



QUARTERLY REPORT

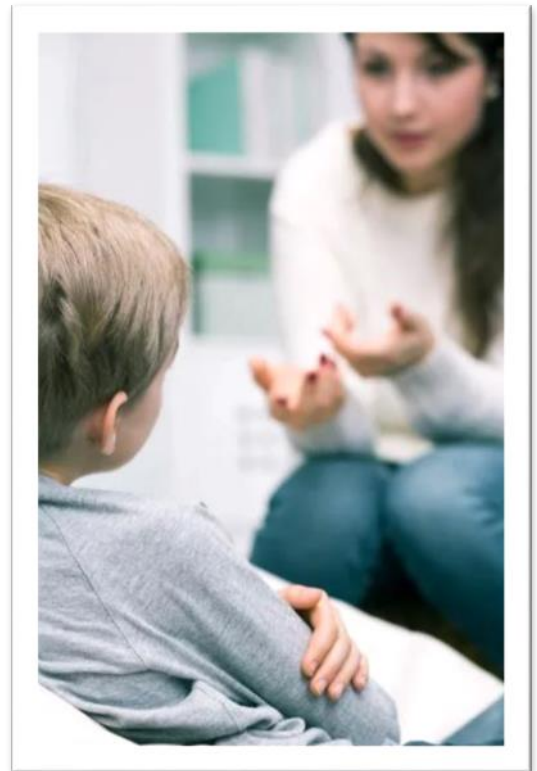
July - September, 2020

Child Advocacy Center Open

After two years of planning, training, and work, Dial Help's Child Advocacy Center (CAC) opened on September 28 to serve the Copper Country. When police or child protective services believe a child may be experiencing abuse, the child is brought to the CAC—a safe, child-focused environment—by a caregiver or other safe adult. At the CAC, the child tells their story once to a trained interviewer who knows the right questions to ask in a way that does not re-traumatize the child.

Our CAC is a collaborative effort that includes law enforcement, the local prosecutor, mental health providers, and medical care providers. A multi-disciplinary team oversees the program and ensures best practices are observed when providing services.

As Dial Help Executive Director Rebecca Crane put it, "Opening a CAC has been a dream of Dial Help for many years, to be able to provide these services to youth who really need it. We're so fortunate to have received grant funding from the State of Michigan to make this happen."



"Walking for my baby sister. She was 15...when I lost her. She will forever be my reason to walk."
- Tia Stenger, #HKCTC "Live for Tomorrow" Suicide Prevention Walk

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Community Impact

CRISIS UNIT

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

275
 CRISIS
 CONTACTS

PREVENTION & EDUCATION

In-School Prevention • Communities That Care
 Teen Outreach Program • Youth One-Stop
 Family Support Services • Education

379
 INDIVIDUALS
 SERVED

OTHER SERVICES

Substance Use Disorder • Peer Recovery
 Victim Services • Child Advocacy Center

64
 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 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><i>To maintain anonymity, crisis line staff not listed</i></p>
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Dial Help Supporters

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Thank you to all those who make our services possible!

SPOTLIGHT ON...

Lift Bridge for Charity

"My husband Tom and I have been very active in local volunteer programs over the years. Recently, we took some art I created and used it as a design concept for our charity sweatshirt shop. We chose Dial Help as our first recipient because we really believe in the mission of the organization and the services offered by Dial Help."

VOLUNTEERS

This quarter,

11 volunteers

provided **2,587.5**

hours of service

OUTREACH



DialHelp.org

Data not available



@DialHelp

1,050 likes



@DialHelp

280 followers



@DialHelp

97 followers

FUNDERS

97th District Court • Aspirus Keweenaw & Ontonagon Hospitals
City of Houghton • FDA • Health Resources & Services Administration
Kenneth Ryan Clark Memorial • Keweenaw Community Foundation
MI DHHS • Michigan Tech University • MI Sheriff's Association
National Suicide Prevention Lifeline • NorthCare Network
Portage Health Foundation • Superior Health Foundation
United Ways of Dickinson & Marquette Counties • UP Health Systems

Collaborations

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Community partnerships that make a difference

COMMUNITIES THAT CARE (CTC)



September is Suicide Prevention month. The CTCs held suicide prevention events in their counties. Virtual QPR events in Baraga trained over 150 people, and a virtual walk in Houghton/Keweenaw raised almost \$1,000!

Learn more: www.BaragaCountyCTC.org
www.HoughtonKeweenawCTC.com



This consortium continues to address opioid misuse in the UP. Dial Help assists with website upkeep (among other tasks), with a new "events of interest" page added for professionals @ www.BeyondtheSave.org

FACE

The Western UP Health Department was awarded a grant from HRSA to focus on loved ones of individuals struggling with substance use. The project is called Facing Addiction through Community Engagement (FACE), and Dial Help is proud to be a partner in this promising endeavor!

Department Updates

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CRISIS UNIT

The crisis line is still here 24/7/365 thanks to the dedication of our staff and volunteers. Safety remains a priority during the COVID-19 outbreak, with protocols in place to minimize risk. Dial Help's building is closed to walk-in clients, but all other crisis services are available.

MENTAL HEALTH

Youth One-Stop is back in local schools, providing crisis support and free counseling to students who need it.

Peer recovery services for those dealing with substance misuse are now available as well. Call 482-9077 for more information.

PREVENTION

Our Prevention Department has been working with local schools to determine how to best provide Botvin's Lifeskills, Toward No Drug Abuse, Signs of Suicide, and Teen Outreach Program (TOP Club) to students. These programs help deter youth from risky behavior and increase the likelihood of health outcomes into adulthood. They are also planning virtual Guiding Good Choices classes for parents.

VICTIM SERVICES

Victim Services has been busy this quarter, opening the CAC (see front page) and taking a variety of calls to assist crime victims. They continue to offer an online support group for sexual assault survivors called TEAL (To Empower and Liberate).

You can find dates at www.DialHelp.org/events. You can learn more about victim services at www.DialHelp.org/vsu.

Media Mentions

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Interview: Virginia Lambert & Paige Setter-Hallwachs, Victim Services

www.keweenawreport.com/featured/copper-country-today-august-2-2020

Dial Help Seeks Volunteers

www.keweenawreport.com/news/local-news/dial-help-seeks-volunteers/



'Live for Tomorrow' virtual suicide prevention event planned in Houghton, Keweenaw counties

www.keweenawreport.com/news/local-news/dial-help-seeks-volunteers/



Ontonagon woman recognized for volunteerism with Dial Help

www.upmatters.com/copper-country/ontonagon-woman-recognized-for-volunteerism-with-dial-help/

Dial Help in Pictures



#HKCTC Narcan Day



TOP Facilitator Training



Dial Help volunteer Melissa Santini wins UP Service Award



Beyond the Save consortium

VOLUNTEER AT DIAL HELP ⁸

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

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 • Family Support Services • Victim Services
Substance Use Disorder Services • Peer Recovery • Education

Dial Help • 609 Shelden Avenue, Houghton MI 49931

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