



# QUARTERLY REPORT

## October 2019

### Dial Help Named Collaborative Partner of the Year

Dial Help staff attended the 20th Annual Substance Use and Co-Occurring Disorder Conference in Detroit on September 16th and 17th. At the conference, Dial Help received the award for Collaborative Partner of the year for 2019!



Collaboration is an important part of making change in the community, and we're grateful for all the people and agencies who have worked with us to make a difference.

Find our collaborative partners online at [www.dialhelp.org/partners](http://www.dialhelp.org/partners)

**“You brought a lot of light to me on one of the darkest days I have ever lived through.”**

- Crisis Line Client



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*An agency overview for July to September*

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# Community Impact

## CRISIS UNIT

24/7 Crisis Line • Safety Net Program  
Mobile & Juvenile Justice Response Teams  
ED Suicide Assessments • Youth One-Stop

**1,259**  
CRISIS  
CONTACTS

## PREVENTION & EDUCATION

Youth-Focused Prevention • Alcohol Highway Safety  
Anger Management • Crisis Support 101  
ASIST • Nonviolent Relationship Problem-Solving

**489**  
INDIVIDUALS  
SERVED

## OTHER SERVICES

Family Support Services  
Substance Use Disorder & Peer Recovery Services  
Victim Services

**245**  
INDIVIDUALS  
SERVED

## Board of Directors and Staff

<b>Board President</b> Tommy Gilpin, MEd	<b>Executive Director</b> Rebecca Crane, MS	<b>Prevention Services</b> Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Doug Ploe, BS Heather Saari, BA	<b>Victim Services</b> Krissy Putz, MS Anne Dumble, MS Jeanette Dorh, MS Virginia Lambert, MS Kelly Engle, RN Heidi Hietala, RN Paige Setter-Hallwachs, BS
<b>Vice President</b> Lt. Nick Roberts	<b>Finance Manager</b> Darrin Beiring, BSBA, EA	<b>Mental/Behavioral Health</b> Mary Gaddis Nanci Klein, RN Mandy Daniels, BA Kassy Kallio Natalie Morgan, LMSW Andrew Kalcich, BS Morgan Vallejo, MS, LLPC	<b>Substance Use Disorder</b> Gail Ploe, BA
<b>Secretary</b> Mary Heckel, MSW	<b>Clinical Supervisor</b> Brian Rendel, MA, LPC, LLP		<b>To Maintain Anonymity, Crisis Line Staff Not Listed</b>
<b>Treasurer</b> Eli Karttunen, MSF	<b>Sustainability Coordinator</b> Ginny Machiela, BS		
<b>Members</b> Keith Meyers, BA Lauren Letto, SBM	<b>Executive Assistant</b> Heidi Ek, AA		

# Dial Help Supporters

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Thank you to all those make our services possible!

## SPOTLIGHT ON...

### Samantha Lutz, Employee

"I started as a volunteer for Dial Help, when I was presented with the opportunity to become an employee, I was very exited! Dial Help does so much for people and for the communities through out the whole UP. It makes me feel very good that I can be a listening ear for someone who may not have one."

## VOLUNTEERS

This quarter,

**11** volunteers

provided **2,578.25**

hours of service

## NEW GRANT

# HRSA

Health Resources & Services Administration

**Beyond the Save  
Opioid Response**

with MI Rural EMS Network

## FUNDERS

Funded by: 97th District Court • Aspirus Keweenaw & Ontonagon Hospitals  
Blue Cross Blue Shield MI • Blue Cross Blue Shield of MI Foundation • 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

# Agency Updates

## BARAGA CTC

Dial Help is now the lead agency coordinating the Baraga County Communities That Care (CTC) coalition. We're excited to be able to support youth-focused prevention in this county!

We also provide Guiding Good Choices parenting classes, Botvin's Lifeskills student classes, and TOP Club in Baraga.

Learn more about the Baraga County CTC online at [www.UPCNetwork.org/baraga](http://www.UPCNetwork.org/baraga)

CTC, Guiding Good Choices, and Botvin's are funded by NorthCare. TOP Club is funded by Portage Health Foundation.

## MOBILE RESPONSE TEAM

The Mobile Response Team (MRT) offers face-to-face crisis intervention in Baraga, Houghton, Keweenaw, and Ontonagon Counties with funding from Portage Health Foundation and Gogebic-Ontonagon ISD.

With additional funding from Blue Cross Blue Shield of Michigan and the BCBS MI Foundation, we expanded our MRT hours last year. **MRT services are now available from 9am to 9pm, seven days a week.**

The MRT has a special focus on serving youth, but also works with adults as needed. To learn more or request an MRT response, contact Dial Help at 482-HELP or by texting 35NEEDS.

## VICTIM SERVICES

Our Victim Services Unit (VSU) offers direct support to victims of sexual assault and other crimes in the Copper Country. Advocates also work in the community help prevent crimes like domestic violence, sexual assault, and more.

This quarter, our VSU team participated in a number of community trainings with partners including Little Brothers Friends of the Elderly, Finlandia University, and Michigan Tech.

We have a new crafting support group for sexual assault survivors. No matter how long ago the abuse happened, heal with others in this safe space. See page 6 for info.

VSU is funded by the MI DHHS Division of Victim of Services.

## SUICIDE PREVENTION

September was National Suicide Prevention month, and Dial Help promoted this important topic throughout the month. This included sharing info on social media and helping out with community presentations.

Dial Help supported Baraga County CTC's Warr;or Walk and Houghton/Keweenaw CTC's Live for Tomorrow Walk, as well as UP Coalition Network's first ever UP Wide Preventing Suicide Walk/Run/Bike event. Dial Help staff were at these events and assisted with outreach to promote them.

In partnership with the Marquette County Health Department and UP Coalition Network, Dial Help oversaw planning for the Fourth Annual UP Suicide Prevention Conference in Marquette. This was funded by Communities United for Suicide Prevention.

# Communities That Care <sup>5</sup>

Working to create healthier, safer communities for our youth



## BARAGA COUNTY

[UPCNetwork.org/baraga](http://UPCNetwork.org/baraga)

## HOUGHTON/KEWEENAW

[HoughtonKeweenawCTC.com](http://HoughtonKeweenawCTC.com)

## Get involved today!

A few hours of your time each month can make a REAL difference in your county.



**UP Coalition Network**

[UPCNetwork.org](http://UPCNetwork.org)

## FUNDED BY:



**NorthCare Network**

# Upcoming Events

## #GIVINGTUESDAY



**DECEMBER 3rd, 2019**

**Put Your Money Where Your Heart Is.**

PHFoundation

PHF will match your donation dollar-for-dollar up to \$100,000!

**Donate online:** <http://phfgive.org/giving-tuesday.php>

## TOP Teen Outreach Program®

W Y M A N



### TOP Club Schedule

2019-20 School Year

- Monday (3:45-5:00 pm):** CLK Public Schools (MS/HS)
- Tuesday (3:30-4:45 pm):** Ontonagon Area Schools (MS/HS)
- Wednesday (3:45-5:00 pm):** Houghton Portage Township Schools (MS/HS)
- Thursday (3:30-4:45 pm):** Baraga Area Schools (MS), L'Anse Area Schools (HS)
- Friday (3:30-4:45 pm):** Ewen-Trout Creek Schools (MS)

\*MS = Middle School, HS = High School

Go On An Adventure! 100% Free!



### T.E.A.L.

To Empower and Liberate  
For survivors of sexual assault

6pm at  
Portage Plaza  
47431 St.  
Hwy M26  
Unit 5B  
Houghton

**Community support group**  
Safe and non-judgmental crafting support group. For anyone who experienced sexual violence past or present, including childhood abuse

**Craft supplies and snacks provided**

**Heal with other survivors**  
September 25<sup>th</sup> 6pm  
October 23<sup>rd</sup> 6pm  
November 13<sup>th</sup> 6pm  
December 11<sup>th</sup> 6pm

Contact Dial Help for more info:  
Call: 482-Help or 906-482-4357  
Text: 35 (NEEDS) or 906-356-3337  
Email: [psetter-hallwachs@dialhelp.org](mailto:psetter-hallwachs@dialhelp.org)



### TEAL

To Empower And Liberate  
for survivors of sexual assault

**STUDENT GROUP**

- Safe & confidential
- Crafting support group
- Heal with others

**DIAL HELP**  
Division of Victim Services

**MDHHS**  
Division of Victim Services

**FINLANDIA UNIVERSITY**

October 22, November 12, December 10 from 5p - 6p  
@ Finlandia Campus Chapel



For more information, please contact  
Chris Schuldt at 906-482-8701 or  
[teenoutreachprogram@dialhelp.org](mailto:teenoutreachprogram@dialhelp.org)

# Dial Help in Pictures



# DONATE FUNDS

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

**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

## VOLUNTEER AT DIAL HELP

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