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February 2020 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

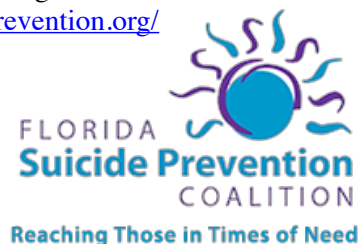
Early Registration with discounted fees is open until 2/7 for Florida Suicide Prevention Coalition's (FSPC) 2020 *Florida Taking Action for Suicide Prevention 5th Annual Conference*.

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.

Registration highlights reduced rates for early registration and reduced rates for FSPC members. Registration is available at: <http://floridasuicideprevention.org/fspcevents/>

Following is a draft agenda to provide a notice of the anticipated conference presentations:

- Non-Suicidal Self Injury: What



is happening in the brain and what can be done to help? Grecsek

- Applying Suicide Prevention Gatekeeper Training on a College Campus. Konopa, Swanbrow Becker, Miller
- Cause and Effect: How First Responders Impact Survivors. Bennett, G.
- The Florida State University Resiliency Project: Building Stronger Students. Miller, Swanbrow Becker, Konopa, Knoepfel, Eto
- Education Channel Youth Suicide Prevention Presentation for Middle & High School Student in Sarasota County. Smith
- Suicide Risk Assessment and Behavior Threat Assessment: Impact both Positive and Negative for Students with Disabilities. Grecsek
- Communities Working Together to Prevent Veteran Suicide. Burns, Dobson
- Preliminary Findings of a Qualitative Inquiry Eliciting Teens', Parents', and School Personnel's Recommended Modifications to a Contact-Based Mental Illness Stigma Reduction and Suicide Prevention Program for High Schools. Beekman, Kosyluk
- Law Enforcement and First Responder Suicide Prevention. Harwood
- Clinicians and Student Clinicians with Lived Experience of Suicidal Thoughts and Attempts. Linthicum, Schandle, Cutler
- Survivor Voices: Sharing your Story Safely and Strategically. Stumpf-Patton
- Noles C.A.R.E. a Real Life Role Play. Spannring, Shapiro
- School violence and mental health: Relationship and approaches. Pumariega
- Collective Impact: Suicide Prevention in Concert and Harmony Across a Community. Mathre
- TAPS Postvention Model: Caring for Bereaved Military Suicide Survivors. Stumpf-Patton, Burditt
- Community-informed suicide prevention practices for youth impacted by anti-gay and gender-related family and social stigmas. Dominguez, Lopez
- Working with Youth in Crisis: The Role of Evolving Technology. Martinez
- Addressing Stigma as Trauma in Suicide Prevention: Recommendations for Considering and Addressing Stigma as a Source of Trauma. Vojtech, Kosyluk
- The College of Central Florida's Suicide Prevention Project. Walsh
- BeSMART and One Thing You Can Do. Hagen
- The Journey - Helping Moms Heal. Edwards

FSPC reserved a limited block of rooms (through 2/11/2020) 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

2016 NVDRS SURVEILLANCE SUMMARY

Center for Disease Control and Prevention

Link: https://www.cdc.gov/mmwr/volumes/68/ss/ss6809a1.htm?s_cid=ss6809a1_w

National Violent Death Reporting System (NVDRS) data describe the circumstances of 3,655 youth suicides from 32 states. To prevent future violent deaths, we need to know the facts to guide prevention strategies.

Findings Highlight Circumstances of Youth Suicides

According to the latest data from CDC's National Violent Death Reporting System that includes information on 41,466 deaths from 32 states in 2016, the majority (62.3%) of deaths were suicides, followed by homicides (24.9%), deaths of undetermined intent (10.8%), legal intervention deaths (1.2%) and unintentional firearm injury deaths (<1.0%). The new data are published in the Morbidity and Mortality Weekly Report, *Surveillance for Violent Deaths — National Violent Death Reporting System, 32*

States, 2016. In 2016, NVDRS collected data on 3,655 suicides among youth aged 10–24 years. The majority were male, non-Hispanic white, and aged 18–24 years. Most youth aged 10–17 years died by hanging/strangulation/suffocation (49.3%), followed by firearm (40.4%), and youth suicides among this younger age group were most often precipitated by mental health, family relationship, and school problems. Most suicides among youth aged 18–24 years were by firearm (46.2%), followed by hanging/strangulation/suffocation (37.4%), and were precipitated by mental health, substance abuse, intimate partner, and family problems. A recent crisis and/or an argument or conflict were common precipitating circumstances among all youth who died by suicide.



Other Key Findings

Suicide rates were highest among males, non-Hispanic American Indian/Alaska Natives, non-Hispanic whites, adults aged 45-64, and men 75 years and older.

Suicides were most frequently preceded by a mental health, intimate partner, substance abuse, physical health problem, or a crisis during the previous or upcoming two weeks.

Homicide rates were highest among males and persons aged less than 1 year and persons aged 15–44 years. Among males, non-Hispanic blacks accounted for the majority of homicides and had the highest rate of any racial/ethnic group.

Homicides were most often precipitated by an argument or conflict, occurred in conjunction with another crime, or for females were related to intimate partner violence. When the relationship between a homicide victim and a suspected perpetrator was known, the suspect was most frequently an acquaintance/friend among males and a current or former intimate partner among females.

NVDRS data are used to monitor the occurrence of violence-related fatal injuries and to assist states and communities in the development, implementation, and evaluation of programs and policies to reduce violent deaths. CDC released a series of technical packages to assist communities and states in identifying approaches and strategies with the best available evidence to prevent violence. The five technical packages include strategies, approaches, and examples of specific programs, practices and policies for preventing the following forms of violence: Child abuse and neglect, Intimate partner violence, Youth violence, Sexual violence, and Suicide.

ANOTHER NEWSWORTHY ITEM

THE TIME TO END TREATMENT OF BEHAVIORAL HEALTH PATIENTS AS SECOND CLASS CITIZENS IS NOW

Helen Trainor, Advocacy Coordinator, NAMI Palm Beach County

The Palm Beach Post published a briefer version of this letter and under different authors' names.

Link: <https://www.palmbeachpost.com/opinion/20200114/point-of-view-time-to-end-treatment-of-behavioral-health-patients-as-second-class-citizens-is-now>

In the midst of an opioid epidemic and soaring suicide rates, Floridians are finding it increasingly difficult to access affordable mental health and substance use treatment under their insurance plans. But why is it more difficult to find mental health and substance use care than to find any other type of care, such as primary health, cardiology, or cancer?

Senator Daryl Rouson of St. Petersburg and our own Representative Emily Slosberg of Boca Raton have teamed up to co-sponsor bills that addresses this inequality (SB 706 and HB 939). The bills would enforce a federal law that was passed more than ten years ago but that is not being enforced in Florida. The law would require state insurance regulators to require that any insurance company doing business in Florida—as well as our state Medicaid program—are treating behavioral health patients just the same way

they treat all other health patients. This is referred to as “parity” of treatment and it means, among other things, that insurance companies will no longer be able to limit inpatient, outpatient, and office visits for behavioral health patients if no similar limits are placed on coverage for all other illnesses.

A recent Milliman study reveals the gap between insurance coverage for behavioral health patients and coverage for all other patients. In Florida, 27.4% of behavioral health patients had to go out-of-network (and thus pay more) to find treatment, as compared to only 2.0% of medical/surgical patients. In addition, while Florida primary care providers received 100.9% of the allowed reimbursement rate and medical/surgical specialists received 106.5% of the allowed rate, behavioral health specialists received only 85% of the allowed rate.



Moreover, a recent survey sponsored by the Florida Mental Health Advocacy Coalition, comprised of NAMI and MHA members statewide, found that nearly half of their members report that their insurance company imposed limits on visits to mental health specialists but did not impose such limits for any other type of specialist; 41.9% said that their insurance plan limited the number of inpatient days and 49.9% reported limitations on outpatient visits while no such limits were placed on medical/surgical inpatient days; and 38.7% reported that there were long delays in getting appointments with in-network providers.

These reports validate what we already know: Floridians in need of mental health or substance use treatment and their practitioners receive second class treatment by their insurance companies compared to medical/surgical patients and practitioners. The result is what we are currently living with: vanishing behavioral health providers even as people with life-threatening addictions or serious mental illnesses are not receiving the sustained care needed to support recovery.

NOW is the time to call, write, or e-mail your senators and representatives and let them know how lack of parity for mental health and substance use illnesses are affecting you. You can easily find out who your representatives are by searching “find my Florida state representative” and entering your mailing address. And then it’s another easy step to contact them directly: simply enter the name of your representative in a search and a full page biography will pop up!

FOR THE REST OF US

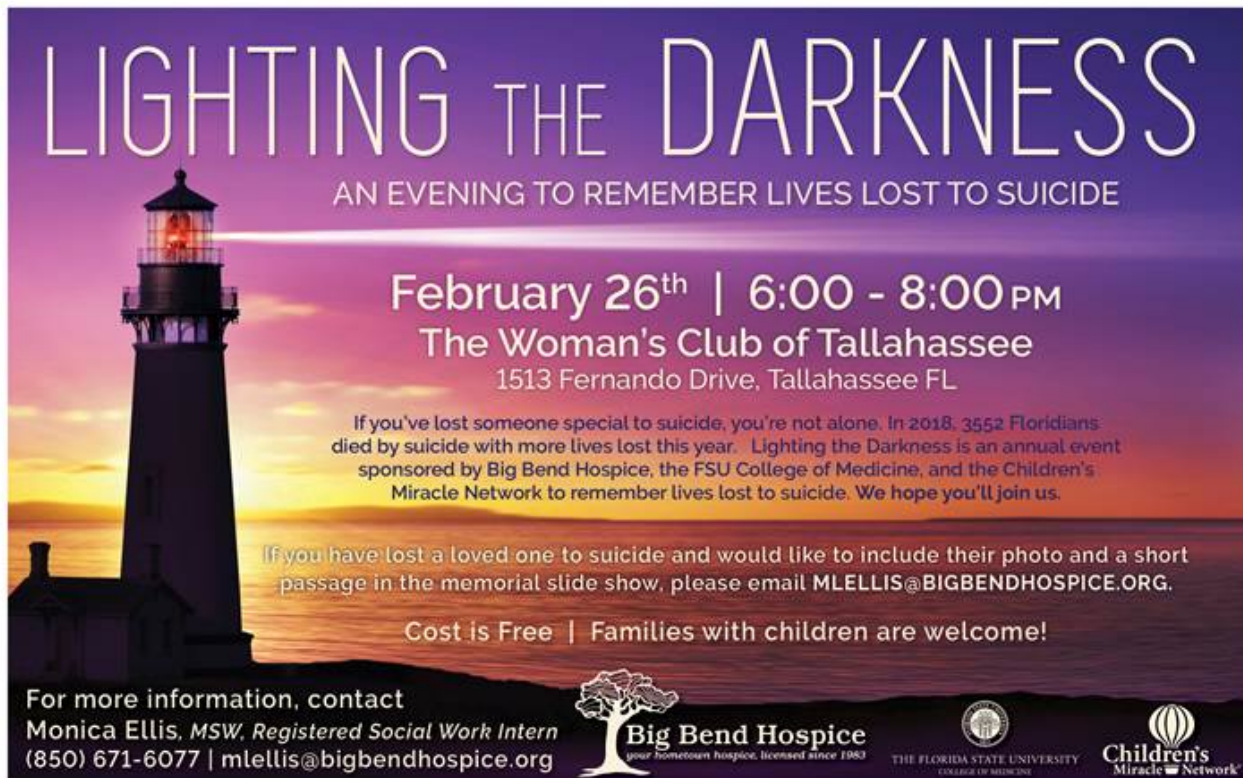
LIGHTING THE DARKNESS EVENT, FEBRUARY 26, 2020, TALLAHASSEE

By Monica Ellis, MSW, Big Bend Hospice &
Pam Mezzina, LCSW, FSPC Region 2 Director & Director, Capstone Center Counseling

If you’ve lost someone special to suicide, you’re not alone. In 2018, 3552 Floridians died by suicide with more lives lost this year. Lighting the Darkness is an annual event sponsored by Big Bend Hospice, the FSU College of Medicine, and the Children’s Miracle Network to remember lives lost to suicide. We hope you’ll join us.

Lighting the Darkness is an evening to remember and raise visibility about children, teens, adults, and Veterans whose lives ended too soon by suicide. This event is held in coordination with the Florida Suicide Prevention Coalition Conference and Suicide Awareness Day at the Florida Capitol. It features local providers, activities, music, speakers, and a time of remembrance. It is free to community members and to those visiting Tallahassee for Suicide Awareness events. Light refreshments will be provided.

Lighting the Darkness will be held at the Woman’s Club of Tallahassee, 1513 Fernando Drive, Tallahassee FL on Wednesday, February 26, 2020 from 6:00 pm - 8:00 pm. Ceremony starts at 6:30 pm. For more information, contact Monica Ellis at 671-6077. If you have lost a loved one to suicide and would like to



LIGHTING THE DARKNESS

AN EVENING TO REMEMBER LIVES LOST TO SUICIDE

February 26th | 6:00 - 8:00 PM
The Woman's Club of Tallahassee
 1513 Fernando Drive, Tallahassee FL

If you've lost someone special to suicide, you're not alone. In 2018, 3552 Floridians died by suicide with more lives lost this year. Lighting the Darkness is an annual event sponsored by Big Bend Hospice, the FSU College of Medicine, and the Children's Miracle Network to remember lives lost to suicide. We hope you'll join us.

If you have lost a loved one to suicide and would like to include their photo and a short passage in the memorial slide show, please email MLELLIS@BIGBENDHOSPICE.ORG.

Cost is Free | Families with children are welcome!

For more information, contact
 Monica Ellis, MSW, Registered Social Work Intern
 (850) 671-6077 | mlellis@bigbendhospice.org

Big Bend Hospice
your hometown hospice, licensed since 1983

THE FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

Children's
 Miracle Network

include their photo and a short passage in the memorial slide show, please email mlellis@bigbendhospice.org

NOTE: This special evening of healing follows the full 1 1/2 day statewide annual suicide prevention conference (see article above) and occurs just prior to a focused advocacy day at Florida's Capitol Building in Tallahassee (sometimes referred to as Suicide Prevention Awareness Day at the Capitol). These three days are a time when Florida and its citizens are very targeted regarding suicide prevention education, celebration and remembrance, and legislative support and change to save lives from suicide.

STARTING THE NEW YEAR BY SHARING ABOUT SUICIDE PREVENTION



Lisa Zeller, FSPC Region 4 Director, made an invited presentation to the Jacksonville Women's Club on January 2, 2020. The talk was well received and the Women's club made a donation to the FSPC as a result. Lisa spoke about suicide awareness, prevention, and authenticity to about 45 attendees. Lisa (pictured on left) is presented with a check for the FSPC by Gara Roberts, Jacksonville Women's Club. Thanks Lisa for helping to raise awareness for suicide prevention so early in the early!

AVAILABLE RESOURCE

ASIST WORKSHOP OFFERED IN TALLAHASSEE

2-1-1 Big Bend

Link: <http://www.211bigbend.org>

2-1-1 Big Bend is offering Applied Suicide Intervention Skills Training (ASIST) on February 6 & 7. The organization hosts this training about three times a year. It teaches helpful skills to identify suicidal ideation and aid in safety planning. The ASIST training qualifies for 15 NASW CEUs. Seating is limited and the cost is only \$100. Contact Carrie Tyree at hotlinedir@211BigBend.org to register.

WHAT'S HAPPENING



February 25 & 26, 2020, **Early Registration ends 2/7/2020!**

Florida Suicide Prevention Coalition's 5th Annual Florida Taking Action for Suicide Prevention

Conference. Tallahassee. Registration is available at: <http://floridasuicideprevention.org/fspcevents/>

February 26, 2020 (6:00 pm - 8:00 pm).

Lighting the Darkness (free survivor event) at Woman's Club of Tallahassee, 1513 Fernando Drive, Tallahassee.

February 27th 2020 (Thursday), *Florida Suicide Prevention Day at the Capitol*. Tallahassee.

March 15-18, 2020. The 33rd annual Research and Policy Conference on Child, Adolescent, and Young Adult Behavioral Health. Sponsored by the Department of Child and Family Studies at USF. Tampa. <https://www.cmhnetwork.org/tampa-conference/>

April 22-25, 2020. American Association of Suicidology's 53rd Annual Conference. Portland, Oregon. <https://www.aasconference.org>

August 19-21, 2020. *Florida Behavioral Health Conference 2020 conference* at Hilton Orlando Bonnet Creek. Presentation submission accepted until 2/28/2020 at <https://www.bhcon.org/page/CFP>.

RESOURCES

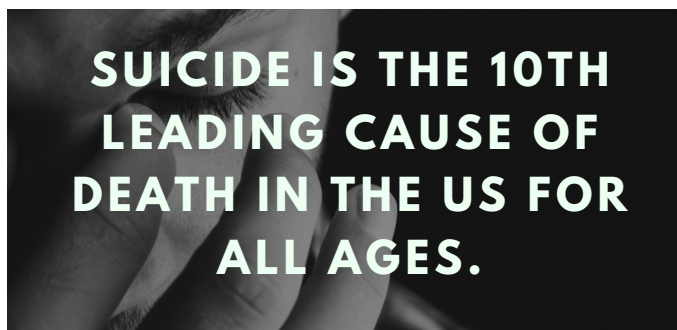


If you or someone you know is in crisis, please call **1-800-273- 8255** (*National Suicide Prevention Lifeline*).

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>



Become part of the solution.

Applied Suicide Intervention Skills Training (ASIST) Workshop

February 6 & 7

9am - 5pm

\$100

*ASIST qualifies for 15 NASW CEUs



LEARN MORE & REGISTER AT
211BIGBEND.ORG/ASIST

OR CONTACT CARRIE TYREE AT HOTLINEDIR@211BIGBEND.ORG

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/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 Fun. Dedicated to the mental health and emotional well-being of students of color.
<https://www.stevelfund.org/>

AN EXTRA HELPING . . .

A HANDBOOK FOR SURVIVORS OF SUICIDE

By Jeffrey Jackson

American Association of Suicidology

Link: https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

About the Book: *This is a book for people who have lost a loved one to suicide, written by someone who has suffered the same loss.*

I lost my wife, Gail, to suicide several years ago. She was 33 when she took a deliberate overdose of pills. The emotional journey of the ensuing weeks, months, and years has been the most difficult of my life. But I survived and have learned from my experience. Most of all, I have rebuilt my life and found happiness again. Impossible as it may seem right now, you will survive this, too.

This book is not intended to be a complete guide for the suicide survivor—it only scratches the surface. There's much more you can learn about coping with your unique grief than what is offered here. There are many wonderful books on the subject—some of which are listed inside— that I recommend heartily. However, I've written this book as a kind of "bite-sized" overview. It's deliberately short and to the point to make the information inside more accessible. You may even find it useful to carry it around with you for awhile and refer to it during difficult moments.

This is also not a book about suicide prevention; there are many other publications that address that challenge.

This book is for you.

*For the person you lost, the pain is over.
Now it's time to start healing yours.*

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Amazon donates to FSPC, when you make an online Amazon purchase. Support FSPC by going to smile.amazon.com (you must start here) and begin shopping 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>