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March 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.

**JOIN TODAY!**

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

### NEWSWORTHY

#### MASSACHUSETTS FUNDS SUICIDE PREVENTION - \$4.49 MILLION ANNUALLY

Suicide Prevention Resource Center

Link: [http://www.sprc.org/news/massachusetts-authorization-suicide-  
prevention-funding?utm](http://www.sprc.org/news/massachusetts-authorization-suicide-prevention-funding?utm)

*Click the link above to read entire  
story. Excerpts below.*

The Massachusetts Coalition for  
Suicide Prevention (MCSP) was  
established in 1999 as a public/  
private partnership between  
government agencies such as the  
Massachusetts Department of Public Health (MDPH),  
community-based agencies, and individuals.



Massachusetts state funding for prevention began in the early  
2000s when the legislature approved a line item for suicide

prevention in its annual budget. In 2006, a champion within the state legislature and his wife shared their personal testimonies of suicide loss. Once they did, other legislators with similar experiences came forward. This led to growth in state support for suicide prevention and a budget increase to \$2.5 million dollars, which has grown to \$4.49 million over the years.

## ALSO NEWSWORTHY

### NEW YORK BUDGETS & COLLABORATES FOR SUICIDE PREVENTION

Suicide Prevention Resource Center

Link: <http://www.sprc.org/news/new-york's-suicide-prevention-academy?utm>

*Click the link above to read the entire story. Excerpts below.*

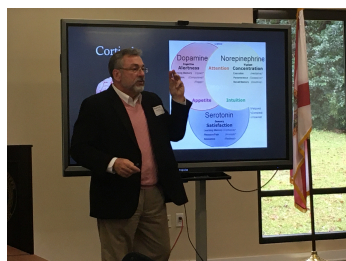
In 2014, the New York Office of Mental Health created the [New York Suicide Prevention Office \(SPO\)](#) to coordinate its suicide prevention activities. The SPO receives an allocation in the state's annual budget. In turn, the SPO uses a portion of its budget to fund the Suicide Prevention Center of New York (SPC-NY) and to help support the Columbia University Medical Center's Suicide Prevention – Training, Implementation, and Evaluation (SP-TIE) program and the Mental Health Association of New York State (MHANYS). These three organizations support New York state's suicide prevention initiatives, including comprehensive suicide prevention training and education.



## YET ANOTHER NEWSWORTHY ITEM

### FLORIDA TAKING ACTION FOR SUICIDE PREVENTION 5TH ANNUAL CONFERENCE IS FSPC'S LARGEST CONFERENCE YET!!!

Florida Suicide Prevention Coalition

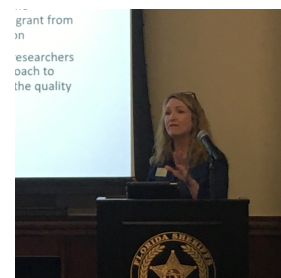


Florida Suicide Prevention Coalition's (FSPC) 2020 *Florida Taking Action for Suicide Prevention 5th Annual Conference*, February 25 & 26, 2020 in Tallahassee was our largest and, in my humble opinion, our best conference yet. This is due, in no small part, to the presenters and volunteers' personal and professional investment and involvement. Presenters and attendees were asked to review safe messaging guidelines in advance of the event and encouraged to avail themselves of numerous networking opportunities to

facilitate connections with others. FSPC hopes that the knowledge base for attendees has been elevated and enhanced, creating more informed advocates, researchers, agency staff & administrators, and concerned citizens.

FSPC would like to recognize our Session Hosts who helped facilitate the schedule & provide speaker support: Tom Walsh, Ali Martinez, Matt Michaels, Stephen Roggenbaum, Rachelle Burns, & Payton Reid. Additionally, special kudos to our Registration support folks: Lisa Zeller, Matt Michaels, & Rene Favreau.

Pictured above: Tom Walsh, College of Central Florida & FSPC Region 13 Director:  
Rachelle Burns, Pensacola State College & FSPC Region 1 Director.



## AVAILABLE INFORMATION

### SUICIDE RATES BY INDUSTRY AND OCCUPATION — NATIONAL VIOLENT DEATH REPORTING SYSTEM, 32 STATES, 2016

Center for Disease Control and Prevention (Morbidity and Mortality Weekly Report) 1/24/2020

Link: [https://www.cdc.gov/mmwr/volumes/69/wr/mm6903a1.htm?s\\_cid=mm6903a1\\_w&deliveryName=DM17580](https://www.cdc.gov/mmwr/volumes/69/wr/mm6903a1.htm?s_cid=mm6903a1_w&deliveryName=DM17580)

To inform suicide prevention, CDC analyzed suicide data by industry and occupation among working-age decedents presumed to be employed at the time of death from the 32 states participating in the 2016

National Violent Death Reporting System (NVDRS).<sup>†,§</sup> Compared with rates in the total study population, suicide rates were significantly higher in five major industry groups: 1) Mining, Quarrying, and Oil and Gas Extraction (males); 2) Construction (males); 3) Other Services (e.g., automotive repair) (males); 4) Agriculture, Forestry, Fishing, and Hunting (males); and 5) Transportation and Warehousing (males and females). Rates were also significantly higher in six major occupational groups: 1) Construction and Extraction (males and females); 2) Installation, Maintenance, and Repair (males); 3) Arts, Design, Entertainment, Sports, and Media (males); 4) Transportation and Material Moving (males and females); 5) Protective Service (females); and 6) Healthcare Support (females). Rates for detailed occupational groups (e.g., Electricians or Carpenters within the Construction and Extraction major group) are presented and provide insight into the differences in suicide rates within major occupational groups. CDC's *Preventing Suicide: A Technical Package of Policy, Programs, and Practices* (1) contains strategies to prevent suicide and is a resource for communities, including workplace settings.

## AVAILABLE RESOURCE

### THREE RESOURCES FOR WORKPLACE SUICIDE PREVENTION

National Action Alliance for Suicide Prevention

The importance of workplace suicide prevention is getting increased attention and the following three resources are intended to help.

#### *Comprehensive Blueprint for Workplace Suicide Prevention*

This resource guides workplaces in designing and developing a suicide prevention program that is most appropriate to their specific needs.



<https://theactionalliance.org/resource/comprehensive-blueprint-workplace-suicide-prevention?utm>

#### *A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide*

This guide provides workplace leaders with clear action steps for suicide postvention, including immediate, short-term, and long-term responses to help employees cope with the aftermath of the traumatic event.

<https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide?utm>

#### *A Report of Findings to Direct the Development of National Guidelines for Workplace Suicide Prevention*

We hope this ground-breaking effort helps provide the inspiration and the roadmap to move workplaces and the organizations that support them from inactive bystanders to bold leaders that aspire to a zero suicide mindset. Following on the heels of the “Zero Suicide in Healthcare” initiative, the success of this effort is predicated on a leadership philosophy and a set of practices. We can take a page from their playbook to implement a similar approach, because “no one should die in isolation and despair.”

<https://workplacesuicideprevention.com/wp-content/uploads/2019/10/National-Guidelines-Report-1.pdf?utm>

## WHAT'S HAPPENING



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>

May 3 - 9, 2020. Children's Mental Health Awareness Week. *Bringing Children's Mental Health Into Focus: Perfect Vision in 20/20*. Nationwide.

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://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/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 . . .

### SPECIAL CONSIDERATIONS FOR TELLING YOUR OWN STORY: BEST PRACTICES FOR PRESENTATIONS BY SUICIDE LOSS AND SUICIDE ATTEMPT SURVIVORS

By American Association of Suicidology, American Foundation for Suicide Prevention, the National Suicide Prevention Lifeline, NAMI new Hampshire, suicide Awareness Voices of Education and several individual mental health advocates and public speakers

Link: <https://suicidology.org/wp-content/uploads/2019/07/>

[Best Practices Presentations Suicide Loss Suicide Attempt Survivors.pdf](#)

Over time, some loss and attempt survivors choose to tell their stories, while others choose not to share. This decision is personal and one should never feel compelled to reveal their personal story unless he or she makes the choice to do so.

Sometimes when peoples’ lives have been touched by suicide, they want to help others by sharing their experience. Sharing one’s story with the public through presentations and media interviews is an important way to educate people about suicide. Research indicates that particular care needs to be taken when discussing suicide and in this document, a group of experts within the suicide prevention community offer the following best practices for you to think about prior to sharing your story.

This document outlines best practices for suicide loss and suicide attempt survivors who are considering sharing their story with the public. The best practices were created by a group of experts in the suicide



prevention community and include information on: assessing readiness to speak; considering family reactions and potential social ramifications; resources for safe messaging; speaking to the media; self-care; and other considerations.

### SUPPORT FSPC WHEN YOU SHOP

Amazon donates to FSPC, when you make an online Amazon purchase. Support FSPC by going to [smile.amazon.com](https://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](https://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](mailto:roggenba@usf.edu)

### FSPC MEMBERSHIP

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

### FSPC CONFERENCE, LIGHTING THE DARKNESS, & DAY AT THE CAPITOL

Pictures from suicide prevention-related events which occurred in Tallahassee the last week of February. *Florida Taking Action for Suicide Prevention Conference* (2/25 & 2/26), *Lighting the Darkness* event (2/26 Wednesday evening), and the *Suicide Prevention Awareness & Advocacy Day at the Capitol* (2/27 Thursday). Pictured below: (top L to R) Armando Harwood, Orange County Sheriff's Office; Carla Stumpf Patton, TAPS; Andres Pumariega University of Florida; (bottom L to R) Pam Mezzina, Capstone Center Counseling & FSPC Region 2 Director, (Lighting the Darkness event; FSPC display table (Capitol Rotunda); Jane Bennett, FSPC Chair (in Capitol Rotunda).

