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July 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/>

CHILDREN'S HOSPITALS ASK CONGRESS TO PRIORITIZE MENTAL HEALTH NEEDS FOR YOUTH

Child Patients participate in the 2021 Speak Now for Kids Family Advocacy Week.

By The Children's Hospital Association, Jun 14, 2021

Link: <https://www.prnewswire.com/news-releases/childrens-hospitals-ask-congress-to-prioritize-mental-health-needs-for-youth-301311632.html>

The 2021 Speak Now for Kids Family Advocacy Week was June 13-18, 2021. From April to October 2020, hospitals nationally saw a 24% increase in the proportion of mental health emergency department visits for kids ages 5 to 11, and a 31% increase in the 12- to 17-year-old age group, compared to 2019 according to the CDC. In the last half of 2020, children's hospitals saw a 17% increase in suicide and self-injury cases (inpatient and emergency) compared to the year before.

This year had a special focus on pediatric mental health. In partnership with Children's Hospital Association (CHA), seven patients and their families spoke publicly about their battles with

mental, emotional and behavioral health issues to help persuade Congress to advance more impactful policies such as those in the legislative proposal "[Strengthening Kids' Mental Health Now](#)."

"The overwhelming demand for pediatric mental health services is putting an unprecedented strain on pediatric facilities, primary care, schools and community-based organizations that support kids' well-being," noted Knight. "Children's hospitals and patient families are asking Congress this week to help us confront the mental health crisis by improving access to care across all health settings."

Click on link above to read entire article.

A SUICIDE SAFETY PLAN SAVED MY LIFE. HERE'S WHAT IT LOOKS LIKE, AND WHY IT WORKED

By Kimberly Zapata, Mic.com

Link: <https://www.mic.com/p/a-suicide-safety-plan-saved-my-life-heres-what-it-looks-like-why-it-worked-81120958>

Below is an excerpt from the above article (click on link to read entire article):

Safety plans can be written out and placed in an easy-to-find spot, typed out in a note on your phone, and implemented at any time. The plan can vary from person to person; it can take many forms and be presented in many different formats, Roeske says. But they all include similar information.

The first thing your plan should outline is triggers and warning signs, i.e. what thoughts or feelings you know you have when you are suicidal. Next should be coping strategies designed specifically for you. As trite as this sounds, meditation, breathing exercises, going for a walk, watching TV, or listening to music can be incredibly grounding.

You also want to include a list of reasons for living.

"Those who are suicidal often forget about the positives in their life," Roeske says. "However, having reasons written out can refocus their attention."

Good safety plans have contact information: for friends, therapists, psychiatrists, & crisis hotlines. My own plan names numerous people I can text, message, or call in order to make me feel better & safer. These are reminders that your network does exist & there are people who want & need you alive.

Make no mistake: My plan is not foolproof. From time to time, I still have suicidal ideations and thoughts. But in August, with my plan and my support system in place, I pulled through a low moment — a dark, near-death moment. And I am fairly confident I will do it again. There is scientific evidence that having a plan reduces the risk of future attempts. It also encourages an ongoing dialogue between a client and their psychologist, psychiatrist, or therapist — which is integral for healing and growth.

That said, the effectiveness of my plan — and any plan — is contingent on my willingness to use it. I cannot thrive or survive if I don't reach out when I am struggling and tell others when I feel suicidal. But if I can execute my safety plan, it can save me, and help prevent any type of self-harm. I will keep working toward stability. I will fight for my life and my health, and I will revise my plan as many times as it takes because I am worth it, and you are too.

VIBRANT EMOTIONAL HEALTH WINS NATIONAL SUICIDE PREVENTION LIFELINE GRANT TO ADMINISTER THE 988 DIALING CODE

By the Substance Abuse & Mental Health Services Administration (SAMHSA)

Link: https://www.samhsa.gov/newsroom/press-announcements/202106161430?utm_source=SAMHSA&utm_campaign=79a5540ca6-

[SAMHSA HEADLINES 2021 06 17 1600094&utm_medium=email&utm_term=0_eelc4b138c-79a5540ca6-168134225](https://www.samhsa.gov/newsroom/press-announcements/202106161430?utm_source=SAMHSA&utm_campaign=79a5540ca6-)



On June 16, 2021 SAMHSA announced *Vibrant Emotional Health (Vibrant)* will be the administrators of <https://www.vibrant.org/> the new 988 dialing code for the National Suicide Prevention Lifeline (Lifeline). The funding will aid the effort to better harness technology to help Americans in mental health crisis and save more lives. The new shorter 988 dialing code will be available to all Americans in July 2022. *Vibrant* (formerly Mental Health Association of NYC), in partnership with SAMHSA, has administered the Lifeline since its creation in 2005.



AVAILABLE RESOURCES

MISSED THE AAS CONFERENCE? CONTENT IS STILL AVAILABLE

By American Association of Suicidology (AAS)

Link: <https://www.suicidology.community/store/viewproduct.aspx?id=18397353>



AAS21 Academy is now open for those who couldn't join us during the live AAS21 conference. The Academy is comprised of the recordings of the virtual conference sessions as well as the recorded live streamed main stage presentations.

Those who registered for the AAS21 live conference will use their same Chime platform log-in credentials as during the live conference to access the recordings.

Access: Each registration for the AAS21 Academy provides for one individual's access to view the recordings (cost \$149). Once registration has been completed, an email will be sent to the address on file with a unique access

ID and password to access the conference platform. This email will be sent within two business days of the registration.

The Academy will be available to view through the end of October 2021. Continuing Education credits are not offered for the Academy.

These recordings are property of AAS through the Academy and, therefore, are not available for download or dissemination.

SUSPECTED SUICIDE ATTEMPTS INCREASED FOR ADOLESCENTS AND YOUNG ADULTS DURING COVID-19

By Center for Disease Control and Prevention (CDC)

Link: https://www.cdc.gov/mmwr/volumes/70/wr/mm7024e1.htm?s_cid=mm7024e1_w&ACSTrackingID=DM59196&ACSTrackingLabel=Suspected%20Suicide%20Attempts%20Increased%20for%20Adolescents%20and%20Young%20Adults%20During%20COVID-19_DM59196&deliveryName=DM59196

A new CDC Morbidity and Mortality Weekly Report, Emergency Department Visits for Suspected Suicide Attempts Among Persons Aged 12–25 Years Before and During the COVID-19 Pandemic—United States, January 2019–May 2021, found that adolescents and young adults aged 12–25 years had fewer emergency department (ED) visits for suspected suicide attempts early in the COVID-19 pandemic. However, ED visits increased by 39% among adolescents aged 12–17 years in winter 2021 (February 21–March 20, 2021) compared with the same time period in 2019.

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Both males and females aged 12–25 years experienced a drop in the number of ED visits for suspected suicide attempts during spring 2020 (March 29–April 25, 2020), coinciding with stay-at-home orders and a 42% decrease in overall ED visits. However, ED visits for suspected suicide attempts increased among adolescents aged 12–17 years as the pandemic continued. A 51% increase among females drove this surge, whereas visits among males increased 4%. The gap in ED visits for suspected suicide attempts between females and males in this age group increased as the COVID-19 pandemic progressed.

Prevention is Possible

The COVID-19 pandemic is the most serious public health crisis our nation has faced in more than a century, affecting how we work, learn, and play. As we've seen during other health emergencies, anxiety, depression, substance use, and suicidal thoughts and behaviors can increase. Provisional 2020 mortality data indicate a 5.6% decrease in suicide deaths during COVID-19. However, these estimates do not look at males versus females. It's possible the rate among youth will increase. We must remain vigilant and continue to closely monitor changes in suicide and suicidal behavior among youth during the COVID-19 pandemic.

Youth suicide prevention requires a comprehensive approach, using prevention strategies with the best available evidence to address the range of factors influencing risk. Adapting these strategies during times of uncertainty, like the COVID-19 pandemic, can help prevent suicide. For example, a recent Special Report from the CDC, published in the *Journal of Safety Research*, illustrates how the COVID-19 pandemic has affected social connection, and highlights the importance of adapting strategies and programs for suicide prevention during times of infrastructure disruption. These strategies include:

- [preventing adverse childhood experiences](#)
- strengthening economic supports for families
- limiting access to lethal means among youth
- identifying and supporting youth who show signs of suicide
- improving access and delivery of care
- increasing social connectedness and coping skills
- [safe media reporting of suicide](#)

Widely implementing comprehensive prevention, and adapting current strategies during the pandemic, can contribute to healthy development and prevent suicide attempts and suicide among youth, adolescents, and young adults.

2021 SUICIDE PREVENTION SUMMIT: SEEKING HEALING DURING COVID-19 FOR THE BLACK AND NATIVE AMERICAN COMMUNITIES

By Twelve6 Strategies

Link: <https://www.twelve6.org>

This year's theme - *Seeking Healing During COVID-19 for the Black and Native American Communities* - promotes an increase in the attendee's understanding of the experiences, needs, and wisdom of Black and Indigenous people about suicide prevention, intervention, and postvention.

Pre-Summit Events on July 13 include Networking: National Suicide Prevention Lifeline & Lines for Life; and *The S-Word Documentary* Film & Panel Discussion Following Screening Led by Director Lisa Klein.

The main event is July 14 highlights numerous speakers and workshops. Additionally, the organizers state that "Many of us who attend or present at suicide prevention events have experienced the loss of a loved one to suicide, struggle with our own thoughts about suicide or support someone else who does. While learning and connecting together can in itself be tremendously healing, the focused discussions on suicide can prompt anxiety, difficult memories or our own thoughts of self-harm.

During the live event we will detail support options available for individuals to utilize. All day long there will be a variety of affinity spaces, which is one place you can turn to for support.

The poster for the 2021 Suicide Prevention Summit is titled "2021 Suicide Prevention Summit" in large blue letters. Below the title, it reads "Healing During COVID-19 for the Black & Native American Communities" and "July 13th & 14th VIRTUAL via Zoom". The poster features six speaker portraits arranged in two rows of three. Each portrait is accompanied by the speaker's name and their community affiliation. The top row includes Dr. Victoria O'Keefe (Cherokee & Seminole), Kalechi Ubezoh (Nigerian-American), and Barbara Franks (Tlingit & Haida). The bottom row includes Tyrell Blaquemoss (Afro-Indigenous), O'Neisha Cochran (Ojibwa, Sioux & Black), and Michaelsa Pavlat (Chippewa). At the bottom of the poster, it states "This year's summit will feature the voices, wisdom, and experiences of several Black & Indigenous speakers from across Turtle Island. Visit the website below to learn more!" and provides the website "www.twelve6.org" and "Registration Open Now!"

Self-care is the most valuable thing one can offer themselves while processing grief, heavy topics, and memories that could be triggering. Reach out to the event moderators if something is to arise and you need help navigating support.

Registration is now open at www.twelve6.org

AAS, ACA, & MHA'S 2021 SUICIDE PREVENTION SUMMIT: THE WORLD'S LARGEST ONLINE SUICIDE PREVENTION CONFERENCE

By American Association of Suicidology (AAS)

Link: <https://www.mentalhealthacademy.net/suicideprevention/aas>

The American Association of Suicidology (AAS), American Counseling Association (ACA) and Mental Health Academy (MHA) have partnered to bring you the world's largest Suicide Prevention online conference, the [2021 Suicide Prevention Summit](#)

The purpose of the FREE Summit is to equip mental health professionals with best-practice knowledge and skills on suicide prevention, thereby making a tangible reduction on suicide rates.

- Join over 40,000 mental health professionals
- Learn best practices in suicide prevention
- Connect with leading mental health experts
- Attend sessions in real-time and/or on-demand (*live* on 24-25 July 2021 & *on-demand* is 26 July - 30 September 2021)

2021 Suicide Prevention Summit

The world's largest online suicide prevention conference.



Join over 40,000 health professionals



Learn the latest research in suicide prevention



Connect with leading mental health experts



Attend sessions in real-time and/or on-demand

FLORIDA'S FIRST RESPONDER SUICIDE DETERRENCE TASK FORCE

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

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



Did you know? Florida has their very own Task Force dedicated to addressing the incidence of suicide and attempted suicide among employed or retired first responders across the state. First responders are an identified special population, with prior research indicating higher rates of depression and sleep disturbances for first responders^{1,2}. Other research has demonstrated increased rates of posttraumatic stress disorder³ and substance misuse⁴. Additionally, research on the prevalence of suicidal behaviors shows evidence that firefighters may have high rates of suicidal ideation, suicide plans, and suicide attempts^{5,6}.

The First Responder Suicide Deterrence Task Force (Task Force) was created through Senate Bill 7012 in 2020. Composed of 15 voting and non-voting members, the Task Force includes representatives from various aspects of fire, emergency medical services, law enforcement, support personnel, academia, training, and behavioral health services. The Task Force is charged with providing recommendations on developing training programs and materials that would better enable first responders within our state to cope with life stressors.

The Task Force convenes on a regular basis to discuss the status of suicide prevention efforts for first responders across the state and identify initiatives and activities to move our prevention efforts forward. The first annual report of the First Responder Suicide Deterrence Task Force will be published this month. More information on the First Responder Suicide Deterrence Task Force can be found here: <https://www.myffamilies.com/service-programs/samh/prevention/suicide-prevention/task-force.shtml>.

Reminder! The Suicide Prevention Quarterly Challenge is to know your stats: For every suicide death, approximately 135 people are affected. You are not alone. Asking and talking about suicide may reduce, rather than increase, suicidal ideation.

- ¹ de Barros, V. V., Martins, L. F., Saitz, R., Bastos, R. R., & Ronzani, T. M. (2013). Mental health conditions, individual and job characteristics and sleep disturbances among firefighters. *Journal of health psychology*, 18(3), 350-358. doi:http://dx.doi.org/10.1177/1359105312443402
- ² Hom, M. A., Stanley, I. H., Rogers, M. L., Tzoneva, M., Bernert, R. A., & Joiner, T. E. (2016). The Association between Sleep Disturbances and Depression among Firefighters: Emotion Dysregulation as an Explanatory Factor. *J Clin Sleep Med*, 12(2), 235-245. doi:10.5664/jcsm.5492
- ³ Berger, W., Coutinho, E. S., Figueira, I., Marques-Portella, C., Luz, M. P., Neylan, T. C., . . . Mendlowicz, M. V. (2012). Rescuers at risk: a systematic review and meta-regression analysis of the worldwide current prevalence and correlates of PTSD in rescue workers. *Soc Psychiatry Psychiatr Epidemiol*, 47(6), 1001-1011. doi:10.1007/s00127-011-0408-2
- ⁴ Carey, M. G., Al-Zaiti, S. S., Dean, G. E., Sessanna, L., & Finnell, D. S. (2011). Sleep problems, depression, substance use, social bonding, and quality of life in professional firefighters. *J Occup Environ Med*, 53(8), 928-933. doi:10.1097/JOM.0b013e318225898f
- ⁵ Stanley, I. H., Hom, M. A., Hagan, C. R., & Joiner, T. E. (2015). Career prevalence and correlates of suicidal thoughts and behaviors among firefighters. *Journal of Affective Disorders*, 187, 163-171.
- ⁶ Stanley IH, Hom MA, Joiner TE. A systematic review of suicidal thoughts and behaviors among police officers, firefighters, EMTs, and paramedics. *Clinical Psychology Review*. 2016;44:25-44. <https://doi.org/10.1016/j.cpr.2015.12.002>.

WHAT'S HAPPENING



July 13 & 14, 2021. *2021 Suicide Prevention Summit: Seeking Healing During COVID-19 for the Black and Native American Communities*. Registration is open at www.twelve6.org

July 24 - 25, 2021. AAS, ACA, & MHA's *2021 Suicide Prevention Summit for Mental Health Professionals*. Free! Live and on-demand access through end of September 2021. More information at: <https://www.mentalhealthacademy.net/suicideprevention/aas>

August 18-20, 2021. 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.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://suicidgrief.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://suicidgriefresources.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 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.



New supporter



Charity hero



Heart-core shopper

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

HEALING AFTER A SUICIDE LOSS

Find a support group

You are not alone! There are many support groups available, both in person and virtually. These groups can help provide a safe place for you to express your feelings or simply provide a space for you to be around other survivors who may be experiencing some of the same things you are going through.

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