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November 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/>



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.

IF I DON'T WANT TO CALL 9-8-8, DO I HAVE OTHER OPTIONS?

Source: Kaiser Health News (as Reported by NPR)

Although the U.S. doesn't have a national, government-run



mental health hotline that pledges not to call police without callers' consent, several alternatives that are smaller than 988 aim to decrease law enforcement involvement.

"Warm" lines are one option. They're typically staffed by "peers," people who have experienced mental health challenges. They focus less on crisis intervention and more on emotional support to prevent crises. You can find a directory of warm lines by state [here](#).

Below are other hotlines and resources. This is not a comprehensive list, and some resources may limit their services geographically.

[Blackline](#) is a hotline geared toward the Black, Black LGBTQ+, brown, Native, & Muslim communities

[Kiva Centers](#) offers daily online peer support groups

[M.H. First Oakland](#) and [M.H. First Sacramento](#) operate during select weekend hours in the California cities of Oakland and Sacramento

[Peer Support Space](#) hosts virtual peer support groups twice a day Monday through Saturday

[Project LETS](#) provides support by text for urgent issues that involve involuntary hospitalization

[Samaritans of New York](#) is a hotline based in New York City

[Trans Lifeline](#) is a hotline for trans and questioning individuals

[Wildflower Alliance](#) has a peer support line and online support groups focused on suicide prevention

FSPC REPRESENTED AT AFSP EVENT AT JAX BEACH

By Florida Suicide Prevention Coalition



The Florida Suicide Prevention Coalition (FSPC) was represented at Jacksonville Beach's Out of the Darkness Walk sponsored by AFSP on October 16. Lisa Zeller, FSPC Region 4 Director, was a participant and hosted an information table for walkers and attendees. Lisa interacted with interested individuals, and passed out business cards and brochures with at least one person requesting additional follow up after the event (and registered for the newsletter).

Pictured at Left: Liza Zeller at FSPC display table.

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

Source: Florida Suicide Prevention Coalition

The presentation submission deadline is Friday, November 18, 2022.

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.



FSPC is welcoming a variety of presentations regarding all aspects related to suicide and suicide prevention. The submission process is extremely simple.

Three concurrent sessions are offered throughout most of the two day conference. Additionally, FSPC has created opportunities for up to three intensive Pre-Conference Workshops on Monday morning. These three and a half to four hour workshops permit additional time for exploration, interaction, networking,

and thorough information sharing. FSPC is thrilled to offer these exciting opportunities for up to three pre-conference workshops on Monday morning, over thirty 45-minute presentations during Monday and Tuesday, and a 12 poster-sharing session on Monday evening. Please see flyer on last newsletter page for information.

The submission link for Pre-Conference Workshops - <https://s.surveypal.com/30g3zl2p>

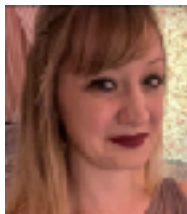
Presentation & Poster submission link is: <https://s.surveypal.com/6qkuc03y>

Submission deadline is Friday, November 18, 2022.

Please complete Display Table application at <https://s.surveypal.com/7daald3m>

Questions, please contact Stephen Roggenbaum at roggenba@usf.edu or 813-784-3171.

YOUTH SUICIDE PREVENTION



By Anna Sever, M.S., Statewide Office for Suicide Prevention, Office of Substance Abuse and Mental Health, Florida Department of Children and Families

Link:: <http://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

Suicide is a leading cause of death among Florida youth. While we know that suicide is preventable, combatting suicide is not as simple as treating the suicidality itself.

Addressing stigma is one the major pillars to suicide prevention. Seeking professional help for suicidal thoughts and behaviors is low, and stigma around suicide, even among health professionals, compounds the barriers for someone getting help.

As a gentle reminder, I encourage everyone to promote help seeking by reducing stigmatizing language and replace the words “commit” or “complete suicide” with “died by suicide”. This helps keep the term suicide from sounding like a crime or a goal to achieve.

Evidence from empirical research findings show that talking about suicide does not put suicide intent in someone’s head (Bailey et al., 2017; DeCou & Schumann, 2018; Gould et al., 2005). Rather, talking about suicide promotes the opportunity to give someone experiencing suicidal thoughts a chance to talk about their experience and it is a good time to promote help-seeking options.

These empirical findings translate to youth populations in school-based settings, strengthening the argument in favor of implementing school-based intervention as one mechanism with potential for great impact in reducing deaths by suicide (Surgenor et al., 2016).

One example of this type of intervention is Hope Squad. Hope Squad is a school-based peer-to-peer suicide prevention program that trains and mentors students nominated by their peers to recognize suicide warning signs and to perform intentional outreach with fellow students. Presently, funding is secured for curriculum and advisors training in 83 schools across Florida’s west panhandle.

Project Talk. Act. Listen. Know. Support. (T.A.L.K.S.) also offer an upstream suicide prevention strategy by offering a suite of free, non-clinical, suicide prevention trainings that can be taken by anyone with the offering of a virtual platform. A goal of T.A.L.K.S. is to increase the number of community members able to talk about and respond to mental health crises. And parents are especially encouraged to register to know the risk and warning signs in case their child or loved one may be experiencing distress. T.A.L.K.S. promotes increased social connectedness to address mental health distress and trauma through knowledge of services available in the community as a strategy to have the education and resources available to intervene before mental health crises occur. Presently, the program leverages the support of behavioral health providers across six counties in Northeast Florida (Nassau, Duval, Clay, Putnam, St. Johns, Flagler counties).

To learn more about Hope Squad and talkable communities, please visit their following respective webpages,

Hope Squad: <https://hopesquad.com/>

T.A.L.K.S.: www.talkablecommunities.org/

To learn more about suicide prevention in our state, please visit, www.myflfamilies.com/suicideprevention. Recently a mapping of suicide prevention events has been added to this website. Please see the instructions on the suicide prevention website at [Suicide Prevention - Florida Department of Children and Families \(myflfamilies.com\)](http://www.myflfamilies.com) if you have an upcoming suicide prevention event that you would like to share across the state.

References

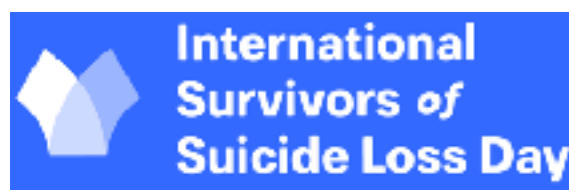
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INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

Source: American Foundation for Suicide Prevention (AFSP)

Website: <https://isosld.afsp.org/>

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. This year, International Survivors of Suicide Loss Day is Saturday, November 19, 2022. You can find a current list of registrations here. If you have questions please contact your local AFSP chapter or email survivorday@afsp.org.

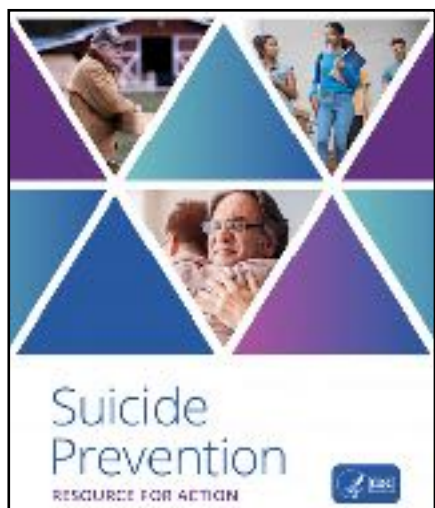


CDC RELEASES THE SUICIDE PREVENTION RESOURCE FOR ACTION

Source: Centers for Disease Control and Prevention (CDC)

Website: <https://www.cdc.gov/suicide/resources/prevention.html>

Preventing Suicide is a Priority



CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact. The programs, practices, and policies in the Prevention Resource can be tailored to the needs of populations and communities.

The Prevention Resource has three components states and communities can use to inform their suicide prevention efforts.

- Strategies are the actions to achieve the goal of preventing suicide.
- Approaches are the specific ways to advance each strategy.
- Policies, programs, and practices included have evidence of impact on suicide, suicide attempts, or risk and protective factors.

WHAT'S HAPPENING - MARK YOUR CALENDARS!



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

November 18, 2022 *Call for Presentations* due for FSPC's 7th Florida Taking Action for Suicide Prevention Conference (Statewide Suicide Prevention conference). Hyatt Place Tampa Wesley Chapel,

Saturday, November 19, 2022. International Survivors of Suicide Loss Day. <https://isosld.afsp.org/>

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 **9-8-8** or 1-800-273- 8255 (*National Suicide Prevention Lifeline*).

Crisis Text Line – text “start” to **741-741**

Veteran's Crisis Line **9-8-8** or 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.stevefund.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 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.



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>

FSPC 2023

Florida Taking Action for Suicide Prevention



Reaching those in times of need



**Call for
Proposals is
now open!**

**Proposals due
November 18**



About the Florida Suicide Prevention Coalition (FSPC)

FSPC is a statewide, grassroots organization of survivors, crisis centers, and interested citizens. Learn more about us at floridasuicideprevention.org



Call for Presentation Proposals

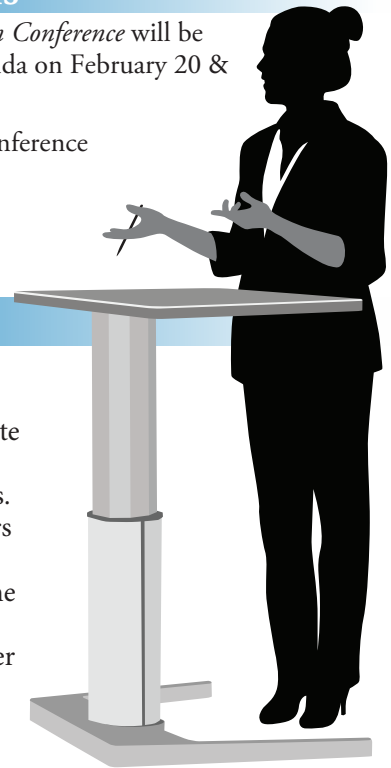
FSPC's 7th Florida Taking Action for Suicide Prevention Conference will be held at Hyatt Place Tampa/Wesley Chapel, Lutz, Florida on February 20 & 21, 2023.

Be a part of this important conference! The FSPC Conference Planning Committee invites you to submit proposals regarding all areas related to suicide and suicide prevention. Apply to present at the FSPC's 2023 7th Conference.

Presentations

Presentation options: Pre-Conference Workshop (4 hours), Conference Presentation (45 minutes), and poster (60-90 minutes). Interested individuals indicate their preferred presentation format, however the selection committee makes the final format decisions. Presenters will be notified by mid-January. Presenters are expected to register for the conference (reduced presenter rate) and use safe messaging guidelines. The link for Pre-Conference Workshops - <https://s.surveyplanet.com/30g3zl2p>. Presentation and Poster submission link is: <https://s.surveyplanet.com/6qkuc03y>.

Submission deadline is Friday, November 18, 2022.



Display Tables

2023 FSPC Conference Agency / Organization / Vendor Display tables are available (limited number, first come). Please note that a representative is expected to register for the conference. Tables are \$100 each and offer a terrific method to expand your reach and promote your programs & services, highlight your agency's prevention activities & efforts, and support FSPC. Please complete application at <https://s.surveyplanet.com/7daald3m>

Questions

Please contact Stephen Roggenbaum at roggenba@usf.edu or 813-784-3171 if you have any questions (if no answer, please leave message).



FEB 20 & FEB 21

Location

Hyatt Place Tampa Wesley Chapel
26000 Sierra Center Boulevard
Lutz, Florida 33559
813-803-5600