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April 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 join or find out when your renewal is due, please contact Rene Favreau, FSPC Treasurer

(rene.favreau@gmail.com). Membership info: <http://floridasuicideprevention.org/membership/>



FIRST TO RESPOND. LAST TO ASK FOR HELP.

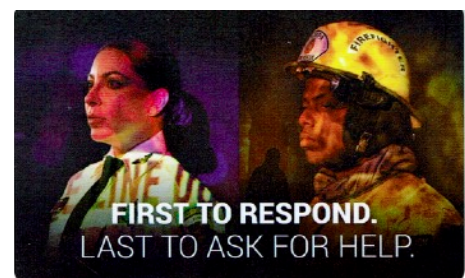
Source: Crisis Center of Tampa Bay

Being a first responder means being dedicated to protecting others. Today, this means being exposed to scenes of trauma and challenges that may leave you overwhelmed and alienated. At times it may feel like no one can understand.

First Responders may put others' lives first, but they can still make their mental health a priority. Because saving lives starts with their own. The Crisis Center of Tampa Bay works to ensure that our community's first responders have access to a lifeline of support, allowing you to speak confidentially with trained specialists anytime.

Available statewide for all of Florida's First Responders.
1-866-4FL-HERO
(435-4376)

To those who serve, we thank you. And we are here for you.



5TH ANNAUL OLDER ADULT MENTAL HEALTH AWARENESS DAY

By National Council on Aging

Link: <https://connect.ncoa.org/oamhad2022?>

The National Council on Aging is proud to host the 5th annual Older Adult Mental Health Awareness Day Symposium on May 16th. Virtual options are available. This event is co-sponsored with the U.S. Administration for Community Living, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. Registration is free and includes a full day of sessions on how to best meet the mental health needs of older adults. In partnership with Rush University's E4 Center of Excellence for Behavioral Health Disparities in Aging, NCOA will be offering continuing education credit for several professions. Please visit the FAQs page for more information. Click link above to navigate to the FAQ page and to register.

NEW & IMPROVED SAMHSA.GOV/988 SECTION OF WEBSITE IS LIVE!

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Link: <https://www.samhsa.gov/find-help/988>

SAMHSA is pleased to share that the Substance Abuse and Mental Health Services Administration (SAMHSA) has rolled out a new 988 website today – available at [samhsa.gov/988](https://www.samhsa.gov/988). The 988 website is designed to serve as your one-stop-shop for 988 resources from SAMHSA.



Notably, we want to make sure you're aware that the site contains a 988 partner toolkit. The partner toolkit is intended for SAMHSA's 988 implementation partners (crisis call centers, state mental health programs, substance use treatment providers, behavioral health systems, and others) to provide [key messages](#), [FAQs](#), and more information about what 988 is and how it will work.

Although the transition to 988 happens on July 16th, SAMHSA is making these materials available now to facilitate partner efforts for collaborative and aligned 988 communication planning. These materials are designed to cover the basics of 988 and provide a strong foundation from which partners can build for their audience-specific needs. SAMHSA welcomes partner efforts in building off of these, testing with specific audiences, and sharing those learnings with each other.

In the weeks and months to come, SAMHSA will be adding more tools and resources to the 988 website, so please bookmark it and come back often!

SAVE RELEASES 2020 US SUICIDE DATA SHEET AND IS NEW HOST TO ANNUAL INFORMATION

From: Dr. Daniel J. Reidenberg, PsyD., dreidenberg@save.org

Link: <https://save.org/about-suicide/suicide-statistics>

Minneapolis, MN - (January 10, 2022) --- SAVE (Suicide Awareness Voices of Education) released the US Suicide 2020 Data Sheet and announced that the organization has become home to the annually released national, state and regional summary data sheets and slides.

As the annual suicide data becomes available each year from the National Center for Health Statistics, Drs McIntosh and Drapeau have created smart, easy to use data sheets and slide decks for use by the public, media and those involved in the suicide prevention community. "The data sheets have become an integral and foundational component of every suicide prevention organization's work," said suicide prevention expert and Executive Director of SAVE Dr. Dan Reidenberg. "SAVE is grateful to Drs McIntosh and Drapeau for their work and we are honored to become the new home for where the data sheets and slides will be made available to the public," Reidenberg said.

Dr. John McIntosh, Professor Emeritus of Psychology, Indiana University South Bend and leading expert in suicide prevention, research and education as well as the originator of the data sheets and slides said:

U.S.A. SUICIDE: 2020 OFFICIAL FINAL DATA

	Number	Per Day	Rate	% of Deaths	Group (Number of Suicides)	Rate
Nation	45,979	125.6	14.0	1.4	White Male (32,039)	25.4
Males	36,551	99.9	22.5	2.1	White Female (8,116)	6.3
Females	9,428	25.8	5.6	0.6	Nonwhite Male (4,512)	12.6
Whites	40,155	109.7	15.7	1.4	Nonwhite Female (1,312)	3.4
Nonwhites	5,824	15.9	7.8	1.0	Black/African American Male (2,846)	12.6
Blacks/African American	3,541	9.7	7.5	0.8	Black/African American Female (695)	2.8
Older Adults (65+ yrs.)	9,137	25.0	16.4	0.4	Hispanic/Latino (4,571)	7.5
Young (15-24 yrs.)	6,062	16.6	14.2	16.9	Native Americans/Alaska Natives (714)	14.6
Middle Aged (45-64 yrs.)	14,409	39.4	17.4	2.3	Asian/Pacific Islanders (1,569)	7.0

Fatal Outcomes (Suicides): a 3.4% rate decrease was seen from 2019 to 2020 (a 2% decrease was observed from 2018 to 2019)

- Average of 1 person every 11.5 minutes killed themselves—1 male every 14.4 minutes, 1 female every 55.9 minutes
- Average of 1 older adult every 57.7 minutes killed themselves; Average of 1 middle aged adult every 36.6 minutes
- Average of 1 young person every 1 hour and 26.9 minutes killed themselves. (If the 601 suicides below age 15 are included, 1 young person every 1 hour and 19 minutes)

	Leading Causes of Death 15-24 yrs		
	Cause	Number	Rate
• 12th ranking cause of death in U.S. — 3rd for young	All Causes	35,816	84.2
• 3.9 male deaths by suicide for each female death by suicide	1-Accidents	15,117	35.5
• Suicide ranks 12th as a cause of death; Homicide ranks 16th	2-Homicide	6,466	15.2
	3-Suicide	6,062	14.2

Nonfatal Outcomes (Attempt Survivors) (figures are estimates):

- 1,149,475 annual attempts in U.S. (using 25:1 ratio) or one attempt every 27.5 seconds
- 2020 SAMHSA study: 1.2 million adults (age 18 and up) and 629,000 adolescents (12-17 years old)
- Translates to 1 every 26.4 seconds for adults and 1 every 50.3 seconds for adolescents
- 25 attempts for every death by suicide for nation (one estimate); 100-200:1 for young; 4:1 for older adults
- 3 female attempts for each male attempt

“We are pleased to be able to continue to make official suicide data resources available to those in suicidology and others. We are also excited that SAVE, with its outstanding reputation in suicide prevention and education, is providing a central location at which these data resources may be found.”

Dr. Christopher Drapeau, an expert in research, data and suicide prevention who currently serves as the

Executive Director of Prevention, Suicide Prevention and Crisis Response for the Indiana Family and Social Services Administration’s Division of Mental Health and Addiction said: “We are grateful to the American Association of Suicidology for serving as the home of the data sheets and slides for over three decades and feel excited to continue this annual tradition with SAVE. We look forward to contributing to SAVE’s mission and identifying ways to maximize the value of these resources for the suicidology field and public at large.”

According to the data released today at www.SAVE.org, in 2020 there were 45,979 deaths by suicide in the United States making suicide the 12th leading cause of death in the country and that over 275,000 people became suicide loss survivors. There were significantly more (1,149,475) non-fatal suicide attempts which tells us that treatment is effective and recovery is possible. The information made available by SAVE also includes race, gender and age breakdowns, state and regional rankings, as well as methods of suicide and suicidal ideation data. According to Dr. Reidenberg, “This information available from one source brings credibility, consistency and a shared message for the people working in the field of mental health, suicide prevention and media about what the data is telling us regarding trends related to the public health crisis of suicide in the United States.” The 2020 data sheets are available free on SAVE’s website (www.save.org) or direct link: <https://save.org/about-suicide/suicide-statistics>.

2ND ANNUAL 5K RUN/WALK & VOLLEYBALL TOURNAMENT FOR MENTAL HEALTH - MIAMI

Contact Linda Lurie Mars, 962-946-7998 X13, lmars@save.org

Link: <https://save.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=809>

The 2nd Annual Emotions in Motion 5K Run/Walk & Volleyball Tournament for Mental Health - Miami will be held April 24, 2022 at Tropical Park, 7900 SW 40th St. Miami (Tropical Park Shelter #1). SAVE's Emotions In Motions: 5K Walk/Run & Volleyball is a journey of hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.



SAVE's "Loved Ones" Tent is an opportunity for those to share special photos and written memories of their loved ones with others. We encourage you to bring a non-returnable photo of your loved one to the Walk to add to our "Loved Ones" Tent. There will be art supplies to make a picture or write a special message to be displayed in the tent.

Walks begins at 11:00 am and volleyball (8 4-player teams) starts at 11:30 am.

Registration will close online at 5pm on 4/23 but onsite registration will be available.

Sponsored by SAVE (Suicide Awareness Voices of Education) . Register at <https://save.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=809>

BEHAVIORAL HEALTHCARE STAFF SURVEY

By Dr. Kristin Kosyluk at kkosyluk@usf.edu

Survey: https://usf.az1.qualtrics.com/jfe/form/SV_eUN34x1MUepnp6C

Researchers at USF are seeking survey respondents for a study about the perspectives of mental health providers. The survey is optional and will take approximately 5-10 minutes. If you decide to participate, you can access the survey by clicking the link above. For further information about this study (STUDY 003912), contact Dr. Kristin Kosyluk at kkosyluk@usf.edu.

If behavioral healthcare staff are willing to participate, please complete the survey by April 29, 2022. Responses will be anonymous and confidential.

2ND ALARM PROJECT RELEASES NEW & IMPROVED APP

By Kellie O'Dare Wilson, Ph.D., MSW, MPA, Founder & Director, 2nd Alarm Project

Link: <https://www.2ndalarmproject.org>

App: <https://2ndalarmproject.org/app/>

The 2nd Alarm Project is rolling out a new & improved version of the app! We have broadened the app to include various public safety professions, expanded the geography outside the panhandle, and ensured the app will remain free for users! We will be making more exciting enhancements to the “coming soon” sections, as well as building out the resources in the next 3-6 months.

The 2nd Alarm Project is here to help our bravest with the challenges that face the fire service. If you're feeling stressed, anxious, depressed, or struggling with trauma, you are not alone. These mental health struggles are very common among firefighters. Depression rates are 5x higher for firefighters than the general population, and up to 37% of firefighters suffer from PTSD.



2nd Alarm Project

But we want you to know that there is hope. Our program offers free resources, including telehealth services that allow you to connect with a licensed counselor virtually. Our providers understand first responder culture, and specialize in helping with the treatment of common struggles facing firefighters, including stress, depression, PTSD, addiction, anxiety, and more. We offer a safe, confidential space where there's no shame in asking for help with these common challenges. In addition, we are working hard to provide capacity building opportunities for peer support networks in our area of the state. Building on shared experiences and connectedness that is the “brotherhood” or “sisterhood” of the fire service can reduce severity of many mental health issues experienced by firefighters. We also believe that in order to effectively reach firefighters, we must also provide resources and supports for their spouses and family members.

Our mission is to support the behavioral health needs of professional & volunteer firefighters from recruitment to retirement. Full program offerings include:

Survey Respondents Needed

USF is seeking mental health professionals to take part in an online survey. You will answer a series of questions regarding your profession and your feelings about it. We are trying to better understand the experiences of mental health providers. This survey is optional and not affiliated with your place of employment. The survey will take approximately 5-10 minutes to complete, and your responses will be anonymous and confidential.



https://usf.az1.qualtrics.com/jfe/form/SV_eUN34x1MUepnp6C
Scan the QR code or visit the link above to access the survey.



For further information regarding this study (STUDY003912), contact Dr. Kristin Kosyluk at kkosyluk@usf.edu.

- Telemedicine / Telepsychiatry
- Peer Support Capacity Building
- 24/7 Virtual Clinic
- Education & Awareness
- Leadership Development and Culture Change
- Resources & QuickLinks

It's ok to ask for help. To access all of these free resources and offerings, including contact information for trained peer support teams, download our app. *See link above.*

WHAT'S HAPPENING



April 24, 2022 (11:00 am to 2:00 pm) *2nd Annual 5K Run/Walk & Volleyball Tournament for Mental Health - Miami. Tropical Park - 7900 SW 40th St. Miami.*

Sponsored by SAVE (Suicide Awareness Voices). Register at

<https://save.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=809>



May 16, 2022. *5th Annual Older Adult Mental Health Awareness Day.* Sponsored by National Council on Aging. Register for virtual attendance at <https://connect.ncoa.org/oamhad2022?>

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>

HELPING YOU AND YOUR FAMILY SURVIVE A DEATH BY SUICIDE

By Military OneSource

Link: <https://www.militaryonesource.mil/health-wellness/mental-health/suicide/helping-you-and-your-family-survive-a-suicide/>

Note: Military OneSource does not provide medical counseling services for issues such as depression, substance use disorders, suicide prevention or post-traumatic stress disorder. This article is intended for informational purposes only. Military OneSource can provide referrals to your local military treatment facility, TRICARE or another appropriate resource.

Helping You and Your Family Survive a Death by Suicide

Surviving the suicide of a loved one is different than a natural death and can be especially traumatic. It is common for survivors to feel that they didn't do enough to save their loved one, creating feelings of what is called survivor guilt.

As you wrestle with your feelings, do your best to be kind to yourself. There is no right way to grieve the loss of someone who dies by suicide. Your feelings are unique to you, and everyone grieves differently.

Some ways to cope with grief and trauma from suicide

- Ask for help. Don't be afraid to ask the people closest to you for what you need, even if what you need is space.
- Don't expect to just "get over it." When a loved one dies by suicide, you may experience a lot of emotions all at once — shock, guilt, confusion or even anger. These are normal thoughts and emotions. Be patient with yourself as you cope and grieve and deal with any trauma you may be experiencing. The grieving process takes time. Loss is not something you "get over."
- Talk about your grief or trauma. Work to recognize the things you can handle on your own and those you can't. You may want to contact the VA's bereavement counseling, your installation's chaplain or the minister at your place of worship, or a non-medical counselor through Military OneSource. You may find yourself searching for the right professional to talk to, and that's OK.

- Get the support you need. You don't have to grieve alone. If you find that friends and family in your support circle have their own issues to attend to, mental health professionals, suicide loss support groups, faith communities and the military community can lend you a helping hand. Don't hesitate to reach out for help.
- Find resources available to you. Military OneSource provides resources and information for coping with the loss of a loved one, including through The Days Ahead: Essential Papers for Families of Fallen Service Members. You can also reach out for bereavement counseling through the VA.
- Prepare yourself for well-meaning but potentially hurtful comments. It is common for well-intentioned people to say insensitive things such as, "At least they are not in pain anymore" or "They are in a better place."
- Take care of yourself. Do your best to give your body what it needs. Sleep, eat healthy food, meditate and exercise as much as you can.
- Seek immediate help if you are experiencing complicated grief. You will never be completely over the death of your loved one; however, your grief and trauma should become less intense as time passes. If you do not feel better over time or your grief is getting worse and your pain is so severe it keeps you from living your life, you may be suffering from "complicated grief." There is a difference between grief and depression. If you are experiencing the following symptoms, talk to a professional grief therapist or counselor right away:
 - Intense guilt — blaming yourself for your loved one's death
 - Thoughts of suicide — your mind being preoccupied with dying, feeling like life isn't worth living, feelings of hopelessness or worthlessness or wishing you had died with your loved one
 - Inability to function — being unable to perform your normal activities at work, home or school.

Parenting after a suicide

If you're a parent dealing with the suicide of a loved one, try to remember that children and teens grieve differently from adults. You can help them by telling the basic truth, answering their questions in an age-appropriate manner and sticking to your daily routines. Remember to assure them that they are not responsible for the death of their loved one, and find counseling and other resources for them as needed.



More ways to help children:

- Remain as calm as you can throughout the first days. In the first few days after you lose your loved one to suicide, you may feel like you're losing control. You may have a great deal to do as you cope with your loss, and your children may need you now more than ever. Try to stay calm. And if you can't handle everything you're facing, get some help right away.
- Make sure your children know that they are not responsible. Because children are naturally self-centered, they may feel that the death is their fault. Reassure them that what happened is not their fault.
- Enroll your children in a bereavement camp. The Days Ahead also provides resources and advice for young people and families coping with the loss of loved ones. You may want to consider a bereavement seminar and camp for you and your children. These camps typically include grief sessions mixed with physical activities and social events to help relieve some of the powerful emotions you and your children may be feeling.
- Teach your children about self-care through bereavement and/or trauma counseling. Contact TRICARE, or call the Department of Veterans Affairs at 877-WAR-VETS or 877-927-8387 to get

help. You can also contact Military OneSource at 800-342-9647 to see about civilian resources in your community.

Military OneSource offers non-medical counseling for parenting, stress management, and grief and loss issues. To get help, call 800-342-9647. For more information, you can also reach out to the Military and Family Support Center on your installation for Military and Family Life Counseling Program support. For OCONUS/International, click here for calling options.

If you or someone you know is suicidal or in a state of crisis, call the National Suicide Prevention Lifeline at 800-273-8255.

TOOLKIT FOR PEOPLE WHO HAVE BEEN IMPACTED BY A SUICIDE LOSS

By Mental Health Commission of Canada, 2018

Website: <https://mentalhealthcommission.ca/wp-content/uploads/2018/05/Toolkit-for-people-who-have-been-impacted-by-a-suicide-loss.pdf>

From the *Handbook* introduction page:

Toolkit for People Who Have Been Impacted by a Suicide Loss. Mental Health Commission of Canada, 2018

The Mental Health Commission of Canada, in collaboration with the Canadian Association for Suicide Prevention, the Centre for Suicide Prevention, the Public Health Agency of Canada, along with an Advisory Committee comprised of people with lived experience related to suicide, have developed toolkits to support people who have been impacted by suicide.



Although, created and published in Canada, this resource has a significant amount of valuable information for Loss Survivors in other countries (and others).

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/>

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

Resources on AAS website for people with Autism: <https://suicidology.org/resources/autism-resources/>

Florida First Responders support line: 1-866-4FL-HERO (435-4376)

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>