

OCTOBER 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](mailto: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](https://www.facebook.com/upspcoalition)**

We also have a website @ **[www.dialhelp.org/upspc](http://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](http://www.dialhelp.org)**



## OUR MISSION

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

## LOCAL NEWS & UPDATES

Marquette County Suicide Prevention Alliance (MC-SPA) is offering mini grants of up to \$500 for local suicide prevention projects: [www.dialhelp.org/mc-spa](http://www.dialhelp.org/mc-spa)

'Mental health training for first responders available in Houghton: [www.dialhelp.org/mc-spa](http://www.dialhelp.org/mc-spa)

'Facing Suicide: Town Hall' tackles issue: [www.miningjournal.net/news/front-page-news/2022/09/facing-suicide-town-hall-tackles-issue/](http://www.miningjournal.net/news/front-page-news/2022/09/facing-suicide-town-hall-tackles-issue/)

West End Suicide Prevention's LIVE campaign is now on TikTok! Find them @live906official

## STATE & NATIONAL NEWS

Michigan Suicide Prevention Commission Annual Report:

[www.michigan.gov/-/media/Project/Websites/mdhhs/Folder2/Folder2/2022\\_Suicide\\_Prevention\\_Commission\\_Annual\\_Report.pdf](http://www.michigan.gov/-/media/Project/Websites/mdhhs/Folder2/Folder2/2022_Suicide_Prevention_Commission_Annual_Report.pdf)

Suicide Warning Signs and Prevention Strategies for Older Adults:

[www.samhsa.gov/blog/suicide-warning-signs-prevention-strategies-older-adults](http://www.samhsa.gov/blog/suicide-warning-signs-prevention-strategies-older-adults)

### Free Naloxone/Narcan Boxes for Businesses



At FAN, we believe that all businesses should have naloxone (brand name Narcan) available onsite to potentially save a life. Narcan is a safe, easily administered nasal spray that can reverse the effects of an opioid overdose, and it should be as commonplace as fire extinguishers or defibrillators. If you or someone you know has a business that would like to keep naloxone on hand in the event that it's needed, FAN can supply you with a free naloxone box and the Narcan to stock it. This Overdose Emergency Kit can be hung on the

wall for easy employee access. When it comes to naloxone, it's better to have it and *not* need it, than to not have it when you *do* need it. To get a free naloxone box for a business, contact Marissa at [marissa@familiesagainstnarcotics.org](mailto:marissa@familiesagainstnarcotics.org), or 586-842-5203.

# SUICIDE PREVENTION WALKS



On September 10th The Houghton/ Keweenaw Communities That Care Coalition (HKCTC) held its 6th Annual Suicide Prevention Walk and Picnic. The HKCTC is able to make this possible through Dial Help Inc., and over 25 local sponsors pitching in.

The walk started at Kestner Waterfront Park in Houghton with a speech from speaker Dr. Michelle Morgan. There were crafts, outdoor games, a free raffle and music performed by bands Bald Squeezebox and Lupine.

More at [www.houghtonkeweenawctc.com](http://www.houghtonkeweenawctc.com)



On September 18th Dickinson Iron Communities That Care (DICTC) hosted its 5th annual HOPE2HELP Suicide awareness walk.

The walk was lead by the family of Zac Zeller 22 family members joining the walk to remember Zac. Jeff Olson (Do It for Daniel) was the guest speaker and North Pointe Behavior Health Phil Gardiepy-Hefner.



DICTC thanks their communities for all there support and have started work on next year's event. More at [www.upctc.com/dickinson-iron](http://www.upctc.com/dickinson-iron)

## EVENTS OF INTEREST

**October 20, 6pm - 7:30pm at William G. Mather Elementary  
with Kevin Hines (Survivor-Storyteller-Filmmaker)**

FREE community evening event open to the public! Kevin Hines is an award-winning Brain Health advocate, best-selling author, documentary filmmaker and suicide prevention and mental health advocate who has shared his story of an unlikely survival and his strong will to live. Two years after he was diagnosed with bipolar disorder, he attempted to take his own life by jumping from the Golden Gate Bridge.



**FREE to the public**  
**DAVID BARTLEY**

*Nationally recognized suicide prevention speaker*

**SUICIDE IS THE ENEMY, BUT NOT THE TARGET;**  
*How shifting our aim can help change the outcome.*



**Monday. October 24**

**6:00-8:00 p.m.**

**NMU Northern Center Ballrooms 1 & 2**

*"Connection creates hope, and hope saves lives"*



CENTER FOR RURAL HEALTH  
NORTHERN MICHIGAN UNIVERSITY



For event info and full bio,  
scan the QR code!



**From the LIVE Campaign**

**Art & Word Content, September 15 - February 15.** Open to all high school students across the UP. Theme is Mental Health Awareness and there are three categories: Visual Art, Written Word, and Song/Dance/ Theater -- with a Grand Prize of \$500 and 6 other cash prizes. This year, in addition to the virtual showing, students will have the option to have their work on display at the Peter White Library in Marquette.

Enter or learn more at [www.greatlakesrecovery.org/LIVE-art-word](http://www.greatlakesrecovery.org/LIVE-art-word) or email [wesp@greatlakesrecovery.org](mailto:wesp@greatlakesrecovery.org).

There is going to be a **community presentation by Kevin Hines on November 2** at 6:30pm at the Ishpeming High School Auditorium.

And the first **LIVE@NMU meeting will be November 9 at 7pm.**

**THEME:** Mental Health Awareness

**WHO:** High School Students from across the UP.

**WHEN:** September 15, 2022 -- February 15, 2023

**HOW:** Enter at and learn more: [www.greatlakesrecovery.org/live-art-word](http://www.greatlakesrecovery.org/live-art-word).

**CATEGORIES:**

- Visual Art
- Written Word
- Song/Dance/Theater

**ART FORM:** Original art including: painting, dance, poetry, photography, comics, jewelry, graphic design, song, collage, quilting, drama . . . ANY art form!

**JUDGING:** Submissions will be judged by WESP members, an Expert Panel and voting will take place via social media.

**PRIZES:** Grand Prize - \$500; 1st Place - \$250; 2nd Place - \$100  
1st & 2nd Place prizes in 3 categories - Visual Art, Written Word & Song/Dance/Theater.

Sponsored in part by:  
906 Family Dentistry, Kiwanis Club of Alger County, Upper Peninsula Health Plan, Pathways Community Mental Health, MC2 - Marquette County Cares, West End Health Foundation

Join us for the first LIVE @NMU meeting on Wednesday, November 9th at 7:00 pm.



Learn more about LIVE here:

Help bring conversations about mental health and suicide prevention to campus.

L	I	V	E
LOVE (yourself)	INCLUDE (others)	VALUE (life)	ENGAGE (community)

If you are in crisis, please call the National Suicide and Crisis Line at 988.

# LOCAL SUPPORT GROUPS

Find UP support groups online at [www.dialhelp.org/resources](http://www.dialhelp.org/resources)

## 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

## Survivors of Suicide Loss Support Group



Support Group meets first Tuesday of  
Every Month from 5:30pm-7:00pm

This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide. You are welcome to attend, listen, or share your story.

For information and to Register Contact:  
Ann Marie at 353-4506 or  
annmarie.amsler@kbic-nsn.gov  
Carmen at 338-2421

Lakeside Covenant Church  
111 Pennock Ave Baraga, MI 49908

## 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](mailto: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.



Survivors of Suicide Loss Support Group. This group is for ages 18 and over. Free and open to the public. A support group for those who have lost a loved one to suicide.

Register: Ann Marie at 906-353-4506 or [annmarie.amsler@kbic-nsn.gov](mailto:annmarie.amsler@kbic-nsn.gov)

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

Registration at:

[www.supportgroupscentral.com/ymhp](http://www.supportgroupscentral.com/ymhp).

For more information, email [upperpeninsulamipsn@ymhproject.org](mailto:upperpeninsulamipsn@ymhproject.org).