



## FSPC Officers

|                     |                           |
|---------------------|---------------------------|
| Chair               | <b>Stephen Roggenbaum</b> |
| Vice-Chair          | <b>Paula Edwards</b>      |
| Treasurer           | <b>René Favreau</b>       |
| Secretary           | <b>Myrtice Landers</b>    |
| Assistant Secretary | <b>Jody Smith</b>         |

### FSPC REGIONAL DIRECTORS

**R1** Rachelle S. Burns  
(Escambia, Okaloosa, Santa Rosa, Walton)

**R2** Pam Mezzina  
(Bay, Calhoun, Franklin, Gadsden, Gulf Homes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, Washington)

**R3** Ali Martinez  
(Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, Union)

**R4** Lisa Zeller  
(Baker, Clay, Duval, Nassau, St. Johns)

**R5** Jody Smith  
(DeSoto, Pinellas, Sarasota)

**R6** Susan Morgan  
(Hillsborough, Manatee, Pasco)

**R7** Tara Sullivan  
(Brevard, Orange, Osceola, Seminole)

**R8** Sue Opheim  
(Charlotte, Collier, Glades, Hendry, Lee)

**R9** Payton Reid  
(Palm Beach)

**R10** Vacant  
(Broward)

**R11** Margaret Di Gennaro  
(Dade, Monroe)

**R12** Kelly Sousa  
(Flagler, Volusia)

**R13** Tom Walsh  
(Citrus, Hernando, Lake, Marion, Sumter)

**R14** Vacant  
(Hardee, Highlands, Polk)

**R15** Lindsay Slattery-Cerny  
(Indian River, Martin, Okeechobee, St. Lucie)

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

**Join Now!**

### FSPC 2022 ANNUAL MEETING

*SAVE THE DATE - June 25, 2022 (10:30 am - EST)*

The 2022 FSPC Annual Meeting will be held via Zoom and is scheduled for Saturday, June 25 at 10:30 am (EST). Additional details, notice of nominations, & election ballots will be emailed to current members in good standing. NOTE: You must be a member in good standing of FSPC to hold office and to vote during the meeting - should a vote occur. However, FSPC non-members are welcome to listen and participate in discussions during the annual meeting.

### FSPC 2022 ANNUAL ELECTIONS

Be part of an important, grassroots organization's leadership. Nominations for FSPC Board members will open Wednesday, May 4th. Notice of nominations will be emailed to current members in good standing. One-year Board positions include:

Chair  
Vice Chairs (2)  
Treasurer  
Secretary  
Assistant Secretary

## RECOVERING SUICIDE LOSS: A SELF-HELP HANDBOOK FOR THOSE WHO HAVE LOST SOMEONE TO SUICIDE

By Survivors of Suicide, Inc., Folcroft, PA., [phillysos.tripod.com](http://phillysos.tripod.com)

Website: [http://www.sosphilly.org/uploads/1/6/5/5/16556566/recovery\\_suicide\\_loss130830.pdf](http://www.sosphilly.org/uploads/1/6/5/5/16556566/recovery_suicide_loss130830.pdf)

About this Handbook:

Losing someone that you loved or cared for to suicide is the absolute worse loss that anyone can endure. No one is prepared for it and only those who have experienced it can know what it involves and how it feels.

This handbook provides some basic information for those who are bereaved by a suicide. It is based on the self-help philosophy of Survivors of Suicide (SOS). It covers topics frequently discussed at SOS support group meetings and concepts from the suicide loss literature.

We have used a question and answer format because the grief journey that a suicide loss sets you on is often driven by a search for answers. This booklet can be read in order of the questions that most interest you.

This booklet is not a substitute for the mutual self-help offered through SOS or other support groups. It is a supplement to such support. It may be a resource for those in settings or communities without such services.

Suicide loss is psychologically and physically traumatic. You should see your health care provider as soon as possible after your loss. This booklet is not meant to replace the advice of qualified health care professionals.

### HELP FOR SUICIDE LOSS SURVIVORS

Source: JJ'S Hello Foundation, Youth Mental Health and Suicide Prevention Awareness Foundation

Link <https://www.hellofund.org/suicidelosssurvivors>

#### *Brace for Powerful Emotions*

A loved one's suicide can trigger intense emotions. For example:

- Shock. Disbelief and emotional numbness might set in. You might think that your loved one's suicide couldn't possibly be real.
- Anger. You might be angry with your loved one for abandoning you or leaving you with a legacy of grief — or angry with yourself or others for missing clues about suicidal intentions.
- Guilt. You might replay "what if" and "if only" scenarios in your mind, blaming yourself for your loved one's death.
- Despair. You might be gripped by sadness, loneliness or helplessness. You might have a physical collapse or even consider suicide yourself.
- Confusion. Many people try to make some sense out of death or try to understand why their loved one took his or her life. But, you'll likely always have some unanswered questions.
- Feelings of rejection. You might wonder why your relationship wasn't enough to keep your loved one from dying by suicide.

You might continue to experience intense reactions during the weeks and months after your loved one's suicide — including nightmares, flashbacks, difficulty concentrating, social withdrawal and loss of interest in usual activities — especially if you witnessed or discovered the suicide.

#### *Dealing with Stigma*

## Recovering From Suicide Loss

A Self-help Handbook  
For Those  
Who Have Lost  
Someone to Suicide



Survivors of Suicide, Inc.,  
Folcroft, PA  
[Phillysos.tripod.com](http://Phillysos.tripod.com)

June 2004  
Updated June 2013

Many people have trouble discussing suicide, and might not reach out to you. This could leave you feeling isolated or abandoned if the support you expected to receive just isn't there.

Additionally, some religions limit the rituals available to people who've died by suicide, which could also leave you feeling alone. You might also feel deprived of some of the usual tools you depended on in the past to help you cope.

#### *Adopt Healthy Coping Strategies*

The aftermath of a loved one's suicide can be physically and emotionally exhausting. As you work through your grief, be careful to protect your own well-being.

- Keep in touch. Reach out to loved ones, friends and spiritual leaders for comfort, understanding, and healing. Surround yourself with people who are willing to listen when you need to talk, as well as those who'll simply offer a shoulder to lean on when you'd rather be silent.
- Grieve in your own way. Do what's right for you, not necessarily someone else. There is no single "right" way to grieve. If you find it too painful to visit your loved one's gravesite or share the details of your loved one's death, wait until you're ready.
- Be prepared for painful reminders. Anniversaries, holidays and other special occasions can be painful reminders of your loved one's suicide. Don't chide yourself for being sad or mournful. Instead, consider changing or suspending family traditions that are too painful to continue.
- Don't rush yourself. Losing someone to suicide is a tremendous blow, and healing must occur at its own pace. Don't be hurried by anyone else's expectations that it's been "long enough."
- Expect setbacks. Some days will be better than others, even years after the suicide — and that's OK. Healing doesn't often happen in a straight line.
- Consider a support group for families affected by suicide. Sharing your story with others who are experiencing the same type of grief might help you find a sense of purpose or strength. However, if you find going to these groups keeps you ruminating on your loved one's death, seek out other methods of support.



#### *Know When to Seek Professional Help*

If you experience intense or unrelenting anguish or physical problems, ask your doctor or mental health provider for help. Seeking professional help is especially important if you think you might be depressed or you have recurring thoughts of suicide. Unresolved grief can turn into complicated grief, where painful emotions are so long lasting and severe that you have trouble resuming your own life.

Depending on the circumstances, you might benefit from individual or family therapy — either to get you through the worst of the crisis or to help you adjust to life after suicide. Short-term medication can be helpful in some cases, too.

#### *Face the Future with a Sense of Peace*

In the aftermath of a loved one's suicide, you might feel like you can't go on or that you'll never enjoy life again.

In truth, you might always wonder why it happened — and reminders might trigger painful feelings even years later. Eventually, however, the raw intensity of your grief will fade. The tragedy of suicide won't dominate your days and nights.

Understanding the complicated legacy of suicide and how to cope with palpable grief can help you find peace and healing, while still honoring the memory of your loved one.

## **ACTION IS NEEDED TO STOP FLORIDA'S WITHDRAWAL FROM HTE YOUTH RISK BEHAVIOR SURVEY**

By Norin Dollard, PhD., Florida Policy Institute

Link: [https://www.floridapolicy.org/posts/action-is-needed-to-stop-floridas-withdrawal-from-the-youth-risk-behavior-survey?mc\\_cid=c3e67f5819&mc\\_eid=52f204684a](https://www.floridapolicy.org/posts/action-is-needed-to-stop-floridas-withdrawal-from-the-youth-risk-behavior-survey?mc_cid=c3e67f5819&mc_eid=52f204684a)

Excerpts from the Policy Institute Blog:

The Youth Risk Behavior Survey (YRBS) provides unique and critical data that guides public health approaches to protecting and promoting the physical and mental well-being of Florida’s young people. However, the Florida Department of Education has recently withdrawn from this data collection[1] and communicated this action to the Centers for Disease Control and Prevention (CDC), who administers the program nationwide, without public or legislative input. The YRBS is crucial because it helps monitor and address the rising mental health, substance use, and physical health problems experienced by Florida’s young adolescents and young adults. The Florida Department of Education should take immediate action to reverse this decision and continue participation in this critical public health data collection.



The Youth Risk Behavior Surveillance System (YRBSS) was launched by the CDC in 1990 to monitor health risk behaviors that lead to disease, death, and social problems for youth and adults. This nationally representative system was initiated to provide data on the prevalence and co-occurrence of primary and behavioral health risk factors including unintentional injuries and violence, sexual behaviors, alcohol and drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity.

The YRBS is the actual measure used and provides important data on how these behaviors change over time and allows description of how of sub-groups of youth are faring, including LGBTQ youth and young people of color. Data from the YRBS are widely used to develop health policies that support increasing healthy behaviors and assess progress towards race equity goals. The survey data is also used by researchers and advocates for children, youth, and young adults. Schools use it to identify needed resources to better support their students.

Please click on link above to read entire published article.

## SUICIDE AMONG HEALTHCARE WORKERS

By Amanda Regis, MSW, Office of Substance Abuse and Mental Health, Florida Department of Children and Families

Link: <https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/>



When one thinks of healthcare worker, the words “caring,” “selfless,” and “hardworking” may come to mind. Unfortunately, while many healthcare workers prioritize caring for others, they often have difficulty seeking help for themselves.

*Why are healthcare workers at risk for suicide?*

Certain occupations, including healthcare workers, are at higher risk for suicide due to job-related stress and access to lethal means such as medications.<sup>4</sup> Working in healthcare often presents unique stressors including: exposure to human suffering and death, long and unpredictable scheduled work hours, demanding physical work, and financial strain.<sup>5</sup> Additionally, a strong historical stigma persists for healthcare workers seeking mental health care which negatively impacts help-seeking attitudes within the profession.<sup>6</sup>

*What does the data suggest?*

Although healthcare professionals excel at caring for others, physicians are at higher risk for suicide and suicidal ideation than the general population and nurses are at higher risk for having suicidal ideation than other U.S. workers.<sup>1,2</sup> Furthermore, a 2020 survey conducted by Mental Health America (MHA) revealed that many healthcare workers are experiencing stress, anxiety, emotional exhaustion, difficulty sleeping, and feel like they do not have adequate emotional support.<sup>3</sup>

*What is available?*

The mental health of healthcare professionals has become a top priority. As a result, a variety of resources have become available to assist healthcare workers.

To begin your search for mental health and suicide prevention resources in your area, visit [www.hopeforhealingfl.com](http://www.hopeforhealingfl.com). Additional resources can be found below.

#### *Resources for Healthcare Workers*

If you are concerned about your mental health, visit [mhanational.org/frontline](http://mhanational.org/frontline) to be screened and find resources and support.

To be connected to a licensed mental health professional visit: <https://emotionalppe.org/>.

To reach the Physician Support Line, dial 1 (888) 409-0141.

#### *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.

Text **HOME** to 741741 to be connected to a trained Crisis Counselor at the Crisis Text Line.

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

To learn more about resources available in schools, visit [www.fldoe.org/mental-health](http://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 practice safe messaging by following the National Action Alliance for Suicide Prevention's recommendations for safe messaging when sharing information about suicide to **decrease** suicide risk and **increase** help-seeking behavior. Visit <https://suicidepreventionmessaging.org/> to learn more.

#### *References*

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3. Centers for Disease Control. (2016). Healthcare Workers: Work Stress & Mental Health. Retrieved from: <https://www.cdc.gov/niosh/topics/healthcare/workstress.html>
4. Shanafelt, T. D., Dyrbye, L. N., West, C. P., Sinsky, C., Tutty, M., Carlasare, L. E., Wang, H., & Trockel, M. (2021). Suicidal Ideation and Attitudes Regarding Help Seeking in US Physicians Relative to the US Working Population. *Mayo Clinic proceedings*, 96(8), 2067–2080. <https://doi.org/10.1016/j.mayocp.2021.01.033>
5. Kelsey, Elizabeth A. DNP, APRN, CNP; West, Colin P. MD, PhD; Cipriano, Pamela F. PhD, RN, NEA-BC, FAAN; Peterson, Cheryl MSN, RN; Satele, Daniel BS; Shanafelt, Tait MD; Dyrbye, Liselotte N. MD, MHPE Original Research: Suicidal Ideation and Attitudes Toward Help Seeking in U.S. Nurses Relative to the General Working Population, *AJN, American Journal of Nursing*: November 2021 - Volume 121 - Issue 11 - p 24-36 doi: 10.1097/01.NAJ.0000798056.73563.f

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## WHAT'S HAPPENING



May 4, 2022 (10:30 am, EST) *Florida Suicide Prevention Coalition* Nominations open for all Board positions: Chair, two Vice Chairs, Treasurer, Secretary, Assistant Secretary. Board Positions serve one year. Members in good standing will be emailed more details.

June 25, 2022 (10:30 am, EST) *Florida Suicide Prevention Coalition* Annual Meeting. Members in good standing will be emailed a Zoom invitation.



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>

## 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://suicidegrief.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://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.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](http://Maristan.org)

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

## 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](http://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](http://smile.amazon.com)) & support suicide prevention.



## FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>