



# INSIGHT

## A Newsletter for the Florida Suicide Prevention Coalition

Summer 2014, Volume 3, Issue 2

### From the Chair – Betsey Westuba

After the annual Board Meeting, I thought I should let you all know a little bit about me since I have never met quite a few of the coalition members... I am the new Chair and very honored to be working with you all! My name is Betsey Westuba and I live in Wesley Chapel. The reason that I am involved in the coalition is that my brother Don took his life on 4/7/2007, he was 53. I know that we all have losses and that this is the drive we have for being involved. Thank you for all that you do. I will be learning along the way so please remember this and have patience with me when I am not familiar with procedures. I welcome anyone's suggestions or input.

There were a few things that I would like to ask each director to do in moving forward:

Could you please check the resources listed on your area of the website to confirm that they are current. Calling these resources and trying web links to make sure they are correct would be helpful. Adding the direct number to your local 211 Help Line and your local NAMI information would be very helpful.

If you have any local events going on in your region that might be of interest to someone looking on the website, please send the details to myself and Judy as well so that we can add them to the list of changes for Terry. Having one list of edits rather a

whole bunch of emails for Terry to deal with would be helpful. If possible, please try to get them to us by the end of July. Thank you!

The tentative next Day at the Capitol will be March 19th in 2015. We would like to get a tally of how many members will be able to attend this coming year. Please try to commit to this. Our participation was very low last year and we really need more presence in order to get to all of the legislative offices with the packets of information that we distribute. There is strength in numbers and we need our voice heard! If you know of any local youth who may be willing to attend the Day at the Capitol, please ask them if they would come!. Like Judy said in the meeting, legislators listen when kids have taken the time to go the Capitol and voice their concerns.

We discussed the importance of getting more notoriety and awareness of the coalition out to the public during the meeting as well. One way to get more exposure is to reach out to someone that is a well known national or local figure and ask them to speak at the Press Conference at the Day at the Capitol. If you know someone that might be willing to do this, please reach out to them and ask if they would be willing to tentatively speak on March 19th at 11:30 am. Closer to the Day at the Capitol, we are hoping to send out email templates that you can copy and paste to an email to reach out to local media in your area.

Marlene had spoken with me about getting directors together from different regions to meet and share ideas and concerns. I believe this is an excellent idea and I will be working on doing this in the future. I have looked at the coalition map and below are suggested regions that I would like to work on getting together. If you know of a centrally located venue that would be a good spot to meet, please let me know. I hope to make this fun...spend some time together and share ideas and stories. I saw this awesome collaboration when the RISE two bike riders from Arizona came through Florida. We reached out and supported them for their efforts in promoting the prevention and awareness of suicide... Let's do this within the coalition! The travel and food expense would probably have to be paid by each director, unless we can raise some funds. The idea is to build a more collaborative and cohesive coalition. I think it is very important that we get to know one another and I hope you will agree. The regions that I thought would work together are as follows:

Area 1: Regions 1,2,3 & 4

Area 2: Regions 5, 6, 7,12, 13,& 14

Area 3: Regions 8, 9, 10, 11 &15

Bonnie McClelland gave me an excellent idea for raising some funds for the coalition. Each year, Macy's does a Charity Day throughout the US called "Shop For a Cause". Any charity can register and pick up coupons for a 20% discount in a Macy's store on August 23rd. This discount includes any already reduced items as well. The person representing a non-profit that they have listed with Macy's can sell each coupon for \$5.00. The charity can keep the \$5.00 donation and person who buys it, can use it on all purchased all day on August 23rd. Please go [www.macys.com/shopforacause](http://www.macys.com/shopforacause) for more details. If you do decide to do this, you will need to keep track of the coupon numbers of those sold and email them to Macy's once a week. We will need to

keep track of the money raised within the coalition for tax purposes so please keep record of the coupon numbers if you do this. You can order up to 100 coupons on the site and ask for more if you sell them all. If you recruit family members and friends to help you sell them, this could be a great strategy to raise funds for a regional meetings! Please consider doing this. We need to start thinking of ways to raise some funds. This is one way and it costs nothing but "the ask".

## **Annual Meeting**

FSPC annual meeting was held May 31 in Gainesville. Marlene Jehs was able to attend by phone. She conducted the meeting until new Directors and Officers were elected. All who attended thanked Marlene for her service as Chair and wished her well.

New Directors are Lisa Zeller - Region 4, Betsey Westuba – Region 5, Judy Broward, Region 13, and Doris Carroll – Region 15. We still need a Director for Region 2.

Officers are Betsey Westuba – Chair, Lisa Zeller and Judy Broward – Vice Chair, Laura Meyer – Secretary and Rene' Favreau - Treasurer

## **Attempt Survivors recognized by American Association of Suicidology**

“The nation’s oldest suicide prevention organization, the American Association of Suicidology, decided in a vote by its board last week to recognize a vast but historically invisible portion of its membership: people..., who tried to kill themselves but survived. About a million American adults a year make a failed attempt at suicide, surveys suggest, far outnumbering the 38,000 who succeed, and in the past few years, scores of them have come together on social media and in other forums to demand a bigger voice in prevention efforts.”NY Times, April 12, 2014

<http://www.nytimes.com/2014/04/14/us/suicide-prevention-sheds-a-longstanding-taboo-talking-about-attempts.html?emc=eta1>

A new 30-minute film featuring several American Association of Suiciology (AAS) members, both clinicians/researchers and attempt survivors, called "A Voice at the Table:"

<http://attemptsurvivors.com/2014/05/19/watch-this-video-people/>

**Paul Quinnett blog, Quinnett is President and CEO of QPR Institute:**

<http://onsuicide.com/author/pquinnett/>

By all reports 22 American veterans will end their own lives today. That'll be another 22 tomorrow. And another 22 the day after that, and the day after that. Start in January this year, and by New Year 2015 it will 8,000-plus. Unless we tackle this problem, by the end of the decade it will be more than 80,000.

I ask you, what country tolerates this horrific loss of life by those who served and defended it? Where is the public outcry? More importantly, where is the action? Imagine that a commercial airplane fell out of the sky every five days with 100 Americans on board? What would we do? Wring our hands? I don't think so.

Our National Alliance for Suicide Prevention <http://actionallianceforsuicideprevention.org/> has a plan and is working hard, but if you don't belong, don't support, don't share and don't push this agenda in your community, nothing much will happen. See and share at:

<http://www.qprinstitute.com/vets.html>

Our recent wars may have ended for civilians, but for veterans they never end. Soldiering changes

you, and the changes are permanent. Some of them are good changes, some not so good. One of the "not so good things" is that after serving we are elevated risk for suicide. And that includes our women vets.

I know the Pentagon and the VA talk boldly about preventing suicide, and recently Congress passed a bill to provide more VA staff and better medical access for vets to the tune of 50 billion bucks. This is significant, and it will count. I only wish the bill had included a requirement that all those health care professionals vets will see outside of the VA (which has a strong focus on suicide prevention) will have had some training in suicide risk assessment, treatment and management, because without it, our vets won't get the best service possible.

I know preventing suicide is hard, not easy. If it were easy, government would have done it by now. We'd have a cure. But suicide is pernicious, like a virus on the soul. Thoughts of suicide burrow into the psyche and eat away at hope. At once corrosive and contagious, it takes strong medicine to counter it. Our current death toll begs a massive public health funding research approach on par with the Manhattan Project. Given the burden of suffering, why do we putts around?

Every veteran life lost to suicide is a special affront to me. It's one thing to die in combat for your country; it is quite another thing to take your own life because your country doesn't back you when the shooting stops.

Mind you, there are lots of good people out there helping vets, training others in how to identify those at risk, and carrying goodwill and the medicine of hope to this new psychological battle front. But every day I still hear things like, "troubled vets need to ask for help." Give it up folks, those vets most at risk for suicide are never going to ask for help. (See my note at the bottom to learn more about what I think we should be doing and why.)



**Save the Date!**

The Faith Communities Task Force of the National Action Alliance for Suicide Prevention, the public-private partnership advancing the National Strategy for Suicide Prevention, is developing a "tool kit" of resources for congregations for September's "Your Life Matters!" Sabbath for Suicide Prevention. The proposed Sabbath date is September 12-14, 2014 to coincide annually with World Suicide Prevention Day, September 10. The "tool kit," which will be available free online, will contain the following resources:

- Prayers and liturgies
- Sermons or reflections
- Hymns and other sacred songs of hope
- Scriptures
- Helpful information on Suicide Prevention for faith leaders
- Resource information such as bibliographies, webinars, video, books and articles and FAQs

We have attached a sample bulletin insert to help you think about how this special celebration could unfold in the faith communities you care about. We hope you will begin now to plan for an observance that we believe could be very helpful to tens or hundreds of thousands across the country.

If you have any questions or would like more information about the Faith Communities Task Force or the Action Alliance kindly visit our web sites at <http://actionallianceforsuicideprevention.org> and <http://actionallianceforsuicideprevention.org/task-force/faith-communities>, or contact any of us at [unitedchurch.talitha@gmail.com](mailto:unitedchurch.talitha@gmail.com) or [Anne.Mathews-Younes@samhsa.hhs.gov](mailto:Anne.Mathews-Younes@samhsa.hhs.gov) or [dlitts@edc.org](mailto:dlitts@edc.org)

Thank you for your care, compassion and concern about suicide prevention.

Sincerely yours,

Rev. Talitha Arnold, M.Div.  
Private Sector Co-Lead  
Senior Pastor, United Church of Santa Fe

David A. Litts, O.D.  
Private Sector Co-Lead  
Distinguished Scholar  
Education Development Center

Anne Mathews-Younes, Ed.D., D.Min.  
Public Sector Co-Lead  
Director, Division of Prevention,  
Traumatic Stress and Special Program,  
Center for Mental Health Services,  
SAMHSA

PRIVATE SECTOR CO-CHAIR  
Robert W. Turner  
Senior Vice President  
Corporate Relations  
Union Pacific Corporation

PUBLIC SECTOR CO-CHAIR  
The Honorable  
John M. McHugh  
Secretary of the Army

**The Public-Private Partnership Advancing the National Strategy for Suicide Prevention**

# World Suicide Prevention Day

● *Suicide Prevention: One World Connected*

## Suicide Prevention: One World Connected

Suicide is a major public health problem. The psychological pain that leads each of these individuals to take their lives is unimaginable. Their deaths leave families and friends bereft, and often have a major ripple effect on communities.

Every year, almost one million people die from suicide; this roughly corresponds to one death every 40 seconds. The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.

Suicide is among the three leading causes of death among those aged 15-44 years in some countries, and the second leading cause of death in the 10-24 years age group; these figures do not include suicide attempts which can be many times more frequent than suicide (10, 20, or more times according to some studies).

Suicide worldwide was estimated to represent 1.3% of the total global burden of disease in 2004.

Mental disorders (particularly depression and alcohol use disorders) are a major risk factor for suicide in Europe and North America; however, in Asian countries impulsiveness plays an important role. Suicide is complex with psychological, social, biological, cultural and environmental factors involved.

The International Association for Suicide Prevention (IASP) and the World Health Organization (WHO) are committed to preventing suicide. These organizations recognize World Suicide Prevention Day as an important day in the international calendar. World Suicide Prevention Day brings together individuals and organizations with an interest in suicide prevention, and mobilizes efforts to save lives.

Efforts to prevent suicide have been celebrated on World Suicide Prevention Day – September 10th – each year since 2003. In 2014, the theme of World Suicide Prevention Day is '*Suicide Prevention: One World Connected*.' The theme reflects the fact that connections are important at several levels if we are to combat suicide.

Connectedness is crucial to individuals who may be vulnerable to suicide. Studies have shown that social isolation can increase the risk of suicide and, conversely, that having strong human bonds can be protective against it. Reaching out to those who have become disconnected from others and offering them support and friendship may be a life-saving act.

Connectedness can also be understood in terms of clinical care. Mental illness, particularly depression, is an important risk factor for suicide. Internationally, treatments for mental illness have improved, but access to these treatments remains unequal. Primary care providers, often the first port of call for people with mental illness, are not always able to diagnose and treat mental illness. Specialist mental health care providers are not always available, so referral options may be limited. Even when services are available, they are not always sufficiently well coordinated to provide optimal care. People with mental illness often 'fall through the cracks', particularly – but not exclusively – in developing countries.

The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.

Connectedness and collaboration between services is also important at this level in preventing suicide. The right service or individual clinician must be available at the right time for someone with mental health problems, and must be able to offer and deliver effectively the full range of treatment options.

Finally, connectedness is necessary at a national and international level. Many clinical and non-clinical organizations are working towards the goal of preventing suicide, but their efforts are not always synchronized. World Suicide Prevention Day has proved to be very successful in encouraging organizations to coordinate their efforts and learn from each other. It has also assisted those who have been bereaved by suicide in making themselves heard in discussions about suicide prevention. This has sharpened the focus on activities that are effective in preventing suicide.

[www.iasp.info/wspd](http://www.iasp.info/wspd)

# World Suicide Prevention Day

● *Suicide Prevention: One World Connected*

**W**orld Suicide Prevention Day in 2014 is significant because it marks the release by the WHO of the World Suicide Report. The report follows the adoption of the Comprehensive Mental Health Action Plan 2013-2020 by the World Health Assembly, which commits all 194 member states to reducing their suicide rates by 10% by 2020.

**T**he World Suicide Report is the most comprehensive, up-to-date record of the current status of suicide prevention internationally.

**I**t outlines the epidemiology of suicide, presenting the most recent data from countries across the world. It discusses major risk and protective factors for suicide, paying particular attention to those which are modifiable. It presents the evidence for key interventions that show promise in reducing suicidal acts. It describes the overarching national suicide prevention strategies that have been introduced in a number of countries, highlighting their common features. It then collates this information and makes recommendations about the future direction of suicide prevention activities in different countries and cultures.

**T**he World Suicide Report will prove to be an invaluable resource for those working to prevent suicide and has a specific focus on informing stakeholders working in policy development and implementation. It will offer lessons for governments in countries where suicide prevention has not yet become a priority on the policy agenda. It will provide guidance for clinical and non-clinical services about potentially useful interventions designed to reduce suicidal behaviour in vulnerable individuals. It will provide an important context for those who have been bereaved by suicide or have thought about suicide themselves, helping them to understand that they are not alone and that there is hope. In this sense, the World Suicide Report reflects the connectedness theme of World Suicide Prevention Day at all levels.

**B**e part of the connectedness of World Suicide Prevention Day this year. On September 10th, join with others around the globe who are working towards the common goal of preventing suicide. Together, we can shine a spotlight on this major public health problem and ensure that it receives the policy attention that it warrants.

A symbolic activity on World Suicide Prevention Day is IASP's Cycle Around the Globe. We encourage all countries to connect and join us! <http://goo.gl/M6BQFD>

**Download the World Suicide Prevention Day 2014 Suggested Activities Sheet**  
<http://goo.gl/FaCZki>

**Find World Suicide Prevention Day 2014 research resources and guides**  
Connectedness, Mental Health and Suicide Prevention  
<http://goo.gl/0ovDtp>

**Join us on the Official World Suicide Prevention Day 2014 Facebook Event Page**  
<http://goo.gl/b2Z0rt>

**Light a Candle Near a Window at 8 PM on World Suicide Prevention Day**  
<http://goo.gl/mMfY4C>

**Download the 2014 World Suicide Prevention Day Toolkit**  
<http://goo.gl/TEvYHD>

[www.iasp.info/wspd](http://www.iasp.info/wspd)

## Region Events

### Region 1

**5<sup>th</sup> Annual Suicide Prevention Conference, FSU  
Panama City Campus, contact Tricia Pearce at  
[tpearce@lmccares.org](mailto:tpearce@lmccares.org) 850-522-4485 ext  
1107**

**Pananama City Walk, 10/24  
[panamacitywalk@gmail.com](mailto:panamacitywalk@gmail.com)**

**Emerald Coast Walk Ft Walton Beach, 11/15  
[ecootdcw@gmail.com](mailto:ecootdcw@gmail.com)**

### Region 3

**2<sup>nd</sup> Annual SOS Candlelight Vigil at SOS Garden,  
Gainesville, FL [gatorjudy2@gmail.com](mailto:gatorjudy2@gmail.com)**

### Region 4

**Riverwalk at the Jackson Landing, 10/11,  
[flfirstcoast@afsp.org](mailto:flfirstcoast@afsp.org)**

### Region 5

**Tampa Bay 5th Annual OOTD Walk 12/06,  
[Gloria@dennyballard.com](mailto:Gloria@dennyballard.com)**

**Sept. 12th: 13th Annual Evening of  
Remembrance Hosted by Bonnie McClelland.  
An evening to honor our loved ones lost to  
suicide and to celebrate their lives  
Archibald Beach Park 15100 Gulf Blvd.Madeira  
Beach,  
Time: 7 PM to... Sunset ceremony on beach**

### Region 6

**St. Petersburg Community Walk, 10/25,  
[ootdstpete@gmail.com](mailto:ootdstpete@gmail.com)**

**Sept. 10th: Annual World Suicide Prevention  
Day Event - Tampa Bay Suicide Prevention Task  
Force  
Carrollwood Cultural Center 4537 Lowell Road  
Tampa, FL 33618 [bwestuba@suncoastyr.org](mailto:bwestuba@suncoastyr.org)**

### Region 7

**Orlando 8th Annual Community Walk, 2/07/15,  
[vlong@rollins.edu](mailto:vlong@rollins.edu)**

### Region 8

**Sarasota Suncoast 10th Annual Walk, 10/26,  
[Sarasotafl@afsp.org](mailto:Sarasotafl@afsp.org)**

### Region 9

**Palm Beach County Walk, 9/27,  
[ancantwell@outlook.com](mailto:ancantwell@outlook.com)**

### Region 10

**Broward County Walk, Nova Southeastern  
University, Davie, FL 11/16  
[marisol@WhereverIMayRoam.net](mailto:marisol@WhereverIMayRoam.net)**

**FISP SOS Loss Day of Healing  
[fisp@fisponline.org](mailto:fisp@fisponline.org)**

### Region 13

**Ocala Community Walk, Jervey Ganntt Park  
10/25 [delbene77@windstream.net](mailto:delbene77@windstream.net)**

## **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.....Betsey Westuba**

**Vice Chair.....Lisa Zeller**

**Vice Chair.....Judy Broward**

**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 – Pam Mezzina, (850) 878-5310 x 799, [Pam@bigbendhospice.org](mailto:Pam@bigbendhospice.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 – Lisa Zeller, 850-570-0233, [lisa.zeller1@gmail.com](mailto:lisa.zeller1@gmail.com)**

**Region 5 - Pasco & Pinellas, Region Director Betsey Westuba, Cell: 813-406-4621 [bwestuba@suncoastyr.org](mailto:bwestuba@suncoastyr.org)**

**Region 6 - DeSoto, Hillsborough, Manatee, Sarasota, Region Director Betsey Westuba, Cell: 813-406-4621, [bwestuba@suncoastyr.org](mailto:bwestuba@suncoastyr.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.r.com](mailto:heavyhittercharters@cfl.r.com)**

**Region 13 - Citrus, Hernando, Lake, Marion & Sumter, Region Director – Judy Broward, 352-213-6308, [gatorjudy2@gmail.com](mailto:gatorjudy2@gmail.com)**

**Region 14 - Hardee, Highlands & Polk, Region Director – Kirk D. Fasshauer, MSW, 863-519-3747, ext 5108 [kfasshauer@peace-river.com](mailto:kfasshauer@peace-river.com)**

**Region 15 - Indian River, Martin, Okeechobee & St Lucie, Region Director Doris Carroll**

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 your support. Please consider joining or renewing FSPC. Membership using the form below.**



## Membership Form:

(Print this from)

Individual (\$25)

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: \_\_\_\_\_

**Send to:**

**Florida Suicide Prevention Coalition**

Attn: Mr. Rene' Favreau

710 Valley Forge Rd

West Palm Beach, FL 33405

561-818-3856c

561-547-1195h

Email: [rene.favreau@gmail.com](mailto:rene.favreau@gmail.com)