



Dial Help Community Support and Outreach Center

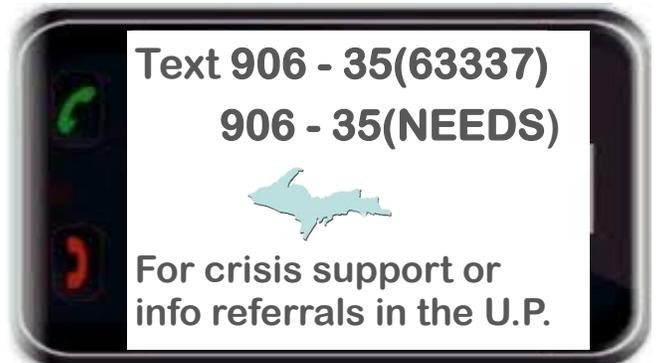
SUMMER 2012

Dial Help Introduces New Way to Talk with Us—TEXT MESSAGING!

Becomes one of the first crisis centers in Michigan to offer text messaging

Dial Help is proud to announce that we now offer crisis support and information referrals via **text messaging**. Anyone in the U.P. can simply text from a cell phone the number 906-35(NEEDS) (906-3563337) to 2-way text message with a trained crisis specialist from 9a-2am. The service is one of only a few in Michigan operated by crisis centers and the only one in the U.P.

The addition of crisis texting is part of a continuing effort to keep up with technology that youth and adults may prefer to use when reaching out for help. In the summer of 2010 Dial Help implemented live chat instant messaging on dial-help.org. Since its inception, over 150 contacts have been made by individuals who may not have picked up the phone or utilized other means for help. Of those instant message sessions, 34% were related to suicide (either were at risk of or were concerned about someone who was at risk of suicide).



Why Use Texting for Crisis Support?

Cell phone texting has become a preferred channel of basic communication between teens and others.

Teens are at one of the highest risks of suicide.

- **75% of 12-17 year-olds now own cell phones**
- **88% of teen cell phone users -- are text-messagers**
- **1 in 3 teens sends over 100 texts a day, or 3000 a month**

Source: Pew Internet & American Life Project, 2010

The United Way of Marquette County provided critical funding for Dial Help to begin offering the text messaging services to Marquette County. That funding, along with other crisis helpline funding from the Copper Country and Dickinson County United Ways has allowed Dial Help to continue to provide and improve its services to those in need. It is a goal of this new program to encourage youth between the ages of 12 and 17 to reach out for help, to avoid the tragedy of suicide. Additional funding is needed to maintain this important new service that is provided free to the residents of the U.P. Outreach efforts will be underway this fall, starting in Marquette County. Donating even \$5 on dialhelp.org's "Give Help" section or sending in a check can help.

Kayak Youth Adventure Program

Dial Help was recently awarded a grant from the Keweenaw Community Foundation Youth Endowment Fund. This fund designates financial support to creative projects that serve youth in the local community. The money went towards the purchase of 8 kayaks and equipment to support Dial Help's "Kayak Youth

Adventure Program." This program promotes meaningful youth activities related to the existing Leadership Resiliency Program that focuses on the prevention of substance abuse as well as on building leadership, teamwork, self-esteem, coping and other positive life skills.



Keweenaw

community foundation

For good. For ever.



Women in New Directions (WIND)

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
- United Way of Marquette County
- National Suicide Prevention Lifeline
1-800-Suicide/
1-800-273-Talk
- Keweenaw Community Foundation
- Superior Child Abuse Prevention Council
- Houghton Rotary
- Other Civic Clubs
- Friends of Dial Help Like You!

A new group is forming to support women who have been victims of crime or other life challenges that are looking to move forward in a new direction. The group that started on August 21st will meet every first and third Tuesday at 6 p.m. at the City Center located on Sheldon Avenue in downtown Houghton. WIND provides a safe, supportive place where victims of any type of crime can find understanding and help through opportunities to share their struggles and triumphs with one another and begin to put their lives back together. Through discussion, creative projects, etc., individuals discover methods to cope with fear and anxiety and the many decisions they will be faced with. Each meeting will be focused on a creative project that is designed to help women deal with the past in a supportive environment and reignite hope for the future. There is no cost to attend the group. Everyone is welcome. The next scheduled meetings will be September 4th and 18th: 6p-8p. For more information, please call Dial Help at 482-9077.

Domestic Violence Intervention Program is now recognized as an Approved Provider in the State of Michigan

In April, Dial Help became the only batterer intervention program in the U.P. to be recognized by the Batterer Intervention Provider Standards Compliance Council (BIPSCC) as an approved provider in the State of Michigan.

Dial Help is committed to playing a role in addressing core attitudes and beliefs that promote violence, including domestic violence, in our community. Domestic Violence in particular is a growing problem in the U.S. that often goes unreported and unnoticed. 36% of women and 29% percent of men have experienced rape, physical violence and/or stalking by an intimate partner. These statistics, reported in the 2010 National Intimate Partner Study published by the National Center for Injury Prevention and Control, and the Centers for Disease Control and Prevention, are certainly distressing. The only way to break the cycle is to address the root causes of aggression and violence.

Violence and abuse are more prevalent than we sometimes think. We need to reduce the level of violence in our society, especially when it's experienced by children. Teaching children the right way to handle anger and adversity is important.

Half of women physically abused have children in the home under the age of 12. Children that witness violence in the home are more likely to: blame themselves, grow up learning that violence and aggression are acceptable towards themselves and others, have lower cognitive functioning, become victims of child abuse, turn to alcohol or drugs, suffer from anxiety and depression, and commit suicide. *(continued on page 3)*

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(Violence: Continued from page 2) With violence, most people only think of physical abuse. However, it can also involve loud yelling, name calling, slamming doors, throwing things, and other isolating and controlling behaviors - these are all violent acts, too. These behaviors have an impact on children. This is how children learn that violence is an acceptable way to solve problems and intimidate others.

For those who are victims of domestic abuse, there is help available through the Barbara Kettle Gundlach Shelter at 337-5623. If a child is being abused or neglected, the best way to report it is by calling the Michigan Protective Services Hotline toll-free at 1-855-444-3911.

Victims are not the only ones who need help. Domestic Violence Intervention and Anger Management Programs are available for those that use violence. All violence is not equal however. There are important and key differences in the dynamics of someone that has an anger management deficit and someone that systematically uses violence and control with an intimate partner. Therefore, the programming to help address these different maladaptive behaviors is also significantly different.

For more information about these two programs,

<u>Anger Management Classes</u>	<u>Domestic Violence Intervention Program (DVIP)</u>
Anger is the primary problem	Power and control over the victim is the primary problem
No identified victim or victim is not an intimate partner	There is an identified victim, typically an intimate partner
Abuse is seen as due to a loss of control	Abuse is seen as due to taking control away from others
Focus is on managing the emotion	Focus is on changing attitudes, beliefs, and behavior
There is no outreach to the victim	There is proactive outreach to the victim
Intervention is short term (12 Weeks)	Intervention is long term (27 weeks)
Accountability is explored	Accountability is paramount and ongoing
Empathy for others is explored	Empathy building for the victim is central and ongoing
Denial, minimization, and blame shifting are explored	Strong confrontation of denial, minimization, and blame shifting is ongoing
Impact of actions on others is explored	Repeated attention is given to damage caused to others
Gender is not considered to be an issue. Abusers/Participants include all genders.	Sexism and gender socialization are viewed as significant factors. Participants are exclusively male.
Viewed as a personal mental health issue	Viewed as a social, societal issue
Intervention is confined to the specific service provided	Intervention is part of a larger community response

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 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?**

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!**

**See our new website!
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



New Way to Give!

Drop off your gently used CDs, DVDs, or games in our lobby drop box. It's quick and easy and helps Dial Help!

NEW group starting up: "Women in New Directions" or WIND —for women who have been any type of victim of crime or affected by crime. See article. More info on dialhelp.org.

Next meeting Sept. 4: 6p-8p Houghton City Center