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August 2016 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

WHAT DID SHE SAY?

"Prevention is key and I hope to help with awareness and prevention to stop the statistics from growing. I love to learn and also love to do public speaking in order to motivate people to rise to their highest level of goodness."
Doris Carroll, FSPC Region 9 & 15 Director

NEWSWORTHY

Continuing education/in-service training in youth suicide awareness and prevention for kindergarten through twelfth grade (K-12) instructional personnel (s. [1012.583](#), F.S.) will be available this fall since legislation was passed in the 2016 Legislative Session. Each school in which all instructional personnel complete two hours of approved training will be designated as a *Suicide Prevention Certified School*. This legislation requires the Department of Education to collaborate with the Statewide Office for Suicide Prevention to develop a list of approved youth suicide awareness and prevention training materials that meet the statutory requirements and any additional criteria established by the department. DOE/SOSP have assembled an expert panel to assist with identifying and reviewing suicide awareness training materials to help establish an approved list of programs.

You can read a related news article (by Jessica Bakeman, Politico) on the original legislation, changes, and outcome. Additionally, our Vice Chair, Judy Broward is quoted:

<http://www.politico.com/states/florida/story/2016/06/new-law-encouraging-teacher-training-in-suicide-prevention-falls-short-of-mandate-102922>

IN FOCUS

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



Rachelle Burns is FSPC Region 1 Director (Escambia, Okaloosa, Santa Rosa, Walton)

Rachelle lives in the Pensacola area with her husband and children, two college age kids and a high schooler. While Rachelle originally hails from the UK, she previously lived in Connecticut and Mississippi. Rachelle has worked at Pensacola State College (PSC) since 2002 and currently is the director of a federally funded US Department of Education grant, the TRIO program. This program is designed to identify and provide services for individuals from disadvantaged backgrounds from middle school to post-baccalaureate programs.

Rachelle has worked in Student Support Services at PSC for nearly 10 years with 25% of her time devoted to Crisis Referral and Suicide Prevention. Rachelle received her Master's in Marriage & Family Therapy in 2002. She has been involved in her church, the Association of Florida Colleges, and state, regional, and national TRIO organizations. When not working, you can find Rachelle walking nature trails, reading Catherine Ryan Hyde novels, playing board games with her family, and visiting additional family in Britain.

Rachelle was involved with implementing a Garrett Lee Smith Campus Suicide Prevention Grant at Pensacola State College that started in 2012. Rachelle and a student brought a display table to Suicide Prevention Day at the Capitol in 2013 and that started her connection with FSPC. Rachelle would like to see a robust local coalition evolve in the Pensacola area and thinks that if we told more people that suicide claims more lives than homicides each year, we would draw attention to this issue very quickly.

Rachelle realized, since becoming involved with suicide prevention, that her grandmother and father have always struggled with the suicide death of her uncle, who died in his twenties, before Rachel was born. Her involvement in suicide prevention has helped Rachelle realize that the impact of a suicide can influence subsequent generations and she is trying to help her family heal a generation later.

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.

Good Behavior Game and social acceptance reduced suicide attempts in young adults

Researchers thought social acceptance might also explain positive outcomes from The Good Behavior Game (GBG). The GBG is a game-like student management system implemented in individual classrooms by elementary school teachers coupled with regular instructional material in 1st & 2nd grades. GBG targets the whole classroom, teaching skills to reduce aggressive, disruptive classroom behavior, and improve socialization. Interviews with previously GBG-exposed young adults (ages 19-21), 15 years later, indicated fewer self-reports of suicide attempts compared to non-GBG students.

Researchers reviewed previously collected GBG students' information (with additional information from interviews at ages 19, 22, and 30). For young children early in their social

development, team membership and participation (being accepted and integrated as a GBG team member) seemed to play a significant part in the successful and positive outcomes (reduced risk of suicide attempts) of the Good Behavior Game. This contribution of social acceptance and integration (along with and incorporated into the GBG) was reported to be strongest for children in elementary school who were the most aggressive and disruptive. (Summary by Stephen Roggenbaum & Elizabeth Powers)

Newcomer, A., Roth, K., Kellam, S., Wang, W., Ialongo, N., Hart, S., . . . Wilcox, H. C. (2016). Higher childhood peer reports of social preference mediates the impact of the good behavior game on suicide attempt. *Prevention Science*, 17(2), 145-156. doi:10.1007/s11121-015-0593-4

WHAT'S HAPPENING

Florida's Premier Behavioral Health Annual Conference 2016: August 10-12, The Rosen Centre, Orlando (Sofia Castro, EdD, Statewide Office for Suicide Prevention, is presenting: *Suicide Prevention Leadership 101* on Wednesday 8/10/16 from 1:45 to 3:15 pm in Salon 20)

National Suicide Prevention Awareness Week is September 5 – 11, 2016

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

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

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:
<http://www.floridasuicideprevention.org/membership.htm>