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

### NEWSWORTHY

#### TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK

Link: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

SAMHSA (Substance Abuse and Mental Health Services Administration) recognizes that social distancing and quarantine may come with concerns for individuals, families, and communities. SAMHSA hope these *Tips For Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak* are of use during this time. Click on link above.

#### FLORIDA COLLEGE & UNIVERSITY SUICIDE PREVENTION GRANTS IN ACTION

Florida is fortunate to have a number of superb institutions of higher learning. Some of the entities have secured suicide prevention funding through the Substance Abuse, Mental

Health and Services Administration's (SAMHSA) Garrett Lee Smith three-year grants. FSPC will highlight these grants (most currently in progress) over the next few newsletters:

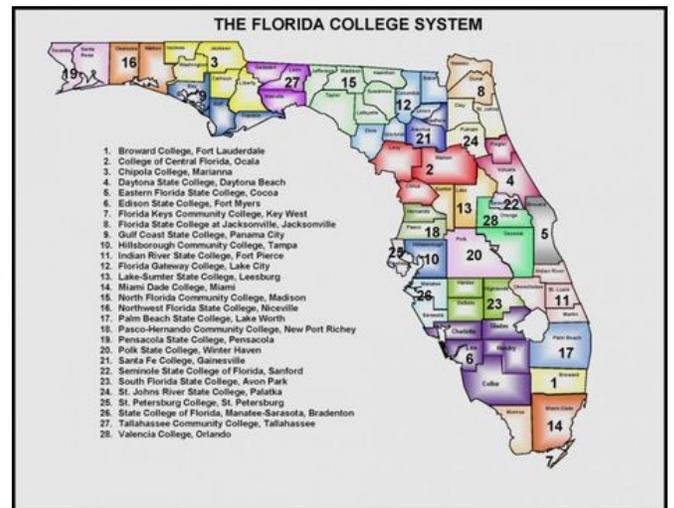
MIAMI DADE COLLEGE, MIAMI, Rita Tybor; Miami Dade College's Project ECHO (Engagement, Connection, Help-seeking, Outreach) will create an infrastructure that saturates Miami Dade College's eight campuses with suicide prevention and mental health awareness. It will provide training, screening, and outreach to increase the help-seeking behavior of 165,000 students. As one of the largest and most diverse colleges in the nation, Miami Dade College, located in Miami-Dade County, Florida, has designed ECHO to strengthen the college-community help network infrastructure to one that is agile, capacity fluid, and sustainable; increase campus knowledge capital on suicide prevention; and reduce stigma surrounding suicide and help-seeking among a highly-diverse student population. To assess progress toward attainment of its goals, ECHO has the following objectives:

- Objective 1 - Network and Infrastructure - By the end of the project period, a comprehensive help network will have been developed as indicated by execution of a minimum of three Memorandums of Understanding with appropriate community providers.
- Objective 2 - Training - By the end of each project year, a minimum of 200 core college students, faculty, and staff will receive training on QPR.
- Objective 3 - Screening and Assessment - By the end of the project period, a minimum of eight "I Screen, You Screen" screening events will occur (Yr. 1 = 2 campuses, Yr. 2 = 4 campuses, Yr. 3 = 2 campuses)
- Objective 4 - Outreach - By the end of each project year, a minimum of 15,000 students will participate in one or more #realtalk outreach events.



Project ECHO objectives reflect an effort to reduce the stigma associated with mental health and behavioral health issues college-wide in a culturally competent manner and reaching special populations; and to promote help seeking among those at-risk, as well as increasing the knowledge base of the college community to facilitate awareness and early identification of mental and behavioral health issues. The project will directly serve approximately 16,000 students, faculty, and staff annually and nearly 48,000 over the three-year project period, with a potential college-wide impact to 165,000 students plus faculty and staff. All of the program's activities have been formulated to meet the needs of the commuter college aspect of Miami Dade College and to provide flexibility in implementation across the institution's eight campuses, which each have a uniquely diverse student population makeup.

ST. PETERSBURG COLLEGE, ST. PETERSBURG, Carleah East: St. Petersburg College (SPC), representing eight campuses across Pinellas County, FL, proposes Project HEAL (Healthy Emotions and Lives) to build a collaborative infrastructure targeting mental health and substance abuse awareness. Project HEAL will strengthen a community-wide provider network, implement a comprehensive suicide prevention plan, and increase awareness of and access to resources for nearly 30,000 credit seeking students. Currently, no mental-health centered crisis response protocols or on-campus mental health services exist for SPC students, and in particular for vulnerable populations including minority students, veterans, and LGBT. Although students have access to a 24/7 free telephonic Student Assistance Plan, less than 1.08% of students (233) utilized this service in 2017. Faculty and staff indicate little knowledge of



how to help a student experience a mental health crisis. In addition, community partner services vary widely across SPC's large campuses and lack coordinated efforts. To bridge these service gaps, Project HEAL will achieve the following goals and objectives by the end of the project period: 1) Establish a systematic infrastructure of SPC's mental health referral and on-campus network, including the development of a Suicide Prevention Plan with Crisis Prevention Protocol and suicide tracking system, where 75% of College faculty and staff demonstrate knowledge of proper procedures and protocols; 2) Offer a tiered system of Gatekeeper training for faculty, staff, and students on suicide prevention, substance abuse, and mental health promotion, where 80% of those trained indicate an increased ability to recognize students at risk; 3) Promote access to mental health and substance abuse counseling with network partners, including on-campus screenings, where the number of students accessing help increases by 75% each year; and 4) Provide mental health and substance abuse resources, materials and events on campus and online to increase awareness and understanding of mental health issues, including promotion of the National Suicide Prevention Lifeline, where 75% of students, faculty, and staff indicate an awareness of community resources and where to turn for help. Leading the program is a Project Taskforce of key College personnel experienced in mental health promotion and high-risk populations, students representing high-risk populations, and new and existing community mental health agency partners to ensure a robust network of providers and referral sources for students. These partners, along with former GLS grantees, will inform program planning, activities, and best practices in evidence-based care. Over a period of three years, Project HEAL will train approximately 845 faculty, staff, and students in a Gatekeeper model and SPC mental health resources to increase student utilization of community mental health resources and referrals. More than 3,000 students will be reached through on-campus awareness and screening events. Finally, over 2,370 students will seek help through the Student Assistance Plan and other community resources. SPC pursues these goals with the belief that supporting mental health is everyone's charge, and that one death as a result of substance abuse, mental illness, or suicide is one too many.



## FOR THE REST OF US

### ***YOUTH LEADERSHIP SUMMIT EVENT***



*Prior to stay-at-home recommendations with the COVID-19 [Coronavirus] virus.*

Lisa Zeller, FPSC Region 4 Director, represented the Florida Suicide Prevention Coalition with information and a presentation in March at the Youth Leadership Summit at the Skate Station Funworks in Orange Park. Other participating organizations include: Northeast Florida area Health Education Center, Evangel Temple Southwest VIBE, Army National Guard, One love, Clay Action Coalition, Clay County Health Department, Clay County Sheriff's Office, QuitDocs/SWAT Club, Junior Achievement of North Florida, Synovus Bank, Army, and Marine Corps.

### ***STUDENT REFLECTS ON FSPC CONFERENCE***

By Stephan Al-Bayaty, Pensacola State College Student

Recently I had the honor of representing Pensacola State College's, Pirates CARE project at the Florida Suicide Prevention Coalition Conference in Tallahassee (February, 2020). I returned with a newfound understanding of the immense work that the wonderful people at FSPC put into their avocation, training, and overall initiative to end suicide in our state. Everyone you've met has been affected by a loss in some shape or form. This impact is especially true in the US which has more deaths by suicide than any other developed nation. The Taking Action for Suicide Prevention 5th Annual Conference served as an

opportunity for minds from all walks of life to collaborate and shine a light on pieces of the immensely complex mission to save lives and bring hope to those affected by suicide. The conferences agenda was set up in an easy to navigate format that offered participants the opportunity to attend several informative breakout sessions over two days. Presenters tackled topics such as how to share your story safely with safe reporting guidelines, the impacts of social stigmas, the healing journey, the effects that technology has on teenage mindsets, the immense importance of prevention as opposed to postvention, as well as many more topics. The most important take away from the event, for me, was presented by Charlene Grecsek and served to demystify the fatuity of the teenage brain. Human brains do not fully develop until roughly twenty-five years old. The underdevelopment of the prefrontal cortex, which regulates impulses and emotions, puts youths at a unique risk. The seemingly unexplainable, overwhelming and untethered emotions experienced as a teenager, or in early adulthood, having a possible scientific explanation offers a comforting sentiment to those, who would've otherwise assumed something was wrong with themselves.

Together, we can #stopsuicide,



## AVAILABLE RESOURCE

### RESOURCES TO SUPPORT MENTAL HEALTH AND COPING WITH THE CORONAVIRUS (COVID-19)

SPRC.org

Link: [HTTP://WWW.SPRC.ORG/NEWS/RESOURCES-SUPPORT-MENTAL-HEALTH-COPING-CORONAVIRUS-COVID-19](http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19)

SPRC has compiled a brief selection of web pages and information sheets on mental health and coping with the effects of COVID-19:

- **Coronavirus Disease 2019 (COVID-19): Managing Anxiety and Stress** - This web page contains basic guidance from the Centers for Disease Control and Prevention (CDC) on managing mental health stressors during COVID-19.
- **Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak** - This tip sheet from the Substance Abuse and Mental Health Services Administration (SAMHSA) provides information on typical reactions to social distancing, quarantine, and isolation, and ways to take care of oneself. The sheet also provides a list of hotlines and other resources for obtaining help.
- **Mental Health Considerations during COVID-19 Outbreak** - This information sheet from the World Health Organization (WHO) contains suggestions for coping with COVID-19 for the general population and specific groups including health care workers, caretakers of children and older adults, and people living in isolation.
- **Taking Care of Your Mental Health in the Face of Uncertainty** - This blog post from the American Foundation for Suicide Prevention (AFSP) provides five suggestions for coping with the uncertainty due to COVID-19.
- **Coronavirus Anxiety: Helpful Expert Tips and Resources** - This web page, updated daily by the Anxiety and Depression Association of America (ADAA), contains links to a wide variety of resources for coping with general anxiety and some specific anxiety disorders during COVID-19, including articles, information sheets, blog posts, and videos.
- **Talking with Children: Tips for Caregivers, Parents, and Teachers during Infectious Disease Outbreaks** - This tip sheet from the Substance Abuse and Mental Health Services Administration (SAMHSA) provides caregivers, parents, and teachers with information on reactions children and

youth may have during an infectious disease outbreak and how to support them. Some of the information is tailored for different age groups.

- **Helping Children Cope Emotionally with the Coronavirus** - This web page from the American Academy of Experts in Traumatic Stress (AAETS) provides parents with specific suggestions for helping children cope with COVID-19.

## ANOTHER NEW RESOURCE

### LETHAL MEANS AND SUICIDE PREVENTION

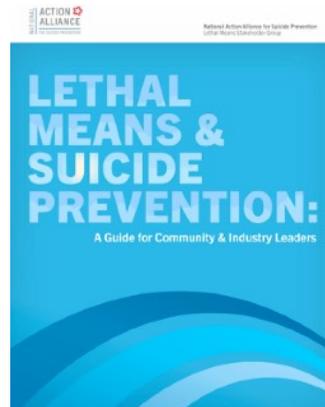
National Action Alliance for Suicide Prevention

Link: [HTTPS://THEACTIONALLIANCE.ORG/OUR-STRATEGY/LETHAL-MEANS](https://theactionalliance.org/our-strategy/lethal-means)

*New Guide on Lethal Means and Suicide Prevention Released: Guidance aims to equip community and industry leaders with knowledge and tools needed to reduce access to lethal means among those who may be at risk for suicide.*

While suicide may impact groups or specific populations differently, all suicides have one thing in common—a lethal means was used. Research shows that putting time and distance between a lethal means—“the instrument or object used to carry out a self-destructive act. . .” (e.g., firearms, hanging, poisons)—and those who may be in crisis can prevent suicide and save lives (Office of the Surgeon General & National Action Alliance for Suicide Prevention, 2012).

While suicide is preventable, no one person or organization can do it alone. To help community and industry leaders take lifesaving action that helps put time and distance between a lethal means and individuals who may be at risk for suicide, the National Action Alliance for Suicide Prevention’s (Action Alliance) Lethal Means Stakeholder Group—a national stakeholder group representing the public and private sectors—developed *Lethal Means & Suicide Prevention: A Guide for Community & Industry Leaders*. The report describes the role of reducing access to lethal means among those who may be at risk for suicide, and highlights actions being taken by governments, organizations, and industries that have resulted in lives being saved.



## WHAT'S HAPPENING



April 22-25, 2020. VIRTUAL (*due to COVID-19 [Coronavirus] concerns*). American Association of Suicidology’s 53rd Annual Conference. Portland, Oregon. <https://suicidology.org/conference/>

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>

April 22-24, 2021 (*next year*). American Association of Suicidology’s (AAS) 54th Annual Conference. Hilton Orlando Lake Buena Vista, Orlando, Florida. Information later at: <https://suicidology.org>

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

## AN EXTRA HELPING . . .

### 5 WAYS TO CARE FOR YOUR MENTAL HEALTH DURING CORONAVIRUS

Happify.com

Link: <HTTPS://MY.HAPPIFY.COM/HD/5-WAYS-TO-CARE-FOR-YOUR-MENTAL-HEALTH-DURING-CORONAVIRUS/?ET=A0C61B86-5C27-498D-BDE5-CE69543676AD>

It's hard to escape the rising tide of emotion around COVID-19, which the World Health Organization (WHO) declared a global pandemic on March 11, 2020. From sporting-event cancellations to school closures, large-scale changes are happening in real time, adding to feelings of uncertainty. But there are ways to stay calm during the coronavirus outbreak, flattening your personal anxiety curve to a manageable level and keeping your panic from peaking.

Start by selecting a credible outlet, or two, to be your trusted source(s) for updates, such as the Centers for Disease Control (CDC) or WHO. Rather than gluing yourself to the TV or internet for news, consider limiting yourself to just one or two update checks a day—and not right before bed. That way you can stay informed without spiraling.

To further help you stay centered during these uncertain times, click link above for more details on the following advice for keeping anxiety at bay from Happify's team of clinicians, scientists, & meditation experts.

- Tip #1: Stay Social, Virtually
- Tip #2: Don't Skimp on Sleep
- Tip #3: Stay Active
- Tip #4: Remember to Breathe
- Tip #5: Stick with a Schedule

### 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>