



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 Vacant
(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, Stt. Lucie)

June 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.

**JOIN OR
RENEW
TODAY**

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/>

FSPC 2021 ANNUAL MEETING

The 2021 FSPC Annual Meeting conference callas held Saturday, May 15. Election results were announced:

Chair - Stephen Roggenbaum

Vice Chairs - Vacant

Treasurer - Rene Favreau

Secretary - Myrtice Landers

Assistant Secretary - Jody Smith

Members interested in running for one of the one-year Vice Chair positions, please contact Myrtice Landers at myrticelanders@gmail.com for a special election in June/July.

STUDY: STROKE SURVIVORS MAY HAVE HIGHER RISK OF SUICIDE

Link: <https://www.13wmaz.com/article/news/health/study-stroke-survivors-may-have-higher-risk-of-suicide/67-710970a1-ca91-48bd-9e42-03963c854315>

May was National Stroke Awareness Month. An article by Allison Kropff (13WMAZ) briefly summarizes recent published research regarding increased risk of suicide for stroke survivors (see link above).

The preliminary research was published in the American Heart Association's journal "Stroke" and presented at the 2021 International Stroke Conference.

It shows stroke survivors had a 73% higher risk of suicide, were more than twice as likely to attempt suicide, had a 63% higher risk of dying by suicide and had a diminished risk of suicide with time.

About a third of stroke victims develop depression which may be a factor. The American Heart Association does recommend screening for post-stroke depression so it can be identified earlier.

Support for Stroke Survivors:

<https://supportnetwork.heart.org> survivors have the ability to connect with other survivors, share their stories, read other survivor stories on blogs and online forums, and access important post-stroke rehabilitation resources.

Stroke Family Warmline: The Warmline connects stroke survivors and their families with an ASA team member who can provide support, helpful information or just a listening ear. 1-888-4-STROKE (1-888-478-7653).

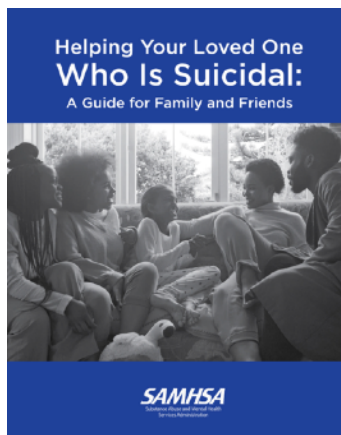
More resources from the *American Stroke Association* at <https://www.stroke.org/en/help-and-support%20>

AVAILABLE RESOURCES

HELPING YOUR LOVED ONE WHO IS SUICIDAL: A GUIDE FOR FAMILY AND FRIENDS

By Suicide Prevention Branch, Center for Mental Health Services, Substance Abuse and Mental Health Services Administration (SAMHSA)

Link: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-03-001.pdf



When a friend or family member has suicidal thoughts or attempts suicide, it is a traumatic event that impacts the entire family. It is normal to feel scared, confused, or angry. If you are finding it difficult to determine whether or not your family member is at risk of suicide, seek help, and don't wait. Families and friends play a key role in suicide prevention. This guide will help you understand how to respond to your loved ones who are in emotional distress and struggling with thoughts of suicide, as well as how to help get them the necessary support and treatment.

Three Major Sections include: 1) Understanding Suicide; 2) Recognizing Warning Signs and Taking Action; and 3) Helping Loved One During and After a Crisis.

Click on link above to view, peruse, and download.

YOUTH RISK BEHAVIOR SURVEY DATA SUMMARY & TRENDS REPORT

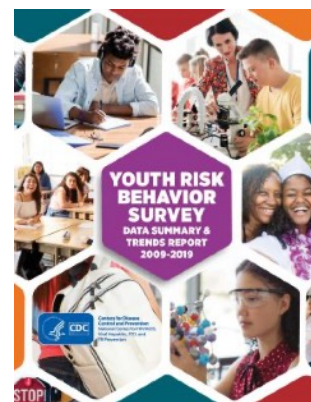
By Center for Disease Control and Prevention (CDC)

Link: <https://www.cdc.gov/healthyouth/data/yrbs/pdf/YRBSDataSummaryTrendsReport2019-508.pdf>

The Youth Risk Behavior Survey Data Summary & Trends Report uses YRBS data from 2009 to 2019 to focus on four priority focus areas associated with STDs, including HIV, and unintended teen pregnancy:

- Sexual Behavior
- High-Risk Substance Use
- Experiencing Violence, and
- Mental Health and Suicide.

These health risk behaviors and experiences contribute to substantial health problems for adolescents.

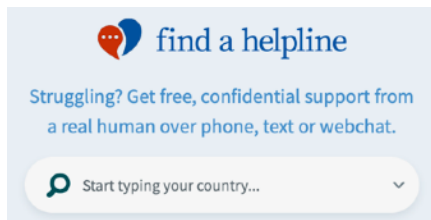


To raise awareness and understanding of the prevention needs of adolescents, this report presents ten-year trends for 24 variables using YRBS data by sex, by race/ethnicity, and by sexual minority status.

FIND A HELPLINE TOOL EXPANDS TO THE UNITED STATES IN PARTNERSHIP WITH THE AMERICAN ASSOCIATION OF SUICIDOLOGY

By Chris Maxwell, American Association of Suicidology (AAS)

Link: <https://findahelpline.com>



The American Association of Suicidology (AAS) is happy to announce a partnership with New Zealand charity, *Live for Tomorrow*, a technology-based nonprofit that launched its free Find A Helpline tool in New Zealand in September. The tool, available at findahelpline.com, is the world's largest resource of mental health and crisis helplines, offering over 1,600 services in 66 countries that provide immediate emotional support over phone, text or web

chat. Live for Tomorrow works directly with helplines to ensure their data remains accurate and reliable. From today, people seeking access to crisis support through AAS's website will be bridged to Find A Helpline. This partnership is being announced in recognition of the first-ever [Mental Health Action Day](#), an open-source movement of more than 500 brands, organizations and cultural leaders to drive culture from mental health awareness to mental health action.

"This partnership is an example of the impact that can be achieved when organizations come together," says Elliot Taylor, Executive Director of Live For Tomorrow. "Every day, people across the United States use Find A Helpline to seek immediate emotional support. By partnering with the American Association of Suicidology, more people in crisis will be able to access help, when and where they need it."

33RD ANNUAL HEALING AFTER SUICIDE LOSS CONFERENCE

By American Association of Suicidology (AAS)

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

The American Association of Suicidology (AAS) is pleased to announce the opening of registration for the 33rd Annual Healing After Suicide Loss Conference. AAS' outgoing Loss Division chair Vanessa McGann and new Loss Division chair Wykisha McKinney have worked together to plan a fantastic program for loss survivors. We hope you join us in looking forward to a meaningful and healing day.

View the conference schedule and session descriptions at the link above. Taking place virtually this year, join us on Saturday June 12th from 1pm to 4pm EST.



SUICIDE PREVENTION COORDINATING COUNCIL SPECIAL POPULATIONS/ RISK REDUCTION COMMITTEE

By Anna Gai, MS, Director of the Statewide Office for Suicide Prevention, Florida Department of Children and Families

Link: <https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/>



The Suicide Prevention Coordinating Council (SPCC) is a legislatively mandated group of 31 agencies and organizations tasked with making findings and recommendations regarding suicide prevention programs and activities throughout the State of Florida. Within the SPCC is the Special Populations/Risk Reduction Committee which develops educational materials for special populations identified nationally and within Florida to be at higher risk for suicide. Special Populations include:

National High-Risk Populations

- American Indians/Alaska Natives
- Suicide Loss Survivors
- Individuals in justice and child welfare settings
- Individuals with a history of non-suicidal self-injury and/or suicide attempts
- Individuals with medical conditions
- Individuals with a serious mental illness and/or substance use disorder
- Members of the Lesbian, Gay, Bisexual, and Transgender (LGBTQ+) community
- Men in midlife and older men
- Military Service Members and Veterans

Florida High-Risk Populations

- Caregivers/persons with disabilities
- First Responders – Firefighters, Police Officers, Emergency Medical Services
- Individuals in certain occupations
- Survivors of a natural disaster
- Youth

The list of the identified special populations can be found on pages 5 and 6 of the 2020 – 2023 Florida Suicide Prevention Interagency Action Plan. To download a copy of the plan visit <https://www.myffamilies.com/suicide-prevention>.

The Special Populations/Risk Reduction Committee recently launched an initiative which focuses on spreading awareness and educational materials for one special population every month. Previous messaging from the Committee has focused on healthy coping strategies and resources that support healing after a suicide death and a collaboration with the Florida Department of Elder Affairs to disseminate educational materials on suicide prevention in older adults. All materials identified and developed by the Committee will be disseminated through interagency collaboration across social media platforms. Follow the social media accounts of the organizations represented on the SPCC and be on the lookout for each month's posting. If you are interested in sharing the materials created and identified by the Special Populations/Risk Reduction Committee on your own personal or professional page, please email Amanda Regis at Amanda.Regis@myffamilies.com.

For more information on the Statewide Office for Suicide Prevention and for resources, please visit our webpage: <https://www.myffamilies.com/suicide-prevention>.

Reminder! The Suicide Prevention Coordinating Council Quarterly Challenge is to spread the facts: Asking and talking about suicide may reduce, rather than increase, suicidal ideation.

WHAT'S HAPPENING



June 12, 2021, 1:00 - 4:00 pm). *Healing After Suicide Loss Conference 2021*. Registration and agenda at: <https://www.aasconference.org/haslc>

August 18-20, 2021. Save The Date. The Florida Behavioral Health Association's *Florida Behavioral Health Conference* at the Hilton Orlando Bonnet Creek, Orlando. In-Person information - <https://www.bhcon.org/event/a09c7d2f-c264-4dae-b9f9-1ea81f924ab2/websitePage:3b5bb8d5-3593-4919-a8e1-776d89311731> and

Virtual attendee details - <https://www.bhcon.org/event/a09c7d2f-c264-4dae-b9f9-1ea81f924ab2/websitePage:b776f26e-b03a-473e-9da6-3f5cc8016492>

Check Florida's Statewide Office of Suicide Prevention's Event's Calendar for more of What's Happening statewide. <https://www.myffamilies.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://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.stevelfund.org/>

SUPPORT FSPC WHEN YOU SHOP ONLINE



shopping on Amazon (smile.amazon.com) & support suicide prevention.

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

FSPC NEWSLETTER SUBMISSIONS

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

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>

HEALING AFTER A SUICIDE LOSS

Be kind to yourself, exercising, eating right, getting enough sleep, and spending time with loved ones can have a huge impact on your health and mood. Give yourself time and space.

