



FSPC Officers

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

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R7 Tara Sullivan
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R13 Tom Walsh
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R15 Lindsay Slattery-Cerny
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September 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 NEEDS YOU!

By Stephen Roggenbaum, Chair, FSPC

Link: <https://floridasuicideprevention.org>

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



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 join FSPC and volunteer to 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 contributing and supporting suicide prevention through FSPC.

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

FLORIDA SUICIDE PREVENTION COALITION RECOGNITION OF MEMBERS

By Stephen Roggenbaum, Chair, FSPC

In conjunction with Suicide Prevention Month, FSPC would like to thank all our longstanding & new members. Thank you for your support, participation, and efforts to prevent suicide. FSPC also publicly recognizes our six (6) Corporate Members from throughout Florida who provide additional support.

211 Tampa Bay Cares

Crisis Center of Tampa Bay

Molina Healthcare

New Perspectives Therapeutic

Suncoast Center, Inc.

Veterans Counseling Veterans, Inc.



Train Educate Advocate Mentor Serve
(TEAMS)

NOW YOU CAN DIAL 9-8-8 FOR A MENTAL HEALTH EMERGENCY

The three-digit code is like 911, but for mental health emergencies

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

Website: <https://www.samhsa.gov/newsroom/press-announcements/20220715/us-transition-988-suicide-crisis-lifeline-begins-saturday>



On July 16, the 10-digit National Suicide Prevention Lifeline transitioned to 988 — an easy-to-remember 3-digit number for 24/7 crisis care. The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC), and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need.

VOLUNTEER TO SUPPORT THE 988 LIFELINE

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) transitioned 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. YOU can help support individuals in need by volunteering, receiving training, and answering calls on the Lifeline. Florida has 12 certified centers (soon to be 13) so you can volunteer near your home. Click the link above and help support and effective suicide prevention strategy.

SEPTEMBER IS SUICIDE PREVENTION MONTH

By National Action Alliance for Suicide Prevention (Action Alliance)

Link <https://theactionalliance.org/bethere>

For Suicide Prevention Month (#SPM22) in September, consider ways to encourage the public to be there for someone who might be struggling or is in crisis. Some examples of how someone can [#BeThere](#) include:

- Check in with a friend by phone or text message to see how they are doing.
- Invite a friend to meet for a physically-distanced coffee or meal together.
- Send a handwritten card to let someone know you are thinking of them.
- Learn the [risk factors](#) and [warning signs](#).
- Help connect someone who is struggling to professional care.
- Share the National Suicide Prevention Lifeline Number (800-273-8255), which provides 24/7, free, and confidential support. For specialized care, military veterans may press '1.'



NATIONAL PHYSICIAN SUICIDE AWARENESS DAY

Link: <https://www.cordem.org/npsa>



National Physician Suicide Awareness Day *Shine a Light. Speak its name.* September 17, 2022

In order to address the issue of physician suicide, the Council of Residency Directors in Emergency Medicine (CORD), in collaboration with AAEM, ACEP, ACOEP, EMRA, RSA, RSO, and SAEM have come together to annually dedicate September 17th as National Physician Suicide Awareness (NPSA) Day.

The Council of Residency Directors in Emergency Medicine's (CORD) Vision Zero: Physician suicide is a tremendous issue in healthcare today. While estimates of the actual number of physician suicides vary, literature has shown that the relative risk for suicide being 2.27 times greater among women and 1.41 times higher among men versus the general population. Each physician suicide is a devastating loss affecting everyone - family, friends, colleagues and up to 1 million patients per year. It is both a very personal loss and a public health crisis. Vision Zero calls on individuals, residency programs, health care organizations and national groups to make a commitment to break down stigma, increase awareness, open the conversation, decrease the fear of consequences, reach out to colleagues, recognize warning signs and learn to approach our colleagues who may be at risk. Let us challenge each other as individuals, communities, institutions and organizations to make changes to reach zero physician suicides.

NATIONAL LAW ENFORCEMENT SUICIDE AWARENESS DAY

Source: Blue H.E.L.P.

Link: <https://bluehelp.org/national-law-enforcement-suicide-awareness-day/>

National Law Enforcement Suicide Awareness Day is created to recognize the service of officers lost to suicide, raise awareness about suicide in law enforcement and, to remind officers and their families that they are not alone; help is available. This day will



help to reduce the stigma associated with seeking help and, recognize that one moment in time does not define a life.

One moment in time does not define a lifetime of service.

The purpose of National Law Enforcement Suicide Awareness Day is to shine a light on the tragedy that is officer suicide as suicide among law enforcement continues to rise.

Created by Blue H.E.L.P in 2020, we want to acknowledge the issue, support the families, and continue to raise awareness with an aim to end suicide.

We are setting aside this day every year to focus on it, offer solutions, and honor those we lost. Just one officer lost to suicide is one too many. It is up to us to break the stigma and ensure that everyone knows that they are not alone.

FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE (FEBRUARY 20-21, 2023)

Source: Florida Suicide Prevention Coalition

Link:

FSPC's 7th Florida Taking Action for Suicide Prevention Conference (Statewide Suicide Prevention conference) is gearing up for another great opportunity to share and present valuable information related to suicide prevention from all corners of Florida. The event will be held at Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559 on Monday and Tuesday, February 20 & 21, 2023. Pre-conference workshops start at 8:00 am Monday, February 20, 2023. The conference begins at 1:00 pm.

New this year, more networking time, specifically between sessions and three concurrent sessions offered throughout most of the two day conference. Additionally, FSPC has created opportunities for several intensive Pre-Conference workshops on Monday morning. These three and a half to four hour workshops permit additional time for exploration, interaction, networking, and throughout information sharing.

GOOGLE DOODLE: TEEN'S AWARD-WINNING ART IS ALL ABOUT SELF-CARE

Source: Steven Musil, CNET

Link <https://www.cnet.com/culture/internet/google-doodle-teens-award-winning-art-is-all-about-self-care/>

Exerts from article are included below (please click on link above to read entire article).

A Florida high schooler drew yesterday's (8/16/22) Google Doodle. Here's the meaning she wants her art to convey. Sometimes, caring for yourself means recognizing that there are others in the world who are also there to help you.



That realization is the cornerstone of a [Doodle](#) created by Sophie Araque-Liu, a high school student from Florida. Google featured her art, titled Not Alone, as Tuesday's Doodle after she won the [2022 Doodle for Google competition](#), an annual contest open to school kids across the US. This year's theme was "I care for myself by..."

"I care for myself by accepting others' care for me. Often, I struggle to shoulder a burden on my own, and forget that I have so many people, like my mom, who care about me and want to help me. Opening up and letting others support me not only relieves my stress -- it also lets me tackle things I could never do on my own."

LOSS SURVIVOR RESOURCES

Source: National Suicide Prevention Lifeline

Link <https://988lifeline.org/help-yourself/loss-survivors/>

The National Suicide Prevention Lifeline (988) hosts a webpage with suggestions for loss survivors, tips for others to support/assist loss survivors, and several resources for loss survivors.

HOW EASY ACCESS TO GUNS AT HOME CONTRIBUTES TO AMERICAN'S YOUTH SUICIDE PROBLEM

Source: The Conversation (Matthew Miller, Northeastern University, & Deborah Azreal, Harvard)

Link <https://theconversation.com/how-easy-access-to-guns-at-home-contributes-to-americas-youth-suicide-problem-187744>

Exerts from article are included below (please click on link above to read entire article).

School shootings in the U.S. are national tragedies, and the toll they take in lives cut short and traumatized distinguishes the U.S. from other high-income countries. But there is another way that guns are killing American children, and in far greater numbers: suicide.

Between 2011 and 2020, the most recent decade for which data is available, 14,763 children ages 5-17 died by suicide in the U.S. – a rate of approximately four deaths every day. Over 40% of these suicides involved a firearm. The great majority of guns involved in youth suicides come from the victim's home or the home of a relative.

As scholars who have studied firearm violence and suicide prevention, we know the exceptionally high rate of gun suicides by U.S. youths is directly linked to the easy access many young people have to guns in and around the home.

Studies show that the risk of death by suicide is over four times higher in households with firearms. Consistent with this elevated risk in gun-owning households, studies that compare rates of suicide in different cities and across the 50

states show that in places where there are more guns there are more overall suicide deaths due to there being more firearm suicides.

Reducing the risk

The suicide risk associated with the presence of firearms in homes with children can be reduced, though not eliminated, by storing firearms locked, unloaded and separate from ammunition.

A recent simulation study estimated that approximately 100 suicides a year among youths ages 5 to 19 could be prevented if the proportion of unlocked firearms in households with children decreased from 50%, as is approximately the case today, to 40%.

Research also suggests that when clinicians provide counseling to parents that emphasizes the importance of making guns inaccessible to their children, a substantial minority of parents improve storage by locking previously unloaded guns, especially when the counseling is supplemented with free firearm storage devices.

Suicide rates of US children ages 5-17

The overall suicide rate for the age group has gone from 2.1 per 100,000 in 2011 to 3.1 per 100,000 in 2020 – an increase of 50%. For Black, Asian/Pacific Islander, and American Indian/Alaska Native children the increase has been steeper – 71%, 109% and 56%, respectively



Chart: The Conversation, CG-BYND • Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control • Get the data

For youths at particularly high risk of suicide who are seen in the emergency department for a mental or behavioral health crisis, training clinicians to counsel parents to reduce access to firearms – often referred to as “lethal means counseling” – can result in a substantial increase in the proportion of parents spoken to about firearm risk in the emergency department and, critically, in the proportion of parents who lock previously unloaded guns after returning home.

Storing guns unloaded and locked up does not necessarily, or in itself, prevent children’s access to firearms.

The evidence that a firearm in a child’s home substantially increases that child’s risk of death by suicide is overwhelming. Locking and unloading all household firearms and storing firearms separately from ammunition substantially mitigates, but does not eliminate, this risk.

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/>

October 8, 2022 *St. Petersburg Out of the Darkness Walk*, sponsored by AFSP. Vinoy Park - Mole. Start time at 9 am. For more information contact Thuy Huynh at 727-403-2754 or tnhuynh726@gmail.com <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=8281>

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

SAVE THE DATE. February 20 & 21, 2023. FSPC’s *7th Florida Taking Action for Suicide Prevention Conference* (Statewide Suicide Prevention Conference). Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz.

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.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 - NOTHING EXTRA!



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>



YOU HAVE AN IMPORTANT ROLE IN PREVENTING SUICIDE

Make a difference by taking these **5 easy action steps** and joining the worldwide movement to save lives.

LEARN	KNOW	DO	TALK	SHARE
The Warning Signs, Risk Factors, and Protective Factors	How to Help Yourself, How to Help Others	Raise Awareness, Advocate for Change, Volunteer, Practice Self-Care	About Suicide, Dispel Myths, Reduce Stigma	The Take 5 Campaign with Others

Support Suicide Prevention

Join FSPC - <http://floridasuicideprevention.org/membership/>

Take5toSaveLives.org

Join the Take 5 Movement - **#take5tosavelives**



**FLORIDA
Suicide Prevention
COALITION**

Reaching Those in Times of Need

**988 SUICIDE & CRISIS
LIFELINE**

Take5toSaveLives.org is a project of The National Council for Suicide Prevention and is supported by other national organizations. Visit our website for information on what you can do to support Take5toSaveLives.org.

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