



FSPC Officers

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

FSPC REGIONAL DIRECTORS

R1 Rachele 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)

October 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/>

JOIN

NEWSWORTHY

NEW SURVEY FINDS MAJORITY OF ADULTS WANT SUICIDE PREVENTION TO BE A NATIONAL PRIORITY AS A RESULT OF COVID-19

By National Action Alliance for Suicide Prevention (Action Alliance)

Link: <https://Go.Edc.Org/2020-Survey>

In September, the *National Action Alliance for Suicide Prevention* (Action Alliance)—in partnership with the *American Foundation for Suicide Prevention, Education Development Center*, and *Suicide Prevention Resource Center*—released findings from a national survey conducted by the *Harris Poll* to better understand the general public's perceptions on mental health, suicide, and suicide prevention. According to the survey of over 2,000 U.S. adults ages 18 and older, as a result of the pandemic:

- Majority of adults surveyed (81%) want suicide prevention to be a national priority
- Over half of Americans (52%) report being more open to talking about mental health

The survey, which builds upon previous surveys in 2015 and 2018, speaks to the need for urgent action around these critical public health issues, in the wake of the pandemic, and that Americans do want to take action to prevent suicide. In fact, most Americans believe suicide can be prevented (93%) and would do something if someone close to them was thinking about suicide (95%).

BILL TO MAKE 988 THE NATIONWIDE SUICIDE PREVENTION HOTLINE HEADS TO THE PRESIDENT'S DESK

by Brandi Vincent, Staff Correspondent, Nextgov

September 22, 2020

Link: <https://www.nextgov.com/it-modernization/2020/09/bill-make-988-nationwide-suicide-prevention-hotline-heads-presidents-desk/168677/>

Legislation designating the three-digit code 988 as the universal, hard-to-forget phone number people in the U.S. can dial to reach the National Suicide Prevention Lifeline is moving to the president's desk for signature.

The House of Representatives on Monday passed the National Suicide Hotline Designation Act, which the Senate passed in May. The bill builds on a many months-long effort that involves the Federal Communications Commission—and ultimately aims to help save lives by making it easier for individuals to remember how to access mental health support they need.

For now, people hoping for help are encouraged to continue to use the 10-digit number to connect to the hotline—1-800-273-8255—until the agency finalizes the technical implementation of the nationwide three-button number.

For complete article, click on link above.

CENTERSTONE RECEIVES SUICIDE PREVENTION GRANT



By Breanna Knuth, LMHC, Centerstone Suicide Prevention Project Director

As the year 2020 progresses, the COVID-19 pandemic continues to impact our community. The worries, fears and uncertainties that society is experiencing during these historic times are profound. In the midst of this widespread crisis, increasing levels of behavioral and psychological distress have been recognized. As a result, many individuals, especially those with pre-existing mental health conditions, are considered to be at a greater risk for suicide. COVID-19 related anxiety and stress combined with stay-at-home quarantine orders, rising unemployment rates, financial hardships and increasing domestic violence are negatively impacting mental health.

In effort to provide crucial support to those who are struggling, SAMHSA has awarded *Centerstone* grant funding to respond to these very needs within the community. The COVID-19 Emergency Response for Suicide Prevention Grant will allow *Centerstone* to provide enhanced suicide prevention services to adults residing in Manatee and Sarasota counties, placing a special emphasis on supporting victims of domestic violence. The Suicide Prevention Program staff will provide rapid follow-up care and deliver services in a combination of settings, including telehealth/virtual options. The support that we offer is tailored to meet the individualized needs of each person and family. Services provided by *Centerstone's* team include care transition and coordination, risk assessment and screening, crisis management planning, evidence-based practices, recovery support services, crisis intervention, education (related to mental health, suicide prevention and domestic violence), family support, therapy (individual and family), peer support and advocacy, counseling on access to lethal means and referrals to appropriate community resources.

In addition to serving individuals and families, *Centerstone's Suicide Prevention Program* will offer evidence-based trainings for community members and agencies, providing participants with tools and resources to improve their competence and confidence in assessment of suicide risk and protective factors. These trainings will also address best practice interventions to maintain safety and follow-up measures to ensure continuity of care.



CENTERSTONE

Through the Suicide Prevention Program, *Centerstone* will instill hope and spread the word that depression is common and treatable. Suicide is preventable; one is too many. This program will undoubtedly contribute to the continued promotion of these empowering and important messages. Those who struggle are not alone; help is a phone call away.

To learn more about the *Centerstone Suicide Prevention Program* or to refer someone in need, please contact Breanna Knuth, LMHC, Suicide Prevention Project Director at 941.782-4221 or Breanna.Knuth@centerstone.org.

AVAILABLE RESOURCE

CDC RELEASES SUICIDE PREVENTION STRATEGIC PLAN

By Centers for Disease Control and Prevention (CDC)

Link: <https://www.cdc.gov/violenceprevention/suicide/strategic-plan/index.html>

CDC's Suicide Prevention Strategic Plan

Suicide is a critical public health problem in the United States. Despite national, state, and local efforts to reduce suicide, rates continue to increase. A forward-looking effort, built upon new evidence and past accomplishments, is needed to reduce suicide and suicide attempts.

Vision - No lives lost to suicide

Mission - Use data, science, and partnerships to identify and implement effective suicide prevention strategies to foster healthy and resilient communities across the United States.

The Suicide Prevention Strategic Plan has four strategic priorities: *Data, Science, Action, & Collaboration*.

Click on link, <https://www.cdc.gov/violenceprevention/suicide/strategic-plan/index.html> to learn more.

ANOTHER AVAILABLE RESOURCE

SUICIDE PREVENTION IN SCHOOLS: STRATEGIES FOR COVID-19

By Center for Health and Health Care in Schools (Drs. Nisha Sachdev & Olga Acosta Price) and Posted by Education Development Center (EDC)

Link: <http://www.sprc.org/news/suicide-prevention-schools-strategies-covid-19>

Below is an excerpt from the brief but informative article.

Preventing suicide in any school setting requires a **comprehensive approach**. This framework can be adapted to the needs of an individual school and its COVID-19 learning approach, whether in-person, remote, or hybrid. Key principles that all schools should consider are a commitment to promoting emotional well-being and **connectedness** among students, as well as **identifying** those who may be at risk for suicide and connecting them to help. In thinking about how to tailor these principles for each school community and its students, we must acknowledge that the pandemic has also brought persistent racism and racial and ethnic **disparities** into focus. Individual and community needs, and their inequitable distribution, are essential factors to keep in mind when designing and implementing suicide prevention strategies, services, and supports in schools.

Click on link, <http://www.sprc.org/news/suicide-prevention-schools-strategies-covid-19> to learn more.

WHAT'S HAPPENING



November 21, 2020. International Survivors of Suicide Loss Day. See <https://isosld.afsp.org> for events

April 22-24, 2021 (*next year*). American Association of Suicidology's (AAS) 54th Annual Conference. Hilton Orlando Lake Buena Vista, Orlando, Florida. Information coming 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>