

Our Mission Statement

Lift is a 501(c)3 non-profit foundation dedicated to help and support EUP youth, and to address the needs and challenges they may face. LIFT is identifying, as well as helping provide resources and guidance, that support the well being of our young people, and their families. LIFT is working cooperatively with local organizations, programs, and agencies to help create new intervention resources and assist in making them available to those in need or at risk.

Suicide Awareness & Prevention

- Assisting agencies, coalitions, and other local organizations
- Bringing focus about the epidemic levels of youth suicide
- ASIST Suicide Interventionists
- Providing gatekeeper training, intervention, mentoring, and support programs.
 - QPR
 - safeTALK
 - Yellow Ribbon
- Support for Survivors of Suicide

Youth Education & Coping Skills

- Bullying prevention classes
- Drug and Alcohol Prevention
- Family Preservation
- Providing speakers, programs and support to local schools
- Restorative Justice

About Lucas



Lucas Mark Izzard will be remembered as a loving son, a grandson, a brother, a boyfriend, a good friend, and a part of our community.

He graduated in 2006 from Les Cheneaux Community Schools and was part of the schools football teams 10-0 undefeated season (which was the 1st time in the schools history). He also spent time hunting and fishing.

Lucas enjoyed his outdoor activities, especially the ones that involved speed, like his snowmobile, or motor cycle and working on his car.

He loved his family, his friends, his community, and his school.

Lucas M. Izzard was 19 at the time of his death. We will miss his mischievous antics, his infectious grin as well as his kind presence. He will be lovingly remembered and sadly

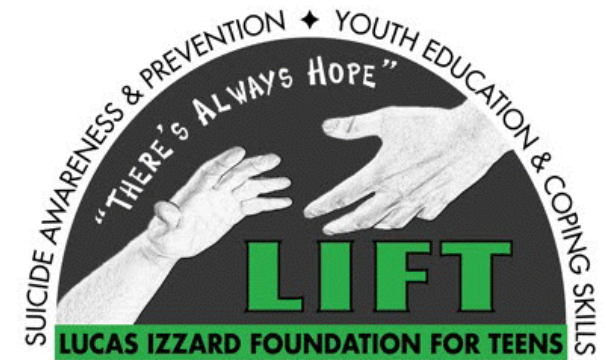
Mailing Address:

Lucas Izzard Foundation for Teens
P.O. Box 211
Hessel, MI 49745

Website: www.LucasIzzard.org

Email: info@lucasizzard.org

Facebook: www.facebook.com (Group: L.I.F.T.)



4th Annual
Steve Tassier Memorial PIKE & PERCH FISHING DERBY
All Les Cheneaux Islands Area!

ENTER RAFFLES!
You could win a...
Power Auger or Portable Shanty and MORE!

Saturday & Sunday March 1st & 2nd
Registration available at Cedar Pantry, Hessel Bay Groceries or Wildererness Treasures

• Kids 11 and Under Win up to \$50 Cash! 1st, 2nd and 3rd Place Pike and Perch	• Young Adults 12 to 17 Win up to \$100 Cash! 1st, 2nd and 3rd Place Pike and Perch	• Adults 18 and Over Win up to \$300 Cash! 1st, 2nd and 3rd Place Pike and Perch
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Detailed information available on the Rules Sheet when you register

• Kids (11 & Under) \$10 • Young Adults (12 to 17) \$15 • Adults (18 & over) \$25

Last minute registration
Saturday morning, March 1st
from 7:00am to 9:00 am
at the tent on Muskie Bay
(for an additional \$5)



www.LucasIzzard.org

For more information or to register by mail, contact Mark at 906-298-0501

In Memory of Lucas Izzard

Age 19

1987—2007



Dedicated To Help &
Support Eastern Upper
Peninsula Youth

Did you know?

- Suicide is the 3rd leading cause of death for young people ages 15-24.
- It is the 2nd leading cause of death for college students.
- Suicide is the fastest growing killer in America.
- Suicide victims are not trying to end their life....they are trying to end their pain.

Warning Signs:

- Abrupt changes in personality
- Giving away possessions
- Previous suicide attempt
- Use of drugs or alcohol
- Depression. Lack of self-esteem
- Withdrawal from people, especially close friends, family and/or favorite activities.
- Change in eating or sleeping patterns
- Chronic pain
- Restlessness & inability to concentrate

Risk Factors:

- Problems with school or the law
- Breakup of a romance, or unexpected pregnancy
- A stressful family life. (Having parents who are depressed or are substance abusers.) A family history of suicide
- Loss of security. Fear of authority, peers, group or gang members
- Stress due to new situations: beginning at a new school, college or relocating to a new community
- Failing in school or failing to pass an important test, or a divorce in the family
- Sexual orientation and/or identity. Suicide is 2 to 3 times higher for GLBT youths

Help is a telephone call away...

Call the Local Crisis Line at

1-800-839-9443

24 hours a day, 7 days a week

Show you care

Support the LIFT Foundation

Choose Life

LIFT ANNUAL CALENDAR

Steve Tassier Memorial Pike-Perch Derby

- First Saturday in March

Les Cheneaux Muck Run

- First Saturday following July 4th

Fireman's Ball

- Last Saturday of July

Jersey Mud Run

- Last Saturday in September

John Berry Christmas Concert

- Biennially in December

Spring LCCS Jazz Concert

- May (TBA)

LIFT Youth Education & Gatekeeper Series

- 2nd Sunday in February
- 3rd Sunday in July
- Last Sunday in August
- Last Sunday in October

Coping Strategies for Teens:

- Try to be open with your feelings
- Spend time with family and friends
- Consider adding spirituality in your life
- Understand reasons for living & dying
- Get involved with school activities
- Accept thanks, compliments, and praise
- Plan your future and set realistic goals
- Volunteer
- Exercise
- Read
- Laugh
- Reach out



Ask for Help!

Current 24 Hour Services In The EUP:

Hiawatha Behavior Health: (906) 532-2805

Local Crisis Line: 1-800-839-9443

National Suicide Prevention: 800-273-8255

War Memorial Hospital: (906) 635-4402

911 / 211: Trained for confronting suicide crisis

Alcoholics Anonymous: (906) 635-5542

Bay Mills Health Services: (906) 248-3204

Children's Mental Health: (906) 632-7468

Diane Pepler Center: (906) 632-0566

Local School Health Clinics

LSSU Counseling Services: (906) 635-2752

Mountain View Psych Services: (906) 635-8461

Rainbow's End Counseling: (906) 635-1390

Restorative Justice Program: Shirley Sorrels (906) 643-0025 / Lana Causley (906) 484-2954

Run-away Switchboard: 800-RUNAWAY

Sault Tribe Behavioral Services: (906) 635-6075

U.P. Stress Center Solutions: (906) 632-3001

Weber & Devers Psychological Services, P.C., PHD: (906) 635-7270—Full array of services

Veterans Hot Line: (800) 273-8255

Yellow Ribbon hotline (906) 632-2805

LIFT Board of Directors:

Chair: Mark Clymer

Vice Chair: (vacant)

Treasurer: Mark Izzard

Secretary: Dawn Griffin

Board Members:

Cal Burnside, Lisa Burnside, John Causley, Lana Causley, Robyn Hill, Amy Izzard, Amy Smith, Sasha Sweeney