

JULY 2022

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

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, 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

We also have a website @ 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



OUR MISSION

To “support, encourage, and empower all” by providing immediate, accessible, and affordable services.

NEW RESOURCE: ORDER PRINT MATERIALS

Dial Help has created a page for UP professionals to order print materials at no cost for distribution in the community. Please feel free to share or place an order for yourself:

www.dialhelp.org/order

LOCAL NEWS & UPDATES

New Upper Peninsula Health Needs Assessment Released

<https://www.mininggazette.com/news/local-news/2022/08/new-health-data-released/>

Faith leaders learn more about suicide prevention in Marquette:

<https://www.uppermichiganssource.com/2022/06/24/faith-leaders-learn-more-about-suicide-prevention-marquette-church/>

Great Lakes Recovery Centers providing youth mental health services during summer:

<https://www.upmatters.com/news/local-news/great-lakes-recovery-centers-providing-youth-mental-health-services-during-summer/>

STATE & NATIONAL NEWS

National Contest Encourages High School Students to Write Essays Exploring Mental Health:

<https://www.nimh.nih.gov/news/science-news/2022/national-contest-encourages-high-school-students-to-write-short-essays-exploring-mental-health>

Suicide stalks rural Michigan:

<https://www.bridgemi.com/michigan-health-watch/suicide-stalks-rural-michigan>

Many Black children are dying by suicide, doctors say: Understanding the why, and how to help:

<https://abcnews.go.com/Health/black-children-dying-suicide-doctors-understanding/story?id=85069514>

Trevor Project releases 2022 National Survey on LGBTQ Youth Mental Health:

<https://www.thetrevorproject.org/survey-2022/>

RESOURCES FOR SUPPORT



The Friendship Line is a 24-hour toll-free crisis line in the country for people aged 60 years and older, and adults living with disabilities. Trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults. This is a unique alternative to traditional suicide prevention lines.

Call 800-971-0016 for services.



Hiding in Plain Sight: Youth Mental Illness is a two-part, four-hour film follows the journeys of more than 20 young Americans from all over the country and all walks of life, who have struggled with thoughts and feelings that have troubled—and, at times—overwhelmed them.

Click here for more: <https://kenburns.com/hiding-in-plain-sight-youth-mental-illness/>



Trans Lifeline is a national trans-led non-profit dedicated to improving the quality of trans lives and fighting the epidemic of trans suicide and improving overall life-outcomes of trans people.

Their peer support hotline is run by and for trans people. The line is available daily from 7 a.m.–1 a.m. PST / 9 a.m.–3 a.m. CST / 10 a.m.–4 a.m. EST. Volunteers may be available during off hours. Call 877-565-8860 to speak to someone.

Find resources on our updated web page at www.dialhelp.org/upspcp. Email dial.help@dialhelp.org to request a resource addition.

TOOLS FOR AFTER SUICIDE

After a Suicide: A Toolkit for Schools offers guidelines for effective, comprehensive support programs for individuals bereaved by suicide at the state/territorial, tribal, and community levels.

Find the toolkit at <https://files.constantcontact.com/c4790c61701/9113305f-e174-4c9f-9f65-35bdf11699cd.pdf>



Responding to Grief, Trauma, and Distress After A Suicide was produced in 2015 by the Action Alliance for Suicide Prevention. It is the work of many dedicated individuals serving on a task force that represents a vast amount of experience of postvention. The vision of this task force is "a world where communities and organizations provide everyone who is exposed to a suicide access to effective services and support immediately—and for as long as necessary—to decrease their risk of suicide, to strengthen their mental health, and to help them cope with grief."

Find it at <https://files.constantcontact.com/c4790c61701/146514ed-00a8-4960-9dea-dbb1f85eda20.pdf>

Reporting Suicide: Best Practices and Recommendations for Reporting on Suicide is a short document that is typically for media usage. It goes through appropriate language when reporting, specifying that suicide is a public health issue, and to emphasize help and hope.

Find it at <https://files.constantcontact.com/c4790c61701/c4f8e9ab-7b19-469c-89bb-bcfd8373915c.pdf>

For more information and examples of best practices when reporting on suicide, visit www.dialhelp.org/media.

LOCAL SUICIDE PREVENTION WALKS



Houghton/Keweenaw Communities That Care is hosting their **6th annual Suicide Awareness Event**. Saturday, September 10th, 2022. 11am to 3pm at the Kestner Waterfront Park, 1100 W Lakeshore Dr, Houghton, MI 49931.

There will be live music, craft activities, food/drink vendors, a guest speaker, and the Suicide Awareness Walk at 12pm. T-shirts will be available for purchases online @ <https://houghtonkeweenawctc.com/> under the Suicide Prevention tab.



End The Silence Walk: A walk to raise proceeds for the Delta County Suicide Prevention Task Forces to implement suicide awareness and prevention programs.

Saturday, September 11, 2021 at Ludington Park, Escanaba.

Registration is at **9am**.
Opening Ceremony is **10am**.

Learn more at <https://endthesilencewalk.com/>

Dickinson Iron Communities That Care is hosting their **5th annual HOPE2HELP Suicide Awareness Walk**. Sunday, September 18th, 2022. 1pm to 5pm.

Guest speaker Jeff Olsen, resource booths, jump house, balloon animals, face painting, and music by Mel Rose. A t-shirt tent, community raffle and food provided. All money raised will be used to help address youth depression anxiety and suicide awareness.

Partners: North Point Behavioral health, Oscar G Johnson VA, Dickinson Iron Health Department and the DCH/Marshfield clinic.



Marquette County Suicide Prevention Walk



Register online at:
runsignup.com

Check in begins at 2:00.
A program starts at 2:30, followed by the walk and post-walk reflection.

September 18, 2022 • Al Qual, Ishpeming
Light refreshments available.

All proceeds will be used for suicide prevention efforts in Marquette County.



For more information, find Mqt County Suicide Prevention Alliance on Facebook, call (906) 315-2621 or email sderwin@mqtco.org.



Marquette County Suicide Prevention Walk
Sunday, September 18th at 2:00pm at Al Qual in Ishpeming.

Please pre-register at the run-signup link below (walk is free). There are options to buy T-shirts, long sleeves and hoodies. Deadline to order shirts is August 12th.

Select “become a fundraiser” when registering to raise money that will stay in our county for suicide prevention education and efforts.

Sign up here:

<https://runsignup.com/Race/MI/Ishpeming/MCSPAwalk>

EVENTS OF INTEREST

JOIN US AS WE CONTINUE THE CONVERSATION



COMMUNITY TASK FORCE: YOUTH WELLNESS IN OUR LOCAL COMMUNITIES

Topics of Discussion:

- Regional Youth Psychiatric Services
- Mental Health Services
- Diversity, Equity and Inclusion
- Social Emotional Learning
- Behavior Management Strategies



FACILITATOR: JODI PFARR

SAVE THE DATE Reserve your spot using the QR Code below or at this web address:
<https://tinyurl.com/MQTYouthWellness>

RAMADA INN – MARQUETTE
AUGUST 10, 2022 FROM 9 AM – 3 PM
LUNCH WILL BE PROVIDED
For more info or to become a sponsor call (906) 226-5109




Marquette-Alger Regional Educational Service Agency (MARESA) will soon be holding a Youth Wellness form in Marquette at the Ramada Inn, August 10, 2022 from 9am - 3 pm.

This conversation will bring together community members from multiple areas of work/life to form an individual task force focused on a wellness topic. The discussions will include diversity, equity and inclusion, and regional youth psychiatric services.

Reserve you spot:

<https://tinyurl.com/MQTYouthWellness>



Please join us for the 3rd Annual Miles for the Mind Mental Health Awareness Walk.

Wednesday, August 24, 2022

We will begin at Christ the King Lutheran Church in West Ishpeming on 440 Stoneville Road and walk a 1 mile route through the neighborhood ending back at the church!

Sign in will be from 6p-6:30pm with a brief introduction at 6:30pm followed by the walk and then a drawing for prizes!!

This event is free and open to the public!!

You can also find this event on Facebook with further details.

Third annual **Miles for the Mind Mental Health Awareness Walk** on the West End of Ishpeming! FAN, MCHD, NAMI and GLRC will also be there as well as Fresh Coast Face Painting. Proceeds will go to the Mqt County Suicide Prevention Alliance.

Walk will begin at Christ the King Lutheran Church in West Ishpeming on 440 Stoneville Road and it will be 1 mile route through the neighborhood ending back at the church.

Wear a green shirt as green symbolizes mental health awareness.

This event is free and open to the public.

Learn more on Facebook:

www.facebook.com/events/247492977385028



Back to School

FAMILY RESOURCE FAIR

Wednesday, August 24
4:00 - 6:00 p.m.
Lake Superior Village

- Free Backpacks
- Raffles/Giveaways
- School Supplies
- Healthy Snacks
- Vaccines
- And more!

Family Resource Fair on August 24, 4pm - 6pm at the Lake Superior Village.

- Free backpacks
- Raffles/giveaways
- School supplies
- Healthy snacks
- Vaccines
- And more!

Brought to you by UPHP.

Applied Suicide Intervention Skills Training (ASIST)

August 25 & 26 8am-4pm, \$50

ISD Career and Technical Education Building
809 East Quincy St Hancock MI

Recognize signs of suicide

Create a plan to stay safe

Link someone at risk with resources for help

ASIST is a two-day interactive class designed to help professionals and lay people learn how to intervene to prevent the immediate risk of suicide



To register, please contact Krissy Martens at 906-482-9077 or kmartens@dialhelp.org



Space is limited

ASIST is considered the gold standard in suicide prevention training. A 2-day interactive training program that teaches participants how to assist those at risk for Suicidal Thinking, Behavior, Attempts.

Although many healthcare professionals use ASIST, anyone 16 years or older can use the approach, regardless of professional background.

August 25 and 26 from 8am - 4pm both days at the ISD Career and Technical Education Building in Hancock.

To register, email Krissy at kmartens@dialhelp.org.

DIAL HELP
COMMUNITY SUPPORT & OUTREACH CENTER

RECIEVE
A greater understanding of Human Trafficking

Certificate from Human Trafficking Education Seminars of Michigan

LOCATION
Ontonagon Theater of Performing Arts
311 N Steel,
Ontonagon, MI 49953

HUMAN TRAFFICKING EDUCATION
September 28th
10am to 12pm

Sponsors:
The Division of Victim Services Michigan
Ontonagon Theater of Performing Arts

Human Trafficking Education September 28, 10am - 12pm at the Ontonagon Theater of Performing arts.

People who have been trafficked are at higher risk for suicide than the general population. Learn more about human trafficking from Dial Help's Victim Services staff.

Certificates from Human Trafficking Education Seminars of Michigan available for those who attend.

Sponsored by the Division of Victim Services Michigan and the Ontonagon Theater of Performing Arts.

SAVE THE DATE: CISM Training on October 4, 11, and 18 from 8am - 6pm at the Northern Center on NMU's campus. Cost is \$20.

NorthCare Network is sponsoring a three-day Critical Incident Stress Management training (CISM) with the support of grant funding from MIDHHS.

This three-day program combines the content of the International Critical Incident Stress Foundation's (ICISF) Group Crisis Intervention and the Assisting Individuals in Crisis (formerly known as Individual Crisis Intervention and Peer Support) courses. These courses provide "emotional first-aid" in the aftermath of a critical incident. This program is designed to teach participants the fundamentals of, and a specific protocol for, crisis intervention and will be open to Mental Health/Social Work professionals, EMS, and Law Enforcement.

The trainer is Jay Martin, who is a CISM approved instructor, certified in Critical Incident Stress Management. Registration forms will be available shortly. If you have any questions please contact Tami at NorthCare Network, 906-936-6847.

LOCAL SUPPORT GROUPS

Find UP support groups online at www.dialhelp.org/resources; email dial.help@dialhelp.org to have your group added.

THE PARENT SUPPORT NETWORK OF THE UPPER PENINSULA OF MICHIGAN

VIRTUAL MEETINGS:

The 3rd Wednesday of the month

Time: 6:30-8:00 ET

Register at: <http://www.supportgroupscentral.com/ymhp>

For more information: upperpeninsulamipsn@ymhproject.org

NEW MEMBERS ALWAYS WELCOME!

The Parent Support Network™ is a confidential group for families with children who are affected by mental health challenges. Each group is led by a trained facilitator, and caregivers can receive support from others who understand what they are experiencing. It is our goal to create a parent community that provides ongoing support and resources for families navigating mental health challenges.



For parents whose kids struggle with anxiety, depression, or other mental health challenges.

Registration at:

www.supportgroupscentral.com/ymhp

For more information, email

upperpeninsulamipsn@ymhproject.org.

NOTE: The third Wednesday session is reserved for people from the UP.

Grief Support Group for Survivors of Suicide Loss

2nd Monday of each month
6:00-7:30 PM

Great Lakes Recovery-Adolescent
Services Center
Community Room
104 Malton Road
Negaunee, MI

Grief Support Group for Survivors of Suicide Loss

3rd Tuesday of each month
7:00-8:30 PM

Peter White Public Library
Dandelion Cottage Room
217 North Front Street
Marquette, MI 49855

For adults aged 18+. Based on best practice, a person should be at least 6 months out from their loss. We highly recommend calling ahead before the first meeting so facilitators can share specific group information and guidelines. The support groups are peer-facilitated by a person who has also experienced suicide loss; the group is NOT psychotherapy.

Negaunee: Call (906) 250-4911 -- **Marquette:** Call (906) 315-2621



Alger Marquette

Serving Michigan's Upper Peninsula

Now meeting
in-person again!

Free, confidential peer support groups in person and on Zoom, for individuals living with mental illness, and friends or families living with an individual with mental illness.

In-person support groups on the second Monday and third Thursday from 7:00pm - 9:00pm at Superior Alliance for Independent Living (SAIL) in Marquette; enter to the left of the main door.

Mental Health Support Group



Keweenaw Area

Previously affiliated with the
National Alliance on Mental
Health (NAMI)

Mental Health Support Group Keweenaw area is meeting on the third Wednesday of the month at 6:00pm at The Institute in Houghton. Email MHSGKA@aol.com with questions or visit www.dialhelp.org/events for more information or to view their brochure.