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July 2018 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

ARE YOU A FSPC MEMBER?

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

SUPPORT FSPC WHEN YOU SHOP



Anyone shop online? 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. So start shopping and support suicide prevention. *Please remember, don't drive & shop. Shop responsibly.*

NEWSWORTHY

Open Letter

By Stephen Roggenbaum, USF & FSPC Vice Chair, June 12, 2018

The recent deaths of two celebrities, chef Anthony Bourdain and designer Kate Spade, has increased the conversation on suicide with numerous articles, television news stories, social media posts, tributes, and office cubical conversations. Our hearts go out to the family and friends of all suicide loss survivors, particularly Anthony Bourdain and Kate Spade. Where is that same reaction, intensity, and concern when we lose over 3,000 Floridians each year to suicide for three years straight. Despite the statistical rareness of death by suicide and knowing Florida ranks 28th in the nation in our rate of suicide deaths, one death by suicide is one too many.

But I'm not trained!! A young man is alive today because one of my colleague's husband got involved. He wasn't trained but he didn't think "it's not my problem," nor was he in too much of a rush to get involved. While my colleague's husband was out for a hike he noticed a young man carrying a rope who seemed a little out of place, approached him, and engaged him in a conversation. The young man confided that he was struggling. Without training, my colleague's husband recognized a young man potentially in distress, established rapport, provided the young man options (e.g., going home, phoning authorities), and ensured the young man's safety by escorting him to his house and connected him with his mother.

Warning signs may indicate someone is struggling and considering suicide. By knowing the warning signs, we can be better prepared to intervene when we see a friend, coworker, neighbor, or relative in distress. Don't be afraid to reach out; tell your friend you've noticed changes – something has changed or is different and you're worried. This open dialogue can help individuals feel relief, know that someone cares about them, and perhaps they'll seek professional help. Asking someone about suicide does not plant the idea in his/her mind. Asking someone directly if he or she is thinking about suicide in a caring manner can help a person realize it's okay to struggle, talk about it, and seek help. Review warning signs at The American Association of Suicidology's website: <http://www.suicidology.org/resources/warning-signs>

Help is available. If you or someone you know is struggling emotionally, in crisis, or having thoughts of suicide reach out to the National Suicide Prevention Lifeline at 800-273-8255 (TALK) or the Crisis Text Line at 741741.

ALSO NEWSWORTHY

Finding Hope: Battling America's Suicide Crisis (TV Special by CNN)

Finding Hope: Battling America's Suicide Crisis is a CNN Special Report hosted by Anderson Cooper.

Anderson Cooper 360 (CNN) hosted a special broadcast Sunday evening June 24, 2018 on Suicide (*Finding Hope: battling American's Suicide Crisis*). The show is about 50 minutes in length. You can find it online at: <https://www.cnn.com/videos/us/2018/06/24/finding-hope-suicide-special-report-full-show.cnn>

THIS IS AN ELECTION YEAR!

By Stephen Roggenbaum, FSPC Vice Chair, June 25, 2018

This is an important election year for Florida. No, we're not electing a new President but Florida is voting on numerous other positions. WHY is this important? There will be lots of campaigning, town hall meetings, and candidate forums. These meetings often create wonderful opportunities for each of us to ask questions about what a candidate might do to support suicide prevention, if the candidate knows Florida has the third highest number of suicide among states, or if he/she is planning to fund the Statewide Office of Suicide Prevention with a separate budget (or other issue of concern to you). No matter what your views are, get involved, learn about the candidates, ensure you're registered to vote, and VOTE. The FSPC produced an Advocacy Newsletter last year with

significant information and valuable resources. Please visit the FSPC Website Newsletter section and scroll down list on left to find and review the *Special Advocacy Newsletter 2017* at:

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

The Florida Department of State, Florida Division of Elections has a wealth of information: The 2018 Florida gubernatorial election will be held on November 6, 2018, alongside a U.S. Senate election, U.S. House elections, and other state and local elections. Floridians are able to vote for:

Governor and Lieutenant Governor
 Attorney General
 Chief Financial Officer
 Commissioner of Agriculture
 State Senator (Only even numbered districts)
 State Representative (All Districts)

And for Federal-level positions representing Florida:

U.S. Senator (One of two seats)
 Representative in US Congress (All Districts)



A General Election is held in November of every even-numbered year. The Primary Election is held 10 weeks before the General Election for purposes of nominating party nominees to be voted for in the General Election to fill a national, state, county, or district office. The election dates for 2018 are:

Primary Election: August 28, 2018
 General Election: November 6, 2018

View Candidate Listing for 2018 General Election:

<http://dos.elections.myflorida.com/candidates/CanList.asp>

IN FOCUS

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

THANK YOU!!! The Florida Suicide Prevention Coalition would like to recognize Myrtice Landers, FSPC Region 5 Director (Pinellas, DeSoto, Sarasota), and Sue Ophiem Region 8 Director (Charlotte, Collier, Glades, Hendry, Lee), as super FSPC volunteers. Myrtice and Sue called, emailed, contacted, and followed up with all of our previously listed suicide survivor support group contacts to verify, correct, and update the information. The process took nearly two months of active work, patiently waiting, gently encouraging, and documenting. We should add that Myrtice was strictly a volunteer (not a Regional Director yet) when she signed on to help FSPC in this herculean effort.

As a result of Sue and Myrtice's efforts, the FSPC now has much more accurate and helpful information for suicide survivor support groups throughout Florida. The FSPC is in the process of transferring all the updated information to our website for easy access for our members and website visitors. An additional shout out to Jeff Bousquet, our webmaster for toiling to update our websites resources, section by section, for each of our Regions. You should see online updates over the next month or two.



If you spot an issue under Resources in your Region or find an error on the website, contact FSPC Vice Chair, Stephen Roggenbaum at roggenba@usf.edu

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.

2017 Youth Risk Behavior Surveillance System (YRBSS) Released

The Youth Risk Behavior Surveillance System (YRBSS) is a national school-based survey

conducted every two years and produces representative information for the nation, states, and large school district. The YRBSS monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including *Behaviors that contribute to unintentional injuries and violence*. This section includes five suicide-related items.

The sampling frame for the 2017 national YRBS consisted of all regular public (including charter schools), Catholic, and other non-public schools with students in at least one of grades 9–12 in the 50 states and the District of Columbia. The current report describes overall trends in health-related behaviors during 1991–2017.

YRBSS 2017

Felt Sad or Hopeless (almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)

During the 12 months before the survey, 31.5% of students nationwide had felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities. Feelings were higher among females. The prevalence of having felt sad or hopeless was significantly higher among gay, lesbian, and bisexual and students not sure of their sexual identity than heterosexual students.

These reported feelings decreased during 1999–2009 (28.3%–26.1%) and then increased during 2009–2017 (26.1%–31.5%). However, the results comparing 1999 and 2017 did show a significant increase occurred in the students' reports of having felt sad or hopeless (28.3%–31.5%). Additionally, the results from 2015 to 2017 are so similar that it is not considered a significant change.

Seriously Considered Attempting Suicide (during the 12 months before the survey)

During the 12 months before the survey, 17.2% of students had seriously considered attempting suicide.

These self-reported thoughts of seriously considered attempting suicide decreased during 1991–2017 (29.0%–17.2%). However, these thoughts decreased during 1991–2007 (29.0%–14.5%) and then increased during 2007–2017 (14.5%–17.2%). The results from 2015 to 2017 are so similar that it is not considered a significant change.

Made a plan about how they would attempt suicide (during the 12 months before the survey)

During the 12 months before the survey, 13.6% of students nationwide had made a plan about how they would attempt suicide. The prevalence of having made a suicide plan was higher among female (17.1%) than male (9.7%) students.

During 1991–2017, the percentage of students reporting a plan for suicide in the previous 12 months significant decreased (18.6%–13.6%). The prevalence of having made a suicide plan decreased during 1991–2009 (18.6%–10.9%) and then increased during 2009–2017 (10.9%–13.6%). The results from 2015 (14.6%) to 2017 (13.6%) are so similar that it is not considered a significant change.

Attempted suicide one or more times (during the 12 months before the survey)

Nationwide, 7.4% of students had actually attempted suicide one or more times during the 12 months before the survey. The prevalence of having attempted suicide was higher among female (9.3%) than male (5.1%) students.

During 1991–2017, a significant linear decrease occurred in the overall prevalence of having attempted suicide.

Suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

During the 12 months before the survey, 2.4% of students nationwide had made a suicide attempt resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. The prevalence of having made a suicide attempt resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse was higher among female (3.1%) than male (1.5%) students.

Trend analyses did not identify a significant linear trend in the overall prevalence of having made a suicide attempt resulting in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during 1991–2017 (1.7%–2.4%). *(Sections copied from original report and edited slightly to summarize by Stephen Roggenbaum)*

Kann L, McManus T, Harris WA, Shanklin, S.L., Flint, K.H., Queen, B., . . . Ethier, K.A. (2018). Youth Risk Behavior Surveillance — United States, 2017. *MMWR Surveillance Summary* 67(No. SS-8), 1–114.
doi:<http://dx.doi.org/10.15585/mmwr.ss6708a1>

Report Link: https://www.cdc.gov/mmwr/volumes/67/ss/ss6708a1.htm?s_cid=ss6708a1_e

AVAILABLE RESOURCE

Center for Disease Control and Prevention (CDC) Releases June *Vital Signs* Report on Suicide Rates.

Link: <https://www.cdc.gov/vitalsigns/pdf/vs-0618-suicide-H.pdf>

The Center for Disease Control and Prevention's (CDC's) June *Vital Signs* report was released June 7, 2018. For June's *Vital Signs*, CDC researchers examined state-level trends in suicide rates from 1999-2016. Additionally, 2015 data from CDC's National Violent Death Reporting System, which covered 27 states, was used to look at the circumstances of suicide among people with, and without, known mental health conditions. The *Vital Signs* points to ways that states can take a comprehensive public health approach to suicide prevention and address the range of factors contributing to suicide. The brief document is four pages short with info-graphics, valuable information, and tips / strategies for States and communities, health care systems, employers, and ALL of us.

You can access the Vital Signs report using the following link: www.cdc.gov/vitalsigns



ANOTHER AVAILABLE RESOURCE



MindFest presented by St. Barnabas Episcopal Church & the Episcopal Counseling Center of West Volusia County

MindFest is a time and place to celebrate every thing about mental health and wellness! We will have activities for all ages, including mask-making, Stress-Free Zone!, information sharing, 10 Minute Talks by experts, one-act plays, community painting, Test Your Mood! and a drumming circle with Wolf Martin. The purpose of this event is to raise awareness bout mental health and wellness and reducing stigma which servers as a barrier to help-seeking.

Join the fun and share important information about your group or agency with interested folks in DeLand. A limited number of agencies can be accommodated, so please get your form in early to receive first round choice. To register for a table for your community group, download and print the form at the website (<http://www.eccwestv.org/mindfest>), & email the completed form to lornalind@att.net. She will get back to you to confirm your spot! Just \$10 and the deadline is 9/15/18.

When & Where [*For More Info (386) 747-2807*]:
10:00am to 2:00pm on Saturday, October 6th, 2018
St. Barnabas Episcopal Church,
319 W. Wisconsin Avenue, DeLand, Florida 32720

WHAT'S HAPPENING



July 14 & 15, 2018 (9am – 5pm). *Applied Suicide Intervention Skills Training (ASIST) Workshop*. \$150. 15 CEUs. Tallahassee. Email jsmith@211bigbend.org to register.

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). *16th Annual Life; Story 5K/10K Run and Walk: For Depression Awareness and Suicide Prevention*. Nathan Benderson Park, Sarasota. <https://giving.centerstone.org/life-story/>

October 6, 2018 (10:00 am – 2:00 pm). *MindFest*. DeLand. <http://www.eccwestv.org/mindfest>

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://suicidogrief.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://suicidogriefresources.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>

Coping After Suicide Loss: Tips for Grieving Adults, Children, and Schools. The American Psychological Association tip sheet. <http://www.apa.org/helpcenter/suicide-coping-tips.pdf>

AN EXTRA HELPING . . .

The Simple Exercise That Could Help Calm Anxiety, According To Science

By Emma Loewe, MBG Sustainability Editor, From Mind, Body, Green website, May 29, 2018

Link: <https://www.mindbodygreen.com/articles/why-walking-is-the-answer-to-anxiety>

According to the CDC, one out of every five Americans struggles with mental illness. But in reality, that number is likely much higher. Here at mindbodygreen, we know that a mental health struggle—whether it be anxiety, depression, PTSD, panic attacks, or a diagnosis like bipolar disorder—can teach us more about life, health, and ourselves than we ever thought possible. So in honor of Mental Health Awareness Month, we're sharing personal stories and lessons from those who have been there. Together, we'll continue to add to the honest and open conversation about mental health.

Journalist and health expert Sarah Wilson has long struggled with anxiety. At one point, it was so crippling that she went days at a time without sleeping or leaving her home. Her new book, *First We Make the Beast Beautiful: A New Journey Through Anxiety*, is a powerful look into her lifelong journey with the mental illness, filled with tools to help anyone going through something similar.

When Sarah stopped by the mindbodygreen podcast earlier this month, she shared some of the most transformative lessons she took away from her writing and research (you can tune in to her full episode here!). One of the findings she keeps going back to again and again? When you're anxious, walking is one of the easiest ways to find some peace.

Here, Sarah dives into the fascinating research behind this simple, effective, and totally free tool. Try walking without a destination more often and see what it clears up for you.

The science behind why walking is so calming.

The part of the brain that controls anxiety—the amygdala—is one of the oldest, most primitive parts of the brain. (It's also the part that controls decision making, so the two are intertwined. This is why making decisions when you're anxious is almost impossible, and making too many decisions can actually make us anxious.) This "anxious" part of our brain is really simple. It's a mono-tasker that can do only one thing at a time. And walking has been shown to actually shut down the anxious mechanism, so while we're walking, the anxious part of our brain can shut off a bit.

How does walking help us think more clearly?

When we're walking, we're more likely to have discerning thoughts. That's why you hear about people doing walking meetings at work to help them think better.

I think the cause of a lot of the anxiety we see today is that life now goes at a pace that is not conducive to discerning thought. Our thoughts build up and up and up, and we have no time to work out how we actually feel. It's an information overload. Walking gets us in exactly the right pace and rhythm to think well.

Is all walking created equal?

Walking in nature amps up its benefits, according to science. The Japanese are obsessed with this, and they have popularized the idea of forest bathing. A lot of studies out of Japan have shown that trees and plants emit aerosols that can calm our mind and have a huge impact on human biology.



Another way to amp up your walk is to go to expansive places that bring on a sense of awe. Our oxytocin levels increase when we're in expansive places—ones that make us go, "Oh my god, check out that view." Oxytocin is the love connection hormone. I think that is part of the reason we want to share our photos of nature: because we want to use them to connect with others.

But even if you don't live near green, expansive space, I advocate for just putting on your shoes and getting out there. Because when you're anxious, the idea of having to go out and find some incredible, perfect park with the best sunset ever and beautiful trees is a bridge too far.

Keep it simple: Tie up your shoes and just walk out of the house for 20 minutes. Just walk.

Here are 20 more natural anxiety remedies that might just change your life (<https://www.mindbodygreen.com/articles/natural-anxiety-remedies>).

AN EXTRA, EXTRA HELPING . . .

Suicide: How You Can Make a Difference

June 11, 2018 • Science Update

National Institute of Mental Health webpage

Link: https://www.nimh.nih.gov/news/science-news/2018/suicide-how-you-can-make-a-difference.shtml?utm_source=ActiveCampaign&utm_medium=email&utm_content=CMHNetwork+Friday+Update+6-15-18&utm_campaign=CMHNetwork+Friday+Update+6-15-18

The recent deaths of high-profile public figures and a new Centers for Disease Control and Prevention (CDC) report on rising suicide rates have brought the topic of suicide into everyday conversations. It's important to know some facts and to know what to do if you think someone might be at risk for self-harm. A crisis can pass with time and the most important thing is to stay safe through the crisis and get help.

5 Action Steps for Helping Someone in Emotional Pain

Ask: "Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.

Keep them safe: Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the person has a plan and removing or disabling the lethal means can make a difference.

Be there: Listen carefully and learn what the individual is thinking and feeling. Findings suggest acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.

Help them connect: Save the National Suicide Prevention Lifeline's number in your phone so it's there if you need it: 1-800-273-TALK (8255). You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.

Stay Connected: Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

The Facts

CDC reported that nearly 45,000 people died by suicide in 2016, it is the third leading cause of death among those age 10-34, and the 10th leading cause of death overall. The suicide death rate

has increased in the US since 1999, however it is still a relatively rare event resulting in approximately 13 deaths for every 100,000 people.

Suicide is Complicated

There is no single cause of suicide, it is linked to mental health conditions and stressful life experiences. It's important to reach out and talk honestly with anyone going through a difficult time. Many stressful situations contribute to suicide among those with and without known mental health conditions. Some of the most significant contributing factors include:

- Relationship problems
- A crisis that occurred in the past two weeks or that is expected in the next two weeks
- Substance use problems
- Physical health problems
- Job or financial problems
- Criminal or legal problems
- Loss of housing

The Warning Signs

These are the most common signs that someone is in emotional distress. If you are concerned, take the 5 Action Steps listed above.

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means (e.g., a firearm or pills)
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die

A Community Effort

Suicide is a growing public health problem and the solution will take a community effort. This CDC factsheet highlights how everyone—from states, employers, and schools to the news media and friends—can have an impact on suicide prevention.

Action Steps for News Media

Research shows that the media can influence suicide rates by the way they report on suicide. Evidence suggests that when the media tells stories of people positively coping in suicidal moments, more suicides can be prevented. For best practices for safely and accurately reporting on suicide, please see Recommendations for Reporting on Suicide.

More Information

If you or someone you know need immediate help, call the National Suicide Prevention Lifeline (NSPL) at 1-800-273-TALK (8255). The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. The free service is available 24 hours a day, 7 days a week. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency.

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>