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February 2018 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

2018 FSPC MINI-CONFERENCE – PLAN TO ATTEND

The *FSPC 2018 Third Annual Florida Taking Action for Suicide Prevention Mini-Conference* is a two-half day conference in Tallahassee, February 19 (afternoon) & February 20 (morning). You can still register. The online 2018 FSPC Conference Registration link is:

<http://floridasuicideprevention.org/wp-content/uploads/2017/11/2018-mini-conf-Registration.pdf>

This valuable educational opportunity is being held just prior to Florida's *Annual Suicide Prevention Day at the Capitol* advocacy event (2/21), *Suicide Prevention Coordinating Council Meeting* (2/20), and *Lighting the Darkness – Evening of Remembrance* (2/20) by Big Bend Hospice. Please contact Stephen Roggenbaum at roggenba@usf.edu or 813-974-6149 if any questions.

FSPC has reserved a limited block of rooms at *Candlewood Suites Tallahassee* (2815 Lakeshore Dr., Tallahassee, FL 32312) for about \$106-\$114 per night just a few miles from DFC, mini-conference location. Call soon to reserve a room at the special rate: 850-597-7000 (*use group name – Florida Suicide Prevention*).

BECOME A FSPC MEMBER TODAY!

Join FSPC, an important statewide, grassroots organization of survivors, crisis centers, & interested individuals. Collaborate to advance suicide prevention efforts in larger numbers: get involved, volunteer with local & state FSPC activities, & obtain reduced or free or reduced registration at FSPC events such as *the FSPC Mini-Conference mentioned above*). Membership information:

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

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

SUPPORT FSPC WHEN YOU SHOP

Do you ever shop for yourself or others online, maybe you didn't get everything you wanted for your birthday? Support FSPC by going to smile.amazon.com and Register the Florida Suicide Prevention Coalition (FSPC) as your chosen charity. Amazon donates to FSPC, when you make an online (at Amazon) purchase – something you might do anyway.



NEWSWORTHY

Robins' Mental Health Office Offers Suicide Prevention Tips

By Holly Logan-Arrington, Robins Public Affairs / Published December 08, 2017

Article Link: <http://www.robins.af.mil/News/Article-Display/Article/1392007/robins-mental-health-office-offers-suicide-prevention-tips/>

ROBINS AIR FORCE BASE, Ga.

Friends and family often wrestle with feelings of regret when losing a loved one to suicide. Most are left wondering what they could've done to prevent the situation.

Robins' Clinical Psychologist and Installation Suicide Prevention Program Manager, Capt. John Terry, said while suicide has a low base rate of occurrence and there are insufficient data to accurately predict those most at risk for suicide, there are things people can do to help.

"Suicides are caused by multiple factors and are rarely explained by a single event," he said. "Several co-occurring factors including relationship or marital problems, financial, legal or disciplinary problems and mental health issues are risk factors for suicide. Preventing the accumulation of risk factors by engaging in Comprehensive Airmen Fitness is the best strategy to prevent risk for suicide. CAF consists of ensuring engagement in and balance between physical, social, spiritual and emotional resiliency."



Terry said promoting CAF and ensuring a culture of Wingmanship are the best strategies to prevent suicide.

"Wingmanship increases awareness of risk factors that a fellow Wingman may experience and allows for action to be taken to ensure the individual seeks help," he said. "The acronym ACE (Ask, Care, Escort) communicates the steps to ask if someone is having thoughts of suicide, demonstrate caring by listening to their concerns, and escorting them to an appropriate helping agency or supervisor."

While there is no correlation between time of year and suicide, periods of transition or disruptions in social support networks can be times of concern, Terry said.

Know the Signs

1. Noticeable changes in a person's behavior such as talking about suicide.
2. Increase in alcohol or drug use
3. Changes in mood
4. Withdrawal from family and friends
5. Problematic or excessive sleep
6. Seeking access to weapons

For more information on suicide prevention, visit the following websites:

- Airman & Family Readiness Center
 - <http://www.afpc.af.mil/lifeandcareer/>
- Air Force Medical Service
 - www.afms.af.mil/suicideprevention/index.asp
- National Suicide Prevention Lifeline
 - 1-800-273-TALK (8255)
- Military One Source
 - 1-800-342-9647
 - <http://militaryonesource.mil>
- Wingman Toolkit
 - <http://wingmantoolkit.org/>

ALSO NEWSWORTHY

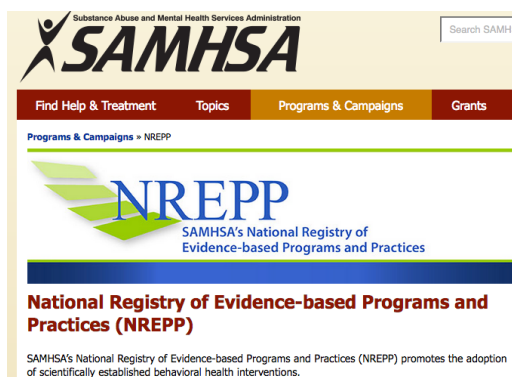
Without Warning, The Government Just Ended A Registry of Mental Illness and Drug Abuse Programs: And Didn't Bother To Warn Program Participants Ahead of Time.

By Elham Khatami Jan 9, 2018 from ThinkProgress website

Link: <https://thinkprogress.org/trump-ended-registry-of-mental-illness-prevention-programs-131769db4c8c/>

In a sudden move that took many industry stakeholders by surprise, the Trump administration last month ended the National Registry of Evidence-Based Programs and Practices (NREPP), a database of more than 400 resources and programs geared toward the prevention and treatment of substance abuse and mental illnesses.

The Substance Abuse and Mental Health Services Administration (SAMHSA), which funded NREPP, confirmed to ThinkProgress in a statement that the registry's current contract was discontinued.



NREPP began in 1997 and had since been remodeled to include treatment interventions. Some of the recent programs added to the registry — which is still online, but hasn't been updated since September — included a recovery and support group program for opioid addiction, a depression prevention intervention program, a substance abuse prevention program aimed at middle school students, and a therapy program for Puerto Rican teenagers suffering from depression.

SAMHSA maintained that its Policy Lab will take over for the registry and help in “identifying and disseminating evidence-based practice and programs.” But that’s where things become unclear, said Grove City College psychology professor Warren Throckmorton, who has been following the issue closely and first reported the NREPP’s closure in a blog post last week. While SAMHSA mentions its intention to move evidence-based practices under the jurisdiction of its Policy Lab, it does not specify how it intends to do so.

“In the past, SAMHSA’s not had adequate staffing,” Throckmorton told ThinkProgress. He added that during the Obama administration, the agency hired contractors to oversee the evaluation of NREPP programs. “What is different now? How is SAMHSA going to do that in house? What internal resources have they committed?” Throckmorton asked.

Those contractors, the Development Services Group, Inc. (DSG), were taken by surprise when they were informed last month of the decision to terminate funding for the program. According to an email obtained by Throckmorton, DSG notified program participants that NREPP was terminated “for the convenience of the government.”

“We are deeply saddened by the government’s sudden decision to end the NREPP contract, under which we have been able to provide and strengthen science-based information about mental health and substance use treatment and prevention programs, both nationally and internationally,” the DSG email read, according to Throckmorton.

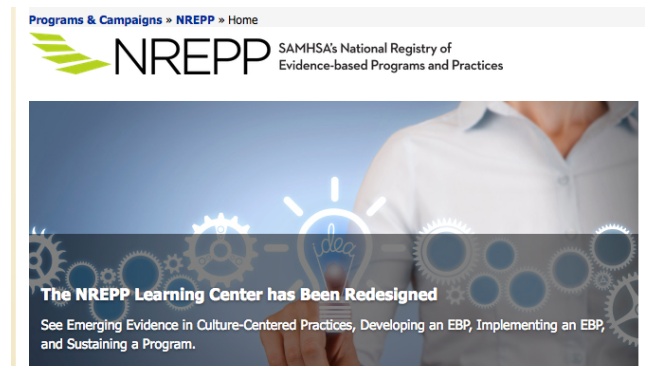
The government informed DSG of the decision to terminate funding several months after it instructed DSG to freeze the registry’s work in September. “It took them from September to December just to tell them funding was terminated,” Throckmorton said. “So now what?”

Throckmorton speculated that the decision to terminate the registry likely came from a desire to streamline bureaucracy after the implementation of the 21st Century Cures Act, enacted in 2016. Under the law, the government is required to provide information about working treatments of mental illness and substance abuse. By shifting the jurisdiction to SAMHSA’s Policy Lab, the Trump administration is seemingly still abiding by the law, but the transition has been disjointed, leaving many providers with unanswered questions about the continuation of their programs.

“We’re several days into this and the provider community still doesn’t know how the evidence-based portion of the Cures Act will be implemented,” Throckmorton said. “They don’t know how to update their programs ... As of now, they don’t know what to do with their results.”

He added that SAMHSA failed to provide reasons for the shift, nor has it alerted program participants who rely on the registry. “It looks, unfortunately, like a typical government approach,” Throckmorton said. “If the transition isn’t well thought out, what assurance do I have that the implementation will be?”

Christine Moutier, chief medical officer of the American Foundation for Suicide Prevention, a non-profit that has used the NREPP database, said the decision to terminate the registry came



as a shock to her organization. Without NREPP, Moutier said, there is no other federally-operated database of suicide prevention programs that also conducts review processes for those programs. Because of NREPP, she added, most states now have laws requiring teacher training and student education on suicide prevention. That type of standard-setting is “now gone,” she said.

“One of our goals, our vision ... is to see more federal support of suicide prevention,” Moutier told ThinkProgress. “Treat suicide like the top 10 leading cause of death that it is.” Moutier said her organization has reached out to SAMHSA for additional information, but has not heard back. “That would have been the more proactive approach to have been given some lead in to these changes occurring,” she said.

The decision to halt the registry comes weeks after the Trump administration advised the Centers for Disease Control and Prevention (CDC) not to use certain words in documents for the 2019 budget, including “evidence-based.” In a letter submitted to Democratic senators on Tuesday, CDC Director Brenda Fitzgerald said the suggestions were “not official Administration policy.”

“We get that [the decision to terminate the registry] could be for a whole host of reasons that we’re not privy to,” Moutier said. But in order to advance the goal in reducing suicide, “it shouldn’t be just on the private industry to make these changes occur.”

IN FOCUS

Governor Rick Scott Proclaims February 21 as Florida Suicide Prevention Day.



rick.scott
GOVERNOR

FLORIDA SUICIDE PREVENTION DAY

WHEREAS, suicide is a tragic but preventable loss that has a devastating impact on families and communities, with 3,122 lives lost in Florida in 2016; and

WHEREAS, in Florida suicide was the eleventh leading cause of death and the second leading cause of death among people ages 25-34 in 2016; and

WHEREAS, public awareness is key to preventing further loss of life as suicide can be reduced through information, education, treatment, and resources; and

WHEREAS, Florida is a leader in suicide prevention efforts and resources dedicated to reducing suicide deaths; and

WHEREAS, the Florida Department of Children and Families is committed to working with the Florida Suicide Prevention Coordinating Council and community partners to reduce suicide through prevention and intervention;

NOW, THEREFORE, I, Rick Scott, Governor of the State of Florida, do hereby extend my support to all observing February 21, 2018, as Florida Suicide Prevention Day.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capital, this 19th day of January, in the year two thousand eighteen.

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THE CAPITAL
TALLAHASSEE, FLORIDA 32399 • (850) 717-9249

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Sofia Castro, Director of Florida’s Statewide Office of Suicide Prevention, announced the Governor’s proclamation identifying February 21 as Florida Suicide Prevention Day.

The proclamation reads:

FLORIDA SUICIDE PREVENTION DAY

WHEREAS, suicide is a tragic but preventable loss that has a devastating impact on families and communities, with 3,122 lives lost in Florida in 2016; and

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WHEREAS, the Florida Department of Children and Families is committed to working with the Florida Suicide Prevention Coordinating Council and community partners to reduce suicide through prevention and intervention;

NOW, THEREFORE, I, Rick Scott, Governor of the State of Florida, do hereby extend my support to all observing February 21, 2018, as Florida Suicide Prevention Day.

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.

Slips of Paper in Elementary School Can Prevent Suicide

From: Children's Mental Health Network website:

By Dennis D. Embry, PhD | Posted: November 25, 2017

Article Link:

http://www.cmhnetwork.org/media-center/morning-zen/slips-of-paper-in-elementary-school-can-prevent-suicide?utm_source=ActiveCampaign&utm_medium=email&utm_content=CMHNetwork+Friday+Update+12-1-17&utm_campaign=CMHNetwork+Friday+Update+12-1-17

Our Children, Our Futures

Anyone reading this certainly knows that bullying at school and via social media are major causes of suicide. But what at school—even in first grade—protects against lifetime risk of suicide, and improves virtually every indicator of wellbeing through young adulthood?

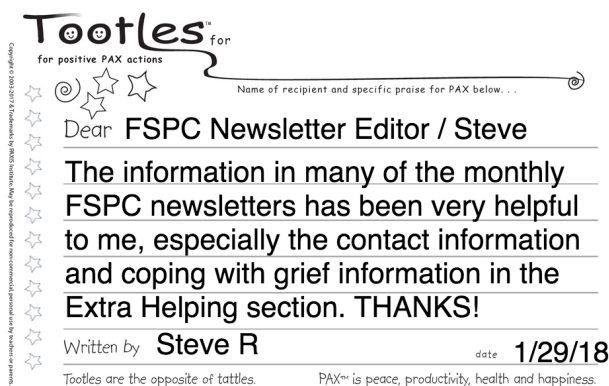


Thanks to my colleagues' data analyses of our original experimental studies at Johns Hopkins [1, 2] and in Tucson [3, 4], you can know and spread the answer. It wasn't in-school therapy, outside counseling, medication, parent training, anti-bullying programs, or social-emotional curricula [5, 6]. It's something our grandmothers goaded us to do: Compliment each other—peer-to-peer reinforcement for doing good things verbally or, better yet, in writing.

Peer reinforcement of pro-social behavior is what allows humans to do all the good things we cherish. Throughout most of human evolution, peers and other community adults reinforced pro-social behaviors in young people everyday—both verbally and, often, by writing “thank you notes” as literacy increased.

When my colleagues and I observe classrooms today, we notice that students inadvertently reinforce each other many times per hour for problematic behaviors, and rarely reinforce each other for pro-social behaviors. As a consequence, we easily observe 600 problematic behaviors per hour per classroom all over the United States today, and yes even in so-called “good schools, with good families, and good kids.” These rates have easily tripled since we started these observations in the 1990s. Such easily observed problematic behaviors are what increase the lifetime risk for virtually every mental, emotional, behavioral or psychiatric disorder for all children in the classroom—including being bullied and suicide.

What to do? Anybody at home, at school, at scouts, an after-school program, or church can teach students of all ages to compliment each other for pro-social behaviors and, better write, positive peer-to-peer notes. Scientifically, we call these positive peer reporting [7] or “Tootle Notes” [8-10]—the opposite of tattles or put-downs. Daily use of these immediately reduces problem behaviors and increases pro-social behaviors [10]. In turn, that reduces problem behaviors in the classroom, improves academics and reduces the risk of multiple psychiatric disorders and even suicide [5].



Imagine we started a national movement for peers, teachers, communities, and families to tootle the good in our children. We'd bring out more good, just like our grandmothers told us to do. You can start by downloading a blank, reproducible Tootle. Then, write one right now for a child you know. Or you can teach a child to write Tootles because they will have more friends and a better life. And, we will start saving lives from suicide—at the cost of slips of paper.

1. Dolan, L.J., et al., The short-term impact of two classroom-based preventive interventions on aggressive and shy behaviors and poor achievement. *Journal of Applied Developmental Psychology*, 1993. 14: p. 317-345.
2. Ialongo, N., et al., Proximal impact of two first-grade preventive interventions on the early risk behaviors for later substance abuse, depression, and antisocial behavior. *American Journal of Community Psychology*, 1999. 27(5): p. 599-641.
3. Embry, D.D., et al., PeaceBuilders: A theoretically driven, school-based model for early violence prevention. *American Journal of Preventive Medicine*, 1996. 12(5, Suppl): p. 91.
4. Flannery, D.J., et al., Initial behavior outcomes for the PeaceBuilders universal school-based violence prevention program. *Developmental Psychology*, 2003. 39(2): p. 292-308.
5. Newcomer, A.R., et al., Higher Childhood Peer Reports of Social Preference Mediates the Impact of the Good Behavior Game on Suicide Attempt. *Prev Sci*, 2016. 17(2): p. 145-56.
6. Wilcox, H.C., et al., The impact of two universal randomized first- and second-grade classroom interventions on young adult suicide ideation and attempts. *Drug & Alcohol Dependence*, 2008(Special Issue): p. 14.
7. Murphy, J. and K. Zlomke, Positive Peer Reporting in the Classroom: a Review of Intervention Procedures. *Behav Anal Pract*, 2014. 7(2): p. 126-37.
8. Lum, J.D.K., Tootling with a randomized independent group contingency in a high school setting. 2017, ProQuest Information & Learning: US. p. No Pagination Specified-No Pagination Specified.
9. Shelton-Quinn, A., Increasing positive peer reporting and on-task behavior using a peer monitoring interdependent group contingency program with public posting. 2009, ProQuest Information & Learning: US. p. 1169-1169.
10. Skinner, C.H., T.H. Cashwell, and A.L. Skinner, Increasing tootling: The effects of a peer-monitored group contingency program on students' reports of peers' prosocial behaviors. *Psychology in the Schools*, 2000. 37(3): p. 263-270.



Dennis Embry, President/Senior Scientist at PAXIS Institute – Dennis D. Embry is a prominent prevention scientist in the United States and Canada, trained as clinician and developmental and child psychologist. He is president/senior scientist at PAXIS Institute in Tucson, Arizona. Dennis Embry serves on the scientific advisory board for the Children's Mental Health Network and the U.S. Center for Mental Health Services Advisory Council.

WHAT'S HAPPENING



February 1-3, 2018 *Florida Mental Health Counselors Association's Annual Conference*, Orlando Marriott Lake Mary, <https://fmhca.wildapricot.org/page-1075304>

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.

February 20, 2018 (1-3pm), *Florida Suicide Prevention Coordinating Council* meeting at DCF.

February 20, 2018 (7:00 pm), *Lighting the Darkness – Evening of Remembrance* by Big Bend Hospice. GFWC Woman's Club of Tallahassee 1513 Cristobal Dr., Tallahassee

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

August 15-17, 2018. *Florida Behavioral Health Conference*. Hilton Orlando Bonnet Creek Resort.

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/>

Suicide Loss Survivors. The American Association of Suicidology (AAS) hosts a webpage listing 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/>

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>

US Air Force Wingman Online – Suicide Prevention & Resilience <http://www.wingmanonline.org>

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. Disposal locations

<https://www.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

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>

AN EXTRA HELPING . . .

Suicide Survivor's Bill of Rights

Survivor's Bill of Rights has been credited to many authors since JoAnn C. Mecca, Dayton, Ohio offered this original version in 1984.

HEARTBEAT Survivors After Suicide website:

http://heartbeatsurvivorsaftersuicide.org/20170826_v481/surviving-after-suicide/

I have the right to be free of guilt.

I have the right not to feel responsible for the suicide death.

I have the right to express my feelings and emotions, even if they do not seem acceptable, as long as they do not interfere with the rights of others.

I have the right to have my questions answered honestly by authorities and family members.

I have the right not to be deceived because others feel they can spare me further grief.

I have the right to maintain a sense of hopefulness.

I have the right to peace and dignity.

I have the right to positive feelings about the one I lost through suicide regardless of the events prior to or at the time of the untimely death.

I have the right to retain my individuality and not be judged because of the suicide death.

I have the right to seek counseling and a support group to enable me to honestly explore my feelings to further the acceptance process.

I have the right to reach acceptance.

I have the right to a new beginning.

I have the right to be.

AN EXTRA, EXTRA HELPING . . .

Preview the *FSPC 2018 Third Annual Florida Taking Action for Suicide Prevention Mini-Conference* program schedule

Monday, February 19, 2018

1:00p – 1:30p	Judy Broward & Stephen Roggenbaum	Welcome & FSPC Update: Chair's Message
1:30p – 2:00p	Paulina Lewis	Utilizing Lifeline, 2-1-1, and ASIST for Prevention and Intervention
2:00p – 2:30p	Lori Duester & Kathy Simonsen	What Are Your Sources of Strength? SOS Implementation in Four Florida High Schools
2:30p – 3:15p	Melissa Witmeier	What is the Zero Suicide Initiative?
3:15p – 3:30p	Break	BREAK
3:30p – 4:00p	Dr. Marty Swanbrow Becker, Shanteria Owens, Cara Knoeppel, Brandon Cooper, & Kirsten Christensen	Advanced Suicide Prevention Training - Training Returning Resident Assistants
4:00p – 4:30p	Alan J. Mai	Using Florida CHARTS for Suicide Prevention
4:30p – 5:00p	Pam Mezzina	Helping Loss Survivors with Anniversaries & Tender Days
6:00p – 7:30p	Regional Director's & Speaker's Reception: Candlewood Suites	

Tuesday, February 20, 2018

8:15a – 8:45a	Dr. Sofia Castro	Florida's Statewide Office of Suicide Prevention, Suicide Prevention Coordinating Council, & Other updates
8:45a – 9:15a	Jaymee Spannring, Jaylene Spannring, Christina Colgary, & Diana Carbonel	Materials to Support Suicide Prevention Training (FSU's SAMHSA Grant)
9:15a – 9:45a	Grace Terry	Suicide Prevention for the Suicide Bereaved
9:45a – 10:00a	BREAK	BREAK
10:00a – 10:30a	Summer DeBastiani	Monroe County Suicide Risk Surveillance
10:30a – 11:00a	Rachelle Burns & Michael Brown	Creating a Local Community Suicide Prevention Coalition
11:00a – 11:30a	Tom Walsh	College of Central Florida's Suicide Prevention Project
11:30a – 12:00p	Mary Bowers	LOSS Team: Active Postvention for Survivors of Suicide Loss

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

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