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November 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/>

FSPC STATEWIDE CONFERENCE

By Florida Suicide Prevention Coalition (FSPC)

The FSPC's 6th Florida Taking Action for Suicide Prevention Conference will be held at Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559 on February 21 & 22, 2022.

Be a part of this important conference! The FSPC Conference Planning Committee invites you to submit proposals regarding all areas related to suicide and suicide prevention. This conference is a wonderful opportunity for public health professionals, advocates, researchers, clinicians, students, crisis services providers, marginalized populations, impacted families, and individuals with lived experience of loss and attempts to join together and share best practices and ideas in multiple formats. Apply to present at the FSPC's 2022 6th Conference.



The link for Proposal Submission is: https://usf.az1.qualtrics.com/jfe/form/SV_bBXN9ev0Gpcef0G
Proposals are due by Saturday, December 11, 2021. Primary Presenter contact will be notified by mid-January of acceptance.

NEW in 2022: West Central Florida site, Poster Session, & Agency / Organization / Vendor Exhibit tables.

Complete Display Table application at (limited number available):

https://usf.az1.qualtrics.com/jfe/form/SV_dajU55mtrlxBWUm

Click on FSPC website link to also submit <https://floridasuicideprevention.org/fspcevents/>

FSPC ON TELEVISION AND IN THE NEWS

Link <https://www.fox35orlando.com/news/volusia-deputies-get-man-to-safety-after-climbing-fence-on-i-4-overpass>

Fox 35 Orlando recently interviewed FSPC Chair Stephen Roggenbaum as a resource for suicide prevention. The story was focussed on suicide prevention in response to an incident in east Florida. Roggenbaum listed a sample of local helpers and encouraged folks to reach out to individuals who may be struggling. He also highlighted the National Lifeline phone number.

Click on link above for video and news article.



TEEN HEALTH COMICS



Sarah Mausner, LICSW, Teen Health Comics

Link: www.teenhealthcomics.org

Teen Health Comics is a Boston-based project which creates educational tools for young people focused on challenging public health issues such as teen dating violence prevention, the opioid crisis and depression and suicide prevention. Three volumes are completed and can be seen on our website at www.teenhealthcomics.org

The third volume focuses on depression and suicide prevention and is titled: *Promise Me* (Volume III: Depression/Suicide Prevention). The story summary from the website:

At the end of the summer, Derek is excited to reconnect with his friends Maya and Chris. He wonders whether his friendship with Maya could become something more--and it seems to be going that way. But something doesn't feel right. Chris helps Derek understand what Maya is going through, and Maya's new friend Elena steps in to ensure that Maya gets the help she needs.

Promise Me helps teens learn about depression & how it's different from everyday sadness — and encourages them to seek help if they think they or someone they know may be depressed or considering suicide.

Click on link for more information or to see comic -

www.teenhealthcomics.org

FSPC HOSTS TABLE AT CENTERSTONE'S 19TH ANNUAL LIFE;STORY 5K/10K RUN AND WALK FOR SUICIDE PREVENTION

By Jody Smith, FSPC Assistant Secretary; Student Services Lead School Social Worker (Sarasota County Schools)

Jody Smith and her adult son, Lee, arrived onsite bright and early at Nathan Benderson Park in Sarasota on Saturday, September 25 and were able to secure a table at a prime location close to the food trailer. Jody and Lee set up a FSPC display table (see picture at right). Centerstone's *19th Annual Life;Story 5K/10K Run and Walk for Suicide Prevention* event drew nearly 1,000 race



registrants (runners and walkers) who came together to raise awareness about the importance of suicide prevention. Jody and Lee were not content to stay at the display table but mingled in the crowd. They got to meet a good number of participants and other vendors, handing out a lot of FSPC brochures and speaking about the mission of the FSPC.

After the official run, there were several speakers who gave testimonials in memory of a loved one who died by suicide, along with a local young woman who had written a book of affirmations. The event concluded with the release of butterflies at the park.

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

Link: <https://afsp.org/international-survivors-of-suicide-loss-day>

International Survivors of Suicide Loss Day, also known as *Survivor Day*, takes place each year on the Saturday before American Thanksgiving, with virtual and in-person events in communities everywhere.

This year's Survivor Day takes place on Saturday, November 20. For many people, the occasion is an opportunity to gain understanding and comfort, and be with other survivors of suicide loss as they support each other in their paths toward healing. While each event is unique, all feature an AFSP-produced documentary that offers a message of growth, resilience, and connection.

Register today, and please share with others in your community at link above.

SUICIDE IN MEN IN MIDDLE YEARS



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/>

Did you know that men in middle years are more likely to die by suicide than any other group, including young people and women?

What contributes to suicide in men in middle years?

There are a few factors that put men in middle years at risk for suicide including underreported mental health and substance use problems, interpersonal violence, economic hardships, reluctance to seeking help, dissolution of intimate relationships, illness or disability and access to lethal means.¹ Additionally, cultural expectations about masculinity such as self-sufficiency, concealing emotions, and breadwinner status can amplify risk factors as they influence how men in middle years perceive themselves in relation to others.² Decreasing these risk factors plays an important role in reducing the risk of suicide.

What protects men in middle years from suicide?

Protective factors for suicide among men in middle years include access to effective healthcare, social connectedness to family and friends, coping and problem-solving skills, reduced access to lethal means, and presence of a meaningful life.^{3,4} Strengthening and enhancing these protective factors are essential to preventing suicide among men in middle years and promoting overall well-being.

Engaging in help seeking behavior

Commonly, boys and men hear phrases such as “Boys don’t cry,” “Man up,” or “Be a man,” all of which can inadvertently discourage help seeking behaviors in adolescence and adulthood. Help seeking behaviors can be defined as the active search for support from health care services or from trusted people in the community when feeling in trouble or experiencing a stressful situation.⁵ Though, it may be uncomfortable to speak to someone when you are not feeling like yourself, especially if you don’t typically show and express emotions, seeking support when it is needed conveys awareness, courage, and competence.



To begin your search for mental health and suicide prevention resources in your area, visit www.hopeforhealingfl.com. Additional resources can be found below.

Mental Health and Suicide Prevention Resources for Men

To look at mental health through a male lens visit www.movember.com/about/mental-health

To find mental health support for Black men visit www.TherapyForBlackMen.org

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.

To reach the Florida Veterans Support Line, call 1-844-693-5838

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

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.



References

- 1 Office of the Surgeon General (US), & National Action Alliance for Suicide Prevention (US). (2012). 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action: A Report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention. US Department of Health & Human Services (US).
- 2 Suicide Prevention Resource Center. (2016). Preventing suicide among Men in the Middle Years: Recommendation for Suicide Prevention Programs. Retrieved from: https://sprc.org/sites/default/files/resource-program/SPRC_MiMYReportFinal_0.pdf
- 3 Suicide Prevention Resource Center. (2016). Preventing suicide among Men in the Middle Years: Recommendation for Suicide Prevention Programs. Retrieved from: https://sprc.org/sites/default/files/resource-program/SPRC_MiMYReportFinal_0.pdf
- 4 Office of the Surgeon General (US), & National Action Alliance for Suicide Prevention (US). (2012). 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action: A Report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention. US Department of Health & Human Services (US).
- 5 Umubyeyi, A., Mogren, I., Ntaganira, J., & Krantz, G. (2016). Help-seeking behaviours, barriers to care and self-efficacy for seeking mental health care: a population-based study in Rwanda. *Social psychiatry and psychiatric epidemiology*, 51(1), 81–92. <https://doi.org/10.1007/s00127-015-1130-2>

WHAT'S HAPPENING



November 20, 2021 (Saturday). *International Survivors of Suicide Loss Day*, also known as *Survivor Day*, Register at <https://afsp.org/international-survivors-of-suicide-loss-day>

SAVE the Date: February 21 & 22, 2022 *FSPC's 6th Florida Taking Action for Suicide*

Prevention Conference will be held at Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559. <https://floridasuicideprevention.org/fspcevents/>

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://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.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>