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February 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

THE FLORIDA INITIATIVE FOR SUICIDE PREVENTION (FISP) ANNOUNCES FORMAL PARTNERSHIP WITH MENTAL HEALTH AMERICA OF SOUTHEAST FLORIDA (MHA)

Paul Jaquith, CEO of MHA will serve as the CEO of FISP as it joins forces with MHA to consolidate administrative functions of both agencies.



After many years in service, Jackie Rosen, CEO of FISP is semi-retiring and has agreed to continue to work on behalf of the community to prevent deaths by suicide in a new role with FISP as a consultant.

FISP's President Lois Wexler, will remain the President of the FISP Board of Directors.

FISP is now co-located with MHA at 7147 W. Oakland Park Blvd, Lauderhill, FL 33313, The phone number (954-384-0344) and website (<https://fisponline.org>) remain the same. Additionally, FISP will maintain its 501(C)(3) status.

FISP and MHA Southeast Florida look forward to helping our entire community benefit from all of FISP's growing and expanding services.

The FSPC would like to extend our congratulations and thanks to Jackie Rosen for her years of community prevention service and collaboration and wish her well in her new role. Additionally, the FSPC welcomes Paul Jaquith to his newly expanded position and looks forward to potential collaborations in suicide prevention and support of suicide loss survivors.

SUICIDE PREVENTION PARTNERS OF PINELLAS



By Kristin Mathre, LMFT, Chief Operating Officer Suncoast Center, Inc.

Zero Suicide Partners of Pinellas is a robust group of behavioral health providers, health providers, schools, local government entities, and community members. As a committee of the Pinellas Behavioral Health System of Care Workgroup, the group is in year three of a collective impact project that has implemented common zero suicide care pathways for clients across our networks and partnerships.

During the 2020 calendar year we,

- Completed 137,054 screenings using the Patient Health Questionnaire-9 (PHQ-9). Screenings were completed across the health sector including primary care physicians and emergency rooms. This is 232% of the prior year's numbers.
- Completed 218,825 Columbia-Suicide Severity Rating Scales (C-SSRS) assessments. These assessments were completed across our network of care. This is 291% of the prior year's numbers.
- Developed 25,876 Safety Plans across our network of care. The Safety Plans serve as the entry and support the direct behavioral health treatment of suicidal thoughts and behaviors. Safety Plans are supported well in the transitions of care from one level of care to another and support effective coordination between our partners. This is 289% of the prior year's numbers.

We are in clear recognition that we need to reach people who have not touched the behavioral health system of care yet. With the assistance of the Juvenile Welfare Board of Pinellas, we were able to distribute a direct mailing campaign and print materials. With assistance from the Foundation for a Healthy St. Petersburg we were able to launch a campaign designed to destigmatize seeking help. The campaign is called "You Good?" which can be viewed at yougoodpinellas.org, and includes many creative and local artist's murals around our community.

The "You Good?" campaign ties the Pinellas Behavioral Health System of Care's other collective impact project, "The Wellness Connection" to our Zero Suicide Project. The individuals answering the phones for the Wellness Connection are the same staff trained to answer the National Lifeline calls in our area. They are able to engage the callers in whatever level of service they need at the time, and when needed, link the individuals into behavioral health services at any of the partner agencies.

Our wonderful partners are looking forward as we continue to providing hope, support, and connection to our community this next year.

Kristin Mathre, LMFT is the Chief Operating Officer at Suncoast Center, Inc., in Pinellas County. A strong believer in collaboration, and the limitless ability of individuals to join and make exponential positive progress, she has been leading the Zero Suicide Partners of Pinellas since 2017.

VETERANS COUNSELING VETERANS



By Ellsworth "Tony" Williams, President/CEO for Veterans Counseling Veterans

Veterans Counseling Veterans
Veterans and Family Outreach Support for
Suicide Survivors (VFOSSS)

Veterans Counseling Veterans is a 501C3 charitable nonprofit led by veterans and family of veterans. Veterans Counseling Veterans (VCV) has five programs: veteran suicide prevention, military sexual trauma, veterans and their families Wellness, referral and finally diversity inclusion and inequity mental wellness.

VCV primary mission is to provide mental wellness support to the Veteran community. This is accomplished through programs, podcasts, conferences, and training events. Veterans Counseling Veterans has a comprehensive veteran's suicide prevention program that includes awareness, training, workshops, intervention, and support for Veterans and families who lost a veteran to suicide. This article will address VCV's Veterans, Family Outreach Support for Suicide Survivors (VFOSSS) program.

VFOSSS is a program offered by Veterans Counseling Veterans ran by family members who also lost a veteran to suicide. VCV supports the program by providing mental health counselor resources to the survivors. For every suicide, an estimated average of 135 people are affected including the family members.

VFOSSS is led by volunteer Carol Rasor, who is a retired Pinellas Police Captain, currently working at St Pete College as its professor. Carol lost her son Joe Rasor, a former Marine to suicide in 2019. She volunteers to lead VFOSSS to help families who lost a Veteran to suicide navigate the Veteran Administration system and coordinate resources of a Veteran who died by suicide.



Carol Rasor at Veterans Counseling Veterans's Special Memorial Service for Families who lost a Veteran to suicide



VFOSSS helps the families by connecting the family with family survivors with resources to help them work through powerful and unique emotions specific to this type of grief.

In 2019, VFOSSS connected with over nine families throughout the state of Florida including finding counseling for a 10-year-old son, who unfortunately found his father after he died by suicide.

VFOSSS provides an array of programs to comfort and resources for the families or friends of the veteran. VFOSSS team consists of volunteer staff members who are who are survivors of veteran who died by suicide accompanied by Veterans and mental health providers in the VCV tribe

To be eligible for VFOSSS program, The suicide survivor must have a relationship to the deceased veteran or military member.

To learn more about Veterans Counseling Veterans send email to info@vetscounselingvets.org or connect with us on Facebook <https://www.facebook.com/veteranscounselingveterans>.

Ellsworth "Tony" Williams Jr. is Veterans Counseling Veterans, President/CEO, a Retired Army Combat Veteran, MS, and a Registered Mental Health Counselor Intern.

AVAILABLE RESOURCES

TOOL KIT #AAS365: RESOURCES FOR SUICIDE LOSS SURVIVORS

By The American Association of Suicidology (AAS)

Link: <https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>



A survivor of suicide is a family member or friend of a person who died by suicide. Anyone who is close to someone who died by suicide or feels affected by it is a survivor. You do not have to be a family member to feel the impact of a suicide.

The loss of a loved one by suicide is often shocking, painful and unexpected. The grief that ensues can be intense, complex, and long term. Grief work is an extremely individual and unique process; each person will experience it in their own way and at their own pace.

Grief does not follow a linear path. Grief doesn't always move in a forward direction. There is no time frame for grief. Survivors should not expect that their lives will return to their prior state. Survivors aim to adjust to life without their loved one.

AAS created this Tool Kit to assist suicide loss survivors. Available for free download at <https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>

PROTECT THE COMMUNITY - PROTECT EACH OTHER (Updated Law Enforcement Suicide Prevention Guide)

By Suicide Awareness Voices of Education (SAVE)

Link: <https://save.org/law-enforcement-guide-order-form/>

In 2015 SAVE, Facebook and Instagram put out a *Law Enforcement Suicide Prevention Guide* that was endorsed by the major law enforcement agencies and has been used for training purposes in every state. An updated version was released at the end of 2020. Hard copies are available for free from [SAVE.org](https://save.org) (order forms available directly at <https://save.org/law-enforcement-guide-order-form/>).



Facebook and Instagram are proud to work with SAVE and other non-profits that work to promote well-being and prevent suicide, to provide you with the warning signs that a fellow officer might be in danger and need your help.

LIFE BEHIND THE BADGE

You committed yourself to a life of service to the community. There is no end, and protecting those in danger. Most people consider law enforcement heroes, a strong devotion of your colleagues through wide experiences, societal thoughts, and you don't have your best.

You didn't even work knowing it involves risk, including potentially putting your own life on the line. Some officers reach a point where their life is more at risk than will be there for by an incident on the job, and understanding this will be discussed shortly. As a matter of fact, in the badge of life study (PIT) showed that emergency medical health study program can be a demanding, stressful, and dangerous that between 50% of officers struggle with PTSD after traumatic stress disorder. Harvard's research has indicated that a combination of that and PTSD results in a number of cases in the world of suicide for law enforcement personnel.

The agreement that you and your fellow officers live together and day out are a lot of the reality. You may find yourself with chronic substance use problems while during the day, and then try to get home and you'll find you're not even sleeping, eating, healthy or normal. This can create problems for the average person.



A companion *Family Resource Guide* is anticipated to be released in February 2021.

Law Enforcement Wallet cards are also available for purchase at: <https://save.org/product/law-enforcement-wallet-card/>

ADDRESSING SUICIDAL THOUGHTS AND BEHAVIORS IN SUBSTANCE USE TREATMENT (SAMHSA ADVISORY)



By Substance Abuse and Mental Health Services Administration (SAMHSA)

Link: https://store.samhsa.gov/product/addressing-suicidal-thoughts-behaviors-substance-use-treatment/pep20-06-04-005?referer=from_search_result

This Advisory provides guidance on identifying and addressing suicidal thoughts and behaviors among individuals with SUD. It is based on SAMHSA's Treatment Improvement Protocol (TIP) 50, *Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment*. It summarizes key messages, promotes use of the Zero Suicide framework, part of the Surgeon General's national strategy for suicide prevention, and provides additional resources for substance use clinicians and program administrators regarding the treatment of clients with suicidal thoughts and behaviors in SUD treatment settings.

SUICIDE PREVENTION CONFERENCE IN ORLANDO & ONLINE

By The American Association of Suicidology (AAS)

Link: <https://www.aasconference.org/about>

The American Association of Suicidology (AAS) is proud to host AAS21, its 54th Annual Conference, April 21 – 24, 2021. The conference will take place via a unique format - both in person in Orlando, FL at the Hilton Orlando Lake Buena Vista Hotel and also virtually for those across the globe. This hybrid approach will enable AAS to critically broaden its conference impact at such a pivotal time. At its annual conference, AAS provides the time and space for everyone - clinicians, researchers, those with lived experience, public health officials, and others - to connect and learn about ways in which we can all address the rising rate of suicide in the US and abroad while also discovering ways to create a world worth living in.



A M E R I C A N
ASSOCIATION OF SUICIDOLOGY

AAS21 will focus on blending diverse content, including new and innovative research and intervention practices. The conference will meet the needs of the field's diverse audience while convening world leaders in suicide prevention to spur

robust conversations and to build collaborations to achieve our shared vision and goals. This year's conference will bring balance and stability to a field that has experienced a tremendous amount of change and growth in the last year, relying on the cross-pollination of specialties and expertise of attendees to break down barriers and silos that have traditionally stalled effective solutions. True, effective, public health and socially-focused suicide prevention requires everyone's voice to find a path forward, while continuing to recognizing the accomplishments of past science and research. The field must move from reactionary efforts to effective implementation of research, prevention, and treatment. For more information: <https://www.aasconference.org/about>

WHAT'S HAPPENING



April 22-24, 2021. 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 Fun. Dedicated to the mental health and emotional well-being of students of color. <https://www.stevfund.org/>

SUPPORT FSPC WHEN YOU SHOP ONLINE



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>