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September 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/



SPECIAL WELCOME

FSPC WELCOMES NEW DIRECTOR OF THE STATEWIDE OFFICE FOR SUICIDE PREVENTION

Submitted by Stephen Roggenbaum, FSPC Vice Chair on Behalf of the FSPC

The Florida Suicide Prevention Coalition would like to welcome the new Director of the Statewide Office for Suicide Prevention, Ms. Anna Gai. Ms. Gai assumes the mantle for overseeing Florida's statewide suicide prevention efforts from Dr. Sofia Castro who held the position for nearly five years. The Florida Suicide Prevention Coalition wants to extend our deep appreciation to Dr. Castro for her years of service and greet our new statewide suicide prevention ambassador.

DCF released a little information about Ms. Gai's background. Anna Gai graduated from the University of Virginia in 2015 with a BA in psychology. In 2016, she entered the clinical psychology PhD program at FSU and received her Masters of

Science in 2017. She is entering her fifth year of the program and works under the advisement of Dr. Thomas Joiner. Her research has focused on suicide-related thoughts and behaviors, particularly among special populations, such as the Construction and Extraction industry workforce, first responders, and military service men and women. Anna has clinical experience with the FSU Psychology Clinic, providing outpatient clinical services for the Tallahassee and surrounding community. She has experience treating veterans at the local VA Behavioral Health Clinic and in neuropsychological testing with the Tallahassee Memorial Hospital Neuropsychology department. Most recently, Anna served as the Assistant Director of the FSU Psychology Clinic. When she's not seeing clients or working on research, Anna can be found on the soccer field or throwing the ball for her blue heeler, Riley.

Contact information:

Anna Gai, M.S.

Director of the Statewide Office for Suicide Prevention

Office of Substance Abuse and Mental Health

Department of Children and Families

Anna.gai@myflfamilies.com

(850) 717-4265

SEPTEMBER IS SUICIDE PREVENTION MONTH

Suicide Prevention Month (September), Suicide Prevention Week (9/6-9/12), and World Suicide Prevention Day (9/10).

TAKE 5 TO SAVE LIVES



More People in the world die from suicide than by war and murder combined. By taking 5 minutes to get involved and become informed, you will be part of a worldwide movement to save lives.

Visit <https://www.take5tosavelives.org> to 1) Learn the Signs 2) Know How to Help 3) Practice Self-Care 4) Reach Out & 5) Spread the Word.

NATIONAL PHYSICIAN SUICIDE AWARENESS DAY

Shine a Light. Speak its name.

September 17, 2020

Link: <https://www.nyacep.org/practice-resources-2/resources/wellness/457-national-physician-suicide-awareness-day-september-17-2019>

In order to address the issue of physician suicide, the Council of Emergency Medicine Residency Directors (CORD), in collaboration with AAEM, ACEP, ACOEP, EMRA, RSA, RSO and SAEM have come together to annually dedicate September 17 as National Physician Suicide Awareness (NPSA) Day.

The primary purpose of the event is to create a day to commemorate colleagues lost to suicide and to raise awareness about the issue internally and externally by shedding a light on it. Through this, we hope that we will lessen the stigma for physicians and all other clinicians to speak about their struggles either privately or openly - and seek help.

Zero Vision Statement

Physician suicide is a tremendous issue in healthcare today. While estimates of the actual number of physician suicides vary, literature has shown that the relative risk for suicide being 2.27 times greater among women and 1.41 times higher among men versus the general population. Each physician suicide is a devastating loss affecting everyone - family, friends, colleagues and up to 1 million patients per year. It is both a very personal loss and a public health crisis. Vision Zero calls on individuals, residency programs, health care organizations and national groups to make a commitment to break down stigma,



increase awareness, open the conversation, decrease the fear of consequences, reach out to colleagues, recognize warning signs and learn to approach our colleagues who may be at risk. Let us challenge each other as individuals, communities, institutions and organizations to make changes to reach zero physician suicides.

2nd Annual Team Kyle's Virtual Suicide Prevention Ride (A personal Campaign sponsored by FSPC member Paula Edwards). You can donate (funds support the American Foundation for Suicide Prevention) and/or join the Team Kyle Virtual Motorcycle Ride for Suicide Prevention September 1-5, 2020. Registration includes raffle entry for great prizes. More information at <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.personalCampaign&participantID=2327587>

Bluebird Run & Walk for Brookie B for Suicide Awareness and Prevention (the 2020 Virtual Edition of the Bluebird Run & Walk for Brookie B Supporting NAMI Tallahassee). Raising awareness for suicide prevention and postvention. For more information - <http://www.bluebirdrun.com>

AVAILABLE RESOURCE

MENTAL HEALTH, SUBSTANCE USE, AND SUICIDAL IDEATION DURING THE COVID-19 PANDEMIC – UNITED STATES, JUNE 24–30, 2020

Weekly / August 14, 2020 / 69(32);1049–1057

Related Pages

Mark É. Czeisler^{1,2}; Rashon I. Lane, MA³; Emiko Petrosky, MD³; Joshua F. Wiley, PhD¹; Aleta Christensen, MPH³; Rashid Njai, PhD³; Matthew D. Weaver, PhD^{1,4,5}; Rebecca Robbins, PhD^{4,5}; Elise R. Facer-Childs, PhD¹; Laura K. Barger, PhD^{4,5}; Charles A. Czeisler, MD, PhD^{1,4,5}; Mark E. Howard, MBBS, PhD^{1,2,6}; Shantha M.W. Rajaratnam, PhD^{1,4,5}

By Centers for Disease Control and Prevention (CDC)

Link: [HTTPS://WWW.CDC.GOV/MMWR/VOLUMES/69/WR/MM6932A1.HTM?S_CID=MM6932A1_W](https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm?s_cid=mm6932a1_w)

During June 24–30, 2020, U.S. adults reported considerably elevated adverse mental health conditions associated with COVID-19. Younger adults, racial/ethnic minorities, essential workers, and unpaid adult caregivers reported having experienced disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation.



ANOTHER AVAILABLE RESOURCE

PREVENTING SUICIDE AND SELF-HARM AMONG BLACK YOUTH WEBINAR

By Education Development Center (EDC)

Link: https://Events-Na1.Adobeconnect.Com/Content/Connect/C1/1002235226/En/Events/Event/Private/2138054690/3452787099/Event_Landing.Html?Connect-Session=Na1Breezu2Zt28Rv4Gzggmqf&Scoid=4629769469&Charset=Utf-8

Preventing Suicide and Self-Harm Among Black Youth Webinar is presented on Thursday September 10, 2020 from 4:00 - 5:00 pm (EDT).

This webinar will focus on the epidemiology of suicide and self-harm among Black youth, identify evidence-based and informed strategies for prevention, risk and protective factors, barriers to prevention and resources available to providers. Dr. Crystal Barksdale of the National Institute of Mental Health will discuss the most recent data on suicide and suicidal behaviors among Black youth. She will describe risk and protective factors for suicide and deleterious mental health outcomes. Dr. Rhonda Boyd of the Children's Hospital of Philadelphia and the University of Pennsylvania Perelman School of Medicine will

present barriers to intervention engagement among Black youth and current evidence for suicide prevention, including screening and treatment. She will share information regarding organizations and websites that are important resources for practitioners. Amy Loudermilk of the Suicide Prevention Resource Center at Education Development Center will moderate the webinar.

WHAT'S HAPPENING



September 2020. National Suicide Prevention Month.

September 6 - 12, 2020. Suicide Prevention Week.

September 10, 2020. World Suicide Prevention Day.

September 8, 2020 (10 am - Noon — EDT). *Trauma Informed Care, Suicidality and Motivational Approaches for Substance Use*. Free Webinar hosted by Florida Department of Children and Families (DCF) Office of Substance Abuse and Mental Health (SAMH). Up to 2.0 CEUs are available at no cost. Register at https://fadaaevents.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=fadaaevents&service=6&rnd=0.6771126433802739&main_url=https%3A%2F%2Ffadaaevents.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000004c7914e8f7e17fd040cdfcea51ba359fc040409d7f7ff9f9c52364b5d73a0ef05%26siteurl%3Dfadaaevents%26confViewID%3D170564188299624126%26encryptTicket%3DSDJTSwAAAATZW_IvDK51iuPgeG5NsRx5rIxD91LAmpCTBiwHz3AUg2%26

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://suicidgrief.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://suicidgriefresources.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>