Follow Up Grant. James Wright, the grant director at SAMHSA, was particularly pleased with the percentage of clients Dial Help was able to help move into long-term treatment after an emergency department intervention. In addition to sharing with and learning from the other crisis centers involved in the project, the opportunity to learn about future possibilities in the suicide prevention field was invaluable. Because of the hard work by the entire Dial Help team, the grant has been extended for an additional year.

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First Annual

Upper Peninsula Suicide Prevention Conference

Monday, October 10, 2016
8:00 am - 4:00 pm
Holiday Inn, Marquette



Key Note Speaker

Michael Hogan

National Action Alliance for Suicide Prevention

**Break-out sessions provided by the
Veteran's Administration on topics including**
Networking • Suicide Risk in the GLBT Community
Question Persuade Refer (QPR) Training

For more information or to register

Contact Kristine Putz at Dial Help

Call 906-482-9077 or email kputz@dialhelp.org

Breakfast and lunch included

Free and Open to the Public

Waupaca County Suicide Prevention Coalition

Monday, September 19th, 2016

6:00 PM

Waupaca High School Performing Arts Center



Chris Prochut (pro-hut) is a mental health awareness advocate and law enforcement suicide prevention trainer. In 2011, he partnered with the Wisconsin Law Enforcement Death Response (LEDR) Team conducting suicide prevention training throughout the state. Over the past five years, Chris has had the pleasure to present to over 5,000 law enforcement officers across the United States and Canada on the topics of suicide and depression warning signs, medication myths, department policy revision, and told of his personal experience with the stigma of mental health issues.

For more info on Chris: <http://www.talk2endstigma.com/>