

U.P. Suicide Prevention Quarterly – July, 2018

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 October, November, or December, 2018. Anyone may contact me to add or remove their email from the list (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



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

1-800-273-TALK,

or in the U.P. text:

906-35NEEDS (63337)

NorthCare, Dial Help, and Superior Health Foundation Addressing SUD UP-Wide

In 2017, Superior Health Foundation awarded funds for NorthCare Network and Dial Help's joint proposal, "Increasing Prevention & Treatment Success for SUD in the UP." This proposal seeks to enhance existing options to address SUD locally.

"As anyone in the suicide prevention field knows, suicide attempts and death by suicide are frequently tied to substance use," said Rebecca Crane, Executive Director at Dial Help. "Although this proposal is focused on SUD, in the big picture we're also hoping to impact the prevalence of suicide in the UP."

Now eight months into the grant, NorthCare and Dial Help have:

- Assembled a group of Upper Peninsula Key Leaders who meet quarterly to identify and implement messaging and other solutions targeting SUD
- Expanded Dial Help's Safety Net Program to include intensive and long-term follow-up support for individuals seeking treatment for SUD (the Walmart Foundation is also a funding partner in this expansion)
- Enhanced funding for Communities That Care prevention coalitions, which operate collaboratively under the umbrella of UP Coalition Network
- Held a safe prescription drug disposal campaign via UP Coalition Network, distributing 47,604 press releases, PSAs, and other materials encouraging safe disposal and UP-wide disposal sites (Blue Cross Blue Shield of Michigan, Blue Cross Blue Shield Michigan Foundation, and the Michigan Health Endowment Fund are also funding partners in this campaign)

Currently, the two agencies are working to implement the Tri-Ethnic Readiness Survey in each county, and are in the process of a campaign to break the stigma around mental health, suicide, and SUD. Community partners are encouraged to use the hashtag #StigmaStopsHere906 on social media when sharing information on these topics.

"Up next, we'll be increasing Guiding Good Choices options in the UP, and educating the public on Narcan and opioid prescribing guidelines," said Gery Shelafoe, Certified Prevention Consultant at NorthCare Network. "We're grateful that SHF and other funders have come forward to recognize the importance of addressing substance use in our communities—we could not do this work without them."

Community partners interested in joining the Key Leader Group, or learning more about other aspects of the proposal, may email Ginny Machiela at vmachiela@dialhelp.org. Other resources include www.NorthCareNetwork.org, www.DialHelp.org, and www.UPprevention.org.

Danny B Suicide Awareness

The 8th annual Danny B Suicide Awareness Jack & Jill Softball Tournament will be held August 25 - 26 at Gotta Field in Montreal, WI just outside of Hurley. It is held in the memory of Danny Baross, who was a guard at the Ojibway Correctional Facility, and died in as a result of suicide in 2009. This tournament has raised over \$17,500 for suicide prevention on the Gogebic Range.

Anyone interested in entering a team can contact Bryan Solakowski at 906-364-2587 or e-mail him at bryan_michael_john@hotmail.com

Break The Silence - Walk Through The Pain

The Range Suicide Prevention Council along with our Survivors of Suicide group will be sponsoring our 5th annual "Break The Silence - Walk Through The Pain" walk on Saturday September 8th at the Lindquist Center on the campus of Gogebic Community College. There is no cost to participate and there will be a social hour after the walk. Registration is from 9-10 There is be a short program prior to the walk starting at 10 a.m., followed by the walk. This is both a support and an awareness event and all interested parties are invited.



Applied Suicide Intervention Skills Training: ASIST

Learn how to recognize, support, and link someone at risk of suicide with meaningful supports. ASIST (Applied Suicide Intervention Skills Training) is a two-day intensive, interactive, and practice-dominated course designed to help professionals and lay persons recognize risk and learn how to intervene to prevent the immediate risk of suicide.

Normally a \$125 training, it is being offered for \$20 thanks to Communities United for Suicide Prevention Grant through the Marquette County Health Department. Space is limited, so please register early.

Date: July 25th & 26th

Where: Marquette-Alger Regional Service Agency (MARESA)
321 East Ohio Street, Marquette, MI 49855

Time: 8:00 AM—4:00 PM (both days)

To register, please contact Kristine Putz @ 482-9077 or via email at kputz@dialhelp.org.

A light breakfast and lunch will be provided both days. Please indicate dietary restrictions when registering.



ONTONAGON COUNTY COMMUNITIES THAT CARE

PRESENTS:



WALK ♦ RIDE TO END SUICIDE 2018

♦ Get entries for prizes for
visiting area businesses, county wide, or at participating
locations during CopperFest ♦

July 21, 2018



PHFoundation

Registration from 9-10am at
Ontonagon's CopperFest or

Tent corner of Hwy 45, Bruce Crossing
Event to conclude at 3pm in Ontonagon



♦ \$25 Pre-Register by June 27th for a T-shirt ♦

♦ \$15 Register Day of event ♦

♦ Youth 17 and Under May Participate for FREE ♦

Register ♦ Sponsor ♦ Donate ♦ Volunteer

by contacting OCCTC Coordinator Adriana Ruiz-Knack:

Phone: 906-281-6276 . OntonagonCountyCTC@gmail.com

Facebook: @OntoCo.CTC



*All money raised will go towards evidence based programing in Ontonagon County, aimed at decreasing problem youth behavior.

GLRC Great Lakes
Recovery Centers
Behavioral Health Services

17th Annual
Run For Recovery
10K Run, 5K Run/Walk
July 25th

Entry Fee:
Youth (0-12) -- \$5
Teens (13-17) -- \$15
Adults (Pre-Register) -- \$25
Adults (Day Of) -- \$30
Heroes Challenge -- \$15

law enforcement, firefighters, corrections officers,
and other first responders and public safety workers

241 Wright Street, Marquette
All proceeds benefit the John Kivela Legacy Fund.
Registration: 5 pm
Race Start: 6 pm

Runsingup.com/Race/MI/Marquette/GLRCRunforRecovery
For more information please contact (906) 228-5879.