



# QUARTERLY REPORT

## April - June, 2022

### Annual Stakeholder Survey

We are seeking feedback from clients, donors, funders, partner agencies, and community members with our annual stakeholder survey. Survey results are used by Dial Help leadership to identify strengths, areas for improvement, and potential new programming.

"Our annual stakeholder survey provides important information from the community that helps us with strategic planning and program implementation," said Rebecca Crane, Dial Help Executive Director.

You can find the survey online at <https://forms.gle/ip9MND7EBdtheLNN8>, or visit [www.dialhelp.org](http://www.dialhelp.org).



"I am so glad that she [my therapist] signed me up for this. Oh, my whole mood has been changed. Thank you for talking with me!"

**- Safety Net Program Client**

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*The mission of Dial Help is to promote the physical, emotional, and social well-being of our communities.*

*Our motto is to "support, encourage, and empower all."*

# Community Impact

Our services are person-centered with the goal of empowering each individual to find their path to well-being.

## CRISIS UNIT

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

**878**  
CRISIS  
CONTACTS

## PREVENTION & EDUCATION

Youth One-Stop • Prevention  
Teen Outreach Program • Education

**222**  
INDIVIDUALS  
SERVED

## OTHER SERVICES

Family Support • Substance Use Disorder  
Peer Recovery • Victim Services • Child Advocacy

**173**  
INDIVIDUALS  
SERVED

## Board of Directors and Staff

Board of Directors	Administrative	Mental/Behavioral Health	Prevention
<b>Board President</b> Tommy Gilpin, MEd	<b>Executive Director</b> Rebecca Crane, MS	Brian D. Rendel, LLP, LPC, NCC Morgan Vallejo, MS, LLPC	Krissy Martens, MS Jeanette Dorh, MS
<b>Vice President</b> Lt. Nick Roberts	<b>Finance Manager</b> Darrin Beiring, BSBA, EA	Kim Green, LMSW, CAADC Kassy Kallio, PRC	Lisa Simpson Callisto Cortez
<b>Secretary</b> Mary Heckel, MSW	<b>Grant Writer/ Compliance Manager</b> Ginny Machiela, BS	Ashley Bakewell Amy Baker, BS	<b>Victim Services</b> Virginia Lambert, MS
<b>Treasurer</b> Eli Karttunen, MSF	<b>Executive Assistant</b> Heidi Ek, AA	Jacob Oom, BS	Paige Setter-Hallwachs, BS Heather Saari, MS Heidi Hietala, RN
<b>Members</b> Keith Meyers, BA Lauren Letto, SBM		<i>To maintain confidentiality, crisis line staff not listed</i>	

# Dial Help Supporters

Thank you to all those make our services possible!

## SPOTLIGHT ON... **Gery Shelafoe Donor**

“Dial Help is an amazing organization that is not only innovative and creative in their approach to helping individuals with mental health, addiction, and crisis situations but they have effectively provided youth prevention programming for decades.”

### VOLUNTEERS

This quarter,  
**62** volunteers  
provided **2,291**  
hours of service

### OUTREACH



**DialHelp.org**  
1,800 unique hits



**@DialHelp**  
1,300 followers



**@DialHelp**  
433 followers



**7 Presentations**  
in the community

## OUR FUNDERS

Aspirus Keweenaw & Ontonagon Hospitals • Division of Victim Services  
FDA • HRSA • Kenneth Ryan Clark Memorial Fund  
Keweenaw Community Foundation • MIDHHS • MI Sheriff's Association  
National Children's Alliance • National Suicide Prevention Lifeline  
NorthCare Network • Portage Health Foundation • Prevention Network  
Superior Health Foundation • Marquette Co. United Way • UP Health Systems

# Department Updates

## CRISIS UNIT

With 988 launching this summer, we are no longer part of the National Suicide Prevention Lifeline network. We answered Lifeline calls for 17 years, from 2005 - 2022. We've always been a proud Lifeline supporter and will continue to promote this important resource in the UP.

Our Safety Net Program continues to offer follow-up assistance to people seeking counseling or other professional care options. We reach out by phone call or text to help people stay safe during this process. You can find eligibility requirements and our online enrollment form at [www.dialhelp.org/programs](http://www.dialhelp.org/programs).

## MENTAL HEALTH

Our counseling staff have been hard at work making updates to expand our counseling program. This includes building upgrades and new scheduling software.

After a hiatus during COVID-19, we will once again be offering Substance Use Disorder (SUD) outpatient counseling services.

In-person and telehealth options will be available. We look forward to taking clients this fall.

## PREVENTION

Houghton/Keweenaw Communities That Care (CTC) is gearing up for their sixth annual suicide prevention walk! This year will feature both a walk and community picnic, with food vendors, resources, a free raffle, and more. The event will be held on September 10 from 11am - 3pm at Kestner Waterfront Park. Learn more at [www.houghtonkeweenawctc.com](http://www.houghtonkeweenawctc.com).

TOP Club has been enjoying some summer activities. They helped the HKCTC decorate a float for Bridgefest. They also went to see the new Jurassic Park movie in theaters. Weekly meetings will begin at the start of this new school year.

## VICTIM SERVICES

Our second annual Puppy Parade for Sexual Assault Awareness Month in April was a success! We had 100 people attend with their pups, where they learned about sexual assault, resources for help, and how to support survivors.

More counseling options for victims will be available soon as we re-vamp our counseling program (see Mental Health).

Finally, we'll be hosting a Human Trafficking Awareness event at the Ontonagon Theater of Performing Arts on September 28 from 10am - 12pm. Visit [www.dialhelp.org/events](http://www.dialhelp.org/events) for info.

# Media Mentions



## Changing Language Around Suicide

<https://www.upmatters.com/do-it-for-daniel/changing-the-conversation-about-suicide/>



## Sexual Assault Awareness Month

<https://abc10up.com/2022/04/04/dial-help-is-hosting-a-puppy-parade-for-sexual-assault-awareness-month/>

<https://abc10up.com/2022/04/06/msp-troopers-statewide-are-raising-awareness-for-victims-of-sexual-assault/>



## Annual Report Release

<http://www.keweenawreport.com/featured/dial-help-reaches-nearly-4000-people-in-2021/>

## Mental Health Awareness Month

<http://www.keweenawreport.com/news/local-mental-health-service-options-presentation-next-week/>

# The Daily Mining Gazette

## Mental Health Programs Available

<https://www.mininggazette.com/news/front-page/2022/05/dial-help-offers-many-mental-health-programs-services/>

## Support for Victims of Crime

<https://www.mininggazette.com/news/front-page/2022/05/dial-help-offers-support-for-victims-of-crimes/>

# VOLUNTEER AT DIAL HELP

[www.dialhelp.org/volunteer](http://www.dialhelp.org/volunteer)

## DONATE FUNDS

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

## DONATE GOODS/SERVICES

Professional maintenance or cleaning services appreciated!



## DIAL HELP PROGRAMS

24/7 Crisis Line • Safety Net Program • ED Suicide Assessments  
 Youth One-Stop • Prevention • In-Home Family Support • Victim Services  
 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](http://DialHelp.org)