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## June 2018 Newsletter

### FLORIDA SUICIDE PREVENTION COALITION

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

#### 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 free or reduced registration at FSPC events. Membership information:

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

#### FSPC NEWSLETTER SIGN-UP

Sign up to receive an email announcement when each Newsletter is posted on the FSPC website. Email Steve Roggenbaum, Vice Chair, at [roggenba@usf.edu](mailto: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](http://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. So start shopping and support suicide prevention. *Please remember, don't drive & shop. Shop responsibly.*

#### NEWSWORTHY

##### Teen Suicides Lead To Inventive Class At Clinton High

By Jerry Mitchell, Clarion Ledger, April 28, 2018

Link: <https://www.clarionledger.com/story/news/2018/04/28/teen-suicides-lead-inventive-class-clinton-high/550558002/>

At Clinton High School, a strategy for reducing teen suicides starts with hugs and paper sacks. Each day for her class' suicide prevention unit, sociology teacher Sherri Ottis greets students at the door with a sign that reads, "Pick One! Handshake, High Five, Hug." Eryka Greene, an 18-year-old senior, welcomed the sign "because I'm a very affectionate person. Getting hugs from Mrs. Ottis has brightened my day." Some students like the high fives, and others enjoy teaching Ottis special handshakes.

After entering the door, many students stop and check the paper sacks with their names, finding compliments and other positive comments their classmates have made about them — all anonymously. *Students in the suicide prevention unit of the sociology class taught by Clinton High School teacher Sherri Ottis have their own sacks, where they receive anonymous compliments and other positive messages.* Students love the paper sacks, so much so that Ottis said they ask her to do it the rest of the year.

"Many of the kids who commit suicide are feeling badly about themselves," she said. "They're depressed, which doesn't mean if you're depressed you're suicidal."

Through the art of giving compliments, students discover "they have the ability to lift up others," she said. "It gives them practice in kindness."

Educators and others across the U.S. are grappling with approaches to the growing numbers of youth suicide, which have increased nationally more than 70 percent over the past decade among those ages 10 to 17. The Centers for Disease Control and Prevention tracks children as young as 10 who take their own lives, Ottis said, because "the ages where children are committing suicide are getting younger and younger." Under Mississippi law, schools are now required to teach suicide prevention to students, she said.

Her suicide prevention unit involves the work of getting students to share what they're thinking and what they're feeling. In her class Wednesday, she asked students, "What's it like being a teenager?"

The answers poured in.

"It's hard."

"It sucks."

"One day, you may feel like it's over."

She asked the students if they feel teenagers overreact to situations. Several agreed, with one adding, "Suicide should never be the answer." Ottis asked what caused them stress in their lives.

"Homework."

"People."

She asked, "Why people?"

"They wreck your soul."

Students talked of spending three hours a day or more on band, sports, singing or other extracurricular activities. They also talked of parents putting too pressure on them to excel.

Before class began, Rebeca Arreguin, an 18-year-old junior, explained, "It is hard to be a young person right now because you can't control that many things. You're still understanding yourself, and you're trying to understand what other people feel."



She recalled her best friend attempting suicide. “It was really hard, but I didn’t think there was a way to help her,” she said. “It was difficult because once it’s on their mind, you can’t take it out.”

Savannah Avery, a 16-year-old junior, suffered from severe depression her eighth-grade year. “I felt like I was by myself. Mrs. Ottis’ class makes you realize that you’re not alone,” she said, “and there are ways to help you get through.” Clinton High student Savannah Avery said suicide prevention unit gave her tools to help recognize those struggling — as well as ways to help them.

Abby Jackson, a 17-year-old junior, battles manic depression each day, and when she was in eighth grade, someone in her immediate family tried to [die by] suicide “right next to me,” she said. “I feel like (suicide prevention) is something everybody needs to know about, even if they don’t know anyone who has been through it.”

Natalie Hampton, a 16-year-old junior, said the class helped her learn what it means to be a family. Before then, “I wasn’t really open to sharing my feelings with my friends,” she said. “I liked them from a distance. And then I learned it was OK to share your feelings with others. And I hope my friends feel the same way about me — and share their feelings with me.” Students who take this course must sign an honor code.

“We’re family, and what we do belongs to us,” Ottis said. “And if other students want to know what’s going on, they can take the class. . . . “We have students — and every school has this — there are students who have been raped, there are students who have been molested, there are students who have tried to take their own lives, multiple times. I truly believe this class makes a difference.”

## ALSO NEWSWORTHY

### **Kaiser Permanente Commits \$2 Million to Gun Injury Prevention Research**

Press Release. New public health initiative to focus on preventing injuries and death from firearms

Link: [https://share.kaiserpermanente.org/article/kaiser-permanente-commits-2-million-to-gun-injury-prevention-research/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=CMHNetwork+Friday+Update+5-4-18&utm\\_campaign=CMHNetwork+Friday+Update+5-4-18](https://share.kaiserpermanente.org/article/kaiser-permanente-commits-2-million-to-gun-injury-prevention-research/?utm_source=ActiveCampaign&utm_medium=email&utm_content=CMHNetwork+Friday+Update+5-4-18&utm_campaign=CMHNetwork+Friday+Update+5-4-18)



OAKLAND, Calif. — Kaiser Permanente, the nation’s largest integrated health system, is investing \$2 million in research to prevent gun injuries and death.

This initial research funding demonstrates Kaiser Permanente’s commitment to the health of the communities it serves by addressing preventable gun-related injuries and death, whether by suicide, homicide or accident. As part of this effort, Kaiser Permanente has launched the Kaiser

Permanente Task Force on Firearm Injury Prevention.

“Going forward, we will study interventions to prevent gun injuries the same way we study cancer, heart disease and other leading causes of preventable death in America,” says Bechara Choucair, MD, Kaiser Permanente’s chief community health officer and task force co-lead. “The best-in-class preventive and specialized care Kaiser Permanente provides is accomplished, in part, by using rigorous research, without bias, to determine which strategies are effective.”

With a long history of investigating issues of importance to health systems and the nation, Kaiser Permanente is bringing the same expertise and rich data sources to gun-injury research. This clinician-guided research will identify evidence-based tools to guide clinical and community prevention efforts.

In 2016, firearm-related injuries claimed over 30,000 lives in America. Kaiser Permanente physicians and nurses treated more than 11,000 victims of gunshot wounds in 2016 and 2017.

“Our doctors and nurses, along with our safety net partners in the community, are on the front lines, every day, saving the lives of gunshot victims,” says David Grossman, MD, MPH, a nationally recognized leader in gun injury prevention research, Washington Permanente Medical Group and task force co-lead. “Oftentimes, families and communities are left shattered. Our mission, to improve the health of Kaiser Permanente members and the communities we serve, requires us to take preventive action.”

Kaiser Permanente will collaborate with key stakeholders to share findings and disseminate best practices through various channels such as webinars, white papers and peer reviewed publications.

“We will share our insights and provide practical, real-world guidance in clinical and community settings,” notes Elizabeth McGlynn, PhD, vice president for Kaiser Permanente Research, who will lead development of the research initiative with Dr. Grossman. “We plan to make our research results publicly available and hope to serve as a model for addressing and effectively disseminating research findings in communities nationwide. We encourage other private-sector and philanthropic organizations to join us in funding this much needed public health research.”

#### *About Kaiser Permanente*

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America’s leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve more than 12 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal Permanente Medical Group physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. For more information, go to: <https://share.kaiserpermanente.org/>

## **YET ANOTHER NEWSWORTHY ITEM**

### **Governor Bullock Announces New Statewide Suicide Prevention Tool**

*Montana State University (MSU) receives grant to launch statewide online cognitive behavioral therapy intervention, implement youth program in Great Falls*

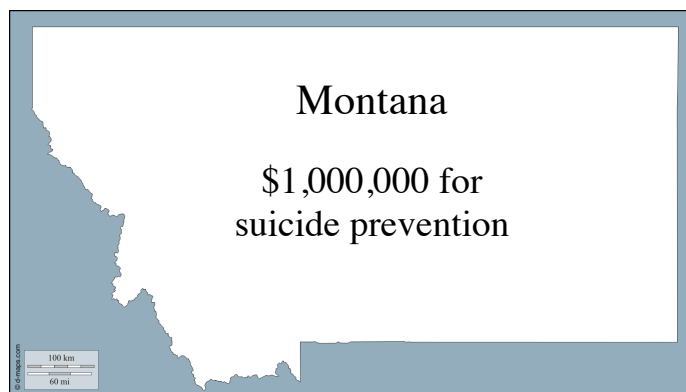
Char Koosta News: The Official News Publication of the Flathead Indian Reservation. May 3, 2018

Link: [http://www.charkoosta.com/news/governor-bullock-announces-new-statewide-suicide-prevention-tool/article\\_a3bf072a-4ecc-11e8-a630-83b1e71bcb80.html](http://www.charkoosta.com/news/governor-bullock-announces-new-statewide-suicide-prevention-tool/article_a3bf072a-4ecc-11e8-a630-83b1e71bcb80.html)

MONTANA — Governor Steve Bullock announced a \$378,000 suicide prevention grant awarded to Montana State University to launch a new suicide prevention technology tool and to implement an evidence-based school prevention program.

“I’m pleased to see Montana State University join other schools, emergency departments, and local community and public health organizations across the state in finding ways to provide support and save lives,” Bullock said. “This is one of the most difficult issues to wrap our arms around, but by working together and with continued perseverance, we can make a real difference.”

The Montana State University Center for Mental Health Research and Recovery (CMHRR) was awarded \$221,000 to evaluate online cognitive behavior therapy (CBT) statewide and a \$157,000 grant to implement the Youth Aware of Mental Health (YAM) program within the Great Falls School District.



Governor Bullock included in his 2017 budget and the Legislature passed HB 118, sponsored by Rep. Jonathan Windy Boy, to provide \$1 million for suicide prevention in Montana. A total of \$750,000 was allocated for schools and community organizations to implement evidence-based suicide prevention programs. A total of \$250,000 is dedicated to the continued implementation of the Montana Native Youth Suicide Reduction Strategic Plan.

CMHRR plans to launch a Montana-specific CBT program, led by Mark Schure, Ph.D., to help 1,000 people ages 18 and older suffering from depressive symptoms.

With increased Internet accessibility, computerized CBT has emerged as a viable intervention for depressive symptoms, and is especially valuable to those in rural Montana who have limited mental health treatment options due to workforce shortages. "This is a tool that really adapts well to rural Montana," Schure said. "We're eager to put this technology into motion in our state."

MSU researchers launched a Montana-specific CBT pilot project in 2017 that has shown great promise in reducing depressive and anxiety symptoms in adults with depressive symptoms. The Montana-specific version of CBT is a sophisticated interactive digital program using a large video format platform intended to enhance engagement. It has the capacity to reach and help individuals in every Montana county who are suffering from depressive symptoms, which can increase thoughts of suicide and risk of suicidal behaviors.

Matt Kuntz of NAMI-Montana said CBT helps teach people skills that are necessary to deal with depression and anxiety before those conditions escalate into a crisis.

"CMHRR has devoted significant resources into studying the effectiveness of online cognitive behavior therapy, and they now have a Montana-specific program ready to launch, so the timing is perfect," Kuntz said. "This is an incredible, easy-to-access tool that we know works and will be available across the state for those who desperately need help."

State of Montana Adjutant General Matthew T. Quinn said CBT has great potential.

"The format and approach CBT provides will be very appealing to veterans and current service members, especially those who may have trouble working traditional care into their 9 to 5 schedules, or otherwise face treatment access barriers," Quinn said.

YAM is a universal evidence-based mental health promotion program for 14 to 16-year-olds. In 2016, MSU launched a pilot study testing the feasibility and acceptability of a Montana-adapted YAM program. Matt Byerly, M.D., Director of the MSU CMHRR, and the YAM developers trained 12 YAM facilitators who delivered the evidence-based suicide prevention intervention to 1,387 students in eight diverse Montana schools during the 2016-2017 school year. In addition to positive outcomes on factors related to suicide, the pilot study showed the feasibility of implementing YAM with high fidelity in a variety of school contexts: urban, rural, and tribal.

DPHHS Director Sheila Hogan said with the MSU announcement, all the HB 118 funding has been released. She said the funding touches all American Indian Reservations and four Urbans, and nearly every county in the state stands to benefit.

“There is still plenty of work ahead, but I believe we’re on the right track,” she said. “There is a movement under way in Montana to address this issue, and our agency is proud to be a part of it. I’m hopeful that once these efforts are fully implemented, we’ll be able to prevent future tragedies.”

In February, Bullock announced \$372,000 in grant awards to Montana community organizations, health care providers, and schools to expand current or launch new evidence-based suicide prevention programs.

Billings Clinic received \$107,000 to implement a community-based suicide detection and prevention program in 11 eastern Montana Critical Access Hospital emergency departments (EDs). Other grant awards went to local county health departments, schools and other organizations all across Montana.

Hogan said DPHHS will collect information at the end of the biennium from each grant recipient to help understand the effectiveness of each program in decreasing the suicide rate in their community or region of the state.

## YET ONE MORE NEWSWORTHY ITEM

### Active Minds Healthy Campus Award

*Honoring campuses that champion student health*

The Active Minds Healthy Campus Award recognizes colleges and universities that are leading the way in prioritizing student health. It recognizes schools that provide access to quality healthcare and champions institutions that not only serve students’ physical health but give equal priority and investment to mental health.

This prestigious award is now in its third year. To learn more about the innovative practices each of the 2018 winners have implemented across their campus, view the Healthy Campus 2018 press release or sign up for the Active Minds Healthy Campus webinar on best practices and more.

The Active Minds Healthy Campus Award is made possible through the generous support of Peg’s Foundation.

#### 2018 Awardees

University of South Florida  
Arizona State University  
University of South Carolina  
Duke University (NC)  
Jefferson Community College (NY)  
Kent State University (OH)  
University of Oregon



Link: <https://www.activeminds.org/programs/healthy-campus-award/>

## IN FOCUS

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



**Myrtice Landers:** FSPC Region 5 Director (Pinellas, DeSoto, Sarasota).

Myrtice is our newest FSPC Regional Director serving Region 5. Originally born in Georgia, she moved to Florida at a very young age and we might as well consider her an honorary native Floridian. She obtained all three of her higher education degrees (BA, MA, and EdS) from the University of Florida. Myrtice and her husband, Anthony, had five children, one of whom works with Steve Roggenbaum, FSPC Vice Chair. Myrtice worked in university advising

and coordination for nearly 30 years, contributing her efforts with students at the University of South Florida including seven years as an academic advisor in the USF Athletics Department. Myrtice has contributed her time and effort as a Guardian ad Litem GAL Pal and is very active in her church and it's District administration. At the church district level, she has extended her expertise as: Finance Board Secretary, District's Board of Directors Secretary, Christian Board of Education member, and District Superintendent's Administrative Assistant. She is also an instructor for Church of God by Faith Theological Institute.

Myrtice's son, SPC Derek A. Landers, Army Reserve, died by suicide on June 16, 2015. After her son's death by suicide, she searched for ways to understand and for ways to get involved. She attended the Tragedy Assistance Program for Survivors (TAPS) *National Military Suicide Survivor Seminar and Good Grief Camp* in 2016 and wrote an article for our FSPC Newsletter (November, 2016). Myrtice is an American Gold Star Mother (Tampa Bay chapter), Veteran & Family Outreach Support for Suicide Survivors (VFOSSS) board member, and a Blue Moon 211 (suicide prevention) team member. Ms. Landers attended training in safeTALK, Youth Mental Health First Aid, and Applied Suicide Intervention Skills Trained (ASIST). She has been a FSPC member for over two years and joins us as our newest Regional Director.

Myrtice describes herself currently as retired widow, dedicated to serving God and promoting suicide awareness. Myrtice states that she wants to provide suicide awareness in communities, direct those in need to agencies, be a voice for those who died by suicide, connect with survivors of suicide, and extend love.

## 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.*

### **Suicide Prevention Training: Policies For Health Care Professionals Across the United States as of October 2017**

Abstract from The American Journal of Public Health (AJPH)

**Objectives.** To identify and compare state policies for suicide prevention training among health care professionals across the United States and benchmark state plan updates against national recommendations set by the surgeon general and the National Action Alliance for Suicide Prevention in 2012.

**Methods.** We searched state legislation databases to identify policies, which we described and characterized by date of adoption, target audience, and duration and frequency of the training. We used descriptive statistics to summarize state-by-state variation in suicide education policies.

**Results.** In the United States, as of October 9, 2017, 10 (20%) states had passed legislation mandating health care professionals complete suicide prevention training, and 7 (14%) had policies encouraging training. The content and scope of policies varied substantially. Most states (n = 43) had a state suicide prevention plan that had been revised since 2012, but 7 lacked an updated plan.

**Conclusions.** Considerable variation in suicide prevention training for health care professionals exists across the United States. There is a need for consistent policies in suicide prevention training across the nation to better equip health care providers to address the needs of patients who may be at risk for suicide.

Graves, J.M., Mackelprang, J.L., Van Natta, S.E., & Holliday, C. (2018). Suicide prevention training: Policies for health care professionals across the United States as of October 2017. *American Journal of Public Health, 108*(6), 760-768. doi: 10.2105/AJPH.2018.304373

Report Link: <https://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2018.304373?utm>

## AVAILABLE RESOURCE

### 2nd Annual Youth Suicide Prevention Symposium

<https://docs.google.com/forms/d/e/1FAIpQLSehbb3qRPvxj9HaJKKKiUqlmFFL7j7edmk3mFQ4xWM6gR8WsA/viewform>

The *2nd Annual Youth Suicide Prevention Symposium* is July 18th, 2018 from 9:00 am-4:00 pm in the Thomas Coward Auditorium 224 SE 24th St. Gainesville, Florida 32641. Registration begins at 8:30 – continental breakfast will be provided.

The symposium is free and open to all interested in this topic including parents/guardians, teachers, law enforcement, healthcare providers, mental health professionals, and child advocates. This event will be focused on raising awareness about teen suicide, sharing suicide prevention strategies, and discussing the specific needs of teen emotional health and well-being. In addition, there will be information provided about local resources and programs.

## WHAT'S HAPPENING



June 5 (12 - 1:00 pm). Webinar: *Mental Health Apps on Your Smartphone: Do They Work?*

[https://jbsinternational.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=jbsinternational&service=6&rnd=0.6030896450803119&main\\_url=https%3A%2F%2Fjbsinternational.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b0000004efef5abcd98037d6a182ce3eab72e93a8e933a1e8064a03cb1098b21693b7b7e%26siteurl%3Djbsinternational%26confViewID%3D90218748815909135%26encryptTicket%3DSDJT SwAAAARYdHpjkZQlIHZ09Zkw2Bjx5EbzSR9L4lZr14a2rwQQNw2%26](https://jbsinternational.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=jbsinternational&service=6&rnd=0.6030896450803119&main_url=https%3A%2F%2Fjbsinternational.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b0000004efef5abcd98037d6a182ce3eab72e93a8e933a1e8064a03cb1098b21693b7b7e%26siteurl%3Djbsinternational%26confViewID%3D90218748815909135%26encryptTicket%3DSDJT SwAAAARYdHpjkZQlIHZ09Zkw2Bjx5EbzSR9L4lZr14a2rwQQNw2%26)

June 5 (3 - 4:30 pm). Webinar: *The Intersection of Opioid Abuse, Overdose, & Suicide: Understanding the Connections, Part 1*. <https://captconnect.edc.org/event/10056>

June 5 (3 - 4:30 pm). Webinar: *The Intersection of Opioid Abuse, Overdose, & Suicide: Understanding the Connections, Part 1*. <https://captconnect.edc.org/event/10056> June 28 (3 to 4:30 pm). Webinar: *The Intersection of Opioid Abuse, Overdose, and Suicide: Understanding the Connections, Part 2*. <https://captconnect.edc.org/event/10056>

July 18, 2018 (9am – 4pm). *2nd Annual Youth Suicide Prevention Symposium*. Thomas Coward Auditorium, 224 SE 24th St. Gainesville. Register: <https://goo.gl/forms/jWz8aDII2YtnPevc2>

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

September 7-9, 2018, National Weekend of Prayer for Faith, Hope, & Life (National Action Alliance for Suicide Prevention) <http://actionallianceforsuicideprevention.org/faithhopelife>

September 10, 2018. *World Suicide Prevention Day*. Global activities.

September 10 - 16, 2018. *National Suicide Prevention Week*. <http://www.suicidology.org/about-aas/national-suicide-prevention-week>

September 2018. *National Suicide Prevention Month*.

September 22, 2018 (8:00 am – 11:00 am). *16<sup>th</sup> Annual Life; Story 5K/10K Run and Walk: For Depression Awareness and Suicide Prevention*. Nathan Benderson Park, Sarasota. <https://giving.centerstone.org/life-story/>



## 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/>

*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>

*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.projectchildsafesafe.org/safety/safety-kit/Florida>

## AN EXTRA HELPING . . .

### 31 Tips to Boost Your Mental Health

From Mental Health America website

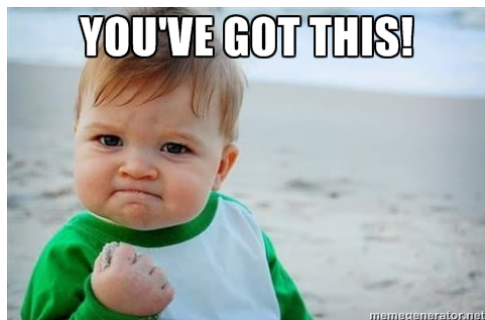
Link: <http://www.mentalhealthamerica.net/31-tips-boost-your-mental-health>

*Check out the link above for the full 31 tips but here are a few.*

**Track gratitude and achievement with a journal.** Include 3 things you were grateful for and 3 things you were able to accomplish each day.

**Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can’t drink coffee because of the caffeine, try another good-for-you drink like green tea.

**Set up a getaway.** It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!



**Work your strengths.** Do something you're good at to build self-confidence, then tackle a tougher task.

**Keep it cool for a good night's sleep.** The optimal temperature for sleep is between 60° and 67° Fahrenheit.

***"You don't have to see the whole staircase, just take the first step."*** - Martin Luther King Jr.

Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.

**Experiment** with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

**Show some love to someone in your life.** Close, quality relationships are key for a happy, healthy life.

**Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days.** The flavanoids, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.

#### **FSPC MEMBERSHIP**

New FSPC Membership or Renewal information available online at:

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