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

floridasuicideprevention.org/membership/

Become a Member
or Renew

FLORIDA IS INSTALLING A SUICIDE PREVENTION NET ON THE SUNSHINE SKYWAY BRIDGE

By Alan Shaw, Sarasota Herald-Tribune

Link: <https://www.heraldtribune.com/story/news/local/manatee/2021/03/11/net-designed-prevent-suicide-installed-sunshine-skyway-bridge/6953553002/>

If you or someone you know is considering suicide, help is available. Please call the National Suicide Prevention Lifeline at 800-273-8255 or chat at suicidepreventionlifeline.org/chat

The Florida Department of Transportation is installing a net designed to prevent people from committing suicide by jumping off the Sunshine Skyway Bridge.

According to FDOT, work on the net began in January. The net was chosen after a review of multiple options to successfully deter suicide attempts on the bridge that connects Manatee and Pinellas counties while preserving its design.

The net is the latest suicide prevention system at the bridge, supplementing crisis hotline phones, cameras and pedestrian and stopped vehicle detectors.



The net will be a vertical barrier on the outside barrier wall of the bridge. The \$3.4 million project, with work done by contractor Southern Road & Bridge LLC, is expected to be completed in the summer. "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."

SHE ALMOST JUMPED OFF A BRIDGE. SHE NOW RETURNS THERE TO POST NOTES THAT HAVE SAVED THE LIVES OF OTHERS

By Sydney Page, The Washington Post

Link: <https://www.washingtonpost.com/lifestyle/2021/06/03/suicide-bridge-note-kindness/>

Below are excerpts from the above article (click on link to read entire article):

Paige Hunter remembers hovering over the edge of a bridge three years ago with unsettling clarity. But what she recalls most vividly, she said, are the words of two strangers who stopped her from taking her own life.

"I was going through a lot at the time and dealing with post-traumatic stress disorder," said Hunter, who lives in Sunderland, England. As she stood perched atop the Wearmouth Bridge on that January evening, two onlookers approached her and said, "You are worth so much more than this," Hunter, now 21, recalled. "Those words changed my life."

Since 2018, Hunter has covered the local landmark with more than 1,000 uplifting signs, with the goal of supporting others who are similarly struggling with mental health. Based on messages she's received from strangers, plus encouragement from local officials, Hunter thinks her notes have helped save dozens of lives.

Cassie Bond, 31, who lives in Spokane, Wash., stumbled upon Hunter's *Notes of Hope* on Facebook, and decided to emulate her efforts on the Monroe Street Bridge . . .



FLAGLER DEPUTIES HAILED AS HEROES AFTER STOPPING A TEEN FROM JUMPING OFF AN OVERPASS, HIGHLIGHTING NEED FOR MENTAL-HEALTH RESOURCES

By Nicole Griffin, Spectrum News (Flagler County, Mental Health Section)

Link: <https://www.mynews13.com/fl/orlando/news/2021/06/21/-flagler-deputies-hailed-heroes-after-stopping-a-teen-from-jumping-off-an-overpass-highlights-need-for-mental-health-resources->

Flagler County, FL — Two Flagler county deputies are being hailed heroes after stopping a teen from jumping off an overpass, but county leaders say the rescue highlights a need for more mental-health resources in the area.

Flagler County deputies Crista Rainey and Laura Jenkins on Sunday rushed to an overpass bridge of Palm Coast Parkway, where they said a teen was trying to jump.

"I tried to talk to her about everything other than what was happening," said Jenkins, who grabbed the teen when she tried to jump. Rainey climbed the ladder of a fire truck and got the teen safely down on the ground. "It was a tap dance," Rainey said. "We were trying to find anything just to keep her talking."

County Manager Jerry Cameron said Sunday's incident is just the latest example of the need for more mental-health resources in Flagler County. Provisional data from the state health department indicates 24 people died from suicide in Flagler last year, down from 25 in 2019, 29 in 2018 and 31 in 2017.

"There absolutely is a huge hole there," Cameron said. "There are many folks that I've heard in the two years that I've been here that are seeking services that just couldn't find services within our county." It's a void he said will soon be filled, thanks to nearly \$250,000 from the state to create a mental-health access point in Flagler.

"A person that doesn't know where to go can go there," Cameron said. "They can be referred there or they can walk into there, they'll be screened, and it would be determined what services would be appropriate for them. They may be receiving counseling there. They may be referred to one of the partners, but it is a way for them to find help easily."

For Rainey, any help to prevent situations like Sunday's is welcomed. "It is a great relief, it is definitely needed," Rainey said. The new facility will be where the library's Bunnell branch is currently located, Cameron said. He said he hopes to have it open in October or November.

AVAILABLE RESOURCES

FLORIDA COLLEGES RECEIVE THREE SUICIDE PREVENTION GRANTS

By Substance Abuse & Mental Health Services Administration (SAMHSA)

Link: <https://www.samhsa.gov/grants/awards/2021/SM-21-003>

The *Rollins College Suicide Prevention Project* aims to develop a comprehensive, collaborative, well-coordinated, and evidence-based approach to suicide prevention. The primary purpose of this project is to continue building and enhancing necessary infrastructure to allow the Rollins Wellness Center to effectively respond to an alarming rate of suicidal ideation and mental illness among students on campus. This will be achieved through six key activities over the proposed three-year period: (1) creating a network infrastructure to link Rollins College with appropriate care providers from the community; (2) training gatekeepers (students, faculty, and staff) to respond effectively to those at-risk for suicide; (3) administering effective voluntary screenings and assessments; (4) providing outreach and information to promote suicide prevention efforts, encourage help-seeking, and increase awareness of crisis resources; (5) providing mental and substance use disorders prevention and treatment services to college students by employing appropriately trained staff; and (6) increasing peer-to-peer prevention and wellness opportunities. The activities undertaken will support an estimated 3,200 college students, staff, and faculty annually and over 5,000 students throughout the life of the project. The project will focus on the following core strategies: implementing the Suicide Prevention Strategic Plan developed by Jed Campus; developing MOUs with partner agencies for mental health, eating disorders, and substance misuse treatment that specifically support the target populations; enhancing the existing QPR Gatekeeper program and adding a You Can Help gatekeeper program; expanding life skills training across campus and through curriculum; adding in-person screenings at Wellness days/events; ensuring universal screening for depression, anxiety and suicide ideation at all Rollins Wellness Center appointments; and extensive outreach aimed at increasing help-seeking, decreasing high-risk behaviors such as binge drinking, and increasing awareness of available resources; bolstering support for students who are transitioning to Rollins by developing a strategy to identify first-year and transfer students with mental and substance abuse history and connect them to resources both prior to when they arrive and as they arrive on campus; develop and promote a Collegiate Recovery Program; and support student groups that engage in mental and behavioral health activities by encouraging student



organizations to develop their own peer-to-peer wellness programming. Contact: Connie Briscoe, Rollins College, Winter Park.

Broward College's Project Lifeline will serve the Broward College student population which has a high percentage of racial and ethnic minorities and low-income students. The project goal is to improve student mental health by reducing student risk factors and eliminating suicide and attempts through training and education; outreach; expanded mental health services capacity; and data collection to inform the use of resources for maximum benefit. Project Lifeline will vastly increase the number of students and staff able to identify, support, and/or refer students at-risk of self-inflicted injury to services and professionals who can help get them the treatment and services needed. The measurable objectives of Project Lifeline have been adapted to meet local needs, enhance College's infrastructure, and fill identified service gaps. These objectives include: Objective 1: Expanding Existing Network Infrastructure - By the end of the project period, expand the comprehensive help network by executing at least three Memorandum of Understanding with appropriate community providers or referral agencies. Objective 2: Training - By the end of the project period, a minimum of 300 faculty and staff will attend QPR Institute's Practical and Proven Suicide Prevention training. Objective 3: Outreach - By the end of the project period, a minimum of 1,500 students, staff, and faculty will attend mental health promotion training. Objective 4: Exposure to Mental Health Awareness Messages - By the end of the project period, a minimum of 6,000 students will participate in a mental health awareness event or post or like a social media message of awareness using the #BClifeline tag. Project Lifeline will serve approximately 7,800 students, faculty, and staff over the lifetime of the project - 2,600 each year of the three-year project period. Contact Melanie Gnaizda-Gilson, Broward College, Fort Lauderdale.



Project SPEAK - Suicide Prevention Education And Knowledge - will address suicide, mental health, and substance abuse issues at *Daytona State College* by engaging students and employees in training, education, and awareness activities, and by improving systems for identifying and serving at-risk students. Designed to serve the full campus community, the project also will address needs of target populations including athletes, LGBTQ+ individuals, veterans, as well as low income, first generation, and residential students. Daytona State College has six campuses in Flagler and Volusia counties in east central Florida enrolling more than 20,000 students in associate and baccalaureate degrees as well as career certificate, adult education, and ESOL programs. Student population characteristics include: average age 26; 38% full-time and 62% part-time; 60% female and 39% male; 60% White, 12% African-American, and 17% Hispanic. The goal of Project SPEAK is to prevent suicide and substance abuse within the student population of Daytona State College through advocacy, events, and services to 4,400 people. Objectives for the project include: 1) Project SPEAK will design and implement an online system for tracking information regarding mental health and substance abuse-related incidents to facilitate identification, service delivery, and follow-up for students and accurate data collection for the College. 2) The Project will partner with 3 or more external agencies to ensure adequate mental health and substance abuse resources are available to students. 3) The Project will deliver awareness, referral, and crisis training on suicide prevention, mental health and/or substance use disorders for up to 250 students, faculty, and staff per year. 4) The Project will disseminate educational information and awareness messaging at 10 or more campus events each year, and via television programming and PSA's (estimated 1,000 views per year) and social media outlets to promote help-seeking behaviors and reduce the stigma related to suicide, mental health, and substance abuse disorders. 5) The Project will implement a voluntary mental health and substance use disorder screening/ assessment process and subsidize costs for up to 50 eligible students. Contact: Keith Kennedy, Daytona State College, Daytona Beach.



SEPTEMBER IS SUICIDE PREVENTION MONTH

By National Action Alliance for Suicide Prevention (Action Alliance)

Link <https://theactionalliance.org/bethere>

As we prepare for Suicide Prevention Month (#SPM21) in September, consider ways to encourage the public to be there for someone who might be struggling or is in crisis. Some examples of how someone can #BeThere include:

- Check in with a friend by phone or text message to see how they are doing.
- Invite a friend to meet for a physically-distanced coffee or meal together.
- Send a handwritten card to let someone know you are thinking of them.
- Learn the [risk factors](#) and [warning signs](#).
- Help connect someone who is struggling to professional care.
- Share the National Suicide Prevention Lifeline Number (800-273-8255), which provides 24/7, free, and confidential support. For specialized care, military veterans may press '1.'



GOVERNOR DESANTIS SIGNS BEHAVIORAL HEALTH BILLS

By Gayle Giese, President, Florida Mental Health Advocacy Coalition and NAMI Florida Board Director

Link: <https://namiflorida.org/advocacy/legislative-priorities/>

On 6/30/21, Governor DeSantis completed the signing of several behavioral health bills that NAMI supported the 2021 session. Full details are on the [NAMI Florida website](#). Below are the bill summaries.



BEHAVIORAL HEALTH INSURANCE EQUITY

CS/HB701– Increasing Access to Mental Health Care/Behavioral Health Care Services Coverage and Access by Representative Cyndi Stevenson.

Starting October 1, 2021, this law creates a more reliable system for the state to collect and report on consumer complaints about denials of service, affordability, and lack of coverage for behavioral health care by private health insurers and HMOs. [Read HB701](#)

VETERANS' MENTAL HEALTH

HB231 – Services for Veterans and Their Families by Representative Ardian Zika. The law requires the Department of Veterans' Affairs to establish the Florida Veterans' Care Coordination Program to provide behavioral health care referral and care coordination services for veterans and their families. The bill requires Florida

211 Network participants to collect program implementation data and to submit such data to the department. [Read HB231](#)

CHILDREN'S BAKER ACT

CS/SB590 School Safety by Appropriations and Senator Gayle Harrell

NOTE: Senator Harrell's original bill was folded into a larger School Safety Bill.

A large section of this bill represents an attempt to reduce the increasing number of students being involuntarily transported by law enforcement from schools and school-related activities to Baker Act receiving facilities, sometimes without their parents being notified before the student is removed. [Read SB590](#)

COMMISSION ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

The language from SB1488/HB1447 by Senator Rouson and Rep. Hunschofsky was inserted into SB96, a Child Welfare bill by Rules and Children, Families, and Elder Affairs; and Senators Book and Brodeur.

This law creates a commission on mental health and substance use disorders and requires DCF to provide administrative support. It requires the commission to submit an annual report to the Legislature and Governor. The Commission, which includes a family member of someone with a behavioral health condition who is receiving public mental health services, and a peer receiving public mental health services, will have the power to call in various agencies to provide assistance in a timely manner.

This bill sends a bold statement that we must improve Florida's fragmented behavioral health system. People and families experiencing mental health conditions and/or crises must be able to get quality affordable care as quickly as possible. [Read about HB1447 here.](#)

THE INTERSECTION OF SUICIDE AND SUBSTANCE USE

By Amanda Regis, MSW, Suicide Prevention Specialist, Statewide Office for Suicide Prevention, Florida Department of Children and Families

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



When you hear the word “suicide”, what comes to mind? Perhaps hopelessness, sadness, thoughts of death, and appetite changes? One risk factor that is often overlooked is substance use.

Substance use significantly increases the risk of suicide.¹ In a 2016 brief, the Substance Abuse and Mental Health Services Administration (SAMSHA) reported that approximately 22 percent of suicide deaths in the United States involved alcohol intoxication, opiates (including prescribed painkillers and heroin) were involved in 20 percent of suicide deaths, marijuana in 10.2 percent, cocaine in 4.6 percent, and amphetamines in 3.4 percent.²

What is the relationship between suicide and substance use?

You may ask, “What is the relationship between suicide and substance use?” It is known that alcohol and substance use are both warning signs and risk factors for suicide. Additionally, substance use and suicide share similar risk factors including loss (relational, social, financial), family history of alcohol and substance use, history of adverse childhood experiences, and history of mental disorders, particularly clinical depression.

Alcohol's role in suicidal behavior stems from alcohol's ability to decrease inhibitions, increase depressed mood, and hinder cognition, which impairs the ability to implement healthy coping strategies.³ Opioid use may increase the risk of suicide-related thoughts and behaviors particularly in individuals with chronic pain, as individuals may experience a desire to escape from pain, experience a perception of being a burden on others and/or social disconnection.⁴

What can be done?

A collaborative effort between suicide prevention and substance use stakeholders is helpful to mitigate the impact of substance use and suicide on individuals, families, and communities.

What is available now?

Visit isaveFL.com to find educational materials and a list of Naloxone providers in Florida. Naloxone is used as an emergency treatment for an opioid overdose.

For resources on treatment for substance misuse visit <https://www.myflfamilies.com/service-programs/samh/substance-abuse.shtml>.

For suicide prevention resources, visit <https://www.myflfamilies.com/suicide-prevention>.

Reminder! The Suicide Prevention Coordinating Council, Florida's statewide suicide prevention coalition, has a new quarterly challenge. This Quarterly Challenge is to know your stats: For every suicide death, approximately 135 people are affected. You are not alone.

- ¹ Bohnert, K. M., Ilgen, M. A., Louzon, S., McCarthy, J. F., & Katz, I. R. (2017). Substance use disorders and the risk of suicide mortality among men and women in the US Veterans Health Administration. *Addiction* (Abingdon, England), 112(7), 1193–1201. <https://doi.org/10.1111/add.13774>
- ² Arnstein, P., Ashrafioun, L., Rots, G. (2018). The Intersection of Opioid Abuse, Overdose and Suicide: The Role of Chronic Pain. Retrieved from: https://sprc.org/system/files/private/event-training/intersection-of-opioid-abuse-overdose-and-suicide_part-2_webinar-slides.pdf
- ³ Substance Abuse and Mental Health Services Administration. (2016). Substance Use and Suicide: A Nexus Requiring A Public Health Approach. Retrieved from: <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4935.pdf>
- ⁴ Arnstein, P., Ashrafioun, L., Rots, G. (2018). The Intersection of Opioid Abuse, Overdose and Suicide: The Role of Chronic Pain. Retrieved from: https://sprc.org/system/files/private/event-training/intersection-of-opioid-abuse-overdose-and-suicide_part-2_webinar-slides.pdf

WHAT'S HAPPENING



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](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>

August 31, 2021 (1:00pm - 2:15pm). *Best Practices for Suicide Prevention to Postvention* (Webinar). By Relias and the National Council for Mental Wellbeing. Click https://thenationalcouncil-org.zoom.us/join/register/4216262046376/WN_T9TJcC89QeyVZISstnrSpQ?mkt_tok=NzczLU1KRi0zNzkAAAF-hwnSbD0BO5yMLTI677NkgMJ30_t-F1Fp9f_bwUzxnMNOWZ16-HIjeBxY7I0Kc2f16N33WCp3DlvgVzjwrnW7HRqO1GNnMsiYzf4HV8c for more information.

September 4, 2021 (Saturday). *Team Kyle Suicide Prevention Ride* (motorcycles). At Seminole Power Sport North, 15821 US 441, Eustis, Florida. Contact Paula at pedwards1013@icloud.com for more information.

September 18, 2021. Veterans Counseling Veterans' *3rd Annual Veterans and Family Suicide Prevention Summit: Faith, Veterans, Family, Mental Health, and Community*. For more information call 407-516-8398.

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://suicideregrief.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/>

VETERANS COUNSELING VETERANS EVENT

Veterans Counseling Veterans' 3rd Annual Veterans and Family Suicide Prevention Summit: Faith, Veterans, Family, Mental Health, and Community will be held on September 18, 2021. For more information call 407-516-8398.

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 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

Submit items for FSPC Newsletter inclusion consideration. Please 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

Seek Professional Help. Give yourself permission to received help from a professional. They can help guide you through the grieving and healing process.



Seek professional help

Give yourself permission to receive help from a professional. They can help guide you through the grieving and healing process.



YOUTH SUICIDE PREVENTION AND SUBSTANCE USE (image on next page)

SUICIDE PREVENTION AND SUBSTANCE USE

in youth

SUBSTANCE USE AND SUICIDALITY CAN CO-OCCUR AMONG YOUTH AND SHARE MANY OF THE SAME RISK AND PROTECTIVE FACTORS.



COPING SKILLS HELP BUILD RESILIENCE FOR DEALING WITH STRESSFUL SITUATIONS.

GET CONNECTED.

- Talk to people you trust
- Visit family and friends
- Participate in support groups



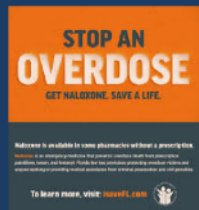
TAKE CARE OF YOURSELF.

- Exercise regularly
- Practice relaxation techniques
- Have healthy eating habits
- Do things you enjoy

TALKING TO A PROFESSIONAL CAN HELP, VISIT:

www.myfloridamylfamily.com

RESOURCES



Narcotics Anonymous
www.na.org/meetingsearch/
In 'Meeting Format' select 'Young People'

Alcoholics Anonymous meetings
ypaas.netlify.app

Online meetings & Messageboard discussion groups
www.smartrecovery.org/teens