



## FSPC Officers

Chair	Judy Broward
Vice-Chair	Stephen Roggenbaum
Secretary	Vacant
Treasurer	René Favreau

## FSPC REGIONAL DIRECTORS

**R1** Rachelle S. Burns  
(Escambia, Okaloosa, Santa Rosa, Walton)

**R2** Pam Mezzina  
(Bay, Calhoun, Franklin, Gadsden, Gulf Homes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, Washington)

**R3** Ali Martinez  
(Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, Union)

**R4** Lisa Zeller  
(Baker, Clay, Duval, Nassau, St. Johns)

**R5** Vacant  
(DeSoto, Pinellas, Sarasota)

**R6** Betsey Westuba  
(Hillsborough, Manatee, Pasco)

**R7** Tara Sullivan  
(Brevard, Orange, Osceola, Seminole)

**R8** Sue Opheim  
(Charlotte, Collier, Glades, Hendry, Lee)

**R9** Doris Carroll  
(Palm Beach)

**R10** Rene Barrett  
(Broward)

**R11** Elizabeth Quizen  
(Dade, Monroe)

**R12** Kelly Sousa  
(Flagler, Volusia)

**R13** Judy Broward  
(Citrus, Hernando, Lake, Marion, Sumter)

**R14** Betsey Westuba  
(Hardee, Highlands, Polk)

**R15** Doris Carroll  
(Indian River, Martin, Okeechobee, St. Lucie)

## August 2017 Newsletter

### FLORIDA SUICIDE PREVENTION COALITION

*A statewide, grassroots organization  
of survivors, crisis centers, & interested citizens*

## FSPC NEWSLETTER SIGN-UP

Sign up to receive an email announcement directly to your inbox when each Newsletter is posted on the FSPC website. Email Steve Roggenbaum, Vice Chair, to register at [roggenba@usf.edu](mailto:roggenba@usf.edu)

## ARE YOU A CURRENT FSPC MEMBER? JOIN NOW!

Join FSPC, an important statewide, grassroots organization of survivors, crisis centers, and interested individuals. Collaborate with others to advance suicide prevention efforts in larger numbers: get involved, volunteer with local and state FSPC activities, and obtain reduced or free registration at FSPC events such as *2018 Florida Taking Action for Suicide Prevention 3rd Annual Mini-Conference*. Membership information at <http://www.floridasuicideprevention.org/membership.htm>

## FSPC UPDATE



Info Release from Florida Suicide Prevention Coalition (FSPC) by Rachel Burns, Region 1 Director (7/7/17).

Did you notice a new arrangement of names at the top of this newsletter? This is a result of recent elections. The FSPC Board of Directors held their 2017 Annual Meeting via conference call on Monday June 26. Eleven Regional Directors and most of the current officers participated in the meeting. The 2017-18 FSPC Annual Election of Officers was held with Judy Broward elected as Chairperson, Steve Roggenbaum as Vice Chair and Rene Favreau as Treasurer. The Secretary and second Vice Chair positions remain

unfilled, but a special election can be held at any time to elect for these positions (if anyone wants to step up – hint, hint ☺). Among other items discussed were the impending announcement of a Magellan donation of \$10,000 to FSPC, as well as suicide prevention related events being held in Gainesville on August 1 and in Tampa in September; two changes to the Bylaws were passed (current Bylaws are posted on the FSPC website and revisions will be posted on the FSPC website once the revamped site is launched); the Treasurer's Report indicated that the FSPC checking account balance as of May 31 was \$5007.43; and attendees discussed the new website. The Directors all expressed their immense gratitude to Betsey for her dedication as FSPC Chair.

## NEWSWORTHY

By Rob Olson, Fox 9, KMSP (7/14/17).

### Suicide Prevention Hotline Gets Last Minute Rescue From Health Department

(KMSP) - The Minnesota Department of Health will provide temporary funding to maintain the state's suicide prevention hotline that was expected to close.

The department will provide \$139,000 to keep the Minnesota site for the National Suicide Prevention Lifeline open until at least September 29. Earlier this Monday, Canvas Health, the Oakdale-based nonprofit that operates the hotline, announced it would be forced to close the service on Friday due to financial losses and lack of state funding.

"With Minnesota facing historically high suicide rates and an opioid addiction epidemic, we were concerned about losing this life-saving resource that serves tens of thousands of Minnesotans every year," Minnesota Health Commissioner Dr. Ed Ehlinger said in a statement. "This is not a permanent fix, but it will keep the suicide prevention line open for people in crisis and provide time to find a lasting solution."

MDH says it is working with other state and federal agencies and nonprofits to find a long-term funding solution. If you are in a crisis, call 1-800-273-8255 for the Minnesota National Suicide Prevention Hotline.

Article Link: <http://www.fox9.com/health/267868678-story>

## IN FOCUS

*Get to know a Regional Director or Officer a little better in each newsletter.*



**Elizabeth Quizena:** FSPC Region 11 Director (Dade, Monroe).

Elizabeth was formerly Senior Director of Programs and Services for Switchboard of Miami. It was in this role that she became aware of the FSPC and consented to serve as one of FSPC's regional directors. About the time that the Switchboard of Miami (National Lifeline call center) transitioned to Jewish Community Services leadership, which took over Switchboard's headquarters and operations, Elizabeth transitioned professionally to become the executive director of Multicultural Alliance Health Care Solutions (MAHCS). She is a mental health counselor and a

native from Caracas, Venezuela but has lived in South Florida for 33 years. The Florida Alcohol and Drug Abuse Association awarded Elizabeth the Prevention Award of Excellence in 2015 for

having served over 10,000 families in South Florida. She has a number of varied interests some of which include: dancing, working out, and reading.

Elizabeth stated that she is involved with the Florida Suicide Prevention Coalition because she wants to be able to help by raising awareness regarding the need for services and assisting families access needed services.

Elizabeth's involvement with suicide prevention is a result of her career and the suffering and pain she has witnessed in her clients and in the community. These experiences have moved her to become even more active. Elizabeth indicated that she wants "to end the pain, to end the stigma, and to hold the hand of those who are suffering" which has been a goal for her entire life.

Elizabeth participates as a member of a number of other advocacy groups/organizations such as: Freedom From Violence Coalition, The Girl's Coalition, and One Billion Rising Campaign.

You might not guess that Elizabeth is the mother of three adult children: two daughters and one son but is also the very proud grandmother of an active and adorable little grandson.

## **CRISIS CENTER NEWS**



### **Alexandra Martinez: Crisis Center Provides A Local Lifeline**

By Alexandra Martinez / Special to The Gainesville Sun (5/17/17).

There is growing attention to the topic of suicide in our community, and it is so important for this issue to come out of the shadows and be discussed.

Sadly, these conversations often only begin in the aftermath of loss or in response to media coverage or entertainment that may or may not handle the topic in a responsible way. The reality is that throughout our lives we all experience emotional pain and yet it can be incredibly difficult to talk about or even acknowledge.

We can find ourselves desperately seeking validation from the world to let us know that we are OK, that we are normal but end up hiding in plain sight for fear of others' judgment or apathy. It is in the aches of our hearts and minds where we often feel the most vulnerable and where we need the most genuine compassion and connection from others.

The Alachua County Crisis Center is your local crisis and suicide intervention resource, and we encourage anyone, in any distress, to reach out for support. Sometimes it is not easy to share our struggles and vulnerabilities with the people closest to us, and thus a crisis line can be a critical option.

The Crisis Center has a crisis line available 24/7 to any youth, adult, friend, or family member who is struggling or worried about someone in their life. You can reach us through our local line (352) 264-6789 or call 1-800-273-TALK.

Since 1969, the crisis intervention specialists of the Alachua County Crisis Center have been volunteers from our community who have completed extensive training and have

demonstrated an unwavering commitment to suicide prevention. We often hear from people that they didn't think their problem was serious enough to warrant a call to us. Others have said they didn't know what to say or where to start. We want our community to know that the Crisis Center is here for everyone. No matter who you are or what you're struggling with, no matter how long it takes you to find the words, we will be there.

And if you are a young person, please know this message is just as much for you as it is anyone else. It is easy to feel bombarded and overwhelmed by messages we hear from our families, peers, teachers, and even from music and TV. We hope that these are messages that foster a positive self-image, encourage healthy relationships, and support help seeking, but we know they often do the opposite.

It is so important to be able to share our experiences with these messages as well as our own stories of fear, self-doubt, and hopelessness. Even though it often feels like we are alone in our struggles, we all have stories of pain and disconnection. You do not have to carry those stories alone.

Alexandra Martinez is director of the Alachua County Crisis Center.

Article Link: <http://www.gainesville.com/opinion/20170517/alexandra-martinez-crisis-center-provides-local-lifeline>

## AVAILABLE RESOURCE

### American Foundation for Suicide Prevention's Survivor Outreach Program

By Jason A. Tompkins, LCSW, AFSP Tampa Bay Chapter Chair.

Navigating the emotional landscape of suicide loss grief while searching for help can make an already painful experience more intense. The American Foundation for Suicide Prevention (AFSP) hopes to make this journey of finding effective and empathic support more accessible for those in need. The Survivor Outreach Program (SOP) exists to let survivors know they are not alone and offer resources to help loss survivors cope, connect, and heal in time.

Our trained peer support volunteers are all suicide loss survivors who know firsthand how difficult it can be to reconnect to life in the aftermath of a suicide. After a visit is requested directly to the program coordinator (<https://afsp.org/find-support/ive-lost-someone/survivor-outreach-program/survivor-outreach-program-coordinators/>) or via the online request form (<https://afsp.wufoo.com/forms/survivor-outreach-program-visit-request/>), the Program Coordinator will contact the survivor to ask questions about the loss so that we may match the survivor with the most suitable volunteer. Often, we are able to match the survivor with a volunteer who has experienced a similar relationship loss. The coordinator is also likely to confirm the survivor's address, inquire about how many people will be part of the visit, and get a brief synopsis of the survivor's experience. It is especially important for volunteers to know if children will be present in the visit so they can be sensitive to their needs. Once the initial intake call is completed, the peer support volunteer will contact the survivor to schedule a visit at a convenient time and place. The volunteers are available to meet in the home or in a community location.





The SOP is available to suicide loss survivors throughout the state of Florida, regardless of time since loss. Florida AFSP chapters with Survivor Outreach Programs (SOP) offer statewide support by providing phone visits or video calls using services such as Skype, FaceTime, or Google Hangout. The Program is designed to be a onetime visit that seeks to connect survivors to other resources in the community including support

groups and therapy services, if requested. The SOP is a volunteer run program and does not provide mental health assessment or treatment.

For more information about the SOP, you can visit this link or contact the AFSP Tampa Bay Survivor Outreach Program Coordinator, Jason A. Tompkins, LCSW who is available to answer your questions. He can be reached at 813 334 7702.

## WHAT'S HAPPENING



August 16 – 18, 2017. *Florida Behavioral Health Conference* at the Hilton Orlando Bonnet Creek. For more information: <https://www.bhcon.org/>

September 10, 2017. World Suicide Prevention Day.

September 8-11, 2017. Tragedy Assistance Program for Survivors (TAPS) *Tampa Survivor Seminar and Good Grief Camp* at TradeWinds Resort, St. Pete Beach. More information: <https://www.taps.org/seminars/2017/tampa>

February 21, 2018 (Wednesday). *Suicide Prevention Day at the Capitol*. This advocacy event is in Tallahassee.

SAVE THE DATE: February 19 & 20, 2018 (Monday & Tuesday). *FSPC 2018 Third Annual Florida Taking Action for Suicide Prevention Mini-Conference*. A two-half day mini-conference in Tallahassee.

## RESOURCES



If you or someone you know is in crisis, please call **1-800-273- 8255** (*National Suicide Prevention Lifeline*).

*Crisis Text Line* – text “start” to **741-741**

*Veteran’s Crisis Line* **1-800-273- 8255, press 1** & <https://www.veteranscrisisline.net/>

*Resources for Survivors of Suicide Loss*. SAVE. Suicide Awareness Voices for Education maintains a resource list at: <http://suicidегrief.save.org/ResourceLibrary>

*Suicide Loss Survivors*. The American Association of Suicidology (AAS) hosts a webpage with listed resources for survivors of suicide loss at <http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

*Suicide Grief Resources.* Helpful information, tools, and links for people bereaved by suicide at <http://suicidegriefresources.org/>

STOP Suicide Northeast Indiana. (2016). *Help & Hope: For Survivors of Suicide Loss*. Retrieved from <http://www.stopsuicidenow.org/toolkits-now-available/>

*Project ChildSafe®* is committed to promoting firearms safety among firearms owners through the distribution of safety education messages and free firearm [Safety Kits](#) [cable-style gun-locking device and an informational [brochure](#) (also in [Spanish](#))]. Find Florida Law Enforcement partners to inquire about a free Safety Kit from Project ChildSafe. <http://www.projectchildsafef.org/safety/safety-kit/Florida>

*Harvard's Means Matter* is part of the Harvard Injury Control Research Center (Harvard School of Public Health), dedicated to reducing injury through training, research, intervention, evaluation, and dissemination. The Center has published hundreds of studies on injury topics ranging from motor vehicle crashes to alcohol use to youth violence and suicide. <https://www.hsph.harvard.edu/means-matter/means-matter/>

*Florida's Statewide Office of Suicide Prevention* (DCF): <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention>

*National Action Alliance for Suicide Prevention: The Public-Private Partnership Advancing the National Strategy for Suicide Prevention:* <http://actionallianceforsuicideprevention.org/resources>

*Is there a local NAMI Chapter in my area?* <http://www.nami.org/Local-NAMI?state=FL>

*Controlled Substance Public Disposal Locations.* Proper disposal of expired drugs or unused medications can be an effective suicide prevention tool by eliminating access to lethal means. Many community-based drug *take-back* programs offer the best option for disposal. For disposal locations <https://www.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

## **AN EXTRA HELPING . . .**

Article from *Alliance of Hope for Suicide Survivors: A Place of Healing and Remembrance* website  
By Ronnie Walker MS, LCPC, Founder and Executive Director, Alliance of Hope for Suicide Survivors

### **Suggestions For New Survivors**

If you are reading this, it is probable that someone very important to you, died by suicide. First and foremost, I want to extend my heartfelt condolences on your loss. I hope the information on our website will be of help. There are also many people in our [community forum](#), who have lost loved ones who died by suicide and who will understand what you are going through.

If you were very close to the person who died, and your grief is new, you may be struggling to get through each hour and each day. With the death of your loved one, you may feel thrust onto a surreal journey, not of your own choosing. It is important to know that healing does occur. People endure, and survive and even eventually go beyond just surviving to experience happy and meaningful lives.

**Someone once said that after losing a loved one to suicide, "everything helped a little, but nothing helped a lot." This may be true. We do know however, from research as well**

**as subjective survivor reports, that some things seem to help a little more than others.**

**Information helps.** Following suicide, people respond in many different ways. There is no one "right or normal" way to respond, although there are many commonalities in the reactions of survivors. Survivor responses are influenced by their relationship to the deceased, the circumstances surrounding the death, their own genetic predispositions and life experiences, as well as other current stresses in their lives. While some people are not profoundly affected, others may experience traumatic, debilitating and complicated grief. You can read more about common grief reactions in the "Survivor Reactions" on this website. You can also read some books from [our bookstore](#) or the library which have been written by survivors.



**Communicating Helps.** Talk and write about your feelings. You might begin a journal now or use an online forum to post your thoughts and emotions. Later you will look back and see how far you have come.

**Community Helps.** Find people with whom you can share your feelings. you might try an "[in-person support group](#)" in a location near you. You can also conveniently post your feelings on [our forum](#). Our forum is an on-line support group which you can access 24/7. (It cannot provide crisis intervention.)

**Individual Counseling Can Help.** Survivors may experience a simple sense of loss or they may experience symptoms of post-traumatic stress, conflicted feelings about the death, guilt, blame, social stigma, financial issues, and other unexpected challenges in relationships. Having someone to talk with who understands the nature of traumatic loss can be very helpful. Look for a trauma counselor who has experience with survivors (grievors) of suicide.

**Medications, Herbs, Exercise, Breathing, Good Food & Sleep Help.** Take care of your body as much as possible. Loss by suicide, particularly if one witnesses the death or finds the body, is a traumatic shock. Physiologically, many survivors enter a state of hyper-alert. In the beginning, sleeping difficulties, flashbacks, anxiety, and disorientation are all common. Some survivors find antidepressants and sleeping meds help. It never hurts to talk to a psychiatrist.

**Responding to how others are feeling helps.** As strange as it sounds, reaching out to help someone else who is also in pain often helps one's own healing.

Again, I welcome you to this board and extend my condolences and my hopes that you will soon find moments of peace.

Article link: <http://www.allianceofhope.org/alliance-of-hope-for-suic/suggestions-for-new-survivors-if-you-are-reading-this-it-is-probable-that-someone-very-important-to-you-died-by-suicide-f.html>

## **FSPC MEMBERSHIP**

New FSPC Membership or Renewal information available online at:

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