



FSPC Officers

Chair	Jane Bennett
Vice-Chairs	Stephen Roggenbaum Matthew Michaels
Treasurer	René Favreau
Secretary	Myrtice Landers
Assist Secretary	Jody Smith

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R1 Rachelle S. Burns
(Escambia, Okaloosa, Santa Rosa, Walton)

R2 Pam Mezzina
(Bay, Calhoun, Franklin, Gadsden, Gulf Homes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, Washington)

R3 Ali Martinez
(Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, Union)

R4 Lisa Zeller
(Baker, Clay, Duval, Nassau, St. Johns)

R5 Jody Smith
(DeSoto, Pinellas, Sarasota)

R6 Vacant
(Hillsborough, Manatee, Pasco)

R7 Tara Sullivan
(Brevard, Orange, Osceola, Seminole)

R8 Sue Opheim
(Charlotte, Collier, Glades, Hendry, Lee)

R9 Payton Reid
(Palm Beach)

R10 Charlene Grecsek
(Broward)

R11 Elizabeth Quizena
(Dade, Monroe)

R12 Kelly Sousa
(Flagler, Volusia)

R13 Tom Walsh
(Citrus, Hernando, Lake, Marion, Sumter)

R14 Vacant
(Hardee, Highlands, Polk)

R15 Lindsay Slattery-Cerny
(Indian River, Martin, Okeechobee, St. Lucie)

July 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/>



AN EXTRA HELPING . . .

BUILDING BETTER MENTAL HEALTH

HelpGuide

Link: <https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>

Looking to boost your mood, handle your emotions better, or build resilience? These 6 life-changing strategies can show you how.

Understanding Good Mental Health

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

How to Boost Your Mental Health

There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We have to work harder these days to ensure strong mental health, simply because there are so many ways that life takes a toll on our emotional well-being.

Helpguide's 6 Keys to Mental Health



- Make social connection a priority - especially face-to-face
- Staying active is as good for the brain as it is for the body
- Learn how to keep your stress levels in check
- Eat a brain-healthy diet to support mental health
- Don't skimp on sleep-it matters more than you think
- Find purpose and meaning in life
- When to seek professional help

Click the link at the top of this summary to read the original article.

NEWSWORTHY

COVID-19: THE MENTAL HEALTH IMPACT ON PEOPLE OF COLOR AND MINORITY GROUPS

Medical News Today (Summary by SPRC)

Link: <https://www.medicalnewstoday.com/articles/covid-19-mental-health-impact-on-people-of-color-and-minority-groups>

Racial and ethnic minorities may be disproportionately affected by the COVID-19 pandemic. Federal data suggest people from diverse backgrounds are more likely to be considered "essential workers," which places them at higher risk for virus exposure. Reduced access to health care in this population may prevent them from getting the help they need, while higher rates of post-traumatic stress disorder may raise their risk of mental health issues. Other factors that may impact the well-being of racial and ethnic minorities include discrimination, socioeconomic inequality, and language barriers. Listening to the needs of minority populations and providing them with culturally competent mental health care is critical, said Margarita Alegría, chief of the Massachusetts General Hospital Disparities Research Unit. She recommended communities set up local crisis services and train community health workers to offer mental health and substance abuse treatment to people in their native language.

Click the link at the top of this summary to read the original article.

FSPC HOLDS ELECTIONS AND ANNUAL MEETING

FSPC held elections for executive officers positions and the results were announced at the annual business meeting on Saturday 6/27. Thanks to everyone who participated through running for office and voting. The officers were elected to a one-year term for 2020-2021.

Chair - Jane Bennett

Vice Chair - Matthew Michaels

Vice Chair - Stephen Roggenbaum

Treasurer - Rene Favreau

Secretary - Myrtice Landers

Assistant Secretary - Jody Smith

ALSO NEWSWORTHY

FCC TO FINALIZE NEW 3-DIGIT NUMBER FOR NATIONAL SUICIDE HOTLINE

CNN

Link: <https://www.cnn.com/2020/06/23/politics/fcc-national-suicide-hotline/index.html>

The Federal Communications Commission will formally designate next month a new three-digit number to reach the National Suicide Prevention Hotline. Currently, the hotline is accessible by the 10-digit number, 1-800-273-8255 (TALK). The FCC will vote at its July 16 open meeting to make 9-8-8 the number an individual seeking help can dial and be connected to the hotline. All telecommunications carriers, and Voice over IP service providers, will be required to implement the new number nationwide by July 16, 2022. Even after 988 is implemented, callers will still be able to reach the hotline through the original 10-digit number.

Click the link at the top of these excerpts to read the original article.

AVAILABLE RESOURCE

BLACK MENTAL HEALTH RESOURCES

Link: https://docs.google.com/document/d/1AGLEOINitQ1JI7MvQXZxrpEbAvr42r5RewjO_iXaKtE/mobilebasic?fbclid=IwAR0veePNPFk7h74FkoLr9UqxsEb6-JomH4wb-6AsOwgBXW2FJfId6_50xs#heading=h.m3e2itrhl9ci

PsychHub curated these electronic materials available, including organizations, book recommendations, and online resources on Race, Racism, & Mental Health Resources. The contents include: Black Mental Health Resources, The Impact of Racism & Trauma on Emotional and Mental Health, and Taking Action Against Racism.

Experiencing and witnessing racism in any of its forms has traumatic effects that can build up with time and repetition. Resources to help Black people and other people of color care for their mental health through the trauma of racism are listed at the link above.

Webinar: *Addressing Suicide Prevention in African American Youth: Risk and Protective Factors*. Thursday, July 16, 2020 1:00 -2:00 pm (Eastern Daylight Time). University of Maryland School of Social Work, Baltimore.

Registration Link: https://umaryland.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=umaryland&service=6&rnd=0.742751617043387&main_url=https%3A%2F%2Fumaryland.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000004b37d1fa7f4f6e3f86ac1db008607a9f207445cc2d0932a149e61e1fd3d30e303%26siteurl%3Dumaryland%26confViewID%3D4775424737819001129%26encryptTicket%3DSDJTSwAAAASW4AzjlzCGjoKk_dLxkJ-L2V2OV4tjI9TiE8X1Xk5xfQ2%26

There has been a significant jump in the rate of suicide among African American youth. These latest findings reinforce the need for more extensive research into the contributing factors along with greater investment in suicide prevention and intervention strategies that are tailored to the needs of black children and teens.

During this webinar the facilitators will:

- Describe the changing epidemiological trends of suicide in African American youth using Youth Risk Behavior Survey (YRBS) data and other data sources
- List risk and protective factors for suicide in African American youth
- Identify potential interventions that may reduce suicide in African American youth

This webinar is designed for Behavioral Health Professionals, Clinicians, Health Equity Leaders, Family and Youth Engagement Advocates.

Presenters: Selena Webster-Bass, M.P.H., CEO/Founder Voices Institute & Peter Gamache, Ph.D., MBA, MLA, MPH, RN

MORE AVAILABLE RESOURCES

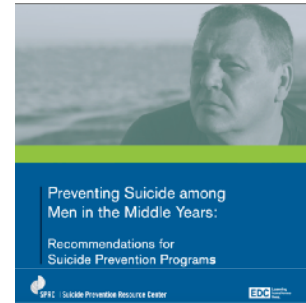
RESOURCES FOR SUICIDE PREVENTION AMONG MEN

SPRC

Link: https://www.sprc.org/sites/default/files/resource-program/SPRC_MiMYReportFinal_0.pdf

PREVENTING SUICIDE AMONG MEN IN THE MIDDLE YEARS:

RECOMMENDATIONS FOR SUICIDE PREVENTION PROGRAMS: Although men in the middle years (MIMY)—that is, men 35–64 years of age—represent 19 percent of the population of the United States, they account for 40 percent of the suicides in this country. The number of men in this age group and their relative representation in the U.S. population are both increasing. If the suicide rate among men ages 35–64 is not reduced, both the number of men in the middle years who die by suicide and their contribution to the overall suicide rate in the United States will continue to increase.



This free/downloadable publication was created to help state and community suicide prevention programs design and implement projects to prevent suicide among men in the middle years (ages 35–64). It includes a review of the research, recommendations that provide guidance for state and community suicide prevention programs on addressing suicide in this population, and an annotated list of programs and resources.

Colorado Office of Suicide Prevention, and Cactus

Link: <https://mantherapy.org>

MAN THERAPY: Working aged men (25–54 years old) account for the largest number of suicide deaths in the U.S. These men are also the least likely to receive any kind of support. They don't talk about it with their friends. They don't share with their family. And they sure as heck don't seek professional treatment. They are the victims of problematic thinking that says mental health disorders are unmanly signs of weakness.



In a very humorous approach, Dr. Rich Mahogany is dedicated to changing these statistics. Part of a multi-agency effort, including the *Colorado Office of Suicide Prevention* and *Cactus*, Man Therapy®

is giving men a resource they desperately need. A resource to help them with any problem that life sends their way, something to set them straight on the realities of suicide and mental health, and in the end, a tool to help put a stop to the suicide deaths of so many of our men above.

L & J Empowerment Incorporated

Link: <https://www.theconfessproject.com>

THE CONFESS PROJECT: “We are a National Grassroots Movement committed to Building A Culture of Mental Health for Boys, Men of Color, and their Families.” The Confess Project is built on the foundation of a 4 Tier Model: Access, Advocacy, Innovation, & Research.



WHAT'S HAPPENING



Thursday, July 16, 2020 1:00 - 2:00 pm. Webinar: *Addressing Suicide Prevention in African American Youth: Risk and Protective Factors*. University of Maryland School of Social Work, Baltimore. See description & registration link in this Newsletter - pg. 3.

~~August 19-21, 2020.~~ *Florida Behavioral Health Conference 2020 (postponed)* at Hilton Orlando Bonnet Creek. A difficult decision to reschedule this year's Florida Behavioral Health conference to **next year, August 18-20, 2021**

September 2020. National Suicide Prevention Month.

September 6 - 12, 2020. Suicide Prevention Week.

September 10, 2020. World Suicide Prevention Day.

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

SUPPORT FSPC WHEN YOU SHOP

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 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>