



# INSIGHT

## A Newsletter for the Florida Suicide Prevention Coalition

Fall 2013, Volume 2, Issue 2

### From the Chair – Marlene Jehs

Thank all of you for the increased amount of activity I am seeing all across the state, for example: following legislature, supporting survivors, fundraising, Suicide Prevention Training, special suicide prevention events and for those who attended, the Dedication of "The Survivors of Suicide Garden" in Gainesville, it was absolutely beautiful ! Our own past chair, Judy Broward lead the dedication. One of our FSPC Regional Director's, Raela Villanueva, and "The Dream Project" coordinator performed three songs. I am very proud for all involved.

I am planning a retreat for all regionals and officers. I hope to have this meeting in the South Florida area. Details will follow soon. I would like to discuss the Day at The Capitol (March 6, 2014) and also what is happening in all parts of the state. We should set new goals. So please give me your ideas on how this can work. It has been too long since we have all met.

As Chair I encourage as many as possible to join Jeffrey Cece's first conference call meeting. See below for information on the new Suicide Prevention Manager

### New Coordinating Council Manager

Jeffrey Cece is a criminologist, drug policy analyst, and educator. He received a B.A. from the University of Connecticut and M.S. from Florida State University's College of Criminology and Criminal Justice. He has taught over 1,000 FSU undergrads, most in his specialty course on Drugs in the Justice System. As a former researcher and analyst in the Florida Governor's Office of Drug Control, he authored Florida's 2009 statewide

Drug Control Strategy and the 2007 Methamphetamine Control Strategy. He started working with the Department of Children and Families in 2011 and in July of 2013 he was designated as the Prevention Team Leader. His new role includes responsibility for managing the Suicide Prevention Coordinating Council.

Prevention Team Leader Office: 850-717-4405

### NOVEMBER CONFERENCE CALL

Date and Time: Friday, November 22 from 1:00 – 3:00 PM  
Call in number: 888-670-3525  
Participant Code: 8007400450

General Subject Matter to be considered: This is a Suicide Prevention Coordinating Council conference call that entails a discussion of how goals, objectives, and initiatives are being coordinated; a review of current goals/objectives as well as any revisions that could make these goals more feasible; a review of the minutes from the April meeting; and a discussion of potential agenda items for the December conference call.

### DECEMBER CONFERENCE CALL

Date and Time: Thursday, December 19 from 1:30 – 3:00 PM

Call in number: 888-670-3525  
Participant Code: 8007400450

General Subject Matter to be considered: This is a Suicide Prevention Coordinating Council conference call that will feature updates on statewide training initiatives, a review of the November meeting minutes, and a discussion of content and recommendations for the annual report.

## Region News

### International Survivor of Suicide is Nov 23

#### American Foundation for Suicide

#### Prevention events

Jacksonville . NOVA Southeastern University  
Room 208  
6675 Corporate Center Parkway #115  
Jacksonville Fl

Lutz , Van Dyke Church, 17030 Lakeshore Dr. Portable D  
8:00 – 11:30

Winter Park, Central Florida Location:  
Rollins College / Bush Auditorium  
1000 Holt Avenue 9:30 – 4 \$15,00

Clearwater . Suncoast Hospice - Roosevelt Community  
Service Center  
Building 100 (The Gathering Place)  
5771 Roosevelt Blvd. 12:30 – 4:30

Sarasota . Deerfield Beach . Ft Lauderdale, Winter Park  
For information about these events, go to  
<https://www.afsp.org/coping-with-suicide/international-survivors-of-suicide-day/participating-cities>

#### Florida Initiative for Suicide Prevention

15<sup>th</sup> Annual Surviving after Suicide  
Conference – Ft. Lauderdale  
<http://fisponline.org/survivors-info/survivors-of-suicide-healing-conference/>

#### Alachua County Friends of the Crisis Center

1<sup>st</sup> Annual Candlelight Vigil – Survivors of Suicide  
Memory Garden – Gainesville

<http://www.friendsofthecrisiscenter.org/p/events.html>

## Managing the Holidays

It's that time of year. "The Holidays" draw near once again. And for those of us who have experienced the death of a loved one to suicide, we await the holidays with mixed emotions. We are fearful that we will be overcome by unmanageable feelings of sorrow and loss, or by an exacerbation of accompanying feelings of anger or of guilt. We dread potentially uncomfortable social situations such as parties and gatherings attended by insensitive persons. We desire positive memories of past holidays shared with our deceased loved ones, yet we worry that joyful memories will become painful ones. As we are assailed with invitations by loving friends and family, we feel confused and torn. We do not wish to hurt others in our decision-making, yet we know we must also protect and care for ourselves. How can we plan for the approaching holidays in a manner that will lead to the highest probability that we will have calm and peaceful, warm and loving observances?

To ensure the least pain and the highest probability of joy during the holidays, it is important for us to actively plan for the holidays. We must be introspective, examining ourselves - our current emotional state, our strength and stamina (both physical and emotional) - and plan accordingly. If we are feeling particularly fragile, we may wish to limit our activities. If we are feeling strong and positive, we may wish to plan new activities. But we must always remember that there is no "right way" to observe the holidays. There may be old ways, old traditions, that felt right in the past, but, as we have learned, what was right and what felt right "before" may no longer feel right or be right for us now. We must navigate slowly and carefully as we continue our journey through the holiday season.

Following are some suggestions for how to survive the holiday season, whether your grief is young or you have been living with it for some time. Each suggestion may not work for you - in fact none of the suggestions may work for you. But pondering the suggestions provided

below may trigger thoughts and ideas of what will work for you.

- Discuss your feelings with family members. Address the desires and concerns of persons involved in previous holiday gatherings and celebrations. Expect that there may be differences in desires, and be prepared to talk through each person's feelings.
- Make your feelings known to those who are close to you. Friends and family cannot be sensitive to your wishes if they do not know what they are.
- Expect that there will be pain. Knowing that pain is unavoidable to some extent can allow you to accept it when it arises and to move on.
- If holiday celebrations previously took place in your home or you previously were responsible for planning or creating the holiday activities, e.g., decorating, cooking, shopping, etc., give yourself permission to pass on such involvement this year. Someone else can accept responsibility for cooking and cleaning and decorating.
- Should you desire to continue to be actively involved in traditional holiday activities, consider scaling them down this year, e.g., invite fewer people, hire a caterer and/or a cleaning service, buy sweets from a bakery instead of baking them yourself, etc.
- Give yourself permission if necessary to refrain from attending holiday gatherings, whether of friends or of family. It may be too painful to be with others in such a setting this year.
- Should you decide to attend holiday gatherings, consider taking your own car instead of riding with others. That way you can

leave if feelings become overwhelming and you need to "escape."

- Determine if there are those with whom you feel close and comfortable and with whom you can spend time alone or in small groups during the holidays. While escape is sometimes desirable, continuing to connect with others and being around others who can support you is also important. Perhaps these individuals can help you create new holiday traditions. Perhaps you can spend time with them even if there are no "holiday accouterments" present and no new holiday traditions are created. A quiet meal at home or out might suffice.
- Create new holiday traditions or rituals that include the memory of your loved one. For example, create a time during gatherings for family and friends to share memories of your loved one; Hang a Christmas stocking and ask others to write down a special memory that can be placed in the stocking and read together at an appointed time; Plant a poinsettia, a small Christmas tree, or other type of plant on the grave at Christmas; Hang a wreath on the grave marker; Create Christmas tree ornaments that celebrate the life of the loved one - perhaps including photographs; Leave an empty plate at the table in honor of your loved one; Light a candle in memory of the person who died.
- Go away during the holidays. Choose a place that you've never been, that will not have inherent in it memories of your loved one that might be difficult to handle -Or travel to some place that was important to you and your loved one, some place that will bring you good memories, joyful memories.
- Change your routine - Attend religious services at a different time and/or attend a different church or synagogue; Host the holiday

meal at a restaurant instead of at home; Have a holiday dinner instead of a luncheon; Serve the holiday meal as a buffet instead of a sit-down meal; Serve the meal in a different room; Open presents Christmas Eve instead of Christmas day, or vice versa.

- Don't let yourself be overly sensitive to the normal actions of people during the holiday season. It is natural for people to wish each other Merry Christmas, Happy Chanukah, and Happy New Year. Most people would be distressed to know that their words or actions had inadvertently hurt you. Try not to feel hurt if someone's words are unwittingly painful.
- Shop by mail or over the internet to avoid the commercialism and forced gaiety of the retail establishment during the holiday season. If you must go out, shop early.
- Do something for someone else during the holidays - Visit someone in a nursing home or hospital; Collect toys for needy children; Cook a meal at the local homeless shelter; etc.
- Cry when you feel like it - without feeling embarrassed, no matter where you are when the tears arrive! Laugh if you feel like it - without feeling guilty!
- Talk about your loved one if you wish. Spend time with friends or family members who will allow you to share memories, and who will share their memories as well.
- Attend religious services. Use the occasion to find solace in your beliefs. In many communities various churches and synagogues have special holiday services dedicated to the memory of loved ones who have died. Consider attending one of these holiday memorial services.

Holiday times can be very draining physically and emotionally, even during the best of times. Spend time alone with yourself, at home, outdoors, in a house of worship, etc. Be gentle with yourself. Give yourself permission to feel, whether you are feeling grief, sadness, anger, joy, etc. Take care of yourself physically - eat well and sleep well. And, importantly, monitor yourself and be flexible, prepared to make online changes to plans if necessary.

~~~Donna Watson Lawson

Reprinted from December, 2005 issue of Solace  
<http://www.alachuacounty.us/Depts/CSS/Documents/3-6December2005.pdf>

## **The Stewardship of Pain**

### **Frederick Buechner**

Suffering is the undercurrent and bedrock of life, the Buddha said. Life is adventure and challenge and community. To live is to taste and to touch, to smell and see and listen to the good things of the earth and to rejoice in them. It is to make friends and to be a friend. It is to create. It is to search for God if you are religiously inclined and, if you are not, to search for something in place of God to give meaning and purpose and value to your scattered days. But you become an adolescent at the moment when you begin to understand that what the Buddha meant is that beneath all of this, inextricably woven into the rich fabric of all of this, there are not just the sad things that happen one by one as they do in childhood, but there is sadness itself – the *lachrymae rerum* as Lucretius puts it, the “tears of things,” the tears that all things can bring to your eyes when you once realize that dissolution and loss are to be the end of all of them, including the happiest. Adolescents are the ones who, whether fourteen years old or eighty years old, are in the process of growing into that knowledge, and, if they are ever to become more or less grown up human beings at last, growing by means of it.

There are many ways of dealing with your pain, and perhaps the most tempting of them all is to forget about it, to hide it not just from the world but also from yourself. It is the way of the stoic, the stiff upper lip. . . . the rule is not to let yourself feel it any more than you can help, not to trust anybody with the truth of how it hurts, and maybe most of all not to talk about it, certainly not outside of the family and eventually not even there, not even to yourself.

To bury your pain is a way of surviving your pain and therefore by no means to be dismissed out of hand. It is a way that I venture to say has at one time or another served and continues to serve us well. But it is not a way of growing. It is not a way of moving through adolescence into adulthood. If you manage to put behind you the painful things that happen to you as if they never really happened or didn't really matter all that much when they did, then the deepest and most human things you have in you to become are not apt to happen either.

. . . . . I think that [what it means] is that the buried pain in particular and all the other things we tend to bury along with pain, including joy, which tends to get buried too when we start burying things, that the buried life is itself darkness and weeping and gnashing of teeth and the one who casts us into it is no one other than ourselves. To bury your life is to stop growing . . .

To bury your life is to have it wither in the ground and diminish. It is to be deeply alone. It is to be less alive than you were to start with. That may sound harsh and dark and unfair, but it is the way things are. It is the truth.

. . . What we have is essentially what we are, and what we need is essentially each other. The good and faithful servants were not life-buriers, they were life-traders. They did not close themselves off in fear, but opened themselves up in risks and hope. The trading of joy comes naturally, because it is of the nature of joy to proclaim and share itself. Joy cannot contain itself, as

we say. It overflows. And so it should properly be with pain as well . . . we are never more alive to life than when it hurts – never more aware both of our own powerlessness to save ourselves and of at least the possibility of a power beyond ourselves to save us and heal us if we can only open ourselves to it. We are never more aware of our need for each other, never more in reach of each other, if we can only bring ourselves to reach out and let ourselves be reached. . . . We are never more in touch with life than when life is painful, never more in touch with hope than we are then, if only the hope of another human presence to be with us and for us. Being a good steward of your pain involves all those things, I think. It involves being alive to your life. It involves taking the risk of being open, of reaching out, of keeping in touch with the pain as well as the joy of what happens, because at no time more than at a painful time do we live out of the depths of who we are instead of out of the shallows. There is no guarantee that we will find a pearl in the depths, that our pain will have a happy end, or even any end at all, but at least we stand a chance of finding in those depths who we most deeply and humanly are and who others are. At least we stand a chance of finding that we needn't live alone in our pain.

Excerpted from *Adolescence and the Stewardship of Pain*©, from *Secrets in the Dark*, New York: Harper Collins Publishers, 2006 Edited by Donna Lawson for 2006 December Solace.

[http://www.alachuacounty.us/Depts/CSS/Documents/Newsletter\\_2006f\\_December.pdf](http://www.alachuacounty.us/Depts/CSS/Documents/Newsletter_2006f_December.pdf)

Frederick Buechner is a Pulitzer Prize-nominated author of novels as well as non-fiction books. A graduate of Princeton, Buechner also attended Union Theological Seminary where he received his Divinity Degree at age 32. Buechner was ten years old when his father killed himself outside the family home while Buechner, his mother, brother, and grandmother were home

## **Florida Suicide Prevention Coalition**

### **Mission Statement:**

Collaborate to develop and implement suicide prevention, intervention and postvention strategies and programs.

### **Officers of the Florida Suicide Prevention Coalition**

**Chair.....Marlene Jehs**  
**Vice Chair.....Lisa Zeller**  
**Secretary.....Laura Meyer**  
**Treasurer.....Rene' Favreau**  
**Newsletter Editor.....Judy Broward**

**Region 1 - Escambia, Okaloosa, Santa Rosa and Walton, Region Director - Raela M. Villanueva.** 850-554-1827 (cell), [ms.raela@gmail.com](mailto:ms.raela@gmail.com)

**Region 2 - Bay, Calhoun, Franklin, Gadsden, Gulf, Holmes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla and Washington, Region Director - Jason Zauder,** 850-617-6303, [outreach@211bigbend.org](mailto:outreach@211bigbend.org) , <http://www.211bigbend.org/>

**Region 3 - Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee & Union, Region Director - Marshall Knudson, Director** 352-264-6792, [mlk@alachuacounty.us](mailto:mlk@alachuacounty.us) , [www.alachua.fl.us/government/depts/css/crisis/](http://www.alachua.fl.us/government/depts/css/crisis/)

**Region 4 - Baker, Clay, Duval, Nassau & St Johns, Region Director - Roberta Zipperer,** 904-742-6403, [rczipperer@aol.com](mailto:rczipperer@aol.com)

**Region 5 - Pasco & Pinellas, Region Director Marlene Jehs** Phone: 727-254-3743, Email: [mj6pelican@aol.com](mailto:mj6pelican@aol.com)

**Region 6 - DeSoto, Hillsborough, Manatee, Sarasota, Region Director Betsey Westuba,** Cell: 813-951-1271,

[ewestuba@yahoo.com](mailto:ewestuba@yahoo.com), Suncoast Kid's Place  
[www.suncoastkidsplace.org](http://www.suncoastkidsplace.org)

**Region 7 - Brevard, Orange, Osceola & Seminole, Region Director - Libby Donoghue,** Executive Director, 2-1-1 Brevard Inc., 321.631.9290 ext. 202  
321.631.9291 fax, [ldonoghue@211brevard.org](mailto:ldonoghue@211brevard.org)

**Region 8 - Charlotte, Collier, Glades, Hendry & Lee, Region Director Vicki Snyder Clark,** 239-850-1159  
[vsnyderclark@gmail.com](mailto:vsnyderclark@gmail.com)

**Region 9 – Palm Beach, Region Director - Rene Favreau,** The Center for Information & Crisis Services (211), PO Box 3588, Lantana, FL 33465-3588, 561-818-3856 c, [rene.favreau@gmail.com](mailto:rene.favreau@gmail.com)

**Region 10 – Broward, Region Director - Rene Barrett,** 954 257-4568. 954 927-1124 – Fax. [myadvocate@bellsouth.net](mailto:myadvocate@bellsouth.net)

**Region 11 – Dade and Monroe, Region Director - Diana Flores,** Switchboard Of Miami, 190 NE 3rd Street, Miami FL 33132, Tel: (305) 358-1640 x162, Fax: (305) 377-2269  
24-Hour HELPLine: (305) 358-4357 or 211, TTY: (305) 644-9449 or 211, opt 4  
<http://www.switchboardmiami.org>

**Region 12 - Flagler & Volusia, Region Director - Lisa Grubbs,** 386-767-2883  
[heavyhittercharters@cfl.rr.com](mailto:heavyhittercharters@cfl.rr.com)

**Region 13 - Citrus, Hernando, Lake, Marion & Sumter, Region Director - Vacant**

**Region 14 - Hardee, Highlands & Polk, Region Director – Vacant**

**Region 15 - Indian River, Martin, Okeechobee & St Lucie, Region Director – Vacant**

If you or someone you know is suicidal, in crisis or emotional distress, please reach out for hope by calling:

**1-800-273-8255 (TALK)**

<http://www.floridasuicideprevention.org/>

In order for FSPC to survive and thrive, it needs funds to pay for travel for the Directors and Chair. Please consider reviewing your membership using the form below.



# Membership Form:

(Print this from)

|                          |                                |
|--------------------------|--------------------------------|
| <input type="checkbox"/> | Individual (\$25)              |
| <input type="checkbox"/> | Corporate/Organization (\$100) |

**Name:** \_\_\_\_\_

In Memory of: ( \_\_\_\_\_ )

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

FL County: \_\_\_\_\_

Phone (home): \_\_\_\_\_

Phone (cell): \_\_\_\_\_

Phone (work): \_\_\_\_\_

Email: \_\_\_\_\_

Which committee(s) would you be interesting in serving on?

Youth Suicide \_\_\_\_\_

Middle Age Suicide 35 – 54 \_\_\_\_\_

Elder Suicide \_\_\_\_\_

Support Groups \_\_\_\_\_

Police Suicide \_\_\_\_\_

Veterans & Armed Forces Suicide \_\_\_\_\_

Bullying & Cyber Bullying \_\_\_\_\_

Work Place Suicide \_\_\_\_\_

Other: \_\_\_\_\_

|                 |                                                                                                                                                                                                                                           |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Send to:</b> | <b>Florida Suicide Prevention Coalition</b><br>Attn: Mr. Rene' Favreau<br>710 Valley Forge Rd<br>West Palm Beach, FL 33405<br>561-818-3856c<br>561-547-1195h<br>Email: <a href="mailto:rene.favreau@gmail.com">rene.favreau@gmail.com</a> |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|