

NEWSLETTER



UPCOMING COMMUNITY EVENTS:

- Rural Community Taskforce Isolation Events (rcct).
 - Friday January 31st, 2025 3-6pm Amherst @ Jenson center
 - Saturday February 15th, 12-4pm Rosholt @ lions camp
 - Saturday February 22nd, 12-4pm almond @ Almond-Bancroft school
 - Saturday March 8th, 12-4pm, Junction City @ Kennedy Elementary School

****Research shows the magnitude of risk presented by social isolation is very similar to the affects that obesity, smoking, lack of access to care and physical inactivity do on our bodies and minds.**

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.

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suicidepreventionportagecounty.org



Prevent Suicide Portage County



@pococoalition

COALITION UPDATES:



STEVENS POINT HOLIDAY PARADE 2024

The downtown Stevens Point alliance hosted the annual downtown holiday parade with the theme of Christmas movies for 2024. Our group decorated a truck with suicide prevention and home alone "You are not alone" theme, along with that we handed out candy in the parade. This helped up increase visibility of our organization and resources the community has to offer. Thank you everyone that participated, you made this year a great success!

ROSHOLT ENCHANTED FOREST

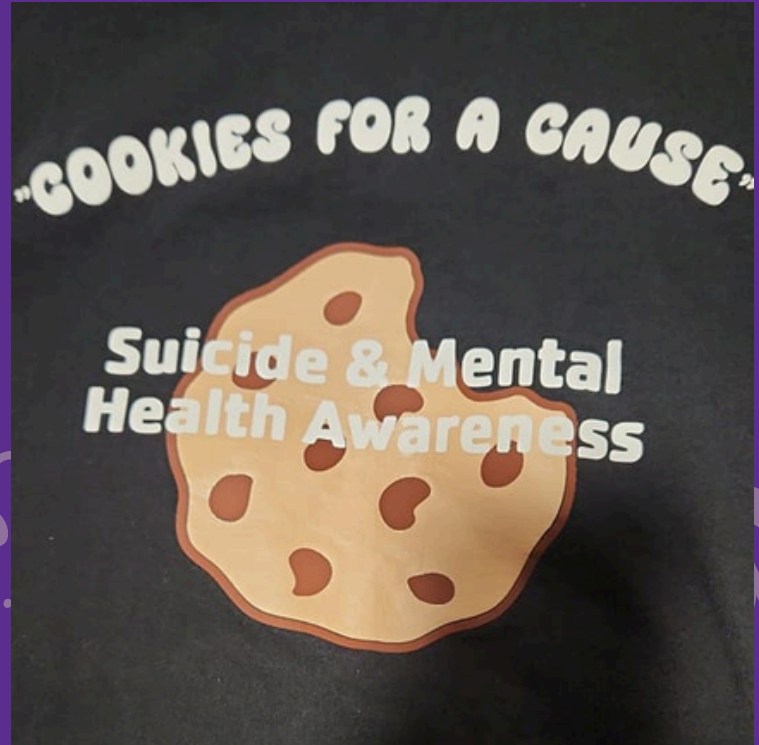
The Rosholt High School and fccla chapter hosted an enchanted forest in the Rosholt fair park community building throughout the month of December. We were included in the community tree displays this year!



COALITION UPDATES CONT:

COOKIES FOR A CAUSE:

- Cookies for a cause was able to raise \$7,250 and donated it to us, with the plan of allocating the money towards Mental Health and Suicide Prevention Resources for Veterans!



WARMING CENTER DONATIONS:

The coalition also donated \$1500 to the warming center. They were able to purchase 7 cots, 20 sleeping bags, 18 pairs of waterproof gloves along a case of toilet paper!

pictured to the left

WARMING CENTER NEEDS:

Great opportunity to both help our homeless friends in our community have a warm, safe place to sleep and once lights are out, use this time to study, work on a project, or read a book etc.

Shelter Season Runs From: November - April

Shelter Shifts:

8:30 PM - 2:00 AM

2:00 AM - 6:30 AM

5:45 AM - 6:30 AM

Shift Responsibilities:

Set-up & Tear-down blankets and cots

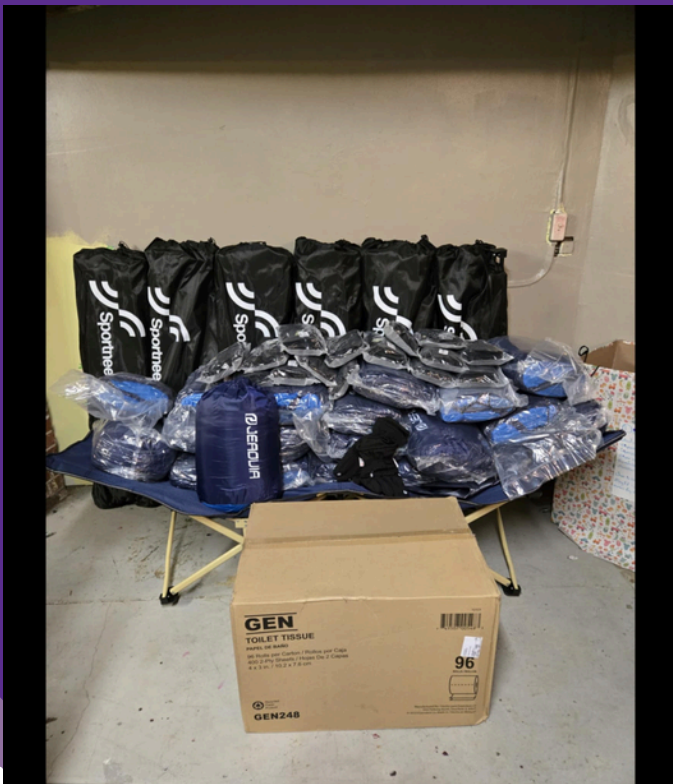
Possibly a few dishes to wash each shift

If you or someone you know might be interested in volunteering do not hesitate to reach out with any questions that you might have.

WiFi

Easy volunteer positions

You will not be at the shelter alone we will have someone on staff at all times



COALITION MEMBER SPOTLIGHT:

JEN BERDAN

My name is Jennifer Berdan and I am the Amherst Middle School Counselor at the Tomorrow River School District. I am passionate about guiding our youth in understanding and working towards positive mental health. I enjoy supporting students together with the other caring adults in their lives. With this support and despite the stress, concerns, and issues that face them, I believe students and their families can experience positive mental health. Often rural district's families struggle with access to resources, specifically mental health resources. Over the years in this role, I have worked diligently with the Mental Wellness team in my district to expand access to resources for our students and families. One of the key relationships that has helped with resource connections, is my active membership in Prevent Suicide Portage County. Suicide prevention has been close to my heart since high school. It is a big part of why I wanted to be a school counselor and early on, I dedicated myself to prevention efforts. Being a part of PSPC is a great way to promote hope to all folks in Portage County. I am sincerely grateful for the opportunity.



Outside of PSPC and being a school counselor, I fill my time going on adventures with my husband, children and friends. We enjoy a variety of sporting events, spending time in nature as well as thrifting. In the summer, you might find me attempting to maintain my flower garden, aiming for blooms all season. I also like to be creative in my craft room. I often tell folks, crafting is my "me time", my self-care time.

SPECIAL THANKS TO THESE SPONSORS

We are incredibly grateful for the generous donations we received this quarter, which have made a significant impact on our work. A special thank you goes out to Aspirus Stevens Point Hospital for their thoughtful contributions towards our place mats, coasters, and posters. Your support not only helps us enhance our offerings but also strengthens our ability to serve the community better. Each donation is a testament to the power of collaboration and generosity, and we deeply appreciate your commitment to our mission. Additionally, we'd like to extend our heartfelt thanks to District 1 Brewery for hosting "Yoga for a Cause" and for your generous donation. Your efforts have truly made a difference, and we are fortunate to have such dedicated partners. Thank you for being a part of our journey to make a positive impact!

