



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 Rachelle 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)

March 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/](http://floridasuicideprevention.org/membership/)

[membership/](http://floridasuicideprevention.org/membership/)



NEWSWORTHY

A PANDEMIC PLUS: FLORIDA SUICIDES PLUMMETED. EXPERTS WORRY IT WON'T LAST

ACCORDING TO PRELIMINARY MEDICAL EXAMINER'S STATISTICS, 2,975 PEOPLE [DIED BY] SUICIDES IN 2020. THAT'S A DROP OF 13 PERCENT FROM THE PREVIOUS YEAR, AND 16 PERCENT FROM 2018

By David Ovalle, Tampa Bay Times, February 10, 2020

Link: <https://www.tampabay.com/news/florida-politics/2021/02/10/a-pandemic-plus-florida-suicides-plummeted-experts-worry-it-wont-last/>

NOTE: comparison is based on preliminary numbers not rates, subject to change).

The coronavirus pandemic has clearly stressed out countless Americans. But in Florida at least, one mental health barometer actually improved — fewer people killed

themselves in 2020 than in any time in recent years, newly released statistics show.

Despite the strains of sheltering at home, economic uncertainty and political turmoil during the pandemic, experts say the drop in suicides was not unexpected.

“During national crises, we tend to see large drops in the suicide rates. Wars, natural disasters — we tend to see drops in suicides for the first year or two,” said Dr. Bart Andrews, a board member of the American Society of Suicidology. “The biggest reason is there is a level of societal collectiveness. Everyone is in this together. It’s the nationalization of our mood. All of a sudden, people are part of something larger than themselves.”

Read the entire article at the link above. NOTE: the article is based on preliminary statistics, subject to change).

KEEP PAYING ATTENTION TO YOUR KIDS' MENTAL HEALTH IN THIS PANDEMIC

By Lisa Selin Davis, CNN, February 10, 2021

Link: <https://www.cnn.com/2021/02/10/health/kids-mental-health-suicide-pandemic-wellness/index.html>

Read the entire article at the link above.

For nearly a year, most of our children have been navigating the new, difficult normal: social isolation; deeply stressed parents; the effects of financial uncertainty; school from home — or from WiFi-equipped school buses if they don't have internet.

While Covid-19 itself has largely been sparing of children's physical health, studies have shown it has taken a toll on their mental health, associated with an increase in suicide-related behaviors, experts say.

Suicide was the **second leading cause of death** among children and adolescents ages 10 to 19 in the United States as of 2018, before the pandemic struck. Though suicide attempts and ideation weren't consistently higher in 2020, a recent **prepublication, peer-reviewed article** in the journal Pediatrics found some increases.

Read the entire article at the link above.

AVAILABLE RESOURCES

ADAPTIVE SCREENER MAY HELP IDENTIFY YOUTH AT RISK OF SUICIDE

Screeener outperforms current evaluations, could help emergency departments quickly facilitate a connection with supportive services

By NIMH (National Institute of Mental Health), 2/3/21

Link: <https://www.nimh.nih.gov/news/science-news/2021/adaptive-screener-may-help-identify-youth-at-risk-of-suicide.shtml>

Researchers have developed a computerized adaptive screener to identify youth at risk for attempting suicide. The screener, called the Computerized Adaptive Screen for Suicidal Youth (CASSY), consists of 11 questions on average and correctly identified 82.4% of youth who went on to attempt suicide in the three months following screening. The results suggest this screener could serve as an easy-to-use way for providers to detect youth suicide risk in emergency department settings. The findings, funded by the National Institute of Mental Health (NIMH), part of the National Institutes of Health, appear in the journal JAMA Psychiatry.

Click on link above to read entire press release.

REACH OUT: HOW TO HELP SOMEONE AT RISK OF SUICIDE

By NPR (summary from Suicide Prevention Resource Center - SPRC)

Link: <https://www.npr.org/sections/health-shots/2019/04/20/707686101/how-to-help-someone-at-risk-of-suicide>



A recent [survey](#) found most Americans know suicide is preventable and would like to be able to help a person at risk. But it can be hard to know what to do when a loved one is struggling. Experts offer these tips:

- (1) watch for the [warning signs](#) of suicide;
- (2) if you notice someone is having a hard time, reach out and ask how they are doing;
- (3) ask directly if they are feeling suicidal;
- (4) ask follow-up questions to find out their level of risk;
- (5) if they are in crisis, stay with them and connect them with [help](#);
- (6) listen and offer hope;
- (7) create a [safety plan](#) together;
- (8) help them find a mental health professional; and
- (9) explore [online supports](#).



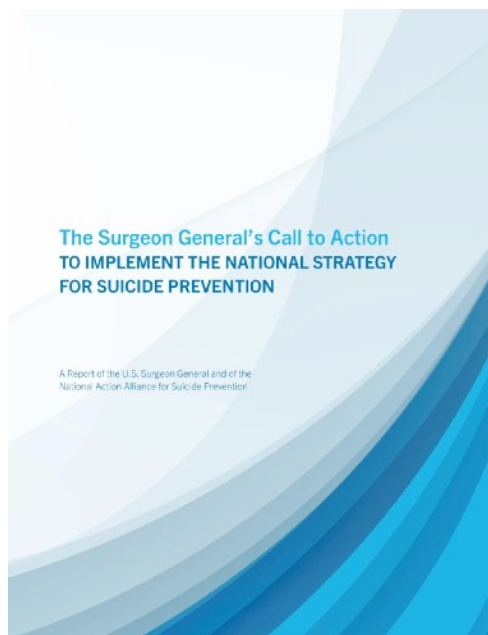
You do not need formal training to help someone, according to Doreen Marshall, a psychologist and vice president of programs at the American Foundation for Suicide Prevention. "Everyone has a role to play in suicide prevention," she said.

THE SURGEON GENERAL'S CALL TO ACTION TO IMPLEMENT THE NATIONAL STRATEGY FOR SUICIDE PREVENTION

By the National Action Alliance for Suicide Prevention

Link: <https://theactionalliance.org/our-strategy/national-strategy-suicide-prevention/call-action>

As the country continues to grapple with the enormous impact of the COVID-19 pandemic, and with more than 47,500 Americans losing their lives to suicide in 2019 alone, national action is urgently needed to address this critical, and yet preventable, public health issue. To help drive efforts, the U.S. Department of Health and Human Services (HHS) and the Office of the Surgeon General (OSG)—in collaboration with the National Action Alliance for Suicide Prevention (Action Alliance)—recently released The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention (Call to Action). This new resource seeks to advance progress towards full implementation of the 2012 National Strategy for Suicide Prevention, the nation's roadmap for suicide prevention, by identifying six key actions—and corresponding strategies and priorities—that must be taken now. Developed in consultation with many public and private sector partners, and guided by scientific evidence and insights from people with lived experience, the *Call to Action* focuses on the following:



- Action 1. Activate a broad-based public health response to suicide
- Action 2. Address upstream factors that impact suicide
- Action 3. Ensure lethal means safety
- Action 4. Support adoption of evidence-based care for suicide risk
- Action 5. Enhance crisis care and care transitions
- Action 6. Improve the quality, timeliness, and use of suicide-related data

Advancing the *Call to Action*—and ultimately the *National Strategy*—is achievable but only through the collaboration and engagement of both the public and private sectors. The *Call to Action* offers us a robust and realistic plan that can reverse the upward trend of suicide deaths in the U.S. and save lives. We call on those who have the opportunity to create change to take action today—we must not wait!

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 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>