



INSIGHT

A Newsletter for the Florida Suicide Prevention Coalition

Spring 2015, Volume 4, Issue 1

MESSAGE FROM THE VICE-CHAIR - JUDY BROWARD

The 13th annual Day at the Capital is scheduled for March 19. There is information in this newsletter about the events for the day and the Evening of Remembrance that Big Bend Hospice is sponsoring. This year, American Foundation for Suicide Prevention has joined us in planning the Day at the Capital and we very much appreciate

all their help with planning the day. Also in the newsletter is information about the grants that have been awarded in Florida for youth suicide prevention activities. This is very good news.

FROM THE STATEWIDE OFFICE OF SUICIDE PREVENTION - BIO OF DR. SOFIA CASTRO

Dr. Sofia Castro and her family emigrated from El Salvador to East Boston, Massachusetts in 1989. She graduated from East Boston High School in 2001. She moved to Tallahassee, Florida after graduating with a double major in Elementary Education and Psychology from Salem State College in 2005, now a university. Dr. Castro has served the field of prevention for over nine years and earned her certification as a Certified Prevention Professional through the Florida Certification Board.

She began her prevention career in 2005 as a Prevention Specialist at DISC Village, Inc. serving Wakulla Middle School. In 2008, Dr. Castro was promoted to Prevention Supervisor. She led 10 Prevention Specialists serving six middle schools, four high schools, two alternative schools, and one k-12 school throughout four counties in the Florida panhandle. Her leader-

ship role inspired her to earn her Doctorate of Education from Northeastern University, focusing on Organizational Leadership and Communication.

Dr. Castro is currently the Suicide Prevention Specialist for the Statewide Office of Suicide Prevention under the Substance Abuse and Mental Health program at the Florida Department of Children and Families.

In addition to her Suicide Prevention Specialist role, Dr. Castro is an Adult ESOL Teacher for Leon County Schools for the past seven years. In 2010, Dr. Castro was awarded the Glenn-Howell Distinguished Minority Educator of the Year and in 2014 she was presented with an Award of Excellence for her commitment to promoting quality prevention services, encouraging innovative ideas and dedication to the youth and staff at DISC Village, Inc.

STATE NEWS

FROM THE FLORIDA STUDENT SUPPORT SERVICES JANUARY 2015 NEWSLETTER

The news that Florida has recently been awarded two major federal grants that prioritize and help to resource comprehensive supports with a focus on mental health and positive school climate has come at a wonderful time. The four disciplines of student services (counseling, social work, nursing, and psychology) in Florida provide critical knowledge and experience that is central to these efforts, and we are well on our way to more effective ways to integrate our supports across our disciplines and within the multi-tiered system. In case the news is “news to you” today, here are the details:

Bureau of Exceptional Education and Student Services (BEESS), FDOE was awarded two five-year collaborative grants totaling over \$2.5 million per year from the U.S Department of Health and Human Services and the U.S. Department of Education. The State Education Agency’s “Now is The Time” – Advancing Wellness and Resilience in Education (Florida AWARE) and School Climate Transformation (Florida SCT) grant programs both focus on achieving long-term improvements that ensure all students in Florida have access to effective school and community practices evidenced to improve social, emotional, and academic outcomes. We are proud to contribute to the continual improvement of education in Florida!

Florida AWARE will provide coordination of services from youth serving agencies at the state and local level through a long-term plan developed by a Florida AWARE State Management Team. The focus of these efforts will

be on improved social, emotional, and behavioral health impacts for all Florida children, adolescents, and their families. Florida AWARE will collaborate with three Local Education Agencies (LEAs) (Pinellas, Polk, and Duval County School Districts) to develop prototypical sites with improved access to school- and community-based services and establish the infrastructure to become the model for systems wide scale-up throughout the state. Florida AWARE also aims to increase mental health awareness of educators, students, and other youth-serving adults through statewide dissemination of Youth Mental Health First Aid training. In addition to the state-level award, the following nine Florida Local Education Agencies received AWARE grants at the local level: Polk, Osceola, Hillsborough, Lake, Duval, St. Lucie, Broward, Pinellas, and Lake Whales Charter Schools, Inc.

Florida SCT will expand Florida’s statewide system of behavioral support by providing training and technical assistance to LEAs in implementing an evidence-based, multi-tiered framework for improving behavioral outcomes and learning conditions for all students. Florida SCT will expand the Florida Positive Behavior Support Project by training and supporting more schools across the state and expanding training and supports across tiers within schools that are already participating. Florida was one of 12 states awarded this grant. The following five LEAs also received SCT grants at the local level: Broward, Duval, Hillsborough, Nassau, and Polk.

FLORIDA SUICIDE PREVENTION DAY NEWS

Florida Suicide Prevention Day is March 19 with planned visits to legislative offices and a press conference at 11:30. This year, AFSP has joined with FSPC to plan the Day at the Capital. Their resources have been invaluable in organization and getting the word out.

Press Conference Agenda

Opening Music - Belle and the Band

Welcome – Betsey Westuba, Chair, Florida Suicide Prevention Coalition
Liz Colavecchio, AFSP Field Advocate and Chair of the North Florida Chapter
Major Jim Russell, Florida State University Police Department
John N. Bryant, Assistant Secretary for Substance Abuse and Mental Health
Judy Broward Vice Chair, Florida Suicide Prevention Coalition
Closing Music...Belle and the Band



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.

WEDNESDAY, MARCH 18

Florida Office of Suicide Prevention Council Meeting

1 p.m.
1317 Winewood Office Complex Bldg. 6
Conference Rm A

Lighting the Darkness: An Evening to Remember Lives Lost to Suicide

6 p.m. – 8 p.m.
Woman's Club of Tallahassee
1513 Cristobal Drive
Hosted by Big Bend Hospice
Email photos of loved ones with a short story or sentiment to include for the slideshow to Pam Mezzina at pam@bigbendhospice.org.

THURSDAY, MARCH 19

Training and Visiting Legislator Offices

8 a.m. – 11 a.m.
New Capitol Building
Second Floor Rotunda

Press Conference

11:30 a.m. – 12 p.m.
Waller Park

Visit Legislator Offices

12 p.m. – 3:30 p.m.

Wrap-up

3:30 p.m. – 4 p.m.



Presented by the Florida Suicide Prevention Coalition, Statewide Office of Suicide Prevention; the Florida Suicide Prevention Coordinating Council; and AFSP



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 AMERICAN FOUNDATION FOR
Suicide Prevention

afsp.org

Florida Suicide Prevention Coalition Mission Statement:

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

OFFICERS OF FLORIDA SUICIDE PREVENTION COALITION

ChairBetsey Westuba
Vice ChairLisa Zellar
Vice ChairJudy Broward
Secretary.....Laura Meyer
TreasurerRene' 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 – Alexandra (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, bwestuba@sun-coasty.org,

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 - LisGrubbs, 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 – Kirk D. Fasshauer, MSW, 863-519-3747, ext 5108 kfasshauer@peace-river.com

Region 15 - Indian River, Martin, Okeechobee & St Lucie, Region Director Doris Carroll, director@drugfreepartner.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 on the following page.



Membership Form

Individual (\$25)
Corporate/Organization (\$100)

Name: _____

In Memory of: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Florida 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: _____

Print and Send to:

Florida Suicide Prevention Coalition
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West Palm Beach, FL 33405
561-818-3856c
561-547-1195h
Email: rene.favreau@gmail.com