



FSPC Officers

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(Palm Beach)

R10 Rene Barrett
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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)

July 2017 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

FSPC NEWSLETTER SIGN-UP

Sign up with your email address 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

ARE YOU A FSPC MEMBER? JOIN TODAY!

Never joined, your membership lapsed, didn't know you could join!! Join FSPC, an important statewide, grassroots organization of survivors, crisis centers, and interested individuals. Collaborate with others to advocate for suicide prevention 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>

NEWSWORTHY

Press Release from American Association of Suicidology (AAS) (5/31/17).

American Association of Suicidology Announces New Executive Director

After an exhaustive nation wide search, The American Association of Suicidology (AAS) is pleased to announce the appointment of Colleen Creighton, MA, as its Executive Director.

Colleen brings 15 years of experience in growing and leading national nonprofit foundations and expertise in

creating innovative partnerships. Her previous work in advocacy at various levels of government, engaging both federal representatives and agencies, promises to bring substantial value to AAS's national efforts in suicide prevention.

"The board and I are excited to have Colleen as the head of the AAS team. Her leadership and nonprofit management expertise are vital to the organization as we build on the foundations built by our members," said AAS President, Julie Cerel, PhD.

"Colleen offers AAS an entrepreneurial spirit, which will guide the organization and the field of suicide prevention to reach new audiences and populations in ever more effective ways," said AAS Chairman Anthony Wood. "She brings experience from the larger prevention field, strengthening the agency's commitment to outcomes-based public health approaches in suicide prevention," says Wood.

"I'm honored to be joining the American Association of Suicidology at such a pivotal time," Creighton said in a statement. "AAS has an incredibly powerful reputation, a wonderful and dedicated staff, and a diverse and engaging membership. I am dedicated to combining a personal passion for this cause with more than 15 years in leading nonprofit foundations to help AAS grow as an organization. Together we can work to bring suicide prevention to the forefront of our national public health dialogue and expand its rightful place as a national priority."

The AAS Board extends its gratitude to Amy J. Kulp who has served as Interim Executive Director since 2015 and who will continue in her previous role as Deputy Director.

About AAS:

Founded in 1968 by pioneering Psychologist Dr. Edwin S. Shneidman (1918-2009), AAS is based in Washington DC, it promotes suicide prevention as a research discipline, public awareness programs, public education and training for professionals and volunteers. The membership of AAS includes mental health and public health professionals, researchers, suicide prevention and crisis intervention centers, school districts, crisis center volunteers, survivors of suicide loss, attempt survivors, and a variety of laypersons who have an interest in suicide prevention. You can learn more about AAS at suicidology.org.

IN FOCUS

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



Kelly Sousa: FSPC Region 12 Director (Flagler, Volusia).

Kelly is one of our newer FSPC members and is serving as Region 12 Director. She has a variety of interesting pursuits and hobbies including being a member of the 501st Legion, participating with a non-profit Star Wars costuming organization, and enjoying writing poetry.

Kelly works as an emergency room admissions representative at Halifax Medical Center on Florida's east coast. Previously, Kelly lived in Massachusetts prior to re-locating to Daytona Beach. She is married to a paramedic that works for Volusia County. She lost her only sister/sibling at 13 years of age and became involved with FSPC through the

referral of a friend/co-worker. Additionally, Kelly actively participates in many of AFSP's Out of the Darkness Walks and is active online with several suicide survivor websites. *"I want to spread an awareness message that help & hope are available."*

She assisted her employer, Halifax Medical Center, plan and organize its first ever suicide prevention walk to raise funds for the mental health and psychiatric departments.

CRISIS CENTER NEWS

Crisis Center of Tampa Bay named Crisis Resources Nonprofit of the Year!

Crisis Center of Tampa Bay June Newsletter (6/15/17).



Clara Reynolds and Tanya Hillary (both center) accept the Nonprofit of the Year award.

The Crisis Center of Tampa Bay was named the 2017 Nonprofit of the Year in the Crisis Resources category by the Tampa Bay Business Journal!

The Crisis Center was presented the award at a special event on June 8 at the Bryan Glazer Family JCC in Tampa. The Nonprofit of the Year awards recognize Tampa Bay nonprofit organizations in a number of categories, including Arts, Culture and Humanities;

Crisis Resources; Education; and Environment and Animals. Organizations throughout the Tampa Bay area submit applications to the Tampa Bay Business Journal. An independent panel of judges reviews the applications to select finalists and the ultimate winners.

The award recognizes the hard work and dedication of hundreds of people in our community. Many thanks to donors, funders, volunteers, and staff who all play crucial roles in ensuring the success of the Crisis Center!

RESEARCH FOR THE REST OF US



Sometimes important research is filled with jargon, is hard to understand, or doesn't seem to make sense. We've tried to summarize research in common English language.

Safe Alternatives for Teens and Youths (SAFETY) Prevents Suicide Attempts

Safe Alternatives for Teens and Youths (SAFETY), a cognitive-behavioral dialectical behavior therapy (DBT)-informed family treatment is more effective at reducing suicide attempt risk compared to enhanced treatment as usual (what youth normally receive plus extra) including parent education coupled with support in accessing community treatment at the end of three-month treatment period. SAFETY utilizes two therapists (one primarily focus on the youth and the other targeting parents), identification of triggering events leading to suicide attempt or self-harm behavior and their consequences. The team individualizes the intervention based on risk and protective factors while addressing the unique strengths and challenges of each youth and family (*see article for full description of Enhanced-Treatment as Usual and SAFETY*).

Forty-two youth participated in the randomized control trial and were recruited through emergency departments, inpatient or partial hospitalization, and outpatient services. Youth participants were high risk youth and were eligible if they made a suicide attempt in the past three months or engaged in non-suicidal self-injury as a primary problem, plus repetitive self-harm behavior was also required. At three months four youth in the treatment as usual group made suicide attempts and one engaged in preparation for an attempt. One youth in the SAFETY group engaged in preparation for a suicide attempt. When compared to enhanced treatment as usual, the SAFETY treatment lowered the probability of a suicide attempt.

The authors provide a Clinical Guidance section listing five highlights including:

- “Strengthening bonds and feelings of connectedness between youths and their parents or other responsible figures can provide protection (like seatbelts), when youths experience suicidal impulses or urges.
- Teaching skills for regulating emotions, tolerating distress, building lives that youths want to live, and addressing mental health and psychosocial problems are key treatment components.” (Summary by Stephen Rogenbaum)

Asarnow, J.R., Jughes, J.L., Babeva, K.N., & Sugar, C.A. (2017). Cognitive-behavioral family treatment for suicide attempt prevention: A randomized controlled trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 56(6), doi:10.1016/j.jaac.2017.03.015

WHAT'S HAPPENING



July 13, 2017 1:00 – 2:30 pm (Thursday). Webinar: *Developing Successful and Positive Suicide Prevention Messaging – Planning Ahead for Suicide Prevention Month*. Sponsored by the National Action Alliance for Suicide Prevention who invites you to attend as you begin planning ahead for Suicide Prevention Month in September. To register: https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/private/2258170326/2266703342/event_landing.html?sco-id=2317223841& charset=utf-8

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://suicidegrief.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.projectchildsafe.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 *After a Suicide Resource Directory: Coping with Grief, Trauma, and Stress* website

BEYOND SURVIVING: SUGGESTIONS FOR SURVIVORS

By Iris Bolton

1. Know you can survive; you may not think so, but you can.
2. Struggle with “why” it happened until you no longer need to know “why” or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings but that all your feelings are normal.
4. Anger, guilt, confusion, and forgetfulness are common responses. You are not crazy; you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It’s O.K. to express it.
6. You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one moment or one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don’t be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence on another’s life.
13. Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain in your family and friends.
17. Be patient with yourself and others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as Compassionate Friends or Survivors of Suicide groups. If there is not a group near you, ask a professional to help you start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, such as headaches, loss of appetite, or inability to sleep.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn’t mean forgetting.

25. Know that you will never be the same again, but you can survive and even go beyond just surviving.

By Iris Bolton, author of *My Son, My Son: A Guide to Healing after Death, Loss, or Suicide*. Iris is a pioneer in the field of helping survivors after the suicide of a loved one. Her "Beyond Surviving" is a classic resource used by suicide survivors everywhere. Iris's books and tapes are available from Bolton Press: 770-645-1886, www.boltonpress.com, or contactus@boltonpress.com.

Article link: http://www.unifiedcommunities.com/ucs/BeyondSurviving_IrisBolton.pdf

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

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