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November 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

9-8-8 : THE NATIONWIDE SUICIDE PREVENTION HOTLINE DESIGNATION ACT IS OFFICIAL

9-8-8 Signed into Law

The National Suicide Hotline Designation Act was signed by the President and into law on Saturday, October 17. This newly created 9-8-8 dialing code for suicide prevention, will assist Americans seeking services for mental health emergencies. The national implementation deadline for 9-8-8 hotline is July 2022 under the auspices of the Federal Communications Commission (FCC). Until then, we continue to use and disseminate the current national hotline number; 1-800-273-8255 (TALK).

Easy. Effective. Stops the Spread of COVID-19.



it's just a mask.

ALSO NEWSWORTHY

SUICIDE RATES DECLINE (SLIGHTLY)!

By CDC's National Center for Health Statistics

Link: <https://www.cdc.gov/nchs/nvss/vsrr/mortality-dashboard.htm#> (select "Suicide" as "Indicator" under Options at left-hand side of webpage)

The age-adjusted death rate for suicide for the 12-month period ending with 2019's fourth quarter (Q4) was 13.9, which is lower than the age-adjusted death rate of 14.2 for the 12-month period ending with 2018 Q4.

The crude death rate for suicide for the 12-month period ending with 2019 Q4 was 14.5, which is lower than the crude death rate of 14.8 for the 12-month period ending with 2018 Q4.

NOTE: *These are provisional data releases and 2020 data is not out yet.*

FSPC IN ACTION

SUICIDE AWARENESS WITH LISA ZELLER

Believe It, Achieve It! with Nicole Windley

PODCAST: <https://podcasts.apple.com/us/podcast/suicide-awareness-with-lisa-zeller/id1507259402?i=1000494571910>

Lisa Zeller, FSPC Region 4 Director, recently participated in a PodCast and was able to share information about herself, experiences, and suicide prevention. The PodCast description is below.

How has suicide impacted your life?

How is your mental health? Do you have a friend you need to check in on?

Suicide awareness and prevention is vitally important, but especially during a global pandemic with many people quarantined alone, lost jobs, and loved ones sick.

In this episode, I am joined by my friend, Lisa Zeller, who works to increase suicide awareness and prevention after losing two partners to suicide. Lisa tells the stories of how she lost her partners to suicide and how these experiences inspired her activism. Listen in as Lisa tells us what to do if we think someone in our lives may be suicidal, how to turn social media into a support tool, and why you need to check in on your strong friends too.

In This Episode, You Will Learn:

Lisa's passions (3:18), Lisa's personal experiences with suicide (3:41), How Lisa's personal experiences with suicide led to her career and activism (10:52), How the online community of survivors supported Lisa (13:04), How Lisa began speaking to groups (15:30), Lisa's advice for listeners (17:14), Nicole's personal example of why to always be kind to others (20:31), What to do when you are concerned about someone's mental health (23:22), Why you have to check on your strong friends too (28:03), Turning social media into a positive support tool (29:27), and The importance of being mindful (33:16).



FSPC TALKS WITH FSU SOCIAL WORK STUDENTS:



A MEANINGFUL CONVERSATION WITH FSU SOCIAL WORK STUDENTS

By Pam Mezzina, LCSW, FSPC Region 2 Director

FSPC recently received a request from the College of Social Work at Florida State University. They had two students who were had chosen to focus on FSPC for a project because of their interest in suicide prevention. Two young ladies from the Social Work class set up a Zoom call one evening so we could talk. They went down their list of written questions which I answered to the best of my ability. They were interested in our mission which is To collaborate to develop and implement suicide prevention, intervention, and postvention

strategies and programs. They learned that FSPC members give presentations around the state to educate and raise awareness of suicide prevention. We talked about our annual FSPC conference, our participation in the Florida Suicide Prevention Coordinating Council, and our monthly newsletter. Then we talked about our membership. I highlighted that many of our members have been touched either personally or professionally by suicide. We discussed how many FSPC members are passionate advocates for change; advocates for change in personal and societal attitudes, practices and policies, and advocates to create strategies that can save lives.

I was moved to hear these Social Work students share their concerns that many of their college colleagues didn't seem to take suicide and mental illness seriously. They expressed wanting to get the message out to young people that mental health is crucial. They stressed how important it is for students to ask for and be open to help when they are feeling sad, depressed, hopeless, disconnected and alone. And that students need to be aware of the National Suicide Prevention Lifeline number (1-800-273-8255).

And finally we talked about what matters most - that each time a suicide occurs, we lose someone special and unique. We lose someone that matters to the people that love them. And that by sharing knowledge about suicide and mental illness, by advocating, by caring, by joining together, by taking helpful action, we can save some lives.

As the Zoom call ended, I felt a strong sense of appreciation for these two Social Work students and deep gratitude for being involved in FSPC.

LISA ZELLER, FSPC REGION 4 DIRECTOR, QUOTED IN NEWS ARTICLE

Link: <https://www.firstcoastnews.com/article/news/regional/florida/floridians-missing-unemployment-payments-hit-an-all-time-low/77-383ad424-c944-4c4d-9c3f-a654104ee73a>



Josslyn Howard, First Coast News, recently wrote an article that quoted Lisa Zeller and state Senator Jason Pizzo. An excerpt from the article: *Lisa Zeller with the Florida Suicide Prevention Coalition says to fight this crisis, there is something we all need to do. "It's just a time of uncertainty and if we could just be kind to one another, give people grace when you can because we have no idea what they're going through," Zeller said.*

Reporter Josslyn Howard also included helpful resources at the article's conclusion: National Lifeline phone number (800-273-8255) and the National Lifeline website.

A CONVERSATION THAT COULD MEAN SAFETY



By Michael McFarland, LMFT

An Training Coach for Applied Suicide Intervention Skills Training (ASIST) and provides case management for the Marine and Navy Reserve Psychological Health Outreach Program (PHOP)

COVID 19 has all of us thinking about safety first. Rightly so, the safety of our immediate environment could make a dramatic impact on our health—masks, clean hands and social distancing are a priority to keeping safe.

But there is another factor. Self-quarantine, isolation, mounting anxiety over possible infection, concern over children returning to school, job worries, financial pressure, etc. have all become a more sustained part for more people's day to day experience, i.e. our immediate environment has suddenly become less safe.

When crisis strikes, safety matters. This is because, for very individual reasons, during crisis sometimes thoughts of suicide come to mind as a way of coping. Crisis plus easy access to lethal means too often ends badly.

COVID 19 has us all talking about safety. But there is another conversation that is important to have—Mean's Safety. When someone is at risk—in crisis— a conversation can save a life. Three facts make this an essential conversation with someone you love: (1) Moments of elevated suicide risk are often brief & fleeting; (2) The preferred method of suicide is often a function of convenience; (3) Removal of

firearms is the safest option, but also restricting access will reduce the risk.

Admittedly this can be a hard conversation.

However, MEANS SAFETY is about increasing the chances of survival during a suicidal crisis—no less important than masks, clean hands, and social distancing for prevention of COVID infection.

We all look forward to that time when we things can return to somewhat more normal. But until then we need to take steps to stay safe. Steps to keep the immediate environment safe for those in crisis is a necessary step to provide safety-for-now until the crisis passes, and greater stability sets in. If you or someone you know is in crisis, please call the National Suicide Prevention Line at 800-273-8255.

AVAILABLE RESOURCE

THE STATE OF MENTAL HEALTH IN AMERICA

By Mental Health America

Link: <https://Mhanational.Org/Issues/State-Mental-Health-America>

For the 7th year in a row, Mental Health America (MHA) released its annual State of Mental Health in America Report, which ranks all 50 states and the District of Columbia based on fifteen mental health and access measures for both adults and youth (ages 12-17).

This year's report includes a spotlight on the impact of COVID-19 on mental health, using information collected from over 1.5 million people who completed the MHA Screening from January to September 2020.

ANOTHER AVAILABLE RESOURCE

SUICIDE PREVENTION FOR CONGREGATIONS & COMMUNITIES: FREE EVENT

Addressing Suicide in Our Communities and Congregations on November 12, 2020 from 6 - 9 p.m. is being hosted by Marshall University's SPEAC grant. All are welcome and invited to attend. This free, virtual event addresses the critical issue of suicide prevention within faith communities and the potential of clergy, lay faith leaders, and faith communities as powerful suicide prevention partners. Speakers include Rabbi Daniel Roberts, Chaplain Glen Bloomstrom, and Dr. Melinda Moore. For more information, please contact fowler106@marshall.edu

WHAT'S HAPPENING



November 21, 2020. International Survivors of Suicide Loss Day. See <https://afsp.org/international-survivors-of-suicide-loss-day> for more information

Starting the Conversation – How to Help a Friend

Step 1- Raise the Issue – Ask about how guns are stored and offer assistance. See resources below to share knowledge about suicide and safety.

Step 2- Develop a Plan – Be a safe person that can help secure or store firearms for a friend or loved one. Off-site storage is the safest approach.

Step 3- Follow Up – If unable to assist in securing the firearm, ask about follow through with the plan. Asking again is showing the person that you care.

Marshall University's Department of Social Work
and its Suicide Prevention Education Across Campus program (MU-SPEAC) presents

Addressing Suicide in Our Communities and Congregations:

A collaborative training for community members,
behavioral health providers, and clergy

**NOVEMBER 12, 2020
6 - 9 P.M. | VIRTUAL EVENT**

Attendees will gain confidence and comfort in discussing
suicide with members of your communities and congregations
who have lost someone to suicide or are experiencing
thoughts of suicide. Speakers include **Rabbi Daniel Roberts,**
Chaplain Glen Bloomstrom, and **Dr. Melinda Moore.**

Register online at Eventbrite!

Questions? Contact fowler106@marshall.edu to learn more
www.marshall.edu

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://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.stevfund.org/>

SUPPORT FSPC WHEN YOU SHOP ONLINE (Black Friday, Holiday, etc.)



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>