



INSIGHT

A Newsletter for the Florida Suicide Prevention Coalition

Fall 2015, Volume 4, Special Edition

From the Chair – Bestey Westuba

Season's Greetings Everyone,

I have some exciting news to share. As you know, work has been initiated on the redesign of the FSPC website. The team that has been building the new site has been working diligently and the site should be ready for viewing soon... our hopes are that the coalition will be moving into a new phase of technological advancement that will enable us to accomplish newer and greater things.

As part of this redesign, we are updating the membership data base. We would like to encourage all of you to rejoin the coalition by paying your annual membership of \$25.00. This membership will also entitle you to attend the Florida Taking Action for Suicide Prevention mini conference in Tallahassee previous to the Day at the Capitol. Information about this mini conference, on the 12th and 13th of January is on this newsletter. Thank you Judy Broward for producing this newsletter

Attached is a form that we need filled out by all Regional Directors. In order to obtain the most useful and effective website that we can have, we need your commitment and participation. Please consider the devastating circumstances for someone desperately searching for help and hope, only to find that information they obtained from our website was outdated and no longer effective or available. The prevention and awareness of suicide demands strong and effective branding and marketing for an

organization's mission to be truly effective. A strong brand connects with people at an emotional level and helps them to feel positive and hopeful when they are seeking assistance. Please verify that the information about your region on the current website is current and accurate. I would appreciate it if you would send me an email to ewestuba@gmail.com with the attached form at your earliest convenience. Thank you!

Please consider attending our events for the Day at the Capitol in Tallahassee this January! There is limited space at the Florida Taking Action for Suicide Prevention mini conference. Sign up before January 7 for early registration. See flyer for more information. Also note that there is a block of room that are reserved until Dec 30 - the flyer says Dec 23, but it has been extended. If you plan to attend the Day at the capital, register at this site to get training and a box lunch courtesy of American Foundation for Suicide Prevention <http://bit.ly/flprevent>.

Know that your dedication to the FSPC is so very much appreciated! Let's work together as a strong and united coalition that is moving forward with an energized positive approach!

Happy Holidays to You and Your Families! We hope to see you in Tallahassee...

My Best Always,

Betsey Falvey Westuba Chair of the FL Suicide Prevention Coalition

From the Vice Chair – Judy Broward

There is a suicide prevention education training bill in both the House and Senate. Information is below. If you live in the Ft Meyers/Cape Coral area, please contact the legislators below to thank them for sponsoring this bill. Contact information is below. The more co-sponsors we can get, the better chance we have of getting this passed. Please go to the following link to find your Senator/Representative.

http://www.floridasuicideprevention.org/state_gov.htm

SB 884: Youth Suicide Awareness and Prevention

GENERAL BILL by [Benacquisto](#)

Youth Suicide Awareness and Prevention; Requiring the Department of Education to incorporate training in youth suicide awareness and prevention into certain instructional personnel continuing education or inservice training requirements; requiring the department, in consultation with the Statewide Office for Suicide Prevention and suicide prevention experts, to develop a list of approved materials for the training, etc.

District Address: Unit 305

2310 First Street
Ft. Myers, FL
33901

Phone: (239) 338-2570

Fax:

Legislative Address: 326 Senate Office Building

404 South Monroe Street
Tallahassee, FL
32399-1100

Phone: (850) 487-5030

Fax:

Legislative Assistant: Tamara Holliday (Ft. Myers),
Matthew Hunter (Ft. Myers), Mia Simon

Email: benacquisto.lizbeth@flsenate.gov

2016 Bill Sponsorships

HB 907: Youth Suicide Awareness and Prevention

GENERAL BILL by Eagle

Youth Suicide Awareness and Prevention; Requires DOE to incorporate training in youth suicide awareness & prevention into certain instructional personnel continuing education or inservice training requirements & to develop list of approved materials for training; provides that no cause of action results from implementation of act.

Suite 310

1039 Southeast 9th Place

Cape Coral, FL

33990-3131

Phone: (239) 772-1291

Fax:

Legislative Address: 303 House Office Building

402 South Monroe Street

Tallahassee, FL

32399-1300

Phone: (850) 717-5077

Fax:

Legislative Assistant: Paige Anne LeBoutillier (Cape Coral)

District Secretary: TBD

Email: Dane.Eagle@myfloridahouse.gov

FSPC 2016

Florida Taking Action for Suicide Prevention



Reaching those in times of need

A Mini Conference

The Florida Suicide Prevention Coalition (FSPC) is pleased to announce the *FSPC 2016 Florida Taking Action for Suicide Prevention Mini-Conference*. The mini-conference (two-half days) is hosting speakers from across the state representing the FSPC and other entities. This valuable educational opportunity is being held just prior to Florida's Annual Suicide Prevention Day at the Capitol advocacy event on January 14th. FSPC members and the public are invited to learn about prevention initiatives, and gain skills in suicide prevention and advocacy. Be one of the first to see new suicide prevention tools as the mini-conference will debut the newly released 2015 Annual Report of the Suicide Prevention Coordinating Council, Florida's 2016-2020 Statewide Plan for Suicide Prevention, and a brochure that includes methods that key stakeholders can use to support implementation of the 2016-2020 Statewide Plan. For more information, please email gatorjudy2@gmail.com or visit www.floridasuicideprevention.org/fspc_activities.htm

Speakers and Topics

- Betsy Westuba** *FSPC* Welcome & FSPC Update: Chair's Message
- Judy Broward** *FSPC* Bringing a Community Together: Creating a Survivors of Suicide Memory Garden
- Ali Martinez** *Alachua County Crisis Center* Listening Skills for Suicide Prevention
- Mike Casick** *Michael Casick & Associates* Best Foot Forward: Work With Your Local Legislative Members
- Sofia Castro** *DCF* Florida's Statewide Plan for Suicide Prevention, Suicide Prevention Coordinating Council, & Other Updates
- Marty Swanbrow Becker** *FSU* Reducing Suicide and Increasing Well-Being: A Shifting Paradigm
- Jackie Rosen** *FSP* Building Collaborative Community Relations to Prevent Suicide
- Pam Mezzina** *Big Bend Hospice, Inc.* Keys to Creating a Successful Suicide Loss Survivors Group
- Tara Sullivan** *AFSP* Integrating Suicide Prevention Research, Education, and Advocacy

Limited number of hotel rooms being held until 12/23/15 (special rate of \$81.99 – mention "Suicide Prevention"). *Best Western Pride Inn & Suites, 2016 Apalachee Pkwy, Tallahassee, FL 32301, (850) 656-6312*

Register Today! Seating is limited

Early Registration (by January 7, 2016)

- \$25 Attendees
- \$5 Students with ID
- Free Paid FSPC members

Individuals can join FSPC online at www.floridasuicideprevention.org/membership.htm

Late Registration (after January 7, 2016)

- \$30 Attendees
- \$8 Students with ID
- \$5 Paid FSPC members

Individuals can join FSPC at the door.
Registration onsite – only checks or cash accepted (no credit cards)

Name

Address

City

State Zip Code

FL County

Phone (home)

Phone (cell)

Email

Mail Registration to:
Florida Suicide Prevention Coalition
Attn: René Favreau
710 Valley Forge Rd
West Palm Beach, FL 33405



JAN 12 & JAN 13

1:00-5:00 PM 8:15 AM-NOON

Location Florida Dept of Children & Families
1317 Winewood Blvd.
Building 4, Conference Room
Tallahassee, FL 32399

Lighting *the* Darkness

An Evening to Remember Lives Lost to Suicide

January 13th, 2016

6:00 - 8:00 pm

FSU College of Medicine
1115 West Call St. • Tallahassee, FL

Cost is Free • Families with children are welcome
For more information, contact Pam Mezzina, LCSW
at (850) 671-6078 or pam@bigbendhospice.org

*Please feel free to bring a picture or send a picture
to pam@bigbendhospice.org if you would like your loved
one's photo included in our slide show. You are welcome to
include a brief memory, quote, or poem with your picture.



THE FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE



Big Bend Hospice
your hometown hospice, licensed since 1983

1723 Mahan Center Blvd.
Tallahassee, FL
(850) 878-5310
www.bigbendhospice.org



14TH ANNUAL SUICIDE PREVENTION DAY

TALLAHASSEE, FLORIDA AT THE CAPITOL

Join fellow advocates as we educate our elected officials about suicide prevention and promote policies that will save lives and create a culture that's smart about mental health.

PRE-EVENT ACTIVITIES:

WEDNESDAY, JANUARY 13

1 p.m. – 3 p.m.

Statewide Suicide Prevention Council meeting

1317 Winewood Blvd., Building 4

6 p.m. – 8 p.m.

Lighting the Darkness Evening of Remembrance

Presented by Big Bend Hospice

FSU College of Medicine

1115 West Call St.

Presented by the Florida Suicide Prevention Coalition, the Florida Chapters of the American Foundation for Suicide Prevention, Big Bend Hospice, the Statewide Office of Suicide Prevention, and the Florida Suicide Prevention Coordinating Council.

MAIN EVENT:

THURSDAY, JANUARY 14

Capitol Rotunda, 2nd and 3rd floor, both sides

8:30 a.m.

Opening remarks, meeting prep, tabling areas open

10 a.m. – 4 p.m.

Legislative meetings

11 a.m. – 11:30 a.m.

Press Conference, Lower Level Cabinet Meeting Room of the Old Capitol

12 p.m.

Boxed lunches available (free for registered attendees)

4 p.m.

Closing



REGISTRATION LINK:

<http://bit.ly/flprevent>



FL Suicide Prevention Coalition Regional Website Update 12/20/15

Region:

Name of Regional Director:

Address:

Phone you want on website:

Email you want on website:

Membership of \$25.00 for 2016 has been sent to Rene Favreau: Yes/ No

I have verified that all of the resources concerning my region are current and accurate at the FSPC website http://www.floridasuicideprevention.org/find_location.htm : Yes/ No

Resources that you want added to website:

Resources that you want deleted from website:

Any Additional information that you need to let us know:

Email to ewestuba@gmail.com.

much for your participation in making our website the BEST IT CAN BE!

Thank you so

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

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

Region 3 - Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee & Union, Region Director – Ali Martinez, Director 352-264-6792, amartinez@alachuacounty.us, 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

Region 5 - DeSoto - Pinellas - Sarasota, Region Director Elizabeth Lurie, Cell: 727-793-4171 beth0702@gmail.com

Region 6 - Hillsborough - Manatee - Pasco, Region Director Betsey Westuba, Cell: 813-406-4621, ewestuba@gmail.com,

Region 7 - Brevard, Orange, Osceola & Seminole, Region Director – Tara Sullivan, Central and Northern Florida Area Director – American Foundation for Suicide Prevention 407-415-8757 tsullivan@afsp.org

Region 8 - Charlotte, Collier, Glades, Hendry & Lee, Region Director Vicki Snyder Clark, 239-850-1159 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

Region 10 – Broward, Region Director - Rene Barrett, 954 257-4568. 954 927-1124 – Fax. 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

Region 13 - Citrus, Hernando, Lake, Marion & Sumter, Region Director – Judy Broward, 352-213-6308, gatorjudy2@gmail.com

Region 14 - Hardee, Highlands & Polk, Region Director – Betsey Westuba, Cell: 813-406-4621, ewestuba@gmail.com

Region 15 - Indian River, Martin, Okeechobee & St Lucie, Region Director Doris Carroll director@drugfreepartner.org

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)

	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
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