



FSPC Officers

Chair	Stephen Roggenbaum
Vice-Chair	Paula Edwards
Treasurer	René Favreau
Secretary	Myrtice Landers
Assistant Secretary	Jody Smith

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)

June 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/>

JOIN NOW!

FSPC 2022 ANNUAL MEETING

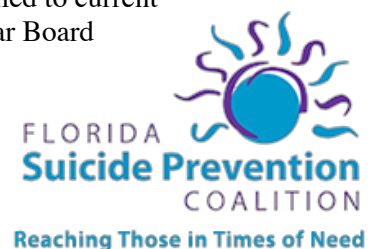
SAVE THE DATE - June 25, 2022 (10:30 am - EST)

The 2022 FSPC Annual Meeting will be held online 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 (UPDATE)

Be part of an important, grassroots organization's leadership. *Nominations for FSPC Board positions have been extended to Friday, June 3.* Ballots will be emailed to current members in good standing. One-year Board positions include:

Chair
Vice Chairs (2)
Treasurer
Secretary
Assistant Secretary



MENTAL HEALTH STARTUP EXPANDS ITS POSITIVE MESSAGING

By Mark Parker, St Pete Catalyst

Link: <https://stpetecatalyst.com/mental-health-startup-expands-positive-messaging-through-partnerships/>

Excerpts from news article (click on link above for full story)



Johnny Crowder, founder of Cope Notes, realized that difficulty through self-experience. People close to Crowder suggested self-help books or logging into a mental wellness mobile app, seemingly simple solutions that can feel overwhelming to someone with mental health issues.

“You’re asking a depressed person to muster up the motivation to improve their mental health when I can’t even get out of bed,” he said. “I kind of faced that problem and was frustrated that there wasn’t something to help me with that.”

So, Crowder created a solution. He launched the mental health support service Cope Notes in February of 2018. What began as Crowder texting friends daily messages to help get them through the day has turned into a business with 23,671 users in 97 countries. Crowder’s bootstrapped startup has now exchanged over 1.4 million texts, offering relatable support, tips and prompts while allowing users to open up and speak freely with real people that anyone can endure.

The surrounding community is taking notice. In January, Cope Notes received the People’s Choice Award during the *Startup of the Year Summit*. Crowder’s service has also secured over 10 local government contracts, most recently through five Hillsborough County mental healthcare providers.

Data supports the benefits provided by Cope Notes, as a recent University of South Florida study showed a statistically significant reduction in depression, anxiety and stress in users after 30 days.

“They quantitatively concluded that Cope Notes contributed to these outcomes,” said Crowder. “I teared up when they were telling me; it’s like a dream come true.”

NATIONAL SUICIDE PREVENTION LIFELINE BECOMES 9-8-8 (JULY 16)

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

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

About 9-8-8

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline’s (1-800-273-8255) network of over 200 locally operated and funded crisis centers across the country.

On July 16, 2022, the U.S. will transition to using the 988-dialing code, and it is a once-in-a-lifetime opportunity to strengthen and expand the existing Lifeline.

988 is more than just an easy-to-remember number—it’s a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support.



The 988 dialing code is just a first step toward strengthening and transforming crisis care in this country. It serves as a universal entry point so that no matter where you live, you can reach a trained crisis counselor who can help.

Over time, the vision for 988 is to have additional crisis services available in communities across the nation, much the way emergency medical services work.

ANSWER THE CALL! 988 LIFELINE SUICIDE & CRISIS NETWORK JOBS

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

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

On July 16, 2022, the National Suicide Prevention Lifeline (1-800-273-8255) will transition to an easy-to-remember, 3-digit number (988). This represents an unprecedented opportunity to strengthen and expand the existing network of over 200 locally operated and funded crisis centers across the country.

In advance of the 988 transition in July, the Lifeline Suicide & Crisis Network is looking to bring on new volunteers and paid employees to answer calls, chats, and texts from people in crisis. All employees and volunteers receive training, so if you are a caring person who wants to help those in crisis, apply today.

Click on link above and search Florida to apply to one of the 12 centers near you!

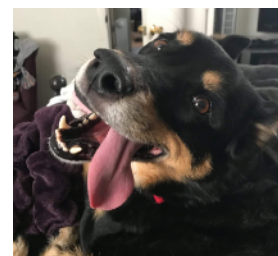
ANNA SEVER TO HEAD STATEWIDE OFFICE FOR SUICIDE PREVENTION

Source: Heather Allman, L.C.S.W., Director, Substance Abuse and Mental Health

Anna Sever is the new Director of the Statewide Office for Suicide Prevention.



(Anna Sever pictured at left and her pet Australian Shepherd/ Blue Heeler at right). Anna has a Master of Science in Psychological Science from Texas Woman's University. Most recently, Anna was the Lead Epidemiologist on Florida's State Opioid Response Grant where she analyzed trends pertaining to statewide opioid prevention, treatment, and recovery services. Additionally, Anna served as the Data Manager on the 988 Planning Grant, identifying statewide National Suicide Prevention



Lifeline coverage area deficits and proposing dual coverage structure in preparation for 988 implementation. Anna intends to use her crisis counseling and research experience to enhance suicide prevention efforts throughout the state.

Additional changes to the Statewide Office for Suicide Prevention include the departure of Amanda Regis, who aptly served in the office for about a year and then as interim Director until Anna Sever's arrival. Amanda is now the Statewide Baker Act and Marchman Act Coordinator, Office of Substance Abuse and Mental Health, Florida Department of Children and Families. We wish Amanda the best in her new role in helping serve Floridians in crisis. (Amanda Reis pictured at right).



NEW JERSEY GUN VIOLENCE RESEARCH CENTER CREATES VALUABLE RESOURCE

By NJGVRC Project Safe Guard.vd.intro

Link: <https://www.youtube.com/watch?v=0Re5cHSTsg>

The New Jersey Gun Violence Research Center at Rutgers University created and made available a video on "How to have a successful conversation about safe firearm storage."



Safe Firearms storage and reducing access to other lethal means (such as disposing of unused or outdated drugs in the home) are methods to help reduce the risk of suicide and injury for us all.

Please click on link above to see and listen to the video.



DID YOU MISS DEA'S NATIONAL TAKEBACK DAY?

Source: US Drug Enforcement Administration

Link: <http://DEATakeBack.com>

There are locations for medication disposal for unused or unwanted medications year round.

The drug overdose epidemic in the United States is a clear and present public health, public safety, and national security threat. DEA's *National Prescription Drug Take Back Day* reflects DEA's commitment to Americans' safety and health, encouraging the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

DEA is committed to making our communities safer and healthier, and we can do this by reducing overdoses and overdose deaths. While the community does its part to turn in unneeded medications and remove them from potential harm, we are doing our part to further reduce drug-related violence.

The webpage includes resources to help you dispose of unneeded medications in your home (specific to your local area by zip code), seek substance abuse treatment, and learn more about the drug overdose epidemic in the United States.

SPRC'S RESOURCES FOR SURVIVORS OF SUICIDE LOSS

Source: Suicide Prevention Resource Center (SPRC)

Website: <https://www.sprc.org/livedexperience/tool/resources-survivors-suicide-loss>

This SPRC list includes nine general resource sites (organizations, directories, & websites) geared with information for loss survivors and also posts four national suicide prevention organizations that have special sections of their websites containing a wide variety of resources for suicide loss survivors.

THE GRIEF JOURNEY

Source: Alliance of Hope for Suicide Loss Survivors

Website: <https://allianceofhope.org/the-grief-journey/>

We often speak of the time following loss as a journey, yet it is not a journey anyone chooses and there are few guideposts along the way. At this site, author and suicide loss survivor, Elizabeth Harper Neeld, outlines experiences commonly felt at different points in the journey. Read about what is normal, what helps, and what choices continue to move you forward after loss shatters your world.

Click on link above to read sections of interest to you at particular points in your grief journey.

STATE ASKED TO RECONSIDER DECISION TO DROP OUT OF NATIONAL YOUTH RISK BEHAVIOR SURVEY

By Christine Jordan Sexton, Florida Politics

Link: <https://floridapolitics.com/archives/527437-state-asked-to-reconsider-decision-to-drop-out-of-national-youth-risk-behavior-survey/>

Excerpts from article (click on link above to read entire story):

Thirty-eight organizations and 40 individuals have signed onto a letter to Florida Department of Education Interim Commissioner Jacob Oliva expressing concerns over the state's decision to drop out of

a Centers for Disease Control and Prevention survey designed to assess youth risk behavior and to inform public health policies.

Florida has participated in the Youth Risk Behavior Survey since 1991. Angela R. Mann, president of the Florida Association of School Psychologists, said students can anonymously report their well-being and warned that dropping out of the survey will make it more difficult to assess what's going on.

"Youth Risk Behavior Survey data is critical to helping school psychologists and other school-based mental health professionals across the state keep a pulse on the mental health and wellness of the youth we serve," Mann said in a prepared release.



WHAT'S HAPPENING



- June 3, 2022 (Friday) *Florida Suicide Prevention Coalition* nominations due date (new). Members can submit to FSPC Secretary, Myrtice Landers, myrticelanders@gmail.com
- 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

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 (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>