



FSPC Officers

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

FSPC REGIONAL DIRECTORS

R1 Rachele 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)

July 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 Myrtice Landers, FSPC Treasurer (floridasuicideprevention@gmail.com). Membership info: <http://floridasuicideprevention.org/membership/>



FSPC 2022 ANNUAL MEETING

The 2022 FSPC Annual Meeting was held via Zoom on Saturday, June 25 at 10:30 am (EST). Old business included a review of FSPC activities and efforts, and brief update from the statewide suicide prevention conference, while new business at the annual meeting highlighted tentative 2023 conference dates (February 20 & 21) and announced newly elected officers.

FSPC 2022 ANNUAL ELECTION RESULTS

Ballots were emailed to current members in good standing, members voted, votes were tallied. The new one-year Board positions for 2022/2023 are:

Chair - Stephen Roggenbaum
Vice Chair - Jane Bennett
Vice Chair - Vacant
Treasurer - Myrtice Landers
Secretary - Vacant
Assistant Secretary - Vacant



Members interested in running for a vacant position should email Myrtice Landers, floridasuicideprevention@gmail.com

FSPC NEEDS YOU!

By Stephen Roggenbaum, Chair, FSPC

Link: <https://floridasuicideprevention.org>

FSPC is in search of several dedicated, motivated, and willing volunteers who want to get more involved?



The Florida Suicide Prevention Coalition (FSPC) is currently represented by numerous wonderful ambassadors. Officers and Regional Directors serve as a contact for various Florida regions providing information, responding to inquiries, networking with local contacts, and advocating for effective prevention initiatives.

You can volunteer to join FSPC and serve as a Region Director. A person does not necessarily need to live in the Region he/she represents but is aware of the services and opportunities available

while serving as a resource point person. An interested individual can also assist a current Region Director as he/she becomes more comfortable serving.

If interested or for more information, please contact Steve Roggenbaum (roggenba@usf.edu) or Myrtice Landers (floridasuicideprevention@gmail.com). See first page of newsletter for Regions and associated counties.

BEGINNING MID-JULY, DIAL 9-8-8 FOR THE MENTAL HEALTH HOTLINE

The three-digit code will be like 911, but for mental health emergencies only

Source: Sarah Kuta, Smithsonian Magazine

Website: <https://www.smithsonianmag.com/smart-news/beginning-in-mid-july-dial-988-for-the-mental-health-hotline-180980241/>

Since 2005, individuals experiencing mental health crises in the United States have had to call a 10-digit phone number to connect with someone who can help. Soon, they'll be able to dial a much shorter code in times of crisis: 988.

Starting July 16, the new national mental health hotline number will go into operation. The shorter code is intended to be easier to remember, like dialing 911 for emergencies, which officials hope will make mental health help more accessible overall.

“Remembering a three-digit number beats a 10-digit number any day, particularly in times of crisis,” Xavier Becerra, the U.S. Health and Human Services (HHS) secretary, said in a December 2021 [statement](#).

Later this summer, individuals will be able to call, text or online chat the number 988 to get in touch with trained counselors with the National Suicide Prevention Lifeline network. Those experts are available to listen, offer support and share additional resources. More than 200 local crisis centers across the country make up the nationwide network, which has received more than 20 million calls since it launched 17 years ago. The existing suicide prevention number—1-800-273-8255—will remain active even after the new code takes effect.

Calls to the existing suicide lifeline have been increasing since it launched in 2005, though the uptick is likely related to a range of factors, including more awareness of the hotline's existence. With the implementation of the new 988 code, public health officials expect a surge of calls. That's ultimately a good thing for getting individuals the help they need, but many local crisis centers are not yet equipped to handle the increased volume, reports [HealthDay's](#) Amy Norton. The switch to 988



comes at a time when many counties and states are already grappling with funding and staffing challenges.

Bipartisan legislation in 2020 mandated the launch of 988, but ultimately left funding and infrastructure decisions to the states. But as of this summer, most states had not yet created comprehensive plans or allocated funding to the new code. So far, the U.S. Department of Health and Human Services has allocated roughly \$400 million to help with the 988 rollout.

“We have all of the technology,” Jennifer Piver, executive director of Mental Health America of Greenville County, tells NBC News’ Erika Edwards, Emily R. Siegel and Kate Snow. “We do not have the funding for staff, for salaries.”

Regardless of how the 988 implementation goes, public health officials and lawmakers agree that it must be just one part of a much larger plan to address mental health challenges. As Rep. Chris Stewart, a Utah Republican, and Rep. Seth Moulton, a Massachusetts Democrat, wrote in a 2019 op-ed in the Washington Post, individuals need to talk more about mental health so that “seeking help for everything from suicidal thoughts to addiction to depression is as routine as going to the doctor for a broken arm or an annual checkup.”

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! You are needed to help meet the anticipated increased number of calls and texts with the start of 9-8-8. Please consider volunteering and receive training to help meet this critical need.

FSPC IS PRESENT FOR WALK THE LAST MILE EVENT (JACKSONVILLE)

Source: Lisa Zeller, FSPC Region 4 Director



Walk the Last Mile event was held May 7th at Jax Beach Seawalk Pavilion (Jacksonville). Daryl Rosenberger, a native of Jacksonville, lost his youngest son, Andrew (Drew) to suicide and bipolar disorder at the age of 30 in October of 2020. Daryl’s goal was to jump rope and walk across the country.

He felt like he needed to have an event that would take more than just one day or a weekend . . . an event that would build momentum toward the cause of suicide prevention and Bipolar Disorder. One of the *Jumping for Drew and You Foundation’s* current initiatives is to provide financial support for counseling and/or medication to underprivileged families with a loved one with Bipolar Disorder. Lisa Zeller, FSPC Region 4 Director hosted an FSPC information table at the Jacksonville event. See picture at left.

GRIEF JOURNEY FOR LOSS SURVIVORS

By Alliance for Hope for suicide loss survivors

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

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. In this section, 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.

Impact: Experiencing the Unthinkable by Elizabeth Harper Neeld (excerpts from her book).

The terrible shock we experience when we learn that someone in our life has died by suicide is automatic. It is elemental. That shock may result in our feeling numb or it may result in our feeling intense emotions. Regardless, we are responding. Our body loses its equilibrium. The brain trauma center begins to produce a corticotropin-releasing hormone that increases anxiety. Chemical levels increase, and our central nervous system becomes highly stimulated. We feel as if we have been “hit in the gut.” Our stomach may be in “knots.” We cannot stop thinking about what has happened. We have trouble sleeping –or we want to sleep all the time. We aren’t hungry –or we are hungry all the time. We find it hard to concentrate. We can’t focus on anything except the suicide and keep asking how this could have happened. We wonder how we could have prevented this terrible death. As one wise woman reported, “*We feel like a sparrow caught in a cat’s claw.*”

The choice for Impact: To experience and express grief fully.

You might wonder: if the responses during this time are automatic, how could an individual *not* make the choice to experience and express grief fully? That’s the paradox. The automatic, natural responses occur, but *we* decide whether to fully experience these responses or to try to stifle and suppress them.

And there are many reasons we might choose to suppress our grief instead of express it. The pain might seem unbearable. We may feel ashamed that the person we lost died by suicide. People around us may encourage us “to be brave,” “to be strong,” “to pull ourselves together.”

But it is so important to choose to express grief fully. In whatever way is appropriate for each person.

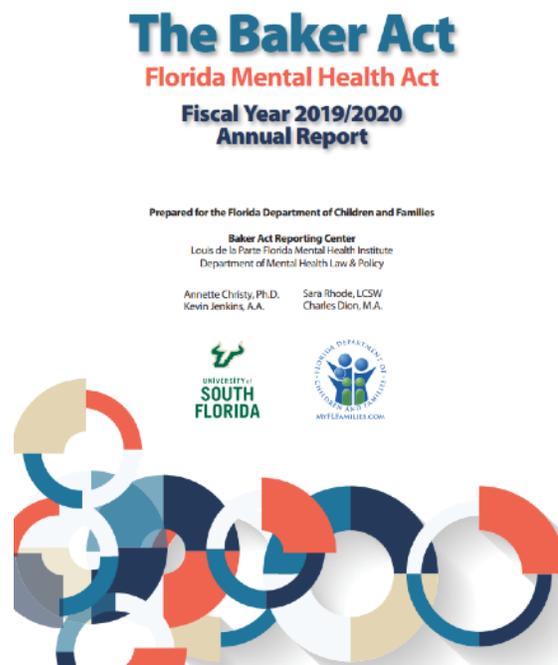
FISCAL YEAR 2019-2020 BAKER ACT ANNUAL REPORT RELEASED

Source: US Drug Enforcement Administration

Link: <http://DEATakeBack.com>

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

Last week the Florida Department of Children and Families (DCF) approved the release of the fiscal year 2019-2020 Baker Act Annual Report. The Baker Act Reporting Center in the Department of Mental Health Law & Policy at USF produces this report annually in collaboration with DCF. The report includes information about involuntary (Baker Act) examinations statewide over multiple years. Analyses are also reported by county, judicial circuit, DCF region, DCF managing entity, and Baker Act receiving facility. Those who want a basic overview are encouraged to start by looking at the infographic at the beginning of the report that summarizes the key findings. The report is available on the [Baker Act Reporter Center's website](#)..



BIPOC MENTAL HEALTH MONTH

Source: Insight Into Diversity

Website: <https://www.insightintodiversity.com/bipoc-mental-health-month/>

This July marks the 14th annual observance of BIPOC (Black, Indigenous, and people of color) Mental Health Month, previously known as National Minority Mental Health Awareness Month. A couple of Florida universities are poised to assist with programs for their students.

UF: Through its Counseling and Wellness Center (CWC), the University of Florida offers numerous wellness and mental health services for ethnically and racially underrepresented students. These include group counseling for students of color in general as well as group sessions specifically for Black women, Black graduates, and Latinx students. The CWC also produces a podcast about mental health in college that focuses heavily on ethnicity- and race-related issues, such as White fragility and Black mental health. In addition, the center provides mental health materials in Chinese, Korean, Spanish, and more.

USF: The University of South Florida's Counseling Center facilitates several diversity-focused mental health programs. *Entre Familia* is a counseling program for Latinx students to discuss culturally unique issues and concerns such as acculturation and immigration. Our Voices is a similar initiative for all students of color to experience a sense of community and support while on a predominantly White campus. The Let's Talk program provides a space for international students to seek counseling if they have difficulty adjusting to the U.S. due to language, cultural, and other barriers.

WHAT'S HAPPENING - MARK YOUR CALENDARS!



September 3, 2022 (Saturday), *4th Annual Team Kyle's Suicide Prevention Ride* (motorcycle).

For more information, Paula Edwards, pedwards1013@icloud.com

September 5, 2022, *Bluebird Run for Brookie B* for suicide awareness and prevention. JR

Alford Greenway, Tallahassee. The 1M Fun Run takes off at 8:00 am and the 5K Trail Run/Walk starts at 8:30. <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>

September 10, 2022, *Jeffrey Bear Foundation Memorial* for suicide awareness and prevention.

Tallahassee. This event highlights Veterinarians and suicide. <https://www.jeffreybearfoundation.com/>

November 6, 2022 *Tallahassee Out of the Darkness Walk*, sponsored by AFSP. <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=8344>.

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://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://suicidiegriefresources.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/>

SUPPORT FSPC JUST BY FOR SHOPPING ONLINE



You shop. Amazon gives.

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.

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



New supporter



Charity hero



Heart-core shopper

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>