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October 2022 Newsletter FLORIDA SUICIDE PREVENTION COALITION

*A statewide, grassroots organization
of survivors, crisis centers, & interested citizens*

HURRICANE IAN

By Stephen Roggenbaum, Chair, FSPC

We hope this newsletter finds you and your loved ones safe. Hurricane Ian is/was one of the most powerful storms to hit our state in recent years. A FSPC priority is to check in on our family, friends, co-workers, and neighbors and respond with support.

It's never hard to find heroes in an organization such as FSPC. They are the ones who consistently fulfill their responsibilities even in the face of serious challenges. And they do their jobs well. At FSPC, we are blessed to have a team (Board members and Region Directors) full of individuals who are always ready to step in and make a difference. I would like to express my deepest gratitude to all who have stepped up during the Hurricane Ian crisis to ensure we responded to inquiries, shared resources, and that our missions continued. Thank you.

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

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.

FSPC INVITED TO PARTICIPATE IN TAMPA EVENT

By Florida Suicide Prevention Coalition

Tampa City Councilman Luis Viera hosted a *Special Need Town Hall: Covid-19's Impact on Mental Health* on August 19, 2022. FSPC was invited to participate on the panel and was represented by Susan Morgan (Region 6 Director & Gracepoint). Ms. Morgan did a wonderful job of sharing information and resources related to mental health and suicide prevention. FSPC's Steve Roggenbaum along with Susan

Morgan hosted a display table prior to the event offering resources and connecting with interested attendees.

Pictured below: Stephen Roggenbaum & Susan Morgan at display table. Susan Morgan on town hall panel.



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

Source: Florida Suicide Prevention Coalition

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, three concurrent sessions 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 throughout 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 more information.

The submission link for Pre-Conference Workshops - <https://s.surveypplanet.com/30g3zl2p> . Presentation & Poster submission link is: <https://s.surveypplanet.com/6qkuc03y> . Submission deadline is Friday, November 18, 2022.

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

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

CHILD TRENDS RELEASES BRIEF: ADDRESSING DISCRIMINATION SUPPORTS YOUTH SUICIDE PREVENTION EFFORTS

Source: <https://www.childtrends.org/publications/addressing-discrimination-supports-youth-suicide-prevention-efforts>

Exerts from brief's introduction are included below (please click on link above to download entire brief).



Suicide is the third leading cause of death among youth ages 15 to 19 and the second leading cause among youth ages 10 to 14.[1] As state health and education leaders work to address the health effects of the COVID-19 pandemic—including those related to mental health—they should examine patterns of suicide risk across different groups of youth. For example, the percentage of Black, Indigenous, and other People of Color (BIPOC)[2]; lesbian, gay, bisexual, transgender, and queer/questioning youth (LGBTQ)[2],[3]; and youth with disabilities[4] who report suicide attempts is higher than that of their peers. Experiences of identity-based discrimination are associated with increased risk of suicide, especially among youth with multiple marginalized identities.[5] To effectively reduce suicide among youth with the highest risk, state leaders must understand the relationship between discrimination and suicide risk. State leaders must also support efforts to reduce exposure to discrimination among youth.

This brief summarizes youth suicide risk patterns from recent nationwide surveys, highlights variation in suicide attempts across states, and reports findings from a review of state suicide prevention plans to determine whether they address discrimination as a risk factor for youth suicides. Tables at the end of the brief include 2019 Youth Risk Behavior Survey (YRBS) data on suicide attempts by race/ethnicity and sexual orientation to enable comparisons across different groups within and across states.

Stratford, B., Surani, K., Gabriel, A., & Abdi, F. (2022). Addressing discrimination supports youth suicide prevention efforts. *Child Trends*. <https://doi.org/10.56417/3349i4871b>

WHAT'S HAPPENING - MARK YOUR CALENDARS!



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>

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, **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://suicidgrief.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://suicidегriefresources.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 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:

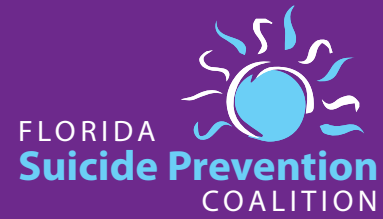
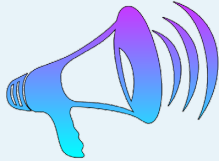
<http://floridasuicideprevention.org/membership>

DID YOU ATTEND THE 2022 *FLORIDA TAKING ACTION FOR SUICIDE PREVENTION CONFERENCE*? MAKE PLANS NOW FOR 2023!!



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



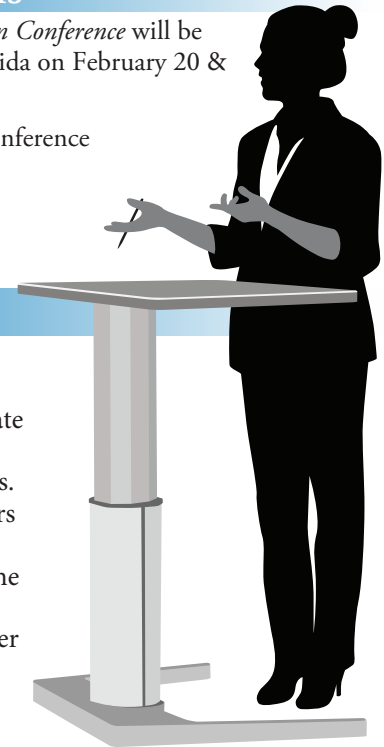
Call for Presentation Proposals

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