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January 2022 Newsletter FLORIDA SUICIDE PREVENTION COALITION

*A statewide, grassroots organization
of survivors, crisis centers, & interested citizens*

HAPPY NEW YEAR FROM FSPC !

Did you make a resolution to finally join FSPC or renew your membership? If so, 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.

Early 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

Special, reduced hotel rates are available **until January 18, 2022** (*new revised date*). 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

THE STATE OF MENTAL HEALTH IN AMERICA

By Mental Health America (MHA)

Link: <https://mhanational.org/issues/state-mental-health-america>

Florida CAN NOT claim, “We’re number one!” Florida ranks in the middle of states/DC in some areas and lower in others related to mental health. See report.

This year’s report includes spotlights on two of MHA’s policy priorities in 2021-2022 – the implementation of 988 as the national three-digit suicide prevention and mental health crisis hotline and increasing mental health education and supports in schools, particularly for BIPOC youth.

- Suicidal Ideation and 988 Implementation: With the passage of the new 988 number for suicide prevention and mental health crises, there is an opportunity to create a continuum of crisis care with adequate funding that ensures mental health responses to mental health crises and prioritizes equity, particularly for BIPOC individuals. However, Of the 13 states (ranked 39-51) with the highest rates of suicidal ideation among adults, only four have successfully passed state legislation for 988 implementation: Utah, Oregon, Indiana, and Colorado. Of these, only one currently includes user fees.
- Disparities in Mental Health Treatment for Youth of Color: White youth with depression were most likely to receive mental health treatment, and Asian youth were least likely to receive mental health care. Youth of color with depression, particularly Native American or American Indian, multiracial, and Black youth, were most likely to receive non-specialty mental health services in education settings. To create healthier communities, and to better serve students of color who may only receive mental health services in educational settings, schools need long-term financial support to build up sustained and sufficient school infrastructure.



CENTER FOR DISEASE CONTROL AND PREVENTION (CDC) RELEASES 2020 PROVISIONAL SUICIDE DATA

By U.S. Department of Health and Human Services • Centers for Disease Control and Prevention • National Center for Health Statistics • National Vital Statistics System

Link: <https://www.cdc.gov/nchs/data/vsrr/VSRR016.pdf>

The Centers for Disease Control and Prevention (CDC) National Center for Health Statistics (NCHS) has released a report of provisional national suicide data from 2020.

Report Abstract:

Objectives—This report presents provisional numbers of deaths due to suicide by demographic characteristics (sex and race and Hispanic origin) and by month for 2020 and compares them with final numbers for 2019. Both age-adjusted and age-specific suicide rates are presented by sex and race and Hispanic origin and compared with final 2019 rates.

Methods—Data are based on 99% of all 2020 death records received and processed by the National Center for Health Statistics as of May 19, 2021. Comparisons are made with final 2019 data. Deaths due to suicide were identified using International Classification of Diseases, 10th Revision underlying cause-of-death codes U03, X60–X84, and Y87.0.



Results—The provisional number of suicides in 2020 (45,855) was 3% lower than in 2019 (47,511). The provisional age-adjusted suicide rate was also 3% lower in 2020 (13.5 per 100,000) than in 2019 (13.9). The monthly number of suicides was lower in 2020 than in 2019 in March through October and December. The largest percentage difference between monthly numbers for 2019 and 2020 occurred in April, where the provisional number in 2020 (3,468) was 14% lower than in 2019 (4,029). The age-adjusted suicide rate was 2% lower in 2020 than in 2019 for males (21.9

compared with 22.4) and 8% lower for females (5.5 compared with 6.0). Females in all race and Hispanic-origin groups experienced *declines* in suicide rates between 2019 and 2020, although only the 10% decline for non-Hispanic white females was significant. Rates declined for non-Hispanic white and non-Hispanic Asian males but increased for non-Hispanic black, non-Hispanic American Indian or Alaska Native, and Hispanic males.

Report Citation: Curtin SC, Hedegaard H, Ahmad FB. Provisional numbers and rates of suicide by month and demographic characteristics: United States, 2020. Vital Statistics Rapid Release; no 16. Hyattsville, MD: National Center for Health Statistics. November 2021. DOI: <https://dx.doi.org/10.15620/cdc:110369>

MENTAL HEALTH EXPERTS SPEAK ON COPING STRATEGIES FOLLOWING OMICRON VARIANT NEWS AHEAD OF HOLIDAYS

By Rochelle Alleyne, ABC Action News, WFTS Tampa Bay

Link: <https://www.abcactionnews.com/news/local-news/mental-health-experts-speak-on-coping-strategies-following-omicron-variant-news-ahead-of-holidays>

TAMPA, Fla. — In a pandemic full of highs and lows, the omicron variant comes at a time when many were hoping for a little joy.

"People are really struggling and they're moving to this place of despair because they're tired of being pulled back from this hope and positivity," said Dr. Alise Bartley, the Director of FGCU's Community Counseling Center.

Dr. Bartley says feeling hopeless because of the latest variant isn't unusual. She says the first step to getting to the other side of those feelings is to sit with them.

"I think the most important thing we need to do is acknowledge our feelings. 'How am I really feeling?' 'Is this about the new variant or is it about the anxiety I am feeling about the holidays?'" she said.

After that, Assistant Professor of Mental Health and Policy at USF Dr. Kristin Kosyluk says you should work to pinpoint and use some of the healthy coping tactics you've used



in the past.

"We may not be in the best mental shape of our lives but, right? It's normal to be struggling right now but we've done something that's worked to get us to this point," she said.

And Dr. Bartley says ideally, some of those activities will safely include other people, to avoid self-isolation.

"But let's go ahead and do those activities. Maybe it's about Christmas caroling six feet apart. You're only limited by your imagination," said Dr. Bartley.

Lastly, Dr. Bartley says you should stay informed, but you should also avoid doom-scrolling every bit of news about the variant.

"Focus on your trusted media sources and only listen to those sources. If you listen to a bunch of sources you're going to have an increase in anxiety," she said.

And if you're still struggling, they both say you shouldn't hesitate to reach out to a licensed mental health expert for help.

"Unfortunately due to, largely the stigma surrounding mental illnesses we tend to avoid professional resources when there are times when those are really, really important to avail," said Dr. Kosyluk.

FSPC hopes to have Dr. Kosyluk (cited above) at our 6th Florida Taking Action for Suicide Prevention Conference in February.

TIPS FROM MENTAL HEALTH FIRST AID

Link: <https://www.mentalhealthfirstaid.org/category/healthy-holidays/>

See a series of tips from Mental Health First Aid's website including: Realistic New Year's Resolutions for Your Mental Health, Staying Grateful in Difficult Times, Five Ways to Take Care of Your Mental Health This Holiday Season, Three Ways to Manage Depression During Winter, and more.

DAILY TEXT MESSAGE APP AIMS TO RETRAIN BRAIN TO THINK HEALTHIER THOUGHTS

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.

"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.

COPING TIPS FOR TRAUMATIC EVENTS AND DISASTERS

By Substance Abuse and Mental Health Services Administration (SAMHSA)

Link: <https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>

FSPC thinks these coping tips are helpful following many traumatic events. Therefore, FSPC has included the opening portion from website and link to the entire information source . . .

Emotional distress can happen before and after a disaster. Coping strategies include preparation, self-care, and identifying support systems.



People can experience a wide range of emotions before and after a disaster or traumatic event. There's no right or wrong way to feel. However, it's important to find healthy ways to cope when these events happen.

Take Care of Yourself and Your Loved Ones

Eating a healthy diet, avoiding the use of drugs and alcohol, and getting regular exercise can reduce stress and anxiety. Activities as simple as taking a walk, stretching, and deep breathing can help relieve stress.

- *Limit your consumption of news.* We live in a society where the news is available to us 24 hours a day via television, radio, and the Internet. The constant replay of news stories about a disaster or traumatic event can increase stress and anxiety and make some people relive the event over and over. Reduce the amount of news you watch and/or listen to, and engage in relaxing activities to help you heal and move on.
- *Get enough "good" sleep.* Some people have difficulty falling asleep after a disaster, or wake up throughout the night. If you have trouble sleeping, only go to bed when you are ready to sleep, avoid using cell phones or laptops in bed, and avoid drinking caffeine or alcohol at least one hour before going to bed. If you wake up and can't fall back to sleep, try writing what's on your mind in a journal or on a sheet of paper.
- *Establish and maintain a routine.* Try to eat meals at regular times and put yourself on a sleep schedule to ensure an adequate amount of rest. Include a positive or fun activity in your schedule that you can look forward to each day or week. Schedule exercise into your daily routine as well, if possible.
- *Avoid making major life decisions.* Doing things like switching jobs or careers can already be stressful and are even harder to adjust to directly after a disaster.
- *Understand there will be changes.* Disasters can destroy homes, schools, and places of business and worship and can disrupt the lives of people living in affected areas for a long time. Sometimes, people lose loved ones or experience injuries, both physical and mental, that may last a lifetime. Some people may also experience a temporary or permanent loss of employment. For children, attending a new or temporary school may result in being separated from peers, or after-school activities may be disrupted. . . .



SPEAK THE UNSPEAKABLE (VOICE OF LIVED EXPERIENCE)

Link: www.speaktheunspeakable.org

Scott Teichmer is a suicide attempt survivor, as well as a QPR Master Trainer and Suicide Preventionist with over a decade of experience in behavioral healthcare. In 2018, he started the Suicide Attempt Survivors Support Group, the first peer support group of its kind in Michigan, which continues to meet on a monthly basis.

Scott developed SPEAK THE UNSPEAKABLE, a suicide prevention video series that aims to educate, engage, and empower through the sharing of lived experience.

A trailer will give you a preview of Scott's first 3 months of videos - www.speaktheunspeakable.org If individuals find these videos helpful, folks can subscribe and help spread this series by sharing with others.

Scott Teishmer also posted a video which is a condensed version of his training on *How to Create a Suicide Attempt Survivors Support Group in Your Community or Organization*. Welcome to SPEAK THE UNSPEAKABLE, a series focused on suicide prevention through the lens of lived experience. The condensed webinar should be embedded at the right :



PROTECTING YOUTH MENTAL HEALTH: THE US SURGEON GENERAL'S ADVISORY

By Center for Disease Control and Prevention (CDC)

Link: <https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf?ACSTrackingID=DM71784&ACSTrackingLabel=Update%20from%20U.S.%20Surgeon%20General%20-%20Youth%20Mental%20Health%20Crisis&deliveryName=DM71784>

[ACSTrackingID=DM71784&ACSTrackingLabel=Update%20from%20U.S.%20Surgeon%20General%20-%20Youth%20Mental%20Health%20Crisis&deliveryName=DM71784](https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf?ACSTrackingID=DM71784&ACSTrackingLabel=Update%20from%20U.S.%20Surgeon%20General%20-%20Youth%20Mental%20Health%20Crisis&deliveryName=DM71784)



At CDC's Injury Center we are committed to ensuring that all Americans are safe from injury and violence. Our priority areas – adverse childhood experiences, overdose, and suicide-- are strongly linked to mental health, well-being, and resilience. Our work is more critical than ever given the impacts of COVID-19 on individuals, families, and communities across the nation. The U.S. Surgeon General released a new advisory on protecting youth mental health. We hope you will read the message below to learn more.

The U.S. Surgeon General Dr. Vivek Murthy is calling for immediate action to address the nation's youth mental health crisis. The Surgeon General's Advisory on Protecting Youth Mental Health shows how everyone has a role to play in protecting and promoting the mental health of our nation's youth.

Recommendations include:

- Recognizing that mental health is an essential part of overall health
- Empowering youth and their families to recognize, manage, and learn from difficult emotions.
- Ensuring that every child has access to high-quality, affordable, and culturally competent mental health care.
- Supporting the mental health of children and youth in educational, community, and childcare settings. And expanding and support the early childhood and education workforce.
- Addressing the economic and social barriers that contribute to poor mental health for young people, families, and caregivers.
- Increasing timely data collection and research to identify and respond to youth mental health needs more rapidly. This includes more research on the relationship between technology and youth mental health, and technology companies should be more transparent with data and algorithmic processes to enable this research.

HIGH SCHOOL STUDENT RAISES FUNDS FOR FSPC

Link: <https://www.ucsjax.com>

In early November, Lisa Zeller, FSPC Region 4 Director, received this email below.

“My name is Amia Matthews. I am a junior at University Christian school. This upcoming March, I have a pageant called Miss UC. Each girl in the pageant must choose a nonprofit organization to run for in the charity. During the time we choose our organization up until the day of the pageant, we have to raise money for said organization we choose. Which ever girl that raises the most money, her charity will get 60% of all money raised amongst all contestants. I'm sure you've come to the idea, that I would like to choose your nonprofit (FSPC) as my charity.”

Asked why she choose suicide prevention, Mia responded “My statement on suicide advocacy would be that suicide is 100% the most preventable death. We just have to be intentional with showing people that for as many reason there are to leave there are 10 times more to stay. We need to lead with love and show people that there's something worth getting to the end of the tunnel.”

Jeleen Del Valle, Mia's Cheer Coach had this to say "Mia is a strong young godly lady that never settles for less than the absolute best. Mia is gifted and talented in many areas and she is driven to reach the goals that she has set before herself. She loves to laugh and is a leader in setting the tone and focus for her teams. She is an amazing young lady and I am honored to coach her and see how she uses her talents for God's glory!"

She has since begun fundraising and preparing for her pageant.

The Florida Suicide Prevention Coalition is very appreciative of Mia, her choice to support suicide prevention, and her efforts to specifically support FSPC. Good luck to Mia in March, hopefully as the future Miss UC.

WHAT'S HAPPENING



Coming Soon! 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/> Conference begins at 1:00 pm on Monday 2/21/22.

January 18, 2022 (Tuesday - NOTE: This is a new, revised date from Hyatt). *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.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/>

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



Amazon (smile.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>