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December 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.

FSPC Members receive a conference discount (see below). 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. Conference begins at 1:00 pm on Monday, February 21, 2022.

There is still time to submit proposals regarding all areas related to suicide and suicide prevention by **Saturday, December 11, 2021** - <https://floridasuicideprevention.org/fspcevents/>. Acceptance notifications by mid-January.

Conference Registration is open at - <https://floridasuicideprevention.org/fspcevents/>



Networking with scores of peers is priceless. Hearing from the top minds in suicide prevention is a plus. Discovering new resources from other state and local organizations is transformational. 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, network, and share best practices and ideas.

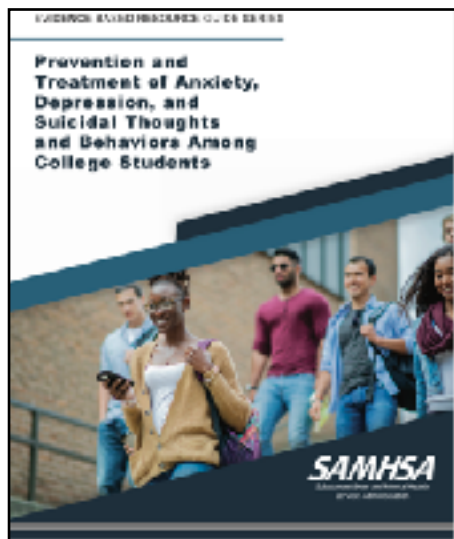
NEW in 2022: West Central Florida site, Poster Session, & Agency / Organization / Vendor Exhibit tables.

Complete Display Table application at (*limited number available*): https://usf.az1.qualtrics.com/jfe/form/SV_dajU55mtrlxBWUm

Click here to submit proposals or register for conference: <https://floridasuicideprevention.org/fspcevents/>
Special, reduced hotel rates are available until January 20, 2022. Please call 800-993-4803 and refer to the special rate code G-FSPC. To make reservations on-line, visit www.hyatt.com/en-US/hotel/florida/hyatt-place-tampa-wesley-chapel/tpazc?corp_id=G-FSPC

PREVENTION AND TREATMENT OF ANXIETY, DEPRESSION, AND SUICIDAL THOUGHTS AND BEHAVIORS AMONG COLLEGE STUDENTS

Link: https://store.samhsa.gov/product/prevention-treatment-of-anxiety-depression-suicidal-thoughts-behaviors-among-college-students/PEP21-06-05-002?referer=from_search_result



The increase in prevalence of mental health concerns on college campuses over the last few years is viewed as a serious mental health crisis requiring immediate action.¹ Additionally, the number of students enrolling in college with preexisting mental health conditions is rising.² Finally, college students are at a prime age for the onset of many symptoms of mental illnesses.³

While college students seek help for a range of mental health concerns, the Center for Collegiate Mental Health (2020) reports that anxiety and depression are the top reasons college students seek counseling and there

is a clear and consistent increase in these symptoms in recent years.⁴ Suicidal thoughts and behaviors among college students are also on the rise.²

While mental health services on college campuses can be accessed by non-traditional and graduate students, this guide focuses on

educating college personnel, clinicians, and practitioners about strategies for screening and treating anxiety, depression, and suicidal thoughts and behaviors among transition-aged college students (18-24 years). The guide presents five evidence-based programs and practices that address the prevention and treatment of these common mental health concerns.

The guide supports SAMHSA's Strategic Plan Objective ^{3,4}, "Support the identification and adoption of evidence-based practices, programs, and policies that prevent substance use, increase provision of substance use disorder treatment, and enable individuals to achieve long-term recovery."

The target audience for this guide includes federal and regional partners from the Departments of Education and Justice, policymakers (federal, state, and local), college administrators and educators, counseling/ medical centers on college campuses and within college communities, and families of students.

Click on link to order or download -[https://store.samhsa.gov/product/psychosocial-interventions-older-adults-serious-mental-illness/PEP21-06-05-001?utm_source=SAMHSA&utm_campaign=8e215759c8-New Publications 2021 11 09 1600461&utm_medium=email&utm_term=0_ee1c4b138c-8e215759c8-168295333](https://store.samhsa.gov/product/psychosocial-interventions-older-adults-serious-mental-illness/PEP21-06-05-001?utm_source=SAMHSA&utm_campaign=8e215759c8-New%20Publications%2021%2011%2009%201600461&utm_medium=email&utm_term=0_ee1c4b138c-8e215759c8-168295333)

PSYCHOSOCIAL INTERVENTIONS FOR OLDER ADULTS WITH SERIOUS MENTAL ILLNESS

Substance Abuse and Mental Health Services Administration (SAMHSA)

Link: https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-06-05-001.pdf

Mental and emotional wellness are essential to healthy aging. The older adult population in the United States is growing rapidly, with the numbers of 65+ and 85+ expected to increase by almost 50% and over 100%, respectively, in the next 20 years (Source: Urban Institute).

With these increases, the need for behavioral health services and systems will also increase. Mental and substance use disorders must be diagnosed and addressed to improve quality of life and increase longevity.

This guide presents psychosocial interventions for older adults experiencing SMI. Beyond the interventions described, efforts are needed to address existing systemic barriers to effective mental health promotion for and care of older adults.

These barriers can be reduced through:

- Integrated and coordinated care across providers and systems
- Improved education and training for providers on the special needs of older adults with SMI
- Increased availability of health promotion activities to prevent and treat comorbid health conditions

Click on link to order or download - https://store.samhsa.gov/product/psychosocial-interventions-older-adults-serious-mental-illness/PEP21-06-05-001?utm_source=SAMHSA&utm_campaign=8e215759c8-New_Publications_2021_11_09_1600461&utm_medium=email&utm_term=0_ee1c4b138c-8e215759c8-168295333



WAVENEY ANN MOORE: AIMING FOR ZERO SUICIDES

By Waveney Ann Moore; Catalyst, Thrive

Link: <https://stpetecatalyst.com/waveney-ann-moore-aiming-for-zero-suicides/>

Suicide affects people across socio-economic groups, races, ethnicities and ages. The Centers for Disease Control and Prevention has declared it a serious public health problem.

Still, it's not something that's readily and openly discussed. Not like the coronavirus, or gun violence, each on its own a public health crisis.



In Pinellas County, behavioral health and other health care providers are endeavoring to bring discussion of suicide into the open and have formed a collective to add heft to suicide prevention efforts.

Key will be a series of townhalls organized by Zero Suicide Partners of Pinellas. The programs are designed to get people talking about a subject often avoided because it is both complex and devastating.

“We all believe that when it comes to suicide, one is too many,” said Kristin Mathre, chief operating officer of the Suncoast Center.

“Many people think that the only people that think about killing themselves are people with a mental illness and that's absolutely wrong. We want to reach out to all the other places that these people may appear. We want to wrap around everyone. We want people to talk about it, practice what to do and know how to help.”

She told me that Zero Suicide Partners of Pinellas is a subgroup of the Pinellas Behavioral Health System of Care, an alliance of about 100 members representing roughly 45 agencies throughout the county. The group got its start in 2019 and includes 211 Tampa Bay Cares, BayCare Health System, Boley Centers, the National Alliance on Mental Illness (NAMI) Pinellas, and Personal Enrichment through Mental Health Services (PEMHS). . . .

Click to read entire article - <https://stpetecatalyst.com/waveney-ann-moore-aiming-for-zero-suicides/>

WHITE HOUSE FACT SHEET: IMPROVING ACCESS AND CARE FOR YOUTH MENTAL HEALTH AND SUBSTANCE USE CONDITIONS

Link: <https://www.whitehouse.gov/briefing-room/statements-releases/2021/10/19/fact-sheet-improving-access-and-care-for-youth-mental-health-and-substance-use-conditions/>

Opening paragraph . . .

Even before the pandemic, demand for mental health and substance use services was increasing, especially for our nation's young people. The COVID-19 pandemic has <https://www.whitehouse.gov/> only made the situation more challenging, subjecting many young Americans to social isolation, loss of routines, and traumatic grief.



Epidemiological data now show alarming rates of [behavioral health needs among school-age youth](#), with significant increases in the number experiencing moderate to severe anxiety and depression. Even more concerning, suicide remains the [second leading cause of death](#) among young people between the ages of 10 and 24. Mental health emergencies among young people have increased across the board. In 2020, there was a 24 percent increase in [emergency room visits for mental health](#) reasons for children ages 5 through 11, and a more than a 30 percent increase in visits for those between 12 and 17 years old.

Click on link above to see entire *White House Fact Sheet*.

DAILY TEXT MESSAGE APP AIMS TO RETRAIN BRAIN TO THINK HEALTHIER THOUGHTS COPE NOTES SENDS DAILY POSITIVE TEXTS FOR USERS

By Vanessa Araiza, ABC Action News, WSTS Tampa Bay

Link: <https://www.abcactionnews.com/news/national/daily-text-message-app-aims-to-retrain-brain-to-think-healthier-thoughts>

Opening portion of article . . .

TAMPA, Fla. — Johnny Crowder has made it his mission to shift the mindset.



"What if we could interrupt our negative thoughts with something positive? Shouldn't that over time change the way we think and feel?" Crowder said.

It's this concept that Crowder is trying to create through his business, Cope Notes. It's a daily mental health support system in the form of a text message.

ABC Action News previously reported on Cope Notes in July 2020 and March 2021. Now, the text message platform has exchanged more than a million texts and impacted more than 21,000 lives. The idea was born out of necessity for Crowder back in 2017.

"I have survived everything from schoolyard bullying to childhood trauma. Physical, sexual and emotional abuse, eating disorders, hallucinations, suicide attempts and diagnosis ranging from bipolar disorder, schizophrenia to OCD, ADHD, and the rest of the DSM alphabet," Crowder said. . .

Click on link above to read entire article and see video.

FSPC hopes to have Johnny Crowder and CopeNotes at our 6th Florida Taking Action for Suicide Prevention Conference in February.

K9S PARTNERS FOR PATRIOTS TRAINS VETS AND PETS TO HANDLE LIFE'S DAILY STRESSES

By Katya Guillaume / Hernando County (Spectrum News, Bay News 9)

Link: <https://www.baynews9.com/fl/tampa/news/2020/11/24/k9s-for-patriots-veterans-ptsd-dogs>



Opening portion of article . . .

Having a four-legged friend can mean the difference between life and death for some veterans, and a program in Hernando County is also teaching vets, who may suffer from PTSD, the benefits of have a pup around.

Founder, Mary Peter, is training vets and their dogs at K9 Partners for Patriots everyday life situations, something Jeff Snyder said he makes the hour drive for every week “I found myself getting angry at little things and getting upset at things that really didn’t matter to the point where it was affecting my marriage and affecting my life in general,” he told Spectrum Bay News 9’s Katya Guillaume.

Snyder added that his dog ‘Echo" and this program saved not only his marriage but also his life “This program is the very few that allows you to bring in your own dog to be evaluated,” Snyder said. Peter explained, “If the dog is already waking them up from nightmares, stopping flashbacks, helping them with the ptsd issues or issues that they’re currently dealing with due to their service we will temperament test that dog.”

The free six-month program for qualified vets takes them through their daily routine like grocery shopping, going to the doctor, and even eating at a restaurant. . . .

Click on link above to read entire article and see video.

FSPC hopes to have K9 Partners for Patriots at our 6th Florida Taking Action for Suicide Prevention Conference in February.

THE INSTITUTE FOR INNOVATION AND IMPLEMENTATION LAUNCHES NATIONAL ONLINE RESOURCE TO HELP LGBTQ YOUTH & THEIR FAMILIES

By The Institute for Innovation and Implementation (University of Maryland School of Social Work) and the Family Acceptance Project (San Francisco State University)

Link: <https://theinstitute.umaryland.edu/institute-news/new-institute-launches-national-online-resource.php>

Opening portion of press release . . .

Visit New Online Resource at: <https://lgbtqfamilyacceptance.org/>

As the Covid-19 pandemic stretches into another year, the toll on children, youth, and families has escalated. Last month, leading national child and adolescent medical groups designated a national emergency for children and adolescent mental health in response to soaring rates of mental health challenges that disproportionately impact communities of color and call for trauma-informed services to reduce risk and support family resilience. The impact on LGBTQ young people has been significant. In response, The Institute for Innovation and Implementation, together with the Family Acceptance Project has launched a new national online resource that provides access to accurate information and affirmative services to increase family and community support for LGBTQ children and youth, to help decrease mental health risks and to promote well-being. . . .



Click on link above to read entire press release and visit <https://lgbtqfamilyacceptance.org/> to see new resource.

ANNA GAI, DIRECTOR OF THE STATEWIDE OFFICE FOR SUICIDE PREVENTION, TO STEP DOWN



Anna Gai, MS, Director of the Statewide Office for Suicide Prevention, Florida Department of Children and Families is stepping down from her post. “It has been a tremendous honor serving as the Director of the Statewide Office for Suicide Prevention and to work with all of you to help propel suicide prevention efforts in Florida,,” she penned to the Suicide Prevention Coordinating Council (SPCC) via email. Ms Gai continued “Regrettably, the time has come for me to focus on the completion of my graduate studies. Although my final day in my current position will be Tuesday, November 30, I am supporting the preparation for and hope to attend the upcoming SPCC meeting on December 9th. Words cannot express the gratitude I feel for the SPCC, your hard work, and your passion for suicide prevention. Thank you for the opportunity to lead the SPCC over the past year. We have come a long way and I look forward to seeing your progressively larger impact on reducing the incidence of suicide within Florida in the future.” The Florida Suicide Prevention Coalition wishes Anna success in her personal and academic endeavors. We, the FSPC (I, Stephen Roggenbaum, especially) will miss working directly with Anna, her professionalism, deep knowledge base, bureaucracy navigation skills, connectedness, delightful charm, optimism, and her determination. We are sure that it will be Dr. Anna Gai much sooner than later.

WHAT’S HAPPENING



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/fspevents/>

December 11, 2021 (Saturday). *FSPC’s 6th Florida Taking Action for Suicide Prevention Conference* **Submission Deadline** for presentations.

January 20, 2022 (Thursday). *FSPC’s 6th Florida Taking Action for Suicide Prevention Conference* **Hotel Room Block** reduced rate ends. Rooms may or may not continue to be available.

January 31, 2022 (Monday). *FSPC’s 6th Florida Taking Action for Suicide Prevention Conference* **Early Registration** ends (conference registration fees increase).

Check Florida’s Statewide Office of Suicide Prevention’s Event’s Calendar for more of What’s Happening statewide. <https://www.myffamilies.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/>

Florida Suicide Prevention Coalition Facebook/Meta page: <https://www.facebook.com/groups/997344794378650>

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 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 (e.g., HOLIDAY SHOPPING)



Amazon ([smile.amazon.com](https://www.amazon.com)) & support suicide prevention.

Amazon donates 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

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>