

JULY 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



Youth art therapy with Dickinson County CTC, funded by United Way of Dickinson County

## 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](mailto:dial.help@dialhelp.org), or email to subscribe or unsubscribe.

Between newsletters, you can watch for content on the Upper Peninsula Suicide Prevention Coalition Facebook page:

**[www.facebook.com/upspcoalition](https://www.facebook.com/upspcoalition)**

We also have a website @ **[www.dialhelp.org/upspc](http://www.dialhelp.org/upspc)**

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## 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](http://www.dialhelp.org)**



## OUR MISSION

To "help people help themselves" by providing immediate, accessible, and affordable services to the communities we serve.

## LOCAL NEWS & UPDATES



Beyond the Save is a consortium working to address opioid misuse in the UP. They are now offering a **monthly newsletter** for those working in mental health, SUD, law enforcement and EMS. Subscribe online at [www.BeyondtheSave.org/newsletters](http://www.BeyondtheSave.org/newsletters).



Dial Help's **Safety Net Program** provides free and confidential follow-up support to people dealing with suicide risk or loss, complex crisis, and/or addiction. Enrollment is now available for professionals or community members at [www.DialHelp.org/programs](http://www.DialHelp.org/programs).

## STATE & NATIONAL NEWS

Governor Gretchen Whitmer has signed into a law a package of bills that will give providers more **Medicaid coverage for telehealth** and allow them to use remote patient monitoring and asynchronous platforms more freely.

Congressman Jack Bergman (R-MI-1) and Congresswoman Susie Lee (D-NV-3) introduced the **VA Zero Suicide Demonstration Project Act** of 2020. This new legislation would establish a pilot program at the Department of Veterans Affairs (VA) called the "Zero Suicide Initiative."

The Federal Communications Commission has adopted rules to make **988 the new nationwide suicide hotline number** by July 16, 2022. Calls will be routed through the existing National Suicide Prevention Lifeline network.



Great Lakes Recovery Centers is starting a **Parent Support Network** for the Upper Peninsula. They will hold free, confidential monthly support meetings designed to harness the power of parents helping other parents. If you have a child who is dealing with mental health struggles or substance use, contact Amy Poirer at [apoirer@glrc.org](mailto:apoirer@glrc.org) or 906-523-9688.

Meetings will be held virtually to start. Provided in partnership with The Youth Mental Health Project, with funding from Superior Health Foundation.

## COMMUNITIES THAT CARE (CTC)

Communities That Care is an evidence-based coalition model focused on preventing youth problem behaviors. **New data about substance use and depression** from the CTC Youth Survey administered in local schools is now available at [www.UPCNetwork.org/data](http://www.UPCNetwork.org/data).

In May, the 14 CTC coalitions serving all 15 counties of the Upper Peninsula (known collectively as UP Coalition Network) held a virtual event called **UP Wide Promoting Mental Health**. It was held on social media and included resources, activities, and a coloring page contest.

Chippewa County, Dickinson County, Gogebic County, Iron County, Mackinac County and Ontonagon County Communities That Care Coalitions are collaborating with West End Suicide Prevention and Great Lakes Recovery Center to distribute materials from the **LIVE campaign** in their communities. Learn more about LIVE on the next page.

The Alger County CTC distributed 200 **Alger Food Packs** per week for four weeks to youth and senior citizens, then 60 Alger packs per week for the following six weeks.

**CTC of Marinette & Menominee Counties** held three Youth Mental Health First Aid trainings, a town hall community meeting, and a free community presentation on teen depression and mental health awareness this past quarter.

Virtual **Question, Persuade, Refer (QPR)** suicide prevention training is available in select counties. Reach out to your local coalition to learn more @ [www.UPCNetwork.org/coalitions](http://www.UPCNetwork.org/coalitions).

## COPPER COUNTRY YOUTH RESOURCES

Dial Help's **Youth One-Stop** works in local schools to provide crisis intervention, counseling, and family support to students. Funded by the [Portage Health Foundation](#).

Dial Help's **Teen Outreach Program (TOP Club)** is an evidence-based club for middle and high schoolers that helps build resilience and leadership skills. Currently meeting via Zoom on Tuesdays and Wednesdays at 12pm -- email Chris @ [teenoutreachprogram@dialhelp.org](mailto:teenoutreachprogram@dialhelp.org) for more information or the link. Also funded by [Portage Health Foundation](#).

# LOCAL CAMPAIGNS



**PHF Foundation**

You make the difference. Together we make it possible.

PHF has created a 13-part **video and podcast series about addiction**. Featuring local experts in the field, it looks at what addiction is, how it happens, the many effects it has on the person, their friends and family, and the community as a whole. Find the series online @ [www.phfgive.org/addiction](http://www.phfgive.org/addiction).



**LIVE is a positive mental health campaign** that was created by [West End Suicide Prevention](http://WestEndSuicidePrevention.org). It means to LOVE (yourself), INCLUDE (others), VALUE (life) and ENGAGE (community). LIVE yard signs and window decals will be distributed across the UP soon! Watch the West End Suicide Prevention Facebook page to see when and where they are available in your community. They have also created a video you can watch @ <https://glrc.org/live>.



The [Gogebic-Ontonagon ISD](http://Gogebic-OntonagonISD.org) has created videos to help students and parents/caregivers cope with isolation during COVID-19.

**Students:**

[www.facebook.com/2281196221934588/videos/2935593819852578](https://www.facebook.com/2281196221934588/videos/2935593819852578)

**Caregivers:**

[www.facebook.com/2281196221934588/videos/238109493999443](https://www.facebook.com/2281196221934588/videos/238109493999443)

