

U.P. Suicide Prevention Quarterly – July, 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 October, November, or December, 2019. 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)

Events!

See the flyer for Range Suicide Prevention's 6th Annual Break The Silence - Walk Through the Pain event to be held on September 7, 2019, at the Lindquist Center on the campus of Gogebic Community College. Registration from 9 -10 followed by a short program from 10 -10:30 with walk to follow. There will be a hospitality room upstairs in The Courtside Dining Room with refreshments. There is no charge for the walk or hospitality hour.

There will be a UP Wide walk/run/bike event for suicide prevention the weekend of Sept. 27-29. It's still in the very early stages of planning, but the event will incorporate every CTC coalition in every county. We will each find our own walkers/runners/bikers to fill our stretch of the journey, and we plan on it being a huge event.

Second Annual Hope2Help Suicide Prevention Walk Sunday **September 15, 2019**. (Flyer below)

A Guide for Parents Available for Suicide Prevention

There's a big push to encourage youth to reach out for help if they're experiencing depression, suicidal thoughts, or substance abuse. In counties across the Upper Peninsula, professionals are working in schools and in the community to start conversations around these topics. And our kids and teens need to hear it—we have lost too many young people to suicide and substance use already.

But are parents prepared for these tough conversations? It's a scary thing when your child says they want to die, or they're struggling with drug use, or even that they're just depressed and don't know what to do. Confusion, lecturing, panic—all these are normal reactions for parents to have, but they make the situation for the youth in crisis worse. So while we're educating youth to reach out, we also need to find a way to educate parents on what to do if their child does ask for help.

To fill this need, UP Coalition Network and Dial Help collaborated to create "A Guide for Parents: Supporting Kids & Teens." UP Coalition Network is the umbrella organization of the 14 Communities That Care (CTC) youth-focused prevention coalitions in the Upper Peninsula, and Dial Help is the UP's local crisis center. Their "Guide for Parents" is a folded business card that includes what to watch for in youth, what to do if your child is struggling, and contact information to find local resources. These cards are free to distribute in the community thanks to generous funding from Superior Health Foundation. (Continued on page 2)

A Guide for Parents (Continued)

The cards give warning signs for parents to be aware of and actions to take, but do not specifically mention depression, suicide, or substance use. This is intentional, as some parents see keywords like this and think "Not my kid!" without bothering to read further. Instead, the focus is on supporting kids and teens in general, and reaching out to professional resources when needed.

"Our CTC Coordinators recognized that suicide prevention efforts are making an impact with youth, but we're not seeing that same impact on parents," said Gery Shelafoe, Certified Prevention Consultant and organizer of UP Coalition Network. "The reaction to the 'Guide for Parents' has been really positive so far, but the big challenge is getting them to every parent who needs that information. We're trying to get creative with it—we'd love to see business owners including them in employee paychecks, or gas stations handing them out at the counter. Whatever will help get this resource to parents."

To request copies of "A Guide for Parents" to give out in your community, contact your local CTC Coordinator at www.UPCNetwork.org/coalitions or email UPCoalitionNetwork@gmail.com. There are also online parent resources on their site at www.UPCNetwork.org/parents. You can find Dial Help online at www.DialHelp.org, and Superior Health Foundation at www.SuperiorHealthFoundation.org.

Save the Date!

Fourth Annual UP Suicide Prevention Conference

September 20, 2019
Holiday Inn, Marquette



Funding provided by the Michigan Department of Health & Human Services

Baraga County Communities That Care News

QPR training is free and available to be scheduled if anyone in Baraga County is looking for it. Contact Baraga CTC at the number below.

Starting on July 31st, CTC will be hosting a Prevention Series in Baraga County. July 31st will be a Community Talks Town Hall with an emphasis on underage drinking. August 7th a showing of the movie Resilience with discussion afterwards. August 14th is a showing of the movie Paper Tigers with a discussion following. August 31st is a showing of the movie Written Off with a discussion following.

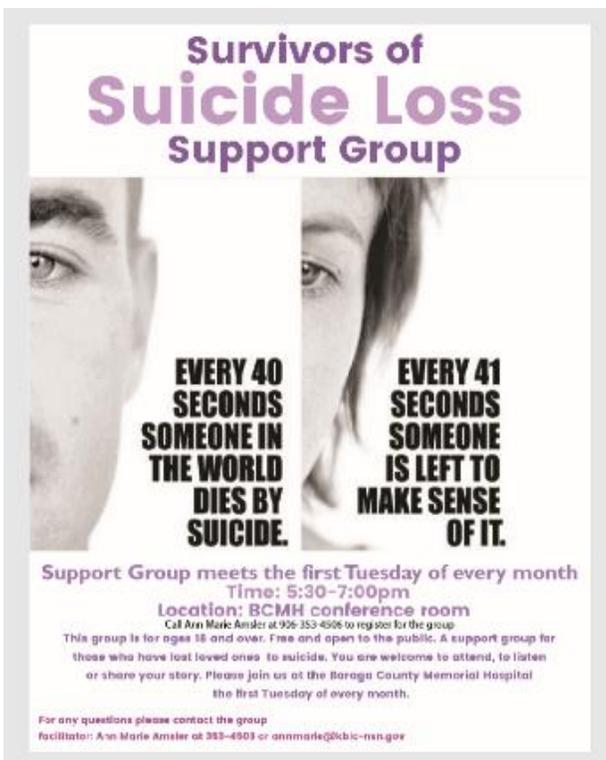
Guiding Good Choices is being offered at KBOCC by Dial Help starting on August 15th and will run until September 12th

Warrior Walk is scheduled for September 14th at the downtown waterfront park in L'Anse. This is a walk for Suicide Prevention and Awareness.

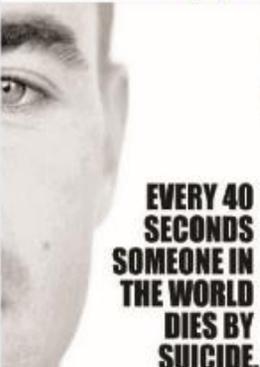
Youth Survey Data presentation will be given to the public at our Quarterly Community Board Meeting on July 18th at 6pm at the BCMH Conference Center in L'Anse. We will also be reviewing some steps to be taken for the Keyleader / youth brainstorming project we started in March.

Contact Carrie or check the Baraga CTC Facebook page or website for updates.

Carrie Rich
Coordinator
Baraga County Communities That Care
303 Baraga Ave.
L'Anse, MI 49946
baragacountyctc@gmail.com
906-201-4024



**Survivors of
Suicide Loss
Support Group**



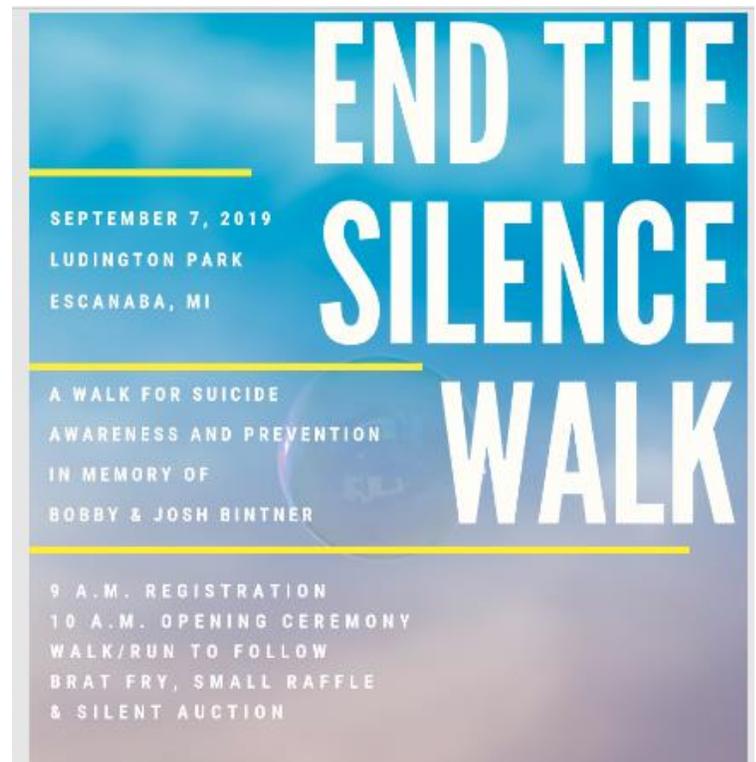
EVERY 40 SECONDS SOMEONE IN THE WORLD DIES BY SUICIDE.

EVERY 41 SECONDS SOMEONE IS LEFT TO MAKE SENSE OF IT.

Support Group meets the first Tuesday of every month
Time: 5:30-7:00pm
Location: BCMH conference room
Call Ann Marie Amster at 926-353-4006 to register for the group

This group is for ages 18 and over. Free and open to the public. A support group for those who have lost loved ones to suicide. You are welcome to attend, to listen or share your story. Please join us at the Baraga County Memorial Hospital the first Tuesday of every month.

For any questions please contact the group
facilitator: Ann Marie Amster at 926-353-4006 or annmarie@kbcic-mn.gov



**END THE
SILENCE
WALK**

SEPTEMBER 7, 2019
LUDINGTON PARK
ESCANABA, MI

A WALK FOR SUICIDE
AWARENESS AND PREVENTION
IN MEMORY OF
BOBBY & JOSH BINTNER

9 A.M. REGISTRATION
10 A.M. OPENING CEREMONY
WALK/RUN TO FOLLOW
BRAT FRY, SMALL RAFFLE
& SILENT AUCTION

Social Hour
Afterwards
with Refreshments!

The Range Suicide Prevention Council's

NO CHARGE
FOR WALK

6th Annual

"Break the Silence, Walk Through the Pain"

**Suicide Prevention Walk Awareness Event
Saturday, September 7, 2019 - Lindquist Center**

On the campus of Gogebic Community College

Registration: 9 to 10 Program: 10 - 10:30 Walk One Mile

All participants will receive a wrist band
prior to the start of the walk.
There will be a social hour with
complimentary refreshments served.

With help comes hope.

1-800-273-8255

Text HOME to
741741

No Cost:

None except for those who want
to order a T-shirt (Donations accepted)
Participants are under no obligation to
donate or be a mile post sponsor. This is
strictly voluntary. The propose of this event is
bring survivors of suicide together to meet and
realize they are not alone and as an awareness
forum to get the message out that suicide
can be prevented.

NATIONAL
**SUICIDE
PREVENTION**
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

NATIONAL
**SUICIDE
PREVENTION**
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

Save The Date:



#ItCouldBeYouCommunitiesThatCare

**Second Annual Hope2Help Suicide
Prevention Walk**

Sunday September 15th

Location and Time to be announced



U.P. Suicide Prevention Quarterly – July, 2019

But Wait, There's More...

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, 2019. 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)

Applied Suicide Intervention Skills Training (ASIST)

August 15 & 16, 8:30 am to 4:30 pm

MARESA

321 E Ohio Street Marquette MI

Recognize signs of suicide • Offer support

August 15 & 16, 8:30am - 4:30pm @ MARESA, Marquette

Learn to recognize signs of suicide, offer support, and link someone at risk with resources for help.

SPACE IS LIMITED. To register, please contact Krissy Putz at 906-482-9077 or kputz@dialhelp.org

Normally \$125, this class is only \$20!

ASIST is a two-day interactive suicide prevention class for adults.

Funded by Communities United Against Suicide Prevention



MENTAL
HEALTH
FIRST AID

Mental Health First Aid

www.MentalHealthFirstAid.org

Mental Health First Aid helps you identify and offer help to a person developing a mental health problem or experiencing a mental health crisis. The course gives you the training you need to reach out and provide initial support until appropriate treatment is received or the crisis is resolved.

WHO

Any person or organization that are part of the community.

WHEN

August 3rd, 8:30 AM - 4:30 PM, please arrive by 8:15

WHERE

UP Health Systems– Bell, Empire Room
901 Lakeshore Dr., Ishpeming

REGISTER

Registration is FREE, however space is limited. Lunch is provided. Register at foundation@greatlakesrecovery.org or call 228-9699, ext.1011.



ALGEE

The Mental Health First Aid Action Plan



Assess for risk of suicide or harm



Listen nonjudgmentally



Give reassurance and information



Encourage appropriate professional help



Encourage self-help and other support strategies



If you would like to set up a Mental Health First Aid course in your community or organization, or would like to donate to the Mental Health First Aid Initiative, contact foundation@greatlakesrecovery.org.

Baraga County Suicide Prevention Coalition

Warr;or Walk

For those who fight & those who walk with you



Crystal Suzik
Guest Speaker

A walk for suicide prevention & awareness in memory of loved ones lost, in support of those who struggle, & for loved ones left behind. Each day can be a struggle and we fight... like warriors. However, in this community, we never fight alone! Whether you suffer personally, or support a family member, friend or colleague who struggles, we invite you to attend the Baraga County Suicide Prevention **Warr;or Walk**. Help raise awareness and funds to provide necessary suicide prevention resources and programs for our community.

Saturday, September 14, 2019
L'Anse Waterfront Park

- 9-10 a.m. Registration & Memorial Table
- 10:00 a.m. Welcome & Guest Speaker
- 10:30 a.m. Memorial Bubble Release
- 11:00 a.m. 2 Mile Warr;or Walk Begins

Register or Donate online at www.runsignup.com

Register or donate by August 30th and receive a Warr;or Walk t-shirt with a \$25 minimum donation

**Questions? Contact Carrie Rich at 201-4024
or email baragacountyctc@gmail.com**



100% of Proceeds from the 2019 Warr;or Walk will remain in Baraga County!

