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October 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; get involved, volunteer with local & state FSPC activities;

& obtain reduced registration at FSPC events. To find out when your renewal is due, please contact Rene Favreau, FSPC Treasurer (rene.favreau@gmail.com). Membership info: <http://floridasuicideprevention.org/membership/>

JOIN NOW!

OCTOBER 10, 2021 IS WORLD MENTAL HEALTH DAY

By World Health Organization (WHO)

Link <https://www.who.int/campaigns/world-mental-health-day>

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. Click on link above for more information.

FLORIDA STATE VOLLEYBALL SENIOR MARISSA STOCKMAN BECOMES ADVOCATE FOR MENTAL HEALTH

By Andre C. Fernandez, Tallahassee Democrat (9/14/21)

Link <https://www.tallahassee.com/story/sports/college/fsu/2021/09/14/florida-state-fsu-seminoles-volleyball-player-mental-health-marissa-stockman-photos/8315562002/>

In recent months, high-profile sports stars such as Simone Biles and Naomi Osaka have openly talked about their own mental

health struggles - something that wasn't common for athletes until recently.

Diagnosed with depression when she was in high school, Florida State volleyball senior middle blocker Marissa Stockman is no stranger to how paralyzing the fear of being alone in such struggle can deter one's path to achieving goals.

"It really took me a long time to accept it because I kept telling myself you are going to play college volleyball one day, you want to play college volleyball. But you can't be a Division-I athlete if you have mental illness, if you have depression, you can't do that," Stockman said.

"My sophomore year was when I finally realized that I'm not the only athlete that goes through this and has mental health issues. I feel like it wasn't really talked about, it was kind of always just like shoved under the table for a lot of people and in the past couple years it's been a lot more out there." . . .

Click on link above to read entire article.

AVAILABLE RESOURCES

COLLABORATIVE ASSESSMENT AND MANAGEMENT OF SUICIDALITY (CAMS) SUICIDE TREATMENT TRAINING

Lutheran Family Services (LSF) Health Systems

The following info is a unique training opportunity presented for clinicians in Florida by LSF Health Systems. Please address any questions to Bryan Mingle at bryan.mingle@lsfnet.org

CAMS is one of only 3 best-practice, evidence-based treatments targeted specifically for suicidality and a favorite of accrediting bodies, the Zero Suicide Institute, and mental health/suicide prevention advocacy organizations alike.

The 4-part CAMS Training typically costs \$359 per person; however, for a limited time, this training will be offered for FREE through the LSF SAMHSA Emergency Response for Suicide Prevention COVID19 Project.

ELIGIBILITY: This training is for clinicians/therapists who are Master's level and provide outpatient, inpatient, or residential therapy to ADULTS. This training is not appropriate for Bachelor's level staff. Therapists may work in community mental health settings or private practice.

LSF CAMS training will accept applications through October 2021 and will wrap up by January 2022. Please review the embedded flyer and request MOU/application for training details, commitments, and dates.

Space is extremely limited. Please share with your eligible staff and apply ASAP.

Please send all applications and questions to CAMStrainingLSF2021@gmail.com

FOR MORE INFORMATION, CONTACT:
Robert Theriault
LSF Training Associate
CAMStrainingLSF2021@gmail.com

ONGOING
8/20/21-1/20/22

TRAINING LOCATION:
ONLINE
Click on Training details to view & participate.

LSF
HEALTH SYSTEMS

Zero Suicide Institute
A ZERO SUICIDE PARTNER

Accredited with the American with Disabilities Act, persons receiving suicidal accommodations to participate in any meeting/hearing should contact Florida offices at 354-360-1670 for assistance.

Free CAMS Suicide Treatment Series
WITH PRESENTER: CAMS-Care, LLC *Space is limited*

Collaborative Assessment and Management of Suicidality (CAMS) is one of only 3 evidence-based treatments for suicidality that is endorsed as a best practice by our major suicide prevention organizations and accrediting bodies, including the Zero Suicide Institute, Suicide Prevention Resource Center, SAMHSA, Joint Commission, and CARF.

Clinicians completing the following 4-stage curriculum earn the CAMS-Trained designation from CAMS-Care. The 4 stages include: (1) CAMS BOOK REVIEW, 6-10 hours; (2) CAMS ONLINE COURSE, 3 hours; (3) CAMS ONLINE ROLE PLAY, 7 hours; (4) CAMS CONSULTATION CALLS (6x/10w). CAMS designation costs \$359 per person. For a limited time, CAMS will be provided for free through the LSF Emergency Response for Suicide Prevention (ERSP) COVID19 project.

Please see attached MOU/application for more details/dates and return to CAMStrainingLSF2021@gmail.com as soon as possible. Space is limited. APPLY TODAY!

Lutheranservicesflorida Lutheransonline www.lsfnet.org

HEALTHCARE PROFESSIONALS & SUICIDE: A GUIDE TO AWARENESS AND PREVENTION

Link: <https://www.edumed.org/resources/suicide-awareness-and-prevention-guide/>

The *Healthcare Guide* was written by EDUMED staff and reviewed by an Dr. Cali Estes, an addictions therapist.

Healthcare professionals learn early in their careers to find balance between the pros and cons in their line of work. To get through the challenges of working with grieving families and sick patients, healthcare workers must focus on the rewarding aspects of their jobs like curing people and saving lives. However, it's not always so simple. Feelings of burnout are normal, but when burnout turns to depression, anxiety, or even suicidal thoughts, professionals should take notice and seek help. The *Healthcare Guide* covers information to know about suicide among healthcare professionals and their clients from warning signs to risk factors.

Healthcare Professionals & Suicide: Awareness, Prevention, First Steps to Help

From detecting the warning signs to addressing the stigma, learn how to recognize suicidal behavior in others, gather prevention tools and resources, and find out where to get help today

PEMHS' COLLABORATION WITH *THE ZERO SUICIDE PARTNERS OF PINELLAS COUNTY*



By Mandy Hines, MA LMHC, QS, MCAP, Personal Enrichment Mental Health Services (PEMHS)

On 9/14/2021, The Juvenile Welfare Board of Pinellas County provided 500 yard signs in honor of Suicide Awareness Month to the *Zero Suicide Partners of Pinellas*. Each sign depicts two critical pieces of the *Zero Suicide Partners of Pinellas* messaging

- National Suicide Prevention Lifeline
- YouGood? Pinellas

While National Suicide Prevention Lifeline offers national 24/7 crisis behavioral support, Personal Enrichment through Mental Health Services, Inc. (PEMHS) Emergency Services/Access Center answers 25% of Florida's calls. Although PEMHS is thrilled to assist with crisis intervention to all of Florida, the development of the YouGood? Campaign for Pinellas County has provided the crisis hotline workers with an eye opening insight into the powerful impact that ending the behavioral health stigma has on our community.



The YouGood? Behavioral Health Campaign aims to create a single, unified message that communicates the availability of, and access to support, resources, and assistance for people dealing with mental health, behavioral health, and substance use issues. The goal of this campaign is to saturate Pinellas County with encouragement to ask how people are doing and provide one common point of contact for all mental health, behavioral health, and substance use issues. Because "Good or not- we are here for you."

The campaign seeks to normalize authentic feelings and experiences and offers support and resources to people in Pinellas County, no matter what they are going through. By genuinely asking YouGood?

we open doors to free expression of emotions for relief, support and assistance.

This generous donation from Juvenile Welfare Board of Pinellas County (JWB) has allowed *The Zero Suicide Partners of Pinellas* to raise awareness, de-stigmatize the conversation of mental health, and

provide a cohesive message of unity, support, and understanding to everyone who is struggling to cope in Pinellas County – ‘one yard at a time’!

3RD ANNUAL TEAM KYLE’S SUICIDE PREVENTION RIDE RAISES FUNDS

By Paula Edwards, Team Kyle’s Suicide Prevention Ride Organizer

The *3rd Annual Team Kyle’s Suicide Prevention Ride* was held on



September 4, 2021. The *Ride* is a personal campaign sponsored by Paula Edwards in honor of her son, Kyle.

The ride was well attended and everyone was educated, fed and the fellowship was great. There were 70 riders and 25 donors/participants. The ride began and ended in Eustis, Florida in Lake County. Riders conducted a scavenger hunt which took them to the Light House in Mt. Dora and Seaplane Marina in Tavares. Each participant received a goody bag which included information on Suicide Prevention and trinkets from sponsors. The event raised \$3,500.00 for the American Foundation for Suicide Prevention (AFSP).



FREE ONLINE SUICIDE PREVENTION TRAINING PROGRAM (20 MINUTES)

Link: <https://www.moasklistenrefer.org/main>

Missouri offers a great online suicide prevention overview - Ask, Listen, Refer, The MO ALR (Missouri Ask, Listen, Refer) Suicide Prevention Training Program was designed to help Missouri residents prevent suicide by teaching you to:

- identify people at risk for suicide
- recognize the risk factors, protective factors, and warning signs of suicide
- respond to and get help for people at risk



Grounded in QPR methodology, it is interactive & takes about 20 minutes to go through the self-paced training - participants can request a Certificate of Completion too! The training is intended to be educational, not therapeutic.

NATIONAL PHYSICIAN SUICIDE AWARENESS DAY ARCHIVES

Link: American Association of Suicidology (AAS)

A number of online presentations and discussions from National Physician Suicide Awareness Day are available for viewing and may be of interest to many.

Sally Spencer-Thomas and Workplace Suicide Prevention

YouTube - <https://www.youtube.com/watch?v=YXOZYbZdaQ0>

Dr. Dan Saddawi-Konefka and Emotional PPE

YouTube - <https://www.youtube.com/watch?v=aGsqanmfQdk>

Dr. Katie Gordon & the Suicidal Thoughts Workbook: Self Help for Suicidal Ideation

YouTube - <https://www.youtube.com/watch?v=sfGRUeb4h0>

Dr. Loice Swisher & Dr. Perry Lin chat about NPSA Day and the AAS Physician Suicide Committee

YouTube - <https://www.youtube.com/watch?v=TwmlUYjSVJM>

WORDS MATTER



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/>

Growing up we've heard phrases encouraging careful selection of our words. We have heard phrases like, "Words matter," "Choose your words wisely," among many others. But how can these teachings be applied to conversations about suicide? In both casual and professional discussions about suicide, we often hear about the "suicide epidemic," that an individual has "committed suicide," or that there was an "unsuccessful suicide."

Although these sayings are very common, they are stigmatizing and are therefore discouraged.

Suicide is an important and complex public health concern that should be approached with empathy and compassion. And while we want to highlight concerning suicide rates and propel prevention efforts, we must do so using language that is accurate and not sensationalizing. Therefore, instead of using "suicide epidemic," we can use the phrase "concerning suicide rates."

In the past, suicide was illegal, hence the use of the word "commit" in relation to dying by suicide. However, despite suicide being decriminalized, use of the word "commit" in reference to suicide persists. The continued use of such language further stigmatizes suicide to be viewed as a criminal, immoral, and selfish act. To do our part in de-stigmatizing suicide, we can replace the phrase "commit suicide" with more neutral phrases like "died by suicide" or "ended their own life."

When referring to a suicide attempt or death by suicide as "successful" or "unsuccessful," we unintentionally glamorize suicide and frame it as an achievement. To better communicate that an individual did not die as a result of a suicide attempt, we can use phrases like "non-fatal suicide attempt" or "made an attempt on their own life."



Stigma discourages individuals from seeking the help they need. Whether we are in a casual or professional setting, or engaging in written or oral communication, it is imperative that we are mindful of the language we use to discuss suicide. Because words matter, when we notice ourselves using stigmatizing language, we must correct ourselves out loud and encourage the same in those around us.

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 help spread the facts: Means switching is rare. Research and anecdotal evidence indicate means safety is an effective prevention strategy.

WHAT'S HAPPENING



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.stevfund.org/>

SUPPORT FSPC WHEN 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>