



Dial Help Community Support and Outreach Center

S U M M E R 2 0 1 1

Renovations are Underway!

J. Clark Construction has begun the brick repair to our building. Installation of new fuel-efficient windows is expected to begin in mid-September. Dial Help's portion of the repair is expected to cost \$11,514. Thus far \$7,848 has been raised. Thank you to the many generous donors who have made these repairs possible! The capital campaign to raise the final \$3,665 to complete the work remains ongoing. Tax deductible contributions are still being accepted and can be made in one of the ways described on *page 3*. Dial Help would also like to thank **The Marketing Department** and **Industrial Graphics** who generously donated their time to help with marketing and our fundraising campaign.

New U.P. Suicide Prevention Coalition Launched by Dial Help

Every 15 minutes, someone in the U.S. dies by suicide. According to the AFSP, suicide is the fourth leading cause of death in the U.S. for (ages 18 to 65), and is eleventh overall. To support the goal of suicide prevention Dial Help is taking a leading role in creating the Upper Peninsula Suicide Prevention Coalition. Work toward a viable coalition began in November of 2010 and since then has resulted in a collaborative effort of over 20 mental health communities including suicide awareness and prevention walks, support groups, and suicide prevention organizations. Dial Help created a UPSPC website to help organizations and the public coordinate, network, and share resources in order to more effectively work towards reducing the number of people that die by suicide in the Upper Peninsula. Currently the group meets quarterly via video conferencing with the generous assistance of the NorthCare Network of U.P. Community Mental Health Boards and War Memorial Hospital. For more information please visit www.upspc.dialhelp.org or find us on Facebook. (continued on pg 2)

Dial Help Community Support & Outreach Center Turns 40

Things were a lot different for Dial Help in 1971 when the agency first began. Originally named *Dial Drug*, the agency began as an effort to provide phone and walk-in crisis support, information, and referrals for individuals and their loved ones affected by alcohol and drug abuse in Houghton County. Today Dial Help serves all 15 counties of the U.P., and in addition to the helpline (that today responds to over 70 different presenting issues annually), Dial Help offers over 20 different programs and almost 80 individual services to the community. The original scope of services relied on a small handful of volunteers, today however, in order to provide all of the services Dial Help now offers, over 25 staff and volunteers are required. Forty years later, services today include: telephone/walk-in/instant messaging crisis intervention, hosting a comprehensive database to offer information and referrals U.P. wide, substance abuse outpatient treatment, substance abuse prevention, violence and suicide prevention /education, individual, couple, and family counseling, intensive family support services, and services for victims of sexual assault and/or any other forms of crime.

Our Funding Partners:

- Western Upper Peninsula Substance Abuse Services 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
- National Suicide Prevention Life-line 1-800-Suicide/1-800-273-Talk
- Keweenaw Community Foundation
- Superior Child Abuse Prevention Council
- Civic Clubs
- Friends of Dial Help Like You

Barry Fink Retires After 20 Years of Dedicated Service



Barry has been a guiding force, an unwavering advocate, and exemplary service provider for Dial Help for the past two decades. Barry was a Certified Prevention Specialist for our youth-oriented substance abuse prevention programs, and played many other vital roles throughout the years. We would like to acknowledge her incredible contribution to our agency and the community.

Sexual Assault Services Offered for 30 years

In 1981 Dial Help began to offer comprehensive free services to survivors of sexual assault. Today those services include counseling, criminal justice and other forms of advocacy, assistance filing personal protection orders or victim compensation paperwork, emergency financial assistance, and more. In addition, specially trained sexual assault advocates are on-call 24/7 to respond to a survivor in need of crisis counseling, advocacy, information, referrals, or other forms of support. Our toll free 24 hour victim service line is: 866-661-5589.

Sexual Assault Nurse Examiner (SANE) Program First and Oldest U.P. Program Available.

In 2001, Dial Help started the first and currently longest running Sexual Assault Nurse Examiner (SANE) program in the U.P. SANE professionals are specially trained registered nurses who provide medical care for survivors, collect forensic evidence, and provide court testimony at sexual assault trials. A special thank you to **Kelly Engle** and **Mary Peters** for helping to bring this program to the U.P. and for the incredible dedication that has allowed this vital program to be and remain available for sexual assault survivors in our community.

Suicide Prevention Coalition (continued)

Dial Help began working on suicide prevention 37 years ago when it expanded the scope of its helpline services. In 2005, Dial Help was one of the first centers to join the National Suicide Prevention Life-line network and since 2009 has networked with and supported several regional suicide prevention efforts. In that same year, Dial Help began hosting “National Survivors of Suicide Day,” which is a national day of remembrance and support for those whose lives are affected by the suicide of a loved one. In 2010, Dial Help partnered with the Institute to provide new suicide prevention services for youth and their families in Baraga County. Suicide is a complex issue that can and should be confronted on many different levels. Thousands of volunteers and dozens of organizations throughout the U.P. are working on this issue and raising awareness of this often stigmatized and overlooked public health issue.

Board and Staff

- Board Chairperson:** Tommy Gilpin
- Vice Chairperson:** Fred Gaff
- Secretary:** Mary Heckel
- Treasurer:** Valorie Troesch
- Directors:** Chris Alquist

Executive Director:

Rebecca Crane, MS

Assistant Director:

Sue Kauppi

Finance Manager:

Erin Strack

Clinical Supervisor:

Brian Rendel, MA, LPC, LLP

Community Education:

Kevin Weir
Rhys Edwards

Prevention Services:

Sue Kauppi
Rhys Edwards

Substance Abuse Counseling

Ed Stephens

Victim Services:

An-gel Kenneally
Donald Mattson
Rebecca Crane, MS

Counseling

Donald Mattson, PhD

Information Manager/Webmaster:

Kevin Weir

From Volunteers to Long-term Supporters

“My husband and I were volunteers for a brief time at Dial Help in the early 1980s. In fact, that is where we met. He was a Tech student and I am from the Houghton area. It was the ideal place to meet the perfect man!! We just celebrated 25 years last August.



It has been an important commitment for us to send donations annually to Dial Help since then. We have been amazed at all of the support and outreach services that have been provided over the years since we volunteered there. We are thankful that Dial Help is stronger than ever today and that there is continued support for a much needed service.

Mike and I always realized the significant importance of Dial Help for the community I grew up in. Equally as important was the valuable knowledge we both learned while being a volunteer there. We both feel the experience taught us many of life's lessons that have helped us through the years in our everyday lives. Thanks you for all you do as an organization.”

Sincerely,

Joan and Mike Treppa (reprinted with permission)

New Clinical Supervisor

Brian Rendel, MA, LLP, LPC, NCC has joined Dial Help as the clinical supervisor of their crisis line and other programs. Brian has over 20 years of psychology, counseling, and community mental health experience. Dial Help is very pleased to have the benefit of Brian's years of his years of education, experience, and insight.



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 stop by

You can also.....

- ◆ Donate to the Dial Help Endowment at Keweenaw Community Foundation
- ◆ Shop at your favorite online stores while supporting Dial Help - Find out how at www.iGive.com
- ◆ Donate old cell phones at the Dial Help office
- ◆ Consider Dial Help in your estate planning

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?

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

See our new and improved website!
www.dialhelp.org

Phone: 906-482-9077

Fax: 906-482-2502

E-mail: director@dialhelp.org

24 hour VSU phone: 866-661-5589



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 Unit line 1-866-661-5589**

www.dialhelp.org

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

A collage of six small images. From left to right: a woman sitting on a bench, a woman talking on a mobile phone, a woman holding a baby, a man and a young child, a man holding a woman's face, and a person on a boat.

Dial Help Community Support & Outreach Center

**Providing vital community services and
support for 40 years**