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March 2022 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/>

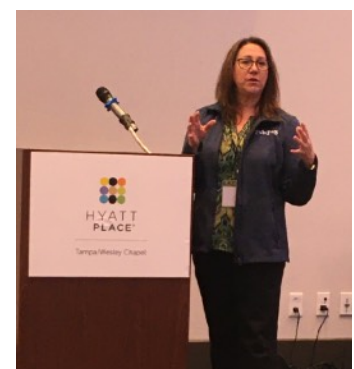
FSPC STATEWIDE CONFERENCE HAS MOST REGISTRATIONS EVER!!

By Florida Suicide Prevention Coalition (FSPC)

The FSPC's *6th Florida Taking Action for Suicide Prevention Conference* was held at Hyatt Place Tampa Wesley Chapel on February 21 & 22, 2022. A new record of over 120 conferees registered this year, with numerous folks who presented, learned, networked, and connected with others from across Florida, all focused on suicide and suicide prevention.

The 2022 conference was in a new, central Florida location and therefore a new facility (Hyatt Place Tampa Wesley Chapel). Both the poster session on Monday evening and the display tables were also new additions to the conference format.

FSPC would like to extend our appreciation to all the presenters who prepared, attended, shared valuable prevention information in a safe



manner, and fielded questions. Also, FSPC thanks the attendees who made arrangements to attend and participate in this valuable information sharing event (take time off from work, travel, concentrate, network, and engage). Presenters and attendees came from throughout Florida: south Florida to the Panhandle. In two cases, presenters came from out of state to present (Tennessee & Michigan).



The FSPC and conference planning committee have already sent out an evaluation to help assess this year's event, gather reactions and feedback, and assist with planning for FSPC's next year's conference. Please take a few moments, if you attended, to respond to the email survey by clicking on the link for a short conference evaluation (by Friday, March 4, 2022).

ASSOCIATION OF THE SONG "1-800-273-8255" WITH LIFELINE CALLS AND SUICIDES

By Suicide Prevention Resource Center's (SPRC) The Weekly Spark newsletter

Link: <https://sprc.org/news/association-song-1-800-273-8255-lifeline-calls-suicides>

In April 2017, hip-hop artist Logic released "1-800-273-8255," a song featuring the phone number and services of the National Suicide Prevention Lifeline ([Lifeline](#)), highlighting the benefits of seeking help during a suicidal crisis. Findings from a recent study suggest the song was associated with an increase in calls to the Lifeline and a possible reduction in suicides during the study period.



"In the 34 days after the three events, there was a statistically significant 6.9% increase in calls to Lifeline over the expected number, and a statistically significant decrease of 245 below the expected number of suicides. Twitter activity related to each event peaked rapidly and reached their maximum within one day. Activity was most pronounced following Logic's performance at the 2017 MTV Video Music Awards, with an average of 1,324 posts daily over a 28-day period."

Research Citation: Niederkrötenhaler, T., Tran, U. S., Gould, M., Sinyor, M., Sumner, S., Strauss, M. J., Voracek, M., Till, B., Murphy, S., Gonzalez, F., Spittal, M. J., & Draper, J. (2021). Association of Logic's hip-hop song "1-800-273-8255" with Lifeline calls and suicides in the United States: Interrupted time series analysis. *BMJ*, 375, e067726. <https://doi.org/10.1136/bmj-2021-067726>

9-8-8 APPROPRIATIONS REPORT & NEW FAQ

Source: The Institute of Innovation & Implementation newsletter: TA Telegram

9-8-8 Appropriations Report: <http://dx.doi.org/10.15585/mmwr.ss7101a1>

Frequently Asked Questions: <https://www.datocms-assets.com/12810/1638897317-14348afsp988faqm1.pdf>

As directed by Congress, the Substance Abuse and Mental Health Services Administration recently published its 988 Appropriations Report, which includes updated data and covers specific assessments of costs, additional services, and training. In addition to the report, the American Foundation for Suicide Prevention, in partnership with Vibrant (the administrator of 988), released a new Frequently Asked Question document on 988 and Crisis Response Services to help answer common questions from policymakers.

See & click on links above for each of the two resources mentioned.

Coming Soon in 2022:

988

**Suicide
Prevention
Lifeline**

NEW VIDEO CITES AKATHISIA AS SUICIDE RISK FACTOR

By MISSD (the Medication-Induced Suicide Prevention and Education Foundation in Memory of Stewart Dolin)

Website: <https://missd.co>

Video Link: <https://www.youtube.com/watch?v=2r9lcvh90kE>

You might not know that suicide prevention videos have never mentioned akathisia. MISSD's latest video changes that: It's the first suicide prevention video to cite akathisia as a risk factor. Produced in collaboration with *No Shame On U*, the video also highlights several lesser-known suicide risks, including stressful occupations and beliefs that differ from one's religious upbringing. *Suicide Risk Factors Everyone Should Know* is funded by a grant from UpStart. Please see and share to save lives.

SUICIDE RATES DECLINE OVERALL FOR SECOND CONSECUTIVE YEAR

From: Centers for disease Control and Prevention (CDC); National Center for Injury Prevention and Control

Link: https://www.cdc.gov/mmwr/volumes/71/wr/mm7108a5.htm?s_cid=mm7108a5_w&ACS



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

A new CDC Morbidity and Mortality Weekly Report, *Changes in Suicide Rates—United States, 2019 and 2020*, shows a

decline in the suicide rate in 2020, which continues the decline that started in 2019. From 2019 to 2020, suicide rates decreased by 3% overall, with significant declines among both females (8%) and males (2%). Overall suicide rates also declined in large metropolitan areas and in seven states. Suicide rates increased among 25-34-year-olds, Hispanic males, and non-Hispanic multiracial females.

SUPER-KT: SUICIDE PREVENTION EDUCATION AND RESEARCH - KNOWLEDGE TRANSLATION SERIES

By Dr. Marnin J. Heisel, Ph.D., C.Psych., Associate Professor, Departments of Psychiatry and of Epidemiology & Biostatistics, Schulich School of Medicine & Dentistry, the University of Western Ontario

Link: https://www.schulich.uwo.ca/psychiatry/education/cpd/superkt_series.html

On A little background on SUPER-KT:

The aim of the SUPER-KT (or “Suicide Prevention Education and Research-Knowledge Translation Series”) is to provide a safe, respectful, and collegial forum for all of us to meet, hear engaging speakers, and discuss important topics in the world of Suicidology. It is our aim for the sessions to be of interest to researchers, clinicians, other academics, trainees and students, policy-makers, funders, advocates, people with lived experience, and all community members interested in finding out more about suicide and its prevention.

CONTINUING PROFESSIONAL DEVELOPMENT

SUPER-KT

Suicide Prevention Education and Research - Knowledge Translation Series

SUPER-KT sessions are being coordinated together with the Continuing Professional Development office in the Department of Psychiatry at Western University (in London, Ontario, Canada).

These Continuing Professional Development Rounds are a self-approved group learning activity (Section 1) as defined by the maintenance of certification program of the Royal College of Physicians and Surgeons of Canada. As such, members of the Royal College can claim C.E. credits for the hours spent participating in this program. For those who are not members of this College, you might still be able to claim credit for attending these presentations; you may wish to reach out to your local licensing or registration body to find out. We are happy to provide certificates of attendance to attendees. This program has no commercial support.

This series is being made available free of charge. The sessions are recorded and we will archive them on our website. Please feel free to keep your camera turned-off if you do not want to appear on-screen.

As these sessions focus on suicide and its prevention, a sensitive topic, we ask everyone to use their best judgment in choosing to join it and in monitoring and attending to your emotional experience.

And finally, we are always looking for presenters interested in sharing new findings, experiences, and topics for discussion in our SUPER-KT series. Please reach out if you are interested!

FIRST RESPONDERS: PREVENTING BEHAVIORAL HEALTH RISKS WEBINAR

By FADAA (Florida Alcohol and Drug Abuse Association) and DCF & SAMH

Register: https://fadaaevents.webex.com/mw3300/mywebex/default.do?nomenu=true&siteurl=fadaaevents&service=6&rnd=0.2953188398594948&main_url=https%3A%2F%2Ffadaaevents.webex.com%2Fec3300%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26%26%26EMK%3D4832534b00000005fde43f7b8620070d1ce46fb21b72b99a0e5c0bc5eca0f0b7cb67eb1848a4e2f6%26siteurl%3Dfadaaevents%26confViewID%3D220032461457881121%26encryptTicket%3DSDJTSwAAAAXOVhk7DbuxjWFAPR3E9in0iZsG4NXUzPCKyR6hCIL_A2%26

First responder demographics, occupational qualifications, and working conditions combine to elevate the risk for depression, anxiety, vicarious trauma, substance abuse, post-traumatic stress, and suicide. This webinar will cover basic principles of the first responder culture that create barriers to seeking and receiving help and offer tips on how behavioral health providers can minimize those barriers. Behavioral health professionals will 1) understand components embedded in first responder culture that discourage help-seeking behavior; 2) identify myths and common misperceptions about fire, EMS, law enforcement, and corrections staff as they relate to treatment planning; and 3) develop strategies for cultural competence in providing services to first responders and their families.

The WebEx Webinar is Wednesday, March 2, 2022 from 10:00 am to Noon (EST).

The presenter is Mary VanHaute, a recent FSPC's 2022 *Florida Taking Action for Suicide Conference* presenter. She is a suicide prevention specialist, trainer, and educator. She is a Master Trainer with QPR Institute in Spokane, WA, specializing in suicide prevention among law enforcement officers, firefighters, EMS, and other public safety personnel. Ms. VanHaute is also certified in resiliency training for public safety officers.

AMERICAN ASSOCIATION OF SUICIDOLOGY RELEASES AUTISM-SPECIFIC WEB PAGE FOR SUICIDE PREVENTION AND CRISIS INTERVENTION

By AAS (American Association of Suicidology)

Link: <https://suicidology.org/resources/autism-resources/>

The American Association of Suicidology (AAS) is pleased to announce the release of resources on its website for autistic people in crisis. In conjunction with the AAS Autism and Suicide Committee, the new page on AAS's website will contain resources, research, and information on how to communicate and support autistic people in crisis. This is the first time a major, national suicide prevention organization has offered resources for autistic people and those who interact with them as a core part of its services.

“AAS has been supportive of the autism community since starting a conversation about autism and suicide in 2017,” said Lisa Morgan, AAS Autism and Suicide Committee Co-chair. “AAS has continued their support by providing space for autism-specific resources on their website. The potential impact of this webpage for the autism community goes beyond access to resources and opens doors of understanding and acceptance, which in itself is suicide prevention.”

Autistic individuals are over three times more likely to attempt suicide and to die by suicide than non-autistic individuals. There are currently few resources available for professionals, first responders, crisis center workers, families and friends, or autistic people themselves around suicide prevention. As part of AAS's commitment to increasing and enhancing access to materials and support, as well as improving



A M E R I C A N
ASSOCIATION OF SUICIDOLOGY

equity for our member populations, AAS intends to promote and publicize these resources to expand the dissemination of the work being done.

“The Autism and Suicide Committee is dedicated to raising awareness about heightened suicide risk for autistic people, developing autism-specific resources to better support autistic people in crisis, and disseminating these resources widely so more autistic people can access the quality care they need,” said Brenna Maddox, AAS Autism and Suicide Committee Co-chair. “The new AAS autism-specific webpage is a big step toward reaching these goals.”

The Autism and Suicide Committee will continue to update this webpage with new research findings, clinical recommendations, and autism-specific resources. We hope this AAS webpage dedicated to autism leads to more multidisciplinary collaboration and stakeholder-engaged efforts to decrease the number of autistic lives lost to suicide.

WHAT’S HAPPENING



March 2, 2022 (10:00 am to Noon) *First Responders: Preventing Behavioral Health Risks* WebEx Webinar. Sponsored by FADAA. Speaker is Mary VanHaute (2022 FSPC conference presenter). See article above for registration link.

Check Florida’s Statewide Office of Suicide Prevention’s Event’s Calendar for more of What’s Happening. <https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

HIGHLIGHTED RESOURCE: WHY DO BLACK MALES CONSIDER SUICIDE? (A CAMS-CARE WEBINAR)

A Webinar by CAMS-care

Link: https://cams-care.zoom.us/webinar/register/WN_F-EwrjgnSWmwUChSlI8DUg?utm_medium=email

Wednesday, March 9 | 3 pm EST / 2 pm CST

Join us for this hour-long webinar, "Why do Black Males Consider Suicide" with Dr. Sean Joe. Suicidologists have focused on the quality and reproducibility of the science of why people die by suicide. Dr. Sean Joe, a social work scientist, highlights the emerging science on suicidal behavior among Black Americans, calling attention to important roles of sex and age that reflect not only differences in etiology, but also other important variations in relation to risk, the nature of suicidal behavior and its prevention and practice with Black boys and young men.



Please note, CAMS-care has received a lot of interest in their free webinar series. If you find that registration is full, you will be able to access a recording of the webinar within a few days of the event at CAMS-care.com where you can find all the free webinars.

About Dr. Sean Joe: Dr. Joe is a nationally recognized scholar on suicidal behavior among Black Americans, particularly regarding the role of firearms as a risk factor and is expanding the evidence base for effective practice with Black boys and young men. His research focuses on Black adolescents' mental health service use patterns, epidemiology and prevention of Black suicidal behavior, and family-based interventions to prevent urban Black American adolescent males from engaging in multiple forms of self-destructive behaviors.

Dr. Joe is the President of the Society for Social Work and Research (SSWR), whose members represent more than 200 universities and institutions, 45 states in the United States as well as from 15 countries. SSWR advances, disseminates, and translates research that addresses issues of social work practice and policy and promotes a diverse, just, and equitable society. Dr. Joe is a Fellow of the American Academy of Social Work and Social Welfare, the Society for Social Work and Research, and New York Academy of Medicine. He serves on the Steering Committee of the national Suicide Prevention Resource Center

(SPRC), Standards, Training and Practices Committee of the National Suicide Prevention Lifeline, and the Scientific Advisory Board of the American Foundation for Suicide Prevention.

As founding Director of the Race and Opportunity Lab, which examines race, opportunity, and social mobility with an emphasis on informing policies, interventions, and intra-professional practice to lessen ethnic inequality in adolescents' healthy transition to adulthood. The lab leading community science project is HomeGrown STL, which is a multi-systemic placed-based capacity building intervention to enhance upward mobility opportunities and health of Black males ages 12-29 years in the St. Louis region. His epistemological work focuses on the concept of race in medical and social sciences.

AFTER A SUICIDE: A PRACTICAL AND PERSONAL GUIDE FOR SURVIVORS

By Klinik Community Health Centre & the "After a Suicide" Handbook Advisory Committee

Website: <https://thelifelinecanada.ca/wp-content/uploads/2016/09/After-a-Suicide-A-Practical-and-Personal-Guide-for-Survivors.pdf>

From the *About This Handbook* introduction page:

"This handbook was written to help you through the death by suicide of your loved one. It contains both practical and personal information, as well as a list of books, websites and support groups, that we hope will help you through your grief.

Different parts of this resource may be of help to you at different times. Immediately after a death by suicide, there are many practical matters that families will need to attend to and questions they might have about what to do. This resource starts with addressing these practical matters.

Grief associated with a death by suicide can be complicated, and also very different to what people experience following death by other causes. Immediately after a suicide death, people are often in shock and unable to describe or explain their feelings or make meaning of what has happened. You may need time before you feel ready to examine what has happened, how it has affected you, what it all means, and what you need in order to begin healing.

Read the more personal information on suicide grief in this handbook when you are ready. Understanding and exploring your own thoughts and feelings might feel scary, but it is an important and necessary part of healing. You and only you will know when you are ready. As you read this, you may not even be aware that the process of healing has already begun.

Remember, you are not alone."

RESOURCES



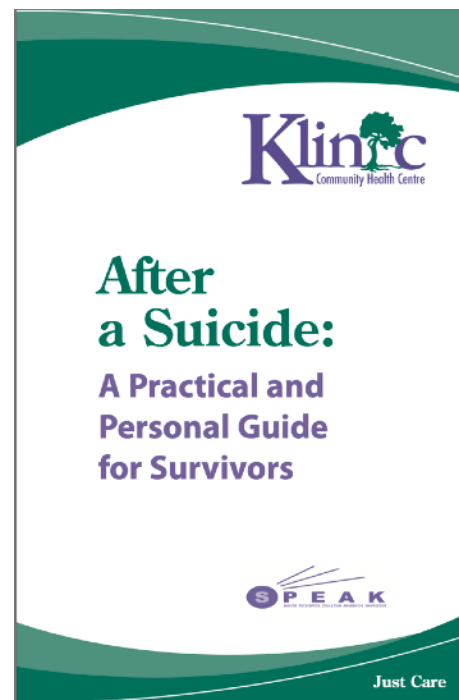
If you or someone you know is in crisis, please call **1-800-273- 8255** (*National Suicide Prevention Lifeline*).

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://suicidiegrief.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.stevelfund.org/>

Naseeha Muslim Mental Health Hotline: 1-866-627-3342 (available 9AM – 6PM PST)

AMALA Muslim Youth Hopeline: 1-855-952-6252 (available 6PM – 10PM PST except Tuesdays & Thursdays)

Find a Muslim Mental Health Provider in your area here: <https://muslimmentalhealth.com/directory/>

Muslim informational toolkits: <https://www.thefyi.org/toolkits/>

To access Muslim Suicide Response Trainings and Manual: Maristan.org

SUPPORT FSPC JUST BY FOR SHOPPING ONLINE



Amazon donates to FSPC when you make an online Amazon purchase (free to you). 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>