

NEWSLETTER



May is
Mental Health
Awareness Month



UPCOMING COMMUNITY EVENTS

Be Kind to Your Mind Event

When: Sunday, May 7, from 12-3 PM

Where: 212 Fitness, 3217 John Joanis Dr., Stevens Point

Join us for a free community event to promote mental health hosted by the Stevens Point Junior Woman's Club in partnership with 212 Fitness. We will have activities for adults and children; local mental health organizations will attend; food trucks will be on-site; free fitness demos in 212 Fitness studios and wellness opportunities.

Let's TACO bout It Event

When: Tuesday, May 16, from 5-7 PM

Where: Pfiffner Building, 401 Franklin St., Stevens Point

All Portage County Community members, students, and families are welcome to attend our FREE event to enjoy walking tacos, gather mental health resources, check out raffle baskets, and participate in craft activities related to mental health.

Portage County Safety Fair

When: Saturday, May 20, from 10 AM - 2 PM

Where: Mark Toyota of Plover, 1765 Park Ave., Plover

Portage County Emergency Agencies and Mark Toyota of Plover will host their annual safety fair this month. The free, fun and educational event is held annually to recognize National EMS Week. People of all ages are welcome as there will be opportunities for all.

OUR MISSION

To prevent suicide in Portage County by providing hope, creating awareness and facilitating change in the community to support mental health.

OUR VISION

A suicide-free Portage County.

FOLLOW US



suicidepreventionportagecounty.org



Prevent Suicide Portage County



@pococoalition

LOCAL SUPPORT GROUPS

Survivors of Suicide Support Group

This group provides support for those who have lost a loved one to suicide. The group meets at Aspirus St. Michael's Hospital within the Behavioral Health Outpatient Unit. The group meets the 1st Monday of each month from 6:30 PM to 8:00 PM. For additional information or questions, contact Michelle Nelson at (715) 346-5401.

Mental Health Wellness Group

This group provides a diverse range of knowledge for those who seek encouragement, hope, and support. The group meets on the 4th Monday of every month at 2501 Main Street in the Oak Conference Room from 6:00 - 7:00 PM. It is free to attend and open to the public.

- April 17: Wendy Seegers, Sound Healing
- May 15: Jesse Portilla & Michell Losey, Coping Skills
- June 19: Dr. Umesh Vyas, Self-Help

NAMI Peer Support Group

Peer Support Groups for individuals living with mental illness. Our support groups are open to the public and led by trained facilitators who also deal with mental illness. This group meets on the 1st Thursday of the month at St. Paul Lutheran School, 1919 Wyatt, from 6:15–7:45 PM. Please use Door 3 to enter the parking lot and follow the signs downstairs. An elevator is also available on the main level.

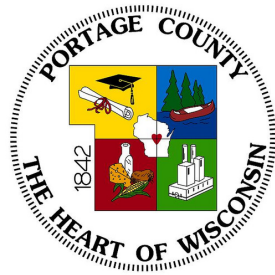
NAMI Family Support Group

Family Support Groups are for family members or friends with a loved one dealing with mental illness. This group meets on the 1st Monday of the month at St. Paul Lutheran School, 1919 Wyatt, from 6:30–8:00 PM. Please use Door 3 to enter the parking lot and follow the signs downstairs. An elevator is also available on the main level. Contact Linda at 715-572-7135 or Paula at 715-544-2207 for more information or if you need transportation.

MENTAL HEALTH & SUBSTANCE USE DISORDERS

Mental health and substance use disorders affect people from all walks of life and all age groups. The coexistence of mental health and substance use disorders is called co-occurring disorders. These illnesses are common, recurrent, and often serious, but they are treatable, and many people do recover.

Prevent Suicide Portage County works closely with the Portage County Coalition for Alcohol and Drug Abuse Prevention in a joint effort to reduce the impact of substance use disorders on Portage County communities.



PORTAGE COUNTY HARM REDUCTION PROGRAMS

All services are free; contact Portage County Health & Human Services at 715-345-5702 for more information.

Fentanyl Test Strip Direct Program

This program is in partnership with Wisconsin DHS. Fentanyl Test Strips (FTS) are used to determine if there is fentanyl mixed in with other substances (i.e. heroin, cocaine, etc.), which is currently the leading cause of overdose. FTS are available at the Ruth Gilfry Center, & trainings are available upon request.

Hope Kits

In partnership with local Fire/EMS, Portage County's Division of Public Health is working to distribute Hope Kits. These kits include one box of Narcan (2 doses), 1 pocket facemask, 1 pair of sterile gloves, 5 fentanyl test strips & vials of water, and local community resource business cards (i.e. 2-1-1, Peace of Mind Portage County, CAP Services, etc.). Pick up your Hope Kit at the following locations: Ruth Gilfry Center, Stevens Point Fire/EMS, Amherst Fire/EMS, & Plover Fire/EMS.

LifePoint/Syringe Access Program

The LifePoint Syringe Access service is available through Portage County's Division of Public Health. The program is in partnership with Vivent Health (formerly known as the AIDS Resource Center of Wisconsin), & its' purpose is to reduce the spread of HIV & Hepatitis C and other potential harms associated with different methods of substance use. LifePoint seeks to reduce overdoses while maintaining the overall health of someone who uses substances.

PUCK SUICIDE!

UWSP Women's Hockey Awareness Event

Prevent Suicide Portage County partnered with UWSP Women's Hockey team earlier this spring for the annual "Puck Suicide," an event to raise awareness about suicide. At the event, coalition members handed out hockey puck-shaped stress toys and 150 "You Matter" t-shirts, both with the 988 lifeline resource.

call or text 988
or chat 988lifeline.org

 PREVENT SUICIDE
PORTAGE COUNTY

NEED HELP?
CALL 1-800-273-8255
TEXT "HELP" TO 747741
CALL OR TEXT 988

Narcan Trainings & Narcan Direct Program

Narcan trainings are available through Portage County's Division of Public Health. Participants will learn what an opioid is, how they affect the brain, & what causes an overdose. At the end of the training, participants will receive a free kit of Narcan, mouthpiece for rescue breathing, & a certificate of completion wallet card. Trainings are offered both in-person & virtually. If you are interested in providing a group training to staff, please contact the Ruth Gilfry Center at (715) 345-5350 opt. 8. To schedule your free Narcan training, go to:

<https://pcphnarcantraining.timetap.com/#/>

Portage County Narcan Sites:

- **Ruth Gilfry Center:** 817 Whiting Ave, Stevens Point; (715) 345-5350 ext. 8; Narcan, Hope Kits & FTS are all available for FREE
- **Aspirus Pharmacy:** 900 Illinois Ave, Stevens Point; (715) 346-0750; Narcan is available for purchase without a prescription
- **Walmart Supercenter #1828:** 250 Crossroads Dr, Plover; (715) 345-7870; Narcan is available for purchase without a prescription
- **Walgreens #6935:** 10 Park Ridge Dr, Stevens Point; (715) 344-7368; Narcan is available for purchase without a prescription
- **Walgreens #11278:** 3301 Church St, Stevens Point; (715) 345-2843; Narcan is available for purchase without a prescription
- **Metro Market #132:** 1500 Pinecrest Ave, Stevens Point; (715) 345-7175; Narcan is available for purchase without a prescription
- **Metro Market #101:** 1850 Plover Rd; (715) 344-0066; Narcan is available for purchase without a prescription
- **Stevens Point Fire Dept:** 1701 Franklin St; (715) 344-1833; Hope Kits available for FREE
- **Plover Fire Dept:** 2400 Post Rd; (715) 345-5310; Hope Kits available for FREE
- **Amherst Fire Dept:** 4585 Fairgrounds Rd; (715) 824-2699; Hope Kits available for FREE

COALITION MEMBER SPOTLIGHT: CHRIS HANTEN

I am involved with Prevent Suicide Portage County (PSPC) as it aligns with my personal and professional values. For 30 years, I have been privileged to work with people in the private and public sectors. As a licensed clinical social worker employed as the Mental Health Professional for Opportunity Development Centers, Inc., I see many people struggling with feelings of despair and worthlessness. Many of my first experiences in my career were working with youth that did not see any options for their future except to exit the world as a completed suicide. Suicide remains the leading cause of death in youth and young adults. Adults who have a history of trauma, foster care/out of home care, and abuse can experience mental health symptoms that if left untreated can lead to suicide. Many people in nursing homes express wanting to die as they lose many of the freedoms they experienced living in their own homes. No one deserves to feel that they are alone in the world. It is a hidden topic that many people are afraid to talk about. Suicide is an important health topic that the members of PSPC work as a team to provide accurate information and resources to the community. All people in the community need to develop partnerships to reduce the prevalence of suicide. I am a member of PSPC, as I believe that one person can impact a small amount of people but a group of people with a common goal can change the community and the world!

