



Dial Help Community Support and Outreach Center

SUMMER 2013

Expanded Hours Expanding Services



Youth Enjoying Dial Help's Discovery Group

24/7 U.P. Crisis Line is Back!

Dial Help returned to 24/7 operations in January of this year for the first time since the fall of 2008. This was accomplished primarily through a funding increase from the Western Upper Peninsula Substance Abuse Coordinating Agency (WUPSASCA), and an emphasis on improving overall fund development and volunteer recruitment strategies. Expansion of service hours not only benefits communities across the U.P. with 24/7 phone, instant message, crisis texting, and walk-in services, but allows Dial Help to apply and receive additional funding, for which, 24/7 availability is a key eligibility requirement. The move to 24 hour services, along with the addition of a text messaging and instant messaging help lines, has made Dial Help's crisis intervention services more attractive to granting agencies and other funders. Dial Help would like to thank all of the agencies and individuals who have

supported us during this rebuilding phase, allowing vital services to continue and expand.

Coming Soon: Follow-Up Program for Suicidal Individuals

An important and life-saving initiative in development as a result of returning to 24/7 operations, is a suicide follow-up program funded by the Substance Abuse and Mental Health Services Administration (SAMHSA). For the next three years, Dial Help will have additional resources to provide more intensive follow-up contacts with individuals recently released from hospital Emergency Departments and those who contact Dial Help's U.P. crisis and suicide hotlines.

The program is designed to offer crisis support, information, and referrals to those who elect to participate in the program for the cru-

cial few weeks and months after an emergency department visit or hotline contact. The program is designed to help individuals reduce their risk of returning to a suicidal crisis, and to secure necessary informal, professional, and community resources in order to move forward and remain safe from self harm. The program will not be a substitute for professional counseling, but is intended to provide support, encouragement, and assistance for individuals who are working toward securing long-term, sustainable resources and effective treatment. Partnerships with local area hospitals will continue over the next few months, with a goal to get all area hospitals involved in the program.

For more information, please Eliisa Laitila at 482-9077 or Eliisa.laitila@dialhelp.org.

Why Start a Follow Up Program for Suicidal Individuals ?

- A study in five countries indicated that follow up after emergency department discharge significantly reduced suicide.*
- Crisis center follow-up programs reduce psychiatric hospitalization, improve attendance to service appointments, and reduce barriers to accessing services.*(Those in the Upper Peninsula are more likely to encounter barriers for access to care).
- There is a national movement for crisis centers to start follow-up programs with Emergency Departments, with many successful programs currently in existence.
- Opportunities exist to use Dial Help technology like text messaging to check in with someone at suicidal risk who may not want to talk on the phone, and prefers text messaging.

**Source: National Suicide Prevention Lifeline Fact Sheet 2012*

SANE Program Gets a Boost from Portage Health Systems

Our Funding Partners:

- The Coordinating Agency
- MI Dept. of Community Health
- MI Dept. of Human Services
- Michigan Crime Victim Services Commission
- Copper Country United Way
- United Way of Dickinson County
- United Way of Marquette
- Nat'l Suicide Prevention Lifeline
- Keweenaw Community Foundation
- Superior Child Abuse Prevention Council
- Portage Health System
- Aspirus Keweenaw Hospital
- Houghton Rotary
- Other Civic Clubs
- Friends of Dial Help Like You!

The SANE (Sexual Assault Nurse Examiner) program has been in operation since 2001, and was the first of its kind to be introduced to the U.P. A SANE nurse is an RN who is specially trained to do forensic evidence collection, as well as standard nursing care for victims of sexual assault. Evidence collection of this type is important if the survivor wishes to press charges against their perpetrator. A SANE nurse will also testify in court to explain their finding during the exam in order to help the jury make a decision. Portage Hospital has been a collaborative partner with Dial Help since the beginning of the program, and their financial support has continued to increase over time. This has been especially valuable during difficult economic times when funding for sexual assault programs can be limited, uncertain, and or reduced unexpectedly within any given fiscal year. This summer, Portage Health System donated \$5000 to train 3 new SANE nurses in the fall, to add to the existing practitioners, in order to ensure the continued success of the program. Dial Help would like to extend our deepest thanks to Portage Health Systems for their generosity and continued support of this valuable program. Thanks to their collaboration, this program is the only SANE program to have successfully sustained itself in the U.P., which makes it an especially valuable resource.

Sliding Scale Counseling

Dial Help is pleased to announce that two new Limited Licensed Professional Counselors will be offering mental health counseling, with an option for self pay, using a sliding scale fee based on income and household size. Services will be offered by appointment during a variety of times including evenings and weekends. This program is designed to assist individuals who may need or benefit from counseling, but who may not have insurance, have limited income, do not meet eligibility requirements for other counseling related services, and or are experiencing other barriers to receiving mental health services in the community.

Jeff Williams, LLPC is a 2012 Graduate of Florida Gulf Coast University with a M.A. in Mental Health Counseling. He blends evidenced based counseling techniques with solution focused and cognitive based models to help individuals grow by focusing on patterns of thinking, beliefs, and individual strengths.

Chris Babbitt, LLPC has a M.A. degree in Counselor Education and Counseling Psychology from Western Michigan University. He also has an M.A. degree in Adult and Higher Education from Grand Valley State University. He utilizes Existential Theory, which aims to help clients construct meaning in one's life in order to define and understand their identity, as well as Cognitive Behavioral Therapy techniques to help clients achieve their goals.

If you or someone you know is interested in counseling, please contact Dial Help at 482-9077.

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KCF Aids Youth Program and Texting

The Keweenaw Community Foundation provided Dial Help with \$3000 this spring to help enhance youth activities provided by our Leadership Resiliency Program (LRP), with much needed supplies and equipment (food, tents, sleeping bags, fishing gear, a kayak trailer, etc.), which was used during kayak excursions, overnight camping, and other outdoor activities in Houghton and Keweenaw Counties.

This grant included funds to promote youth safety and resources, through awareness of our newly introduced Crisis Text Messaging service. Since launching in Sept 2012, texting has increased the number of youth ages 17 and under, reaching out for crisis services by nearly **3 times** compared to the same time period last year. This additional funding has allowed Dial Help to have awareness of crisis texting become more widespread and utilized by Houghton and Keweenaw youth experiencing abuse, bullying, suicidal thoughts, and other crisis-related issues. Prior to this funding, we recognized that services locally were not being utilized by as many youth that might have wanted and needed this valuable service and resource, due to the limited funds to promote awareness of it county-wide. The grant funding was especially timely, because late spring and early summer is a crucial time to promote life-saving crisis services. Contrary to popular belief, suicide rates peak during late spring and early summer, not during the winter months (Center for Disease Control and Prevention).

If you or someone you know is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), Text 906-35(NEEDS), or Instant Message through www.dialhelp.org

Funding cuts are impacting a lot of non-profit agencies including ours!

We need your help to ensure the continuation of new and existing programs the community has come to rely on. Look to the right to see the many ways you can help Dial Help.

Support Dial Help!

Make a Donation:

- Use the link to **PayPal** on the "Give Help" section of www.dialhelp.org to make a safe, secure on-line donation
- Or send a **check payable to:**
Dial Help, Inc.
609 Shelden Ave.
Houghton, MI 49931
- Or set up a recurring direct withdrawal from your checking or savings account.
- Donate to the Dial Help Endowment at the **Keweenaw Community Foundation.**
- Shop at your favorite online stores while supporting Dial Help - Find out how at www.iGive.com
- **Donate used CDs, games, or DVDs** at our office.

Dial Help is a 501(c) (3) charitable agency for tax deductible giving

Volunteering at Dial Help

Interested in lending a compassionate ear?
Helping someone in need?
Helping an agency that supports the community many different ways?

Call An-gel at 482-9077 to discuss our many volunteer opportunities

- Helpline/Instant Messaging/Texting
- Victim Services
- Internships
- Office Support
- Youth Programs
- Building Maintenance
- And More!

www.dialhelp.org

Phone: 906-482-9077
Fax: 906-482-2502
Dial Help, Inc.
609 Shelden Avenue,
Houghton, MI 49931



Dial Help is your resource for
Crisis Intervention * Education * Victim Services * Prevention * Counseling
482- HELP(4357) * 24 hour Victim Service line 1-866-661-5589
NEW: Text Message: 906-35(NEEDS) (906-356-3337)
www.dialhelp.org

Helpline: (906) 482-HELP **Toll-free: (800) 562-7622** **Victim Services: (866) 661-5589**



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