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November 2019 Newsletter FLORIDA SUICIDE PREVENTION COALITION

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

JOIN OR RENEW FSPC MEMBERSHIP!

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 reduced registration at FSPC events. Not sure when your renewal is due, please contact Rene Favreau, FSPC Treasurer

(rene.favreau@gmail.com) to find out when. Membership info: <http://floridasuicideprevention.org/membership/>



NEWSWORTHY

FLORIDA TAKING ACTION FOR SUICIDE PREVENTION 5TH ANNUAL CONFERENCE

Florida Suicide Prevention Coalition, 10/21/19

The Florida Suicide Prevention Coalition (FSPC) is pleased to announce FSPC's 2020 *Florida Taking Action for Suicide Prevention 5th Annual Conference*. Join FSPC and others February 25, 2020 (1:00 pm - 5:00 pm) & February 26, 2020 (8:30 am - 4:00 pm) at the Florida Sheriffs Association Training Center in Tallahassee. Apply now to present at this statewide conference. The link for 2020 FSPC Conference Proposal Submissions is: https://usf.az1.qualtrics.com/jfe/form/SV_bf8ORX60P83kp0x

FSPC has reserved a limited block of rooms at Candlewood Suites Tallahassee (2815 Lakeshore Dr., Tallahassee, FL 32312) for \$150-\$160 (single/double) per night just a few miles from the conference location. Call to reserve a room at the special rate: 850-597-7000 (use group name "Florida Suicide Prevention").

ALSO NEWSWORTHY

PENDING FEDERAL LEGISLATION

H.R. 4194 – the National Suicide Hotline Designation Act

[H.R. 4194 – The National Suicide Hotline Designation Act](#) establishes 988 as the three-digit telephone number for a national suicide prevention and mental health crisis hotline. The legislation, introduced by Rep. Chris Stewart (R-UT), has bipartisan support in Congress led by Reps. Seth Moulton (D-MA); Greg Gianforte (R-MT); and Eddie Bernice Johnson (D-TX). Behavioral health leaders from across the nation are urging Congress to pass the bill and ensure this service is universally available and fully funded.

H.R. 4309 - The Barriers to Suicide Act

U.S. Representatives Don Beyer (D-VA) and John Katko (R-NY), the co-chairs of the House Suicide Prevention Task Force, and Grace Napolitano (D-CA), founder and Co-Chair of the Congressional Mental Health Caucus today introduced the Barriers To Suicide Act. The bipartisan legislation would create grants for state and local governments to fund nets and barriers on bridges, which have been shown to reduce suicide.

Mental Health Parity Compliance Act

The bipartisan Mental Health Parity Compliance Act (H.R. 3165 / S. 1737) enhances transparency and accountability of coverage for Mental Health and Substance Use. The Mental Health Parity Compliance Act would help by ensuring that insurance companies do the work necessary to comply with the law and are accountable and transparent in how they design coverage.

FOR THE REST OF US

MEMBER REPRESENTS FSPC AT VOLUSIA COUNTY SENIOR EVENT

Kelly Sousa, FSPC Region 12 Director, represented the Florida Suicide Prevention Coalition in early October at Saint Ann's in DeBary for a Senior Health Fair. It was a great event & there was quite a significant turn out representing a variety of ages anywhere from 50 to 80 years old. Kelly estimates she distributed about a 100 pamphlets and nearly 50 business cards with numerous people asking questions. Many attendees stated that they didn't realize that depression for seniors was so prevalent so Kelly was glad she was able to be there to answer a lot of questions and give out the suicide prevention hotline along with a brief description of who FSPC is and what we do! Hopefully this will be the beginning of many additional invitations that FSPC can show up for in the Volusia and Flagler communities.



AVAILABLE RESOURCE

SUICIDE PREVENTION RESOURCE PAGE AND THREE NEW VIDEOS FROM SAMHSA

Link: <https://www.samhsa.gov/suicide>

SAMHSA released new videos and other resources to help prevent suicide and offer support to those in crisis. For example, there is a section on Help for Someone You Know.

Learn how to recognize the warning signs when someone's at risk—and what you can do to help. If you believe someone may be in danger of suicide:

- Call 911, if danger for self-harm seems imminent.

- Ask them if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove any objects that could be used in a suicide attempt.

Learn more here about action steps you can take. You can also call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), talk to their professionals, and follow their guidance.

ANOTHER AVAILABLE RESOURCE

LEGISLATIVE AND ADVOCACY RESOURCE

From the National Federation of Families for Children's Mental Health (NFFCMH)

Link: <https://www.ffcmh.org/legislative-updates>

Want to know where to find legislative information nationally and in Florida? This new resource developed by the National Federation of Families for Children's Mental Health (NFFCMH) lists resources nationally and for each state where you can keep up with the latest legislative news. The NFFCMH invites you to stay up to date on important advocacy and funding opportunities, legislation and other news that impacts youth, parents and families. On their website/link you will find their most recent legislative update slideshow and newsletter and a link to previous updates.

YET ONE MORE AVAILABLE RESOURCE

STATE OF MENTAL HEALTH IN AMERICA REPORT

From Mental Health America (MHA)

Link: <https://mhanational.org/issues/state-mental-health-america>

For the 6th year in a row, Mental Health America (MHA) released its annual *State of Mental Health in America Report*, which ranks all 50 states and the District of Columbia based on several mental health and access measures. Download report at link above.

Key Findings

- Youth mental health is worsening. From 2012 to 2017, the prevalence of past-year Major Depressive Episode (MDE) increased from 8.66 percent to 13.01 percent of youth ages 12-17. Now over two million youth have MDE with severe impairment.
- Adult prevalence of mental health is relatively stagnant, but suicidal ideation is increasing. Suicidal ideation among adults increased from 3.77 percent in 2012 to 4.19 percent in 2017. That's over 10.3 million adults in the U.S. with serious thoughts of suicide.
- Prevalence of substance use disorder (SUD) decreased in both youth and adults. The prevalence rate of substance use disorder, including illicit drug or alcohol dependence or abuse, in adults in the past year decreased from 8.46 percent in 2012 to 7.68 percent in 2017. The prevalence rate of substance use disorder in youth ages 12-17 decreased to 4.13 percent in 2017.
- More Americans are insured, but their coverage is lacking. The proportion of youth with private insurance that did not cover mental or emotional difficulties nearly doubled, from 4.6 percent in 2012 to 8.1 percent in 2017.
- There is still unmet need for mental health treatment among youth and adults. Only 28.2 percent of youth with severe MDE were receiving some consistent treatment, and over 10 million adults still report an unmet need for mental health care.
- Youth are not being identified as having an Emotional Disturbance, which can keep them from accessing necessary accommodations. The proportion of students identified with an Emotional Disturbance for an Individualized Education Program (IEP) was only 7.33 percent per 1,000 students in 2017.

WHAT'S HAPPENING



November 23, 2019. *International Survivors of Suicide Loss Day*. Find an event near you at <https://afsp.org/find-support/ive-lost-someone/survivor-day/>

November 23, 2019. *21st International Survivors of Suicide Loss Day - Day of Healing Conference*. 9:00 am - 4:00 pm. Northwest Regional Library, 3151 N. University Drive, Coral Springs, 33065. Call Florida Initiative for Suicide Prevention (FISP) at 954-384-0344 for reservation.

February 25 & 26, 2020, **Save the Date** *Florida Suicide Prevention Coalition's 5th Annual Florida Taking Action for Suicide Prevention Conference*. Tallahassee. Mark your calendars.

February 27th 2020 (Thursday), *Florida Suicide Prevention Day at the Capitol*. Tallahassee. Mark your calendars now!

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://suicidgrief.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://suicidgriefresources.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) (*NEW Website Link*):

<http://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

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.stevelfund.org/>

AN EXTRA HELPING . . .

A GUIDE TO WORKING THROUGH THE GRIEF AFTER A LOSS BY SUICIDE

By Katie Hurley, LCSW & Medically Reviewed by Allison Young, MD

Everyday Health Website

Link: <https://www.everydayhealth.com/emotional-health/guide-working-through-grief-after-loss-suicide/>

The FSPC Newsletter plans to include portions/chapters of A Guide To Working Through the Grief After a Loss by Suicide over the next few FSPC Newsletters. Last month, we included the Introduction and Chapter 1. Below are Chapter 2 and Chapter 3.

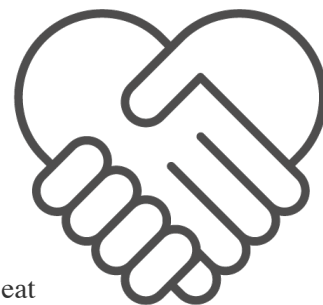
Chapter 2: Being Aware That Feelings of Shock Can Make Even Daily Tasks Challenging

FSPC November 2019 Newsletter

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

The shock that occurs upon learning of a loss by suicide feels overwhelming and possibly never-ending. It might seem like it consumes you. Questions course through your mind as you attempt to pick up the proverbial pieces. You might feel frozen, like you don't know how to do the things that once came naturally to you.

Shock can make things like eating, showering, and sleeping feel impossible. You might find that you ignore your daily personal needs as you go through the motions of getting through each day. This is one of the natural reactions to traumatic information. This is actually one way the mind processes tragedy and protects you from experiencing overwhelming responses all at once. Shock allows you to function as you come to terms with the enormity of the loss.



Shock can weaken your natural defenses. Given that you might find it difficult to eat and sleep as you normally would, this can put you at risk for illness, exhaustion, and poor emotional health. While shock is natural, it's important to call your doctor if it persists, to avoid health risks.

People don't always know how or when to help when friends or loved ones are coping with a suicide. They might attempt to give you space out of respect, but chances are you need hands-on support during those first few weeks.

Ask a close friend or loved one to help you generate a list of practical support to help get you through the shock. Do you need groceries, meals, or other errands? Does a dog need walking? Do you have kids who need extra support? Do you need people to help make phone calls to share the information about funeral arrangements? It can be difficult to ask for help when coping with tragedy, but social support will help you get through this.

Your shock will subside as you get through the initial phase of grief, but everyone has their own timeline. Take your time.

Chapter 3: Finding the Road to Healing After Facing a Loss by Suicide

You might be wondering when the "right" time is to seek help, or if you even need help at all. The truth is that it's never too soon to seek support. Coping with a loss by suicide is complex. All people work through grief in their own ways, but because loss by suicide does come with a stigma, survivors of suicide can feel alone in their grief.

Consider these strategies as you figure out how to work through this difficult time:



Rely on Your Support System

Think about people who have supported you in the past. Consider close family members, friends, colleagues from work, people from your faith-based community (if you have one), and parents of friends of your children (if you have kids). It helps to think about your close friends first, and then zoom out.

Sometimes people resist relying on their support systems for help because they don't want to be a burden. That's an added layer of guilt that can sneak into the grief process, but accessing social support will help you feel less alone and relieve some of the stress of the day-to-day to-do list that feels overwhelming when you're grieving.

Create a Support Map

Sometimes it's difficult to know where to begin. One thing you can do is identify the places you have built in support systems and start there. If you belong to a church or temple, for example, write that down on a piece of paper. Underneath it, write down one or two supportive people there. Make another spot for

family, work, and other important areas of your life. You'll likely find that you already have a solid support system.

Acknowledge and Accept Your Emotions

You might expect to feel sadness, but loss by suicide can also trigger feelings of anger, guilt, shame, loneliness, shock, anxiety, confusion, and sometimes relief. It's important to pay attention to and accept all of your emotions. All of these feelings are to be expected and can come and go as you work toward healing.

Seek Professional Help

Professional psychologists and psychotherapists can help you verbalize and work through your emotions about the loss and help you build adaptive coping skills. There are professionals who specialize in grief, suicide, and certain age groups. If there are grieving children, it's best to seek a therapist who specializes in the child and adolescent population. Family therapy can also be beneficial as the family learns how to rebuild and comes to terms with their new life after suicide.

Seek Out Other Survivors

Suicide can be difficult to understand if hasn't touched your life, but other survivors of loss by suicide can be a great source of support through difficult times. Whether you connect with one other survivor or find a suicide [survivor's group](#), processing your emotions with others who can understand you can be beneficial.

Take Care of Yourself

Grief can rob people of the ability to attend to the mundane. Things that people take for granted, like cooking healthy meals, suddenly feel overwhelming and unnecessary. You do need your strength to ride the emotional roller coaster of life after suicide, and that begins with mindful attention to your physical and emotional needs.

Enlist a buddy to help you practice self-care during this time. A lunch friend, walking partner, or goodnight texter provides support and reminders to attend to your needs.

This Series on Working through Grief After a Loss by Suicide continues in the next few FSPC newsletters.

SUPPORT FSPC WHEN YOU SHOP ONLINE

Have you started your winter holiday shopping yet? Support FSPC when you shop online. Amazon donates to FSPC, when you make an online Amazon purchase. Assist FSPC by going to smile.amazon.com (you must start here and begin shopping from here to have your selected charity receive an Amazon donation) and register the *Florida Suicide Prevention Coalition* (FSPC) as your chosen charity. Then start shopping on Amazon (smile.amazon.com) & support suicide prevention.



FSPC NEWSLETTER SUBMISSIONS

Submit news, events, poems, reviews, & writings for FSPC Newsletter inclusion consideration. Be sure to follow safe messaging guidelines. Email Steve Roggenbaum, Vice Chair, at roggenba@usf.edu

FSPC MEMBERSHIP

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