



QUARTERLY REPORT

April - June 2020

Virtual Art Show

Dial Help's Teen Outreach Program (TOP Club) is hosting a virtual art show to benefit Copper Country Humane Society & OCAP Paws! Check it out online at www.Facebook.com/DialHelpTOP



"I am proud that I am able to talk through my problems with you, I feel that's progress for me."

- Crisis Line Client

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Note: Updated 8/11 to correct typo on page 1

Community Impact

CRISIS UNIT

24/7 Crisis Line • Safety Net Program
 Mobile Response Teams
 ED Suicide Assessments

799
 CRISIS
 CONTACTS

PREVENTION & EDUCATION

Youth-Focused Prevention • Guiding Good Choices
 Teen Outreach Program • Youth One-Stop
 ASIST • Nonviolent Relationship Problem-Solving

70
 INDIVIDUALS
 SERVED

OTHER SERVICES

Family Support Services
 Substance Use Disorder
 Victim Services • Child Advocacy Center

283
 INDIVIDUALS
 SERVED

Board of Directors and Staff

<p>Board President Tommy Gilpin, MEd</p> <p>Vice President Lt. Nick Roberts</p> <p>Secretary Mary Heckel, MSW</p> <p>Treasurer Eli Karttunen, MSF</p> <p>Members Keith Meyers, BA Lauren Letto, SBM</p>	<p>Executive Director Rebecca Crane, MS</p> <p>Assistant Director Krissy Putz, MS</p> <p>Finance Manager Darrin Beiring, BSBA, EA</p> <p>Clinical Supervisor Brian Rendel, MA, LPC, LLP</p> <p>Sustainability Coordinator Ginny Machiela, BS</p> <p>Executive Assistant Heidi Ek, AA</p>	<p>Victim Services Virginia Lambert, MS Paige Setter-Hallwachs, BS Heather Saari, BA Kelly Engle, RN Heidi Hietala, RN</p> <p>Prevention Services Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Doug Ploe, BS Jeanette Dorh, MS Charlie Beer, BS Hannah Butkovich, AA</p>	<p>Mental/Behavioral Health Kara Eastling, LLPC Morgan Vallejo, MS, LLPC Natalie Morgan, LMSW Mandy Daniels, BA Andrew Kalcich, BS</p> <p>Substance Use Disorder Gail Ploe, BA Kassy Kallio, Peer Support</p> <p>To maintain anonymity, crisis line staff not listed</p>
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Dial Help Supporters

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Thank you to all those make our services possible!

SPOTLIGHT ON...

**Eli Karttunen,
Board Treasurer**

“Dial Help saves lives, period. I support this vital community asset by volunteering my time and offering professional guidance on management and financial matters as a member of the Board of Directors. The staff and volunteers do the real work; we just do our best as a Board to empower them. I'm in awe of the work they do.”

VOLUNTEERS

This quarter,

11 volunteers

provided **2,435**

hours of service

OUTREACH



DialHelp.org
900 unique hits



@DialHelp
1,119 likes



@DialHelp
256 followers



@DialHelp
96 followers

FUNDERS

Funded by: 97th District Court • Aspirus Keweenaw & Ontonagon Hospitals

City of Houghton • Health Resources & Services Administration

Kenneth Ryan Clark Memorial Fund

Keweenaw Community Foundation • MI Dept. of Health and Human Services

MI Sheriff's Association • National Suicide Prevention Lifeline

NorthCare Network • Portage Health Foundation • Superior Health Foundation

United Way of Dickinson County • United Way of Marquette • UP Health Systems

US Food & Drug Administration • West End Health Foundation

Collaborations

Community partnerships that make a difference

COMMUNITIES THAT CARE (CTC)



CTC is a group of community members working together to stir our youth toward success. There's room for everyone at the table: professionals, parents, and teens!

Learn more: UPCNetwork.org/baraga
HoughtonKeweenawCTC.com

OPIOID MISUSE

We encourage professionals in the SUD and mental health fields to check out resources online:

BeyondtheSave.org



SYRINGE SERVICES

Free, safe, and confidential services to reduce personal and community harm for people who use drugs:

Call or text Gail @ 231-2799



New & Upcoming

Now available!

Peer Recovery Services

Support from someone with lived experience in recovery

Call/text Kassy @ 906-231-9902



CTC Revitalization Event

FREE TRAINING

Social Development Strategy (SDS)

August 13, 10am - 2pm EST via Zoom

Promoting healthy behavior

Studies show that children with parents who used the SDS have healthier outcomes into adulthood--and so do THEIR children!

Register @ www.UPCNetwork.org

Houghton/Keweenaw CTC Revitalization
July 16 @ 1pm to 2:30pm via Zoom
Register: HoughtonKeweenawCTC.com/events

Anyone who attends will be put in a drawing for a \$50 gift card! We'll talk what's happening with our CTC & what's in the works. Current CTC members available to answer questions & talk about why they joined.

read for relief.



PORTAGE LAKE DISTRICT LIBRARY

#SummerReading
#ReadForRelief
#PLDL

Dial Help is one of the beneficiaries of Portage Lake District Library's #ReadForRelief program #PLDL

TOP Teen Outreach Program®

W Y M A N

Weekly Online Schedule

Middle School: Tuesdays, 12:00 - 1:15 pm
High School: Wednesdays, 12:00 - 1:15 pm

Join Us Via Laptop, Smartphone, or Tablet!

For the link, email teenoutreachprogram@dialhelp.org

Media Mentions

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Copper Country Today interview w/
Assistant Director Krissy Putz

[www.keweenawreport.com/c-c-today/
copper-country-today-april-26-2020](http://www.keweenawreport.com/c-c-today/copper-country-today-april-26-2020)

Counselors Offer Support

[https://www.upmatters.com/news/
michigan-coronavirus-school-
therapists-counselors-psychologists-
and-social-workers-come-together-
to-let-students-and-families-know-
support-is-available/](https://www.upmatters.com/news/michigan-coronavirus-school-therapists-counselors-psychologists-and-social-workers-come-together-to-let-students-and-families-know-support-is-available/)



Services During COVID-19

[www.uppermichiganssource.com/content/
news/Dial-Help-working-to-help-community-
through-this-time-of-crisis-570324521.html](http://www.uppermichiganssource.com/content/news/Dial-Help-working-to-help-community-through-this-time-of-crisis-570324521.html)



PHFoundation

Portage Health Foundation's
Addiction Series w/ Sarah Blakely
www.facebook.com/pg/phfgive/videos

The Daily Mining Gazette

Latest Update on Services Still Available as COVID-19 Continues

[www.mininggazette.com/news/local-news/2020/06/many-dial-help-services-still-available-
during-covid-19/](http://www.mininggazette.com/news/local-news/2020/06/many-dial-help-services-still-available-during-covid-19/)

Dial Help in Pictures



Beyond the Save Consortium

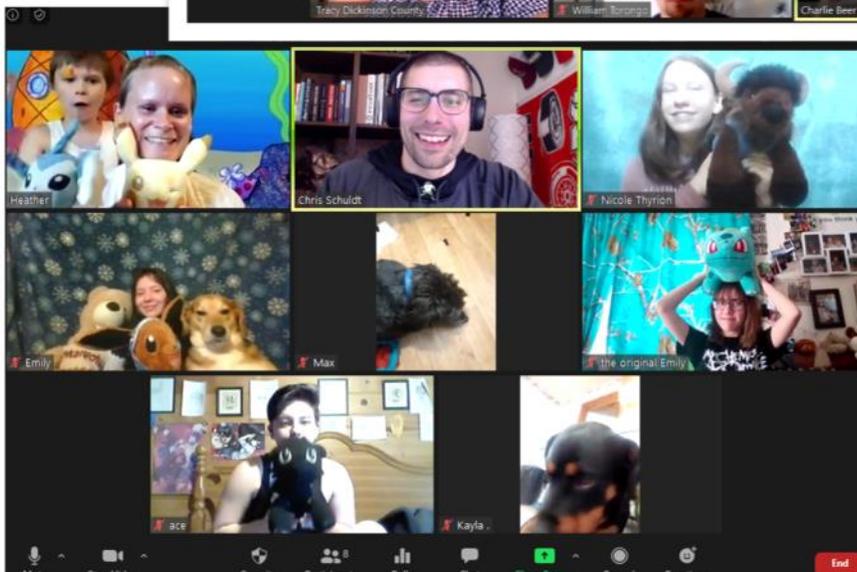
BeyondtheSave.org

UP Coalition Network (UPCN)

UPCNetwork.org



TOP Club



Dial Help's UPCN coloring contest entry

DONATE FUNDS

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Check: Send a check or money order payable to Dial Help

Cash: Accepted at Dial Help's offices

Direct Withdrawal: Set up a recurring direct withdrawal from your bank account

Estate Planning: Consider a legacy donation in your name

www.dialhelp.org/donate

VOLUNTEER AT DIAL HELP

www.dialhelp.org/volunteer

DONATE GOODS/SERVICES

Professional maintenance or cleaning services appreciated!



DIAL HELP PROGRAMS

24/7 Crisis Line • Safety Net Program • Mobile Response Team
Youth One-Stop • Prevention • Family Support Services • Victim Services
ED Suicide Assessments • Substance Use Disorder Services • Education

Dial Help • 609 Shelden Avenue, Houghton MI 49931

Business: 906-482-9077 • **Crisis:** 906-482-HELP • **Crisis Text:** 35NEEDS • **Online:** DialHelp.org