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January 2021 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/>

NEWSWORTHY

5 MENTAL HEALTH TIPS AS WE WAIT FOR THE PANDEMIC TO END

By Gabrielle Calise, Tampa Bay Times Offbeat Florida and Nostalgia Reporter, published December 21, 2020

Link: <https://www.tampabay.com/life-culture/bright-spots/2020/12/21/5-mental-health-tips-as-we-wait-for-the-pandemic-to-end/>

Read the entire article at the link above. However, the five tips are included as a summary of the main points.

Set short term goals and rewards.

Practice moderation with social media and news.

Look forward to regaining consistency, not “returning back to normal.”

Don’t feel bad for saying no.

Get help if you need it.

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



it's just a mask.

VETERINARIANS' RESPONSE TO POTENTIAL SUICIDE RISK



By Philip Richmond, DVM, CAPP, CRT, CHC-BCS, CCFP
Chair, FVMA (Florida Veterinary Medical Association) Professional Wellness & Well-being Committee

In January 2019, a study published in the Journal of the American Veterinary Medical Association by Nett, et al. showed that male veterinarians were at 2.1 times and female vets at 3.5 times higher risk of dying by suicide. As a whole, the veterinary profession has taken positive action to help colleagues. There are a number of support groups for veterinarians available nationally. Not One More Vet (NOMV) and Vets4Vets®, sponsored by the Veterinary Information Network Foundation, both offer mental health professional access and peer support. The American Veterinary Medical Association (AVMA) has made QPR (Question, Persuade, & Refer) Suicide Prevention Gatekeeper training available for members. The AVMA also partnered with the American Foundation for Suicide Prevention (AFSP) to create a post-suicide guide for veterinary workplaces. In state, the Florida Veterinary Medical Association (FVMA) created the Professional Wellness & Wellbeing Committee (PWWC) in 2018 to help address both wellness and mental health concerns for Florida's veterinarians. We are also increasing access to mental health professionals by adding a member assistance program in 2021. The FVMA also offers QPR training at all conferences. As the chair of the FVMA PWWC, I would personally like to thank Steve Roggenbaum, the FSPC, and LOSS team of Big Bend for their support in helping our efforts for veterinary professionals in Florida.

Resources Mentioned above:

FVMA - <https://fvma.org/wellness-and-well-being-committee/>

AVMA - Wellness <https://www.avma.org/resources-tools/wellbeing>

NOMV - <https://www.nomv.org>

Vets4Vets - <https://vinfoundation.org/resources/vets4vets/>



Philip Richmond is Certified in Applied Positive Psychology, Certified Resilience Trainer, Certified Health Coach—Behavior Change Specialist, Certified Compassion Fatigue Professional, Certified QPR Suicide Prevention Gatekeeper Instructor, and Chair, FVMA Professional Wellness & Wellbeing Committee. He works at Country Oaks Animal Hospital in New Port Richey.

MEANS MATTER - SAFE GUN STORAGE CAN HELP PREVENT SUICIDE



By Melanie G. Hagen, MD

Associate Professor Internal Medicine University of Florida

Healthcare Liaison Lead, Florida Chapter Moms Demand Action for Gun Sense in America

Firearms are the most lethal means of attempting suicide

Because it is so likely to cause a lethal injury, when a gun is involved in a suicide attempt 90% of attempts result in death. Without a gun that number is closer to 4%. (Everytown) Though firearms are only used in less than 6% of suicide attempts, over half of suicide deaths are with firearms. Most people who survive a suicide attempt do not die from a subsequent suicide attempt. Having easy access to a gun can make the difference between living and dying from suicide. More than one third of homes in this country contain at least one gun. Because of our easy access to firearms people in the US are ten times more likely to die by firearm suicide than in other high-income countries. States with the highest rates of gun ownership also have the highest rates of firearm suicide. Having access to a firearm triples the risk of death by suicide even after controlling for other factors associated with suicide like poverty, unemployment, mental illness, and substance abuse. Although school shootings and homicide receive a lot of media attention suicides are responsible for over 60% of gun deaths in the US.



Safe gun storage

Safety experts recommend that gun owners store firearms unloaded, locked with ammunition stored separately. Safe storage has been shown to prevent one third of suicides in children and young adults. The American Academy of Pediatrics recommends that the best way to prevent suicide by firearm is to keep guns out of the houses where children live. But, the AAP notes that storing guns locked and unloaded with ammunition stored separately can reduce death from suicide by children and teenagers, as well as unintentional (accidental) injuries. The Be SMART campaign from the gun violence prevention group Everytown for Gun Safety delivers a public information campaign to prevent child firearm suicide and unintentional death, see besmartforkids.org. Florida Law (Section 790.174, Florida Statutes) requires a loaded firearm in the home to be stored in a locked box container or secured with a trigger lock if the owner reasonably knows that a child under the age of 16 can gain access to the firearm. A violation of this law is a misdemeanor.



Preventing access to guns in an emergency

If you suspect that a friend or family member is at risk for suicide and has access to guns, the safest option is to find a way to store them away from home until the person has recovered. Many people who have been having suicidal thoughts will be willing to let you or someone else temporarily “babysit” the guns. Firearms can be stored at many self-storage facilities. Some gun shops and shooting ranges will rent storage lockers. It is legal in Florida to temporarily store firearms with a private individual. Pawn shops will also take a gun for a “loan” if you pay a loan interest fee when you pick it up.

In an emergency you may not be able to remove the firearm yourself and may need to involve law enforcement. In the state of Florida, as in several other states, friends and family members may contact law enforcement if they are concerned that someone is at risk of harming themselves (or someone else) with a gun. Law enforcement can seek an “extreme risk protection order” from the court. If the order is issued the person is prohibited from purchasing and possessing guns for the duration of the order, which lasts for up to one year. Any guns in their position are held by law enforcement or a third party while the order remains in effect. A risk protection order can be renewed, but it requires another hearing. Once a risk protection order expires, or is terminated by the court, the person will get their guns back and can legally buy and possess new ones, unless they are prohibited from possessing guns for another reason. The issuing of a risk protection order does not result in a criminal record.

References:

<https://everytownresearch.org/>

<http://besmartforkids.org/>

<https://www.aap.org/en-us/about-the-aap/aap-press-room/campaigns/gun-safety/Pages/default.aspx>

<https://www.hsph.harvard.edu/means-matter/>

AVAILABLE RESOURCE

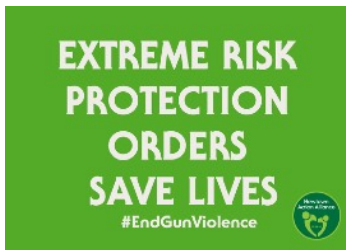
LOCK TO LIVE AVAILABLE IN ENGLISH & SPANISH

By Colorado Firearm Safety Coalition

Link: <https://coloradofirearmsafetycoalition.org/suicide/>

English: <http://lock2live.org/>

Spanish: <http://es.lock2live.org/>



One means safety decision aid (Lock to Live) that can help you make decisions about temporarily reducing access to potentially dangerous things, like firearms, medicines, sharp objects, or other household items is now available in both English and Spanish.

(From the Website) Suicide is a complex problem that needs a **comprehensive approach** for prevention. National statistics show that suicide is a leading – and growing – cause of death. Behind each of those statistics is a life lost, surrounded by grieving friends and family. Together, we can provide help and hope.

While each death is unique, understanding common patterns or risk factors is important. In the United States, about **half of all US suicide deaths** are due to a firearm. Having a firearm in the home **triples** the odds of death by suicide – but not because the gun prompts thoughts of suicide, or because people who live with guns are more likely to attempt suicide.



It's because firearms are the **most lethal method of suicide**. For every 10 people who attempt suicide with a firearm, 9 will die. That's a much higher death rate compared to medication overdose or other methods. With a gun, there's usually not a second chance to call 911 or seek medical treatment. It's a permanent solution to what is often a temporary problem.

And, if a gun's not available, most people **won't just find another way**. In fact, **90%** of people who survive an attempt don't later die by suicide. These are often **temporary crises**.

That's why putting **time and distance** between a suicidal individual and firearms (or other lethal methods) can save lives! This can mean locking up firearms, temporarily moving them out of a home, or finding other ways to **limit access for the person at risk**.

Topical Resources: If you're an **individual** wondering about how to help friends, family, or yourself, think about how to make homes safe during tough times. Learn more:

- [AFSP/NSSF program](#) (resource)
- [Firearm storage options](#) (resource)
- [Lock to Live](#) (resource)
- [Safety in Dementia](#) (resource)

If you're a **clinician** who cares for people at risk of suicide, talk to them about reducing access to firearms and other lethal methods. Learn more:

- [American Medical Association](#) (training)
- [American College of Surgeons](#) (training & resource)
- [BulletPoints Project](#) (training & resource)
- CALM (training)
- [Lock to Live](#) (resource)
- What You Can Do (training & resource)

If you're a **firearm retailer or range owner** interested in helping prevent suicide, you can get involved in local or national efforts. Learn more:

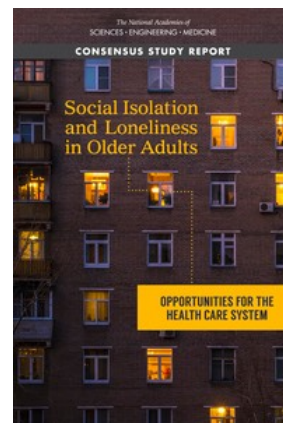
- [Colorado program](#) (resources)
- NSSF program (training & resource)
- MeansMatter (training & resources)

SOCIAL ISOLATION AND LONELINESS IN OLDER ADULTS: OPPORTUNITIES FOR THE HEALTH CARE SYSTEM

By The National Academies of Sciences, Engineering, and Medicine

Link: <https://www.nap.edu/download/25663#>

This resource is an important tool in prevention as Social Isolation is a critical risk factor in suicide, particularly among older adults. PDF downloads are available for free.



WHAT'S HAPPENING



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>

Check Florida's Statewide Office of Suicide Prevention's Event's Calendar for more of What's Happening statewide. <https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

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 ONLINE



You shop. Amazon gives.

Donate 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

Please submit news, events, poems, & writings for FSPC Newsletter inclusion consideration. Be sure to follow safe messaging guidelines. Email Steve Roggenbaum, Vice Chair, roggenba@usf.edu

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>