



FSPC Officers

Chair	Stephen Roggenbaum
Vice-Chair	Paula Edwards
Treasurer	René Favreau
Secretary	Myrtice Landers
Assistant 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 Susan Morgan
(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 Margaret Di Gennaro
(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)

September 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/>

FLORIDA SUICIDE PREVENTION COALITION RECOGNITION OF MEMBERS

By Stephen Roggenbaum, Chair, FSPC

In conduction with Suicide Prevention Month, FSPC would like to thank all our members and to publicly recognize our five Corporate Members from through out Florida who provide additional support.

Terry & Valerie Smith
U4GCHS United for a Good Cause,
Inc.
Suncoast Center, Inc.
Crisis Center of Tampa Bay
Hanna's Help



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.'



TAKE 5 TO SAVE LIVES FOR SEPTEMBER SUICIDE PREVENTION MONTH

Link <https://www.take5tosavelives.org/take-5-steps>

**TAKE 5
TO SAVE LIVES**

By taking 5 minutes to get involved and become informed, you will be part of a worldwide movement to save lives.

1. Learn the Signs: Take a few minutes to learn the warning signs of suicide.
2. Know How to Help: You CAN help. Know what to say and do if someone you care about is suicidal.
3. Practice Self-Care: Make mental wellness a priority in your life.
4. Reach Out: Help is available and recovery is possible.
5. Spread the Word: Pledge to tell 5 people about Take 5 and World Suicide Prevention Day (10/10).



Learn the Signs



Know How to Help



Practice Self-Care



Reach Out



Spread the Word

AVAILABLE RESOURCES

FIRST LADY CASEY DESANTIS ANNOUNCES EXPANDED *HOPE FOR HEALING* WEBSITE

July Edition of Forward March Veterans' Newsletter

Link: <https://content.govdelivery.com/accounts/FLDVA/bulletins/2e7f65e>

First Lady Casey DeSantis announced July 14 an expanded *Hope for Healing* website that makes it easier for Floridians to access help for mental health and substance abuse. The new site is an aggregator of federal, state, local, private sector, faith-based and non-profit mental health resources, and is designed to be updated as additional resources are made available.



Since 2019, the Hope for Healing initiative has focused not only on helping Floridians find resources in challenging times through state and local partnerships that use evidence-based best practices, but on addressing the stigma that is all too often associated with seeking help. For more information on *Hope for Healing*, please visit www.hopeforhealingfl.com/.

The updated *Hope for Healing* website includes resources from several state agencies, including the Florida Department of Veterans' Affairs, Florida Department of Children and Families, the Florida Department of Education, the Florida Department of Elder Affairs, the Florida Division of Emergency Management and Florida Department of Health.

In addition, the *Governor's Challenge* is changing the narrative on mental health – especially when it comes to preventing suicide among service members, Veterans, and their families. For more information, visit www.SaveFLVets.org.

WE NEED YOU HERE: A COMMUNITY CONVERSATION ON SUICIDE PREVENTION

Link: <https://www.eventbrite.com/e/we-need-you-here-a-community-conversation-on-suicide-prevention-tickets-166805911973>

Join *SRQ Strong* for a conversation aimed to shine a light on the topic of suicide and the healing that comes after sharing people's own experiences. Hear from two survivors and multiple specialists on prevention, risk factors, how to respond, and ways to help to break the stigma of talking about suicide and mental health. This event will be help through Zoom and LiveStreamed on Facebook. Please register on EventBrite (see link above). The free event is Monday, September 13, 2021 from 6:00 pm to 7:30 pm.

CLINICAL WORK WITH THE SUICIDE BEREAVED

American Association of Suicidology (AAS)

Link: <https://suicidology.org/training-accreditation/suicide-bereavement/>

The American Association of Suicidology (AAS) is pleased to

announce the Fall offering of the *Clinical Work with The Suicide Bereaved* (CWSB) training taking place September 9th, 12:00 pm - 4:00 pm EST.

September 9, 2021

Clinical Work with the Suicide Bereaved:

This half day virtual training was developed through AAS to teach clinical knowledge and skills in working with suicide loss survivors. Unique aspects of the loss, pertinent grief theories, cultural implications, and clinical techniques will be covered.

12:00 - 4:00 P.M. EST

SUICIDLOGY.ORG

AMERICAN ASSOCIATION OF SUICIDOLGY

This half day virtual training was developed through the American Association of Suicidology to teach clinical knowledge and skills in working with suicide loss survivors. Unique aspects of the loss, pertinent grief theories, cultural implications, and clinical techniques will be covered. This training is intended for mental health clinicians as well as clergy and support group leaders or people who want to learn more about clinical aspects of bereavement after suicide.

Designed for professional caregivers who might encounter working with suicide loss. Individuals and organizations can bring the Clinical Work with the Suicide Bereaved Training Program to your communities.

Eligible for 3.5 Continuing Education credits (NASW, APA, NBCC, or general attendance)

AFSP HOSTS SUICIDE BEREAVEMENT CLINICIAN TRAINING

American Foundation for Suicide Prevention (AFSP)

SRQ STRONG PRESENTS:

We Need You Here: A Community Conversation on Suicide Prevention

Monday, September 13
6 pm - 7:30 pm

Featured Speakers:

- Breanna Knuth**
Director of Client Success, Family Resources
Former Suicide Prevention Project Director, Centerstone
- Lt. Charles Kenniff (Ret.)**
Law enforcement veteran, former Board of Directors NAMI Sarasota & Manatee counties affiliate
- Annelise Adams**
Suicide Survivor
- Beth Walters**
Suicide Survivor

Join SRQ Strong for a conversation aimed to shine a light on the topic of suicide and the healing that comes after sharing people's own experiences. Hear from two survivors and specialists on prevention, risk factors, how to respond, and ways to help to break the stigma of talking about suicide and mental health.

THIS EVENT WILL BE HELD THROUGH ZOOM AND LIVESTREAMED ON FACEBOOK. PLEASE REGISTER ON EVENTBRITE.

Funding provided in part by the Arthur T. Esslinger Memorial Fund of the Community Foundation of Sarasota County, and Center for Religious Tolerance.

Link: <https://sbct-fl.attendase.com/>

The American Foundation for Suicide Prevention has an exciting training opportunity to share. AFSP will be hosting a virtual *Suicide Bereavement Clinician Training* on September 14 & 15 from 9:00 am to 12:30 pm. The fee is \$50. This will be a virtual program. For more information, please contact Tara Sullivan Larsen at tsullivan@afsp.org or 407-415-8757. Registration available at link above.

Those surviving the suicide of a loved one require a level of support that goes beyond traditional grief counseling. Yet, few mental health training programs devote any time to training clinicians on the challenge of helping survivors cope with their tragic loss.

This training is for Licensed mental health professionals, counselors, social workers, clinicians, as well as clergy, and clinical graduate students. The program is not designed for lay support group facilitators or loss survivors looking for additional resources and support.

This program is approved by the National Association of Social Workers (NASW) and the National Board for Certified Counselors (NBCC) for six continuing education contact hours.



Program Details

Suggested Participants

Licensed mental health professionals, counselors, social workers, clinicians, as well as clergy, and clinical graduate students

Location

Cost

Register

Questions?

Those surviving the suicide of a loved one require a level of support that goes beyond traditional grief counseling. Yet, few mental health training programs devote any time to training clinicians on the challenge of helping survivors cope with their tragic loss.

This program will cover topics including:

- How grief after suicide is more complex than other forms of grief
- The impact of suicide on family, friends, and others
- Several options for intervention with survivors
- Clinical work for survivors long term: Principles for effectiveness

This program is approved by the National Association of Social Workers (NASW) and the National Board for Certified Counselors (NBCC) for six continuing education contact hours.



3RD ANNUAL TEAM KYLE'S SUICIDE PREVENTION RIDE

Link: <https://supporting.afsp.org/campaign/3rd-Annual-Team-Kyle-Suicide-Prevention-Ride>

3RD ANNUAL TEAM KYLE'S Suicide Prevention Ride September 4, 2021

Registration 9:00

KSU - 11:00

\$20.00 includes lunch & 1 raffle entry
\$25.00 includes lunch & 3 raffle entries

What: 3rd Annual Team Kyle's Suicide Prevention Ride

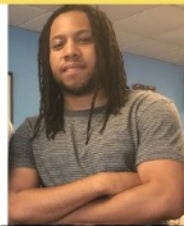
When: September 4, 2021

Where: Seminole Power Sports North
15821 US-441
Eustis, FL 32726

ONLINE REGISTRATION
<https://supporting.afsp.org/campaign/3rd-Annual-Team-Kyle-Suicide-Prevention-Ride>

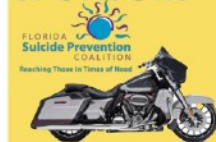
FOR MORE INFORMATION:
www.TeamKyleSuicidePreventionRide.com

Bring pictures of your loved one for the Memory Wall.



**ESCORTED RIDE
THROUGH LAKE COUNTY'S
BACKROADS
LUNCH - INFO - RAFFLES
MUSIC & MORE**

SPONSORS



The American Foundation for Suicide Prevention receives 100% of your Donations!



The 3rd Annual Team Kyle's Suicide Prevention Ride is on September 4, 2021 with registration beginning at 9:00 am and KSU (kick stands up) at 11:00 am. The Ride is a personal campaign sponsored by Paula Edwards in honor of her son, Kyle.

The Ride starts and concludes at Seminole Power Sports North located at 15821 US-441, Eustis, Florida 32726.

The Ride will have a police escort as riders travel through the beautiful backroads of Lake County before returning for lunch, music, information and activities!

Participants are encouraged to bring pictures of your loved ones for the memory wall.

Registration includes lunch and raffle entry (\$20 - 1 raffle entry; \$25 - 3 raffle entries).

Volunteers are needed. For more information or to volunteer for the event, please contact Paula Edwards at pedwards1013@icloud.com or 773-531-0592.

The Florida Suicide Prevention Coalition (FSPC) is proud to be one of the co-sponsors of this event.

NATIONAL LAW ENFORCEMENT SUICIDE AWARENESS DAY

Link: <https://bluehelp.org/national-law-enforcement-suicide-awareness-day/>

The National Law Enforcement Suicide Awareness Day is created to recognize the service of officers lost to suicide, raise awareness about suicide in law enforcement and, to remind officers and their families that they are not alone; help is available. This day will help to reduce the stigma associated with seeking help and, recognize that one moment in time does not define a life.

The purpose of National Law Enforcement Suicide Awareness Day is to shine a light on the tragedy that is officer suicide as suicide among law enforcement continues to rise.



Created by Blue H.E.L.P in 2020, we want to acknowledge the issue, support the families, and continue to raise awareness with an aim to end suicide. We are setting aside this day every year to focus on it, offer solutions, and honor those we lost. Just one officer lost to suicide is one too many. It is up to us to break the stigma and ensure that everyone knows that they are not alone.

NATIONAL PHYSICIAN SUICIDE AWARENESS DAY

Link: <https://www.acep.org/corona/covid-19-physician-wellness/covid-19-physician-wellness-articles/physician-suicide/national-physician-suicide-awareness-day/>



The Council of Residency Directors in Emergency Medicine (CORD), in collaboration with ACEP, AAEM, ACOEP, EMRA, RSA, RSO, and SAEM have come together to annually dedicate September 17th as National Physician Suicide Awareness (NPSA) Day. The organizations issued *Vision Zero*, calling on “individuals, residency programs, health care organizations and national groups to make a commitment to break down stigma, increase awareness, open the conversation, decrease the fear of consequences, reach out to colleagues, recognize warning signs and learn

to approach our colleagues who may be at risk.”

MENTAL HEALTH AND SUICIDE-RELATED RESOURCES AVAILABLE TO SCHOOL-AGE STUDENTS

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/>



It's that time of year again! Across the state, students have returned to the classroom. One of the most exciting parts about going back to school is being able to see friends you haven't seen since the last school year. At the same time, school can introduce stressors such as adjusting to new routines, maintaining interpersonal relationships, and balancing academic performance with extracurricular activities. Particularly given the transition back into the classroom, it is important to support our students.

September is National Suicide Prevention Awareness Month, and it is important to know how signs of suicide manifest in youth. A few suicide warning signs to look out for include feeling like a burden to others, explicitly talking about killing themselves, loss of interest in previously enjoyable activities, giving away prized possessions, isolating, truancy from school, and lower academic performance.

With the presence of home and school-related stressors, it helps to be aware of resources available to students. In July 2021, Florida First Lady Casey DeSantis announced the expansion of the state's Hope for Healing Initiative which focuses on helping Floridians find resources in challenging times through

state and local partnerships that use evidence-based best practices, and address the stigma that is all too often associated with seeking help. In recent years, through increased funding, schools have taken additional measures to ensure their students' wellbeing and resilience.

Additionally, funding has been granted to improve the mental health professional-to-student ratio and increase student access to mental health services. In this way, Florida continues to change the narrative around mental health.

Schools are now better equipped to provide high quality immediate services to students and families on school campuses, which can be critical to stabilization and reducing the need for more intensive treatment later. Schools have proven to be a beneficial and accessible resource for students in need of mental health support. School personnel can help provide referrals and recommendations for appropriate mental health services, when a need is identified.

To start the conversation about mental health and suicide, speak to a mental health professional located at your child's school, such as a certified school counselor, school psychologist, school social worker, or child's licensed mental health professional. Teachers are also trained to notice signs of potential trouble.

Resources for individuals experiencing a suicidal crisis

If you are having thoughts of suicide call the National Suicide Prevention Lifeline at 1-800-273-8255.

Mobile Response Teams (MRTs) provide on-demand intervention services for behavioral health crises and are designed to target youth, adolescents, and individuals under 25. MRTs are typically available on a 24-hours per day, 7-days a week basis and are a helpful resource for behavioral health crises that occur outside of school hours. To find your local MRT, visit: <https://www.myflfamilies.com/service-programs/samh/docs/maps/MRT.pdf>.

Text **HOME** to 741741 to be connected to a trained Crisis Counselor at the Crisis Text Line.

Mental Health and Suicide Prevention Resources

To learn more about resources available in schools, visit www.fldoe.org/mental-health.

To learn more about resources available in your area, visit www.hopeforhealingfl.com

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

Follow the hashtag #StopSuicideFL on social media to learn about statewide suicide prevention activities and initiatives.

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.



WHAT'S HAPPENING

September 1, 2021 (2:00 pm). *Twitter Chat on Preventing Suicide*. Join SAMHSA and the National Action Alliance for Suicide Prevention for the third annual #BeThere Twitter chat.

How to be there for the people in your life. <https://theactionalliance.org/events/bethere-twitter-chat-2021>

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 6, 2021 8:00 am (Monday). First Ever Virtual and In-Person edition of the *5th Annual NAMI Pensacola, O/W, Bay County "Ending the Silence" 5K Run/Walk*. Pensacola State College Track. 1000 College Blvd. Pensacola. Please visit <http://endingthesilence5k.org> to discover more about this unique event and its purpose.



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://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 Fund. Dedicated to the mental health and emotional well-being of students of color. <https://www.stevelfund.org/>

SUPPORT FSPC JUST BY SHOPPING 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.




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>

SUPPORTING OUR HEROES (see image on next page)



SUPPORTING OUR HEROES

THROUGH SUICIDE PREVENTION

LEARN THE WARNING SIGNS

Hopelessness. Feeling no sense of purpose. Feeling trapped or stuck in a bad situation. Trouble sleeping or sleeping too much. Sudden changes in mood.

BEWARE OF UNHEALTHY COPING

Despite the temporary relief that alcohol and drug misuse may seem to provide, they can lead to long-term consequences.

CREATE A SAFE HOME ENVIRONMENT

Keep firearms unloaded, locked, and secured when not in use, with ammunition stored in a separate location.


Help reduce the risk of overdose by properly disposing of unneeded medications, keeping medications locked in a safe place and never keeping lethal doses of any medication on hand.

USE HEALTHY COPING SKILLS


Practice self-care. Exercise or engage in physical activity. Establish a social network of family and friends. Participate in support groups. Maintain a healthy diet.

SEEK SUPPORT FROM A PROFESSIONAL


Learning to recognize when you are in need of support allows you to seek help early before problems seem like they are no longer manageable.



Veterans Crisis Line
1-800-273-8255
PRESS 1



Struggling to Adjust? Call & Connect
Florida Veterans Support Line
1-844-MYFLVET (693-5838)
CRISIS CENTER OF TAMPA BAY
Help. Hope. Healing.
WWW.CCOTAMPABAY.ORG



MILITARY ONE SOURCE
YOU HAVE QUESTIONS. WE HAVE ANSWERS.
CONTACT US
800-342-9647
MILITARYONESOURCE.MIL
LIVE CHAT 24/7/365