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## February 2019 Newsletter

### FLORIDA SUICIDE PREVENTION COALITION

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

#### ARE YOU A FSPC MEMBER?

Join FSPC, a 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 info:

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

**JOIN OR  
RENEW  
TODAY**

#### FSPC NEWSLETTER SUBMISSIONS

Budding author or information sleuth? Submit news, events, poems, reviews, & writings for FSPC Newsletter inclusion consideration. Be sure to follow safe messaging guidelines. Email Steve Roggenbaum, Chair, at [roggenba@usf.edu](mailto:roggenba@usf.edu)

#### REMEMBERING JUDY BROWARD

By Stephen Roggenbaum, FSPC Chair

It is with a sad heart that I'm reporting that Judy Broward lost her battle with cancer and passed away Sunday, January 20th. I'm fortunate to be able to call Judy a colleague, co-advocate, and my friend.

There will be a memorial service on February 10th at 4:30 pm at the United Church of Gainesville 1624 NW 5th Ave, Gainesville, Florida 32603.

Obituary from the Gainesville Sun:

*BROWARD, JUDITH B. Mrs. Judith B. Broward the wife of Mr. Charles Broward of Gainesville, Florida peacefully passed away Sunday, January 20, 2019. Mrs. Broward was laid to rest that same evening at 1:30PM at the Prairie Creek Cemetery.*

Judy was a tireless advocate for suicide prevention, mental health, youth services, crisis center support, and more. She was very involved with the FSPC for over a dozen years (following the loss of her son), advocating for FSPC and serving as Region Director, Vice Chair, and Chair (I think she was a Region Director for nearly all of her 12 years of involvement). She helped organize the Suicide Prevention Day at the Capitol event for many years and was the lead organizer for the last several years. The wonderful music from Belle and the Band at the DAC was due to Judy's connections. The FSPC benefited from Judy's input, ideas, effort, dedication, advocacy, and leadership in many ways to help move the organization forward. This included forging ahead with our new website after the initial launch with refinements, edits, and updates.

Additionally, she was the primary driver to create The Survivors of Suicide Memory Garden in the Cofrin Nature Park which will be renamed to include Judy Broward's name (this happened in November, 2018). She and others presented the Garden's development at the national American Association of Suicidology conference a couple years ago that I was lucky enough to see (and was extremely fortunate to visit the Garden on a guided tour by Judy along with Pam Mezzina and Betsey Westuba). Additionally, Judy was president of her local chapter of the National Alliance on Mental Illness. A quick search for Judy's name within the Gainesville Sun newspaper will yield a number of articles about Judy, letters to the editor by Judy, and quotes from Judy.

Below is a 2016 article from the Gainesville Sun that highlights the Champion who was Judy Broward (thanks to Rene Barrett for bringing to my attention).

[www.gainesville.com/article/LK/20160101/News/604142828/GS/](http://www.gainesville.com/article/LK/20160101/News/604142828/GS/)

Another article includes, "The family suggests contributions be made in her honor to NAMI of Gainesville, or donations of native plants and care for the Survivors of Suicide Memory Garden."

<https://www.gainesville.com/news/20190127/judy-broward-remembered-for-efforts-in-suicide-prevention>

### **FSPC CONFERENCE: MAKE PLANS TO ATTEND NOW!**

FSPC's annual *Florida Taking Action for Suicide Prevention Conference* is being hosted at the Florida Sheriffs Association Training Center, 2617 Mahan Drive Tallahassee, Florida on two-half days, March 19 - 20, 2019. Registration is open and available online or by mail:

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

An amazing line up of opportunities exists. FSPC will facilitate 22 conference sessions, including two keynote presentations; host a social hour for presenters, Region Directors, and conferees to mingle and network; and offers an early bird special conference registration fee (with even greater savings for FSPC members).

FSPC has reserved a *limited* block of rooms at *Candlewood Suites Tallahassee* (2815 Lakeshore Dr., Tallahassee, FL 32312) for \$99-\$109 (single/double) per night just a few miles from the conference location. Call if you need to reserve a room at the special rate: 850-597-7000 (use group name "Florida Suicide Prevention").

### **SUPPORT FSPC WHEN YOU SHOP**

Amazon donates to FSPC, when you make an online (at Amazon) purchase. Support FSPC by going to [smile.amazon.com](http://smile.amazon.com) and register the *Florida Suicide Prevention Coalition* (FSPC) as your chosen charity. Then start shopping & support suicide prevention.



### **NEWSWORTHY**

#### **After Logging 10,000 Hours at a Crisis Call Center, Here's What I've Learned**

*It's not all about trying to keep someone alive—there are also lonely callers who just want to connect with another human.*

By Carrie Tyree December 10, 2018 O: The Oprah Magazine

Link: <https://www.oprahmag.com/life/health/a25416643/what-a-suicide-crisis-counselor-does/>

I have worked at a 2-1-1 Big Bend, a crisis center and information referral line in Tallahassee, Florida, since 2000.

I've logged about 10,000 hours on hotlines, but I still never know what to expect when the phone rings. My goal, however, is always the same: Make an authentic connection.

Each conversation is different. I introduce myself first and ask callers their name. Some immediate questions need to be answered—like “Have you hurt yourself already?”—to determine whether a situation is high risk and if we need to send help. Usually I ask open-ended questions: Can you share what you're going through? What's brought you to this decision? I paraphrase things the caller says, so she knows I'm hearing her and because it gives her clarity.

But there are instances where the first thing someone says is, “I've got a gun. I'm going to kill myself. What are you going to do to make me change my mind?”

That situation needs a different tactic. I might say, “It sounds like you've made up your mind, but I just picked up the phone. What about giving me a moment to hear what you're going through?”

I just try to focus on taking care of the person while I have him on the line; my longest conversation was three and a half hours. Normally, we don't hang up until a positive outcome, like a caller's promise not to harm himself today, has been reached.

The holidays aren't busier than any other time of year, but we do see spikes after high-profile suicides or a large crisis. When Hurricane Michael hit Florida in October, we had a 400 percent increase in calls.

And I don't spend every second of my day trying to keep someone in crisis alive. We have “active” callers who are lonely and just want to connect with another human being. We also hear from people looking for resources or food.

That's how I came to the hotline. Twenty-five years ago, I was in a diving accident that broke my neck. I called for information about transportation, but the young woman who answered just knew I needed to talk. We had an hour-long conversation, and she helped me get back on my feet, so to speak. This work still fills my cup all the time.

## **ALSO NEWSWORTHY**

### **American Association of Suicidology Releases *Media as Partners in Suicide Prevention Toolkit***

Download Link: <https://mailchi.mp/31bde301b354/mediasuicideprevention>

WASHINGTON, D.C.: The American Association of Suicidology (AAS), in partnership with The Ohio Department of Mental Health and Addiction Services, Nationwide Children's Hospital, and Ohio University's E.W. Scripps School of Journalism, has released an updated, comprehensive, and evidence-based set of recommendations for media organizations and journalists who report on suicide and suicide prevention activities - *Suicide Reporting Recommendations: Media As Partners in Suicide Prevention*.

“Our team set out to create a resource that values the perspectives of journalists, those with lived experience related to suicide, and mental health professionals. In practice, this document is meant to increase a journalist's awareness of suicide reporting elements that lead to authentic, meaningful, and responsible stories,” said John Ackerman, clinical psychologist at Nationwide Children's Hospital and suicide prevention coordinator at the Center for Suicide Prevention and Research.

This unique set of recommendations was developed to expand the guidelines in existence, as well as to increase access to an ever-growing, critical resource. The purpose of the toolkit is to provide media professionals with application-based recommendations while also providing background context on the development of why the individual components are important for consideration. The content is meant to empower journalists in their roles as partners with suicide prevention professionals.

“I’m thrilled that our continued relationships between media and suicide prevention professionals has resulted in such an action-oriented resource,” said Colleen Creighton, AAS Executive Director. “The high-profile suicide deaths of this summer and continued media attention to suicide prevention have exemplified the need for evolving thought and understanding to approaching the public about this public health issue.”

A key component of this toolkit is its inclusion in the development process of the voices of those who have survived their own suicide attempts or continue to experience thoughts of suicide. This effort was significantly amplified by the perspectives and experiences of suicide loss survivors and journalism professionals.

## YET ANOTHER NEWSWORTHY ITEM

### Providing Additional Support to Florida Veterans: Florida Veterans Support Line Staff at the Crisis Center of Tampa Bay

Source: Crisis Center of Tampa Bay January 17, 2019 e-newsletter

Read more about Florida Veterans Support Line at: <https://www.myflvet.com/>

The Crisis Center of Tampa Bay has contracted with the U.S. Department of Veterans Affairs (VA) and the Florida Department of Children and Families (DCF) to expand services provided to Florida veterans through the Florida Veterans Support Line (1-844-MyFLVet). The Crisis Center is also working with the Florida Department of Veterans’ Affairs to facilitate inter-agency collaboration for 1-844-MyFLVet.

The new funding will place veteran peer care coordinators and veteran resource management staff at local non-profit organizations throughout Florida that answer calls from the Florida Veterans Support Line.

## 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.*

### Thrive On Campus

Link: <https://thriveglobal.com/categories/thrive-on-campus/>

Thrive Global — the media and technology company created to help end stress and burnout by providing science-based solutions — has launched *Thrive on Campus*, a new website dedicated to college mental health resources.

*Note by Stephen Roggenbaum: I checked out the website and found a number of interesting articles even though I haven’t been a college student for many, many years.*

## AVAILABLE RESOURCE

### Improving Care to Prevent Suicide Among People with Serious Mental Illness

National Academies of Sciences, Engineering, and Medicine. 2018. *Improving Care to Prevent Suicide Among People with Serious Mental Illness: Proceedings of a Workshop*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25318>

Link: <https://www.nap.edu/catalog/25318/improving-care-to-prevent-suicide-among-people-with-serious-mental-illness>

Suicide prevention initiatives are part of much broader systems connected to activities such as the diagnosis of mental illness, the recognition of clinical risk, improving access to care, & coordinating with a broad range of outside agencies and entities around both prevention and public health efforts. Yet suicide is also an intensely personal issue that continues to be surrounded by stigma.

On September 11-12, 2018, the National Academies of Sciences, Engineering, and Medicine held a workshop in Washington, DC, to discuss preventing suicide among people with serious mental illness. The workshop was designed to illustrate & discuss what is known, what is currently being done, and what needs to be done to identify & reduce suicide risk. *Improving Care to Prevent Suicide Among People with Serious Mental Illness* summarizes presentations & discussions of the workshop. This report is available for free download as a PDF or can be ordered in paperback at link above.

## WHAT'S HAPPENING



February 9, 2019 (7:00 am Breakfast; 8:00 am - 3:30 pm Conference). Miami-Dade Community College's *4<sup>th</sup> Annual Suicide Prevention Conference*. Nicklaus Children's Hospital - Main Auditorium, 3100 SW 62<sup>nd</sup> Avenue, Miami.  
<http://www.nicklauschildrens.org/cme>

March 19 & 20, 2019. *FSPC's Fourth Annual Florida Taking Action for Suicide Prevention Conference* is a two-half day event in Tallahassee. <http://floridasuicideprevention.org/fspcevents/>

March 20, 2019 (Wed., 1:30 pm). *Florida's Suicide Prevention Coordinating Council meeting* in Tallahassee is open to interested observers. <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/meetings>

March 20, 2019 (Wed., 7:00 – 8:30 pm, doors open at 6:30 pm). *Lighting the Darkness - Evening of Remembrance* sponsored by Big Bend Hospice in Tallahassee.

March 21, 2019 (8:00 am – 4:00 pm). *Suicide Prevention Day at the Capitol* (Tallahassee) sponsored by the American Foundation for Suicide Prevention (AFSP). More information to follow.

## 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>



*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>

*The Steve Fund.* Dedicated to the mental health and emotional well-being of students of color. <https://www.stevfund.org/>

### **AN EXTRA HELPING . . .**

#### **Suicide Loss Survivor Support Groups Can be Helpful**

Rene Barrett, FSPC Region 10 Director, has facilitated suicide loss survivor support groups for another organization in south Florida for a number of years. Rene recently shared an email she received from an attendee which is reprinted below (with permission) and a number of additional responses Rene received after sharing the email with the support group.

The Florida Suicide Prevention Coalition lists resources, including support groups, of which we are aware on our website. The resources can be searched by county and are organized by FSPC Region at <http://floridasuicideprevention.org/resources/>

*Hi Rene,*

*I just wanted to let you know how helpful and comforting it was to attend the group last night. I felt I wasn't alone in this and everyone there is so kind.*

*I'm struggling everyday to get through this awful thing. I laughed for the first time last night which gave me a glimmer of hope.*

*Thank you so much for your caring & kindness.*

*I look forward to the next group.*

*Sincerely,*

*Janice Geise*

Below are some of the responses Rene Barrett received after sharing Janice's email:

*"I was not interested in attending a support group, didn't want to share and I certainly didn't want to hear anyone's story. I didn't care about anyone but myself - I was hurting so badly. But I was desperate so I dragged myself to Rene's group. Instantly I found myself trying to comfort the woman to my left. For a brief moment I wasn't focused on me. After the initial fear, I was hungry for every meeting. I can't imagine what my life would have looked like - trying to heal without the group's help. I am forever grateful to you, Rene. Thank you from the bottom of my heart."*

*"That's awesome! I remember that feeling the first night I came to the group. Thank you for keeping me connected to the group. I appreciate it."*

*"Beautiful! Thank you for sharing this. It's the kind of thumbs up review that can inspire and motivate other new survivors to brave a support group, even those who avoid attending groups."*

*"We can give support and show people you can survive."*

*"Support groups are the best we have to help others."*

*"René, thanks for sharing. I miss you all, a lot! I miss the group, I miss the sharing and even the crying".*

Many loss survivors find support in a support group setting, others through counseling, some with their own support network, and a number of folks use a combination of resources and supports.

If you are familiar with support groups not listed on the FSPC website, please feel free to share with us so we might consider including these additional resources.

#### **FSPC MEMBERSHIP**

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>