



QUARTERLY REPORT

July - September, 2021

Human Trafficking Events

Dial Help supported Portage Health Foundation in a series of human trafficking events held in the Copper Country. The events featured Stephanie Graef, President of the UP Human Trafficking Task Force.

Human trafficking is a new focus for the area, and an important topic to educate the community about. Many people don't realize that it happens here in the UP. When people know what to watch for, they can help spot and stop local human trafficking.



To report suspected trafficking, call/text the UP Trafficking Hotline at 906-299-9243. Contact one of Dial Help's Victim Advocates at 906-482-HELP (or see back page).

"After talking with that woman, that God-send of a woman, she lifted me up back to make it another day - can you please tell her she saved my life?"

- Safety Net Program Client

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**Volunteer
with
Dial Help!**

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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

719
CRISIS
CONTACTS

PREVENTION & EDUCATION

Youth One-Stop • Prevention
Teen Outreach Program • Education

338
INDIVIDUALS
SERVED

OTHER SERVICES

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

240
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 Martens, 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, MS Kelly Engle, RN Heidi Hietala, RN</p> <p>Prevention Services Jenna Laird, BS Chris Schuldt, BS Amy Baker, BS Jeanette Dorh, MS</p>	<p>Mental/Behavioral Health Kara Eastling, LLPC Morgan Vallejo, MS, LLPC Mandy Daniels, BA Andrew Kalcich, BS</p> <p>Substance Use Disorder Kassy Kallio, Peer Recovery Coach</p> <p><i>To maintain anonymity, crisis line staff not listed</i></p>
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Dial Help Supporters

Thank you to all those make our services possible!

SPOTLIGHT ON... Declan King, Volunteer

"Thank you so much for the opportunity to volunteer with you, it's been great getting to know you, and it's been an incredible learning experience. In my short time at Dial Help, I have become thoroughly convinced that you people are angels in disguise. Never stop doing what you do."

VOLUNTEERS

This quarter,
36 volunteers
provided **2,342.75**
hours of service

OUTREACH



DialHelp.org
317 unique hits



@DialHelp
1,235 followers



@DialHelp
377 followers



2 Presentations

FUNDERS

Aspirus Keweenaw & Ontonagon Hospitals

Food & Drug Administration • 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

Department Updates

CRISIS UNIT

This year, our crisis line was re-accredited by the International Council of Helplines (formerly known as Contact USA). The ICH ensures that crisis lines that pass the accreditation process provide high-quality services, and adhere to best practices and ethical standards.

Dial Help was initially accredited by ICH in 2015. This year, a number of our staff also received the Crisis Helpline Specialist Certification. To be eligible, they had to have provided at least 150 hours of crisis services and complete an ICH training program.

PREVENTION

After nearly five months, we have hired a new Coordinator for the Houghton/Keweenaw Communities That Care coalition! Lisa Simpson has lived in Houghton for 14 years, and is already off to a running start: she did a great job organizing the Fifth Annual Suicide Prevention Walk in September.

The HK CTC is currently recruiting new members. If you'd like to help prevent youth substance use, depression, and more, reach out to Lisa at HoughtonKeweenawCTC@gmail.com. Only a few hours of your time each month can make an impact on our community.

VICTIM SERVICES

We're excited to welcome our new Sexual Assault Nurse Examiner (SANE), Katie Frederick, BSN, RN. Katie will provide forensic exams to sexual assault victims. If you're a nurse with at least two years of experience and would like to learn more about working as a SANE, email psetter-hallwachs@dialhelp.org.

Our Child Advocacy Center is working on becoming accredited through The National Children's Alliance. The CAC provides services to children who have been sexually abused. Cases are referred by law enforcement or CPS, and we appreciate their support of this project.

MENTAL HEALTH

We are currently hiring for an SUD counselor to provide outpatient treatment. In January, we will be hiring a Mental/Behavioral Health Department Head, and a youth counselor to work with local students. Learn more or apply at www.dialhelp.org/careers.

As part of the Beyond the Save project, we have developed a commercial promoting our Safety Net Program. This program offers help finding resources for people with addiction, suicide risk, who have lost someone to suicide, or dealing with complex crisis. Learn more at www.beyondthesave.org/commercials.

Media Mentions

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FACE Project Brings Judge to UP

<https://anchor.fm/copper-country-today/episodes/Copper-Country-Today-07-11-21-Gail-Ploe-e14qj1>

U.P.'s "Dial Help" Offers Free 24 Hour Crisis Counseling

<https://abc10up.com/2021/07/21/u-p-s-dial-help-offers-free-24-hour-crisis-counseling/>



SHF's 10th annual gala benefits 'Communities That Care' program

www.uppermichiganssource.com/2021/09/12/superior-health-foundations-10th-annual-gala-benefits-communities-that-care-program/



'Communities That Care' To Give Away Free Narcan

www.radioresultsnetwork.com/2021/08/15/communities-that-care-to-give-away-free-narcan/

The Daily Mining Gazette

Dial Help & Communities That Care Receive Donation of Drug Deactivation Kits

www.mininggazette.com/news/local-news/2021/09/dial-help-receives-donation-of-drug-deactivation-kits/

VOLUNTEER AT DIAL HELP

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 • In-Home Family Support • Victim Services
 Substance Use Disorder Services • Education

Dial Help • 609 Sheldon Avenue, Houghton MI 49931

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