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December 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.



HELP STOP SUICIDE MYTHS (HOLIDAY RELATED)

By Beth Israel Lahey Health Winchester Hospital

Link: <https://www.winchesterhospital.org/health-library/article?id=156980>

Excerpts from website (click on link above for more information)



Many people, health professionals and laymen alike, believe that depression, anxiety, and suicide rates rise during the holidays. The media often links suicides during this time of year to the “holiday blues.” However, various studies have shown no relationship between depression and suicide, and the holiday season.

In fact, researchers found that depression rates and suicides actually drop during the winter months and peak in the spring.

The Annenberg Public Policy Center of the University of Pennsylvania examined national suicide data from 1996 and found that November and December are actually the lowest-ranked months in daily suicides, with January close behind. The organization also analyzed media portrayals of a link between suicide and the holidays, and found that a majority of newspapers inaccurately supported the misconception. Researchers expressed concern that blurring the facts about an issue as serious as suicide could have harmful implications, such as “copycat deaths.”

Conclusion: Contrary to popular belief, depression and suicide rates do not rise around holidays. The media often inaccurately reports such a link, and also tends to blame suicides during the holiday season on depression or anxiety directly related to the holidays. However, studies have shown that people tend to be less likely to commit suicide during the holiday season, perhaps because of an increase in available emotional support.

FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE OFFERS THREE PRE-CONFERENCE WORKSHOPS (FEBRUARY 20-21, 2023)

Source: Florida Suicide Prevention Coalition

FSPC’s 7th Florida Taking Action for Suicide Prevention Conference (Statewide Suicide Prevention conference) will be held at Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559 on Monday and Tuesday, February 20 & 21, 2023.



FSPC is offering three pre-conference workshops on Monday morning, February 20, 2023 beginning at 8:00 am with break and snacks. These workshops permit additional time for exploration, interaction, networking, and thorough information sharing. Considering signing up for one of these opportunities when registration opens in December (additional fee applies).

Pre-Conference Workshop #1: *Guides to Hope & Healing After Suicide Loss.* In addition to immediate and long-term benefits to suicide bereaved who seek care from mental health professionals and resources, to faith-based resources when applicable, there are significant benefits for suicide bereaved who connect with a suicide loss support group. While support groups are never meant to replace professional mental health care, well-run, effective groups have a role and provide tangible and irreplaceable benefits to suicide bereaved. There is “healthy healing” being done through the fellowship, interactions and discussions in support group meetings. This 4-hour workshop is in two parts, the first two hours of the morning will have a Panel Discussion format addressing various benefits and aspects of suicide bereaved support groups ranging from what it takes to establish a group to actually facilitating it. There will also be a Q&A session with the Panelists. The second half will feature a special “Hope & Healing Remembrance Ceremony” that will conclude the workshop.

Pre-Conference Workshop #2: *Upstream Suicide Prevention for Law Enforcement: Strengthening Mental Resilience, Marriages, and Money Management.* Recent research from Dr. Olivia Johnson and the Blue Wall Institute have tracked 10 common factors linked to Law Enforcement suicide, naming these factors

the Fatal 10. Law enforcement officers and their families face extraordinary challenges, often linked to these Fatal 10 factors, especially in the areas of Mental Resilience, Marriage, and Money. This presentation will train participants how to practically tackle those challenges and turn the tide against debt, divorce and despair. Presenters, Pat & Rachelle Burns, have unique backgrounds, personal experience and combined skill sets in law enforcement, suicide prevention, marriage & family therapy, counseling, financial literacy/education, debt-free living and life coaching. This presentation uses technology and personal engagement to supply participants with an abundance of strategies to thrive relationally, and become debt-free and mentally resilient.

Pre-Conference Workshop #3: The Zero Suicide Framework: Strategies, Resources, and Lessons Learned for Implementation & Outreach. Zero Suicide is a framework to improve suicide care across health and behavioral health systems. This requires intensive guidance and technical assistance offered to organizations, even if their workforce is embedded in daily suicide prevention activities. The following workshop reviews what zero suicide is, types of organizations that could benefit from its implementation, and reviews the short-term and long-term action steps for implementing the seven zero suicide elements. The workshop will also include examples and lessons learned from implementation initiatives, such as Zero Suicide Partners of Pinellas (ZSP). ZSP is a collective impact project of Pinellas Behavioral Health System of Care. ZSP implemented standardized suicide prevention assessments and treatment care pathways throughout Pinellas County while ensuring collaborative, suicide-safe transitions of care. The goal of this workshop is for our community partners to have the information they need to take actionable steps toward progress in zero suicide implementation, including community outreach.

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

HOW CAN EVERYONE SUPPORT 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 can be prevented, and everyone can play a role in reducing suicide by learning and sharing the warning signs, decreasing the stigma associated with suicide, and sharing available resources and upcoming suicide prevention events.

Learning and Sharing the Warning Signs and Risk Factors:



Recognizing Suicidal Behavior



Sadness



Insomnia



Hopelessness



Withdrawal



Mood Swings



Changes in Eating



Drug Use



Rage



Self-Harm



Feeling Trapped



Despair



Thoughts of Death

Here is a partial list of some examples of risk factors for suicide. Risks are characteristics linked with suicide.

- Family history of suicide
- Family history of child maltreatment
- Previous suicide attempt(s)
- History of mental disorders, particularly clinical depression
- History of alcohol and substance abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Isolation, a feeling of being cut off from other people
- Barriers to accessing mental health treatment
- Loss (relational, social, work, or financial)
- Physical illness
- Easy access to lethal methods

Decreasing the Stigma Associated with Suicide:

Promote safe messaging: Please use safe messaging, replacing terms like “committed suicide” or “completed suicide” with “died by suicide”. This helps us think about suicide in the same way as any other health condition like dying from cancer or heart disease rather than a moral problem, choice, goal to achieve, or a crime. Using safe messaging promotes help seeking behavior and respect for the individuals who are currently battling suicidal ideation, have lost their lives to suicide, as well as their families and loved ones.

More information on safe messaging can be found here: [Suicide Prevention - Florida Department of Children and Families \(myflfamilies.com\)](https://myflfamilies.com/suicide-prevention)

Sharing Available Resources and Upcoming Suicide Prevention Events:

Ensure that all of the great work done in our state is not siloed, yet we are funneling a comprehensive listing of suicide prevention trainings and events. The Statewide Office for Suicide Prevention is working to ensure that this information is regularly updated. Please see the instructions on the suicide prevention website at [Suicide Prevention - Florida Department of Children and Families \(myflfamilies.com\)](https://myflfamilies.com/suicide-prevention) if you have an upcoming suicide prevention event that you would like to share across the state.

Resources for individuals experiencing a suicidal crisis

If you are having thoughts of suicide, call the National Suicide Prevention Lifeline at 1-800-273-8255/988.

Text **HOME** to 741741 to be connected to a trained Crisis Counselor at the Crisis Text Line.

To reach the Florida Veterans Support Line, dial 1-844-693-5838

To learn more about resources available in schools, visit www.fldoe.org/mental-health

For suicide prevention resources, visit <https://www.myflfamilies.com/suicideprevention>

Follow the hashtag #StopSuicideFL on social media to learn about statewide suicide prevention activities and initiatives.

YOUTH & YOUNG ADULT SUICIDE AWARENESS & PREVENTION - FREE WEBINAR

Source: North Tampa Behavioral Health

Website: https://us02web.zoom.us/webinar/register/WN_E8AWpRt7RE2fRjUVoIRfaA

The Jason Foundation's Youth and Young Adult Suicide Awareness & Prevention Virtual Training is being hosted by North Tampa Behavioral Health on Wednesday December 7, 2022 from noon until 1:00 pm.



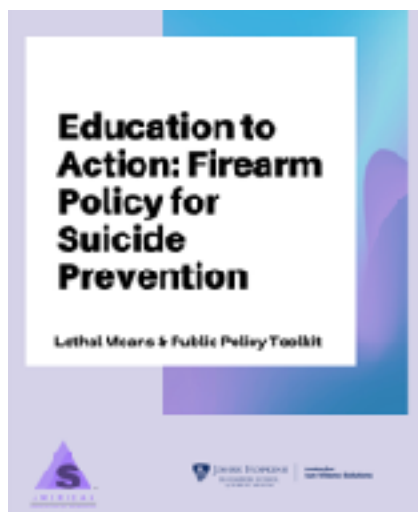
This free virtual training, presented alongside North Tampa Behavioral Health, will introduce you to the national health issue of youth suicide and share information about warning signs, elevated risk factors, and other important supporting materials. This one-hour webinar will enable participants to help recognize/respond to at-risk individuals and better understand the resources available.

Follow this link to register: https://us02web.zoom.us/webinar/register/WN_E8AWpRt7RE2fRjUVoIRfaA

EDUCATION TO ACTION: FIREARM POLICY FOR SUICIDE PREVENTION

Source: Johns Hopkins Center for Gun Violence Solutions & American Association of Suicidology (AAS)

Website: <https://suicidology.org/wp-content/uploads/2022/10/Ed2Action-Toolkit-Firearm-Suicide-Prevention-Policy-October-2022.pdf>



In collaboration with the Johns Hopkins Bloomberg School of Public Health, the Center for Gun Violence Solutions and the American Association of Suicidology (AAS) has developed a toolkit called Education to Action: Firearm Policy for Suicide Prevention. The toolkit provides an overview of evidence-informed firearm policies as well as strategies for advocacy and engagement with policymakers. Policy approaches to suicide prevention are a promising tool that is not fully realized in the field of suicidology. The toolkit aims to bridge the effective practice of reducing access to lethal means with policy approaches to effect change and prevent firearm suicides. The toolkit can be viewed on link above on AAS' website. In addition to the toolkit, an archived webinar on policy & advocacy for suicide prevention can also be viewed here - <https://www.youtube.com/watch?v=Jl3nQAMyiaq>.

LOSS SURVIVORS

Source: 988 Suicide & Crisis Lifeline

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

Information for Suicide Loss Survivors from the 988 Suicide & Crisis Lifeline.

Losing a loved one to suicide is difficult and can come with a lot of complicated emotions. There is support available to help survivors of suicide loss like you, your friends and family cope with the loss.

How To Take Care Of Yourself

The aftermath of a loved one's suicide can be full of confusing and painful emotions. If you're struggling, the Lifeline is always here to provide support.

Find a support group. You don't have to cope with your loss alone. There are support groups specifically for those who have lost a loved one to suicide.

Do what feels right to you. Don't feel pressured to talk right away. Do what feels right to you. If you choose to discuss your loss, speaking can give your friends and family the opportunity to support you in an appropriate way.

Write. You may find it helpful to write your feelings or to write a letter to your lost loved one. This can be a safe place for you to express some of the things you were not able to say before their death.



Ask for help. Don't be afraid to let your friends provide support to you, or to look for resources in your community such as therapists, co-workers, or family members.

SURVIVORS GET HALF OFF REGISTRATION FOR VOLUNTEERING AT FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE (FEBRUARY 20-21, 2023)

Source: Florida Suicide Prevention Coalition

FSPC's *7th Florida Taking Action for Suicide Prevention Conference* (Statewide Suicide Prevention conference) will be held at Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559 on Monday and Tuesday, February 20 & 21, 2023.

Loss Survivors can apply during registration to earn half off their conference registration fee as conference volunteers. Loss Survivor Volunteers will be assigned to serve as session hosts for three sessions to take advantage of this offer. Session hosts keep time and notify the speakers with specific time cues (time cards provided). They may also help with any handout distribution but generally get to participate as most attendees do. There are a limited number of Loss Survivor Volunteer positions available so apply early. Selections will be finalized by early January to provide ample time for planning. Please contact Steve Roggenbaum at roggenba@usf.edu or 813-784-3171 if you have questions.

WHAT'S HAPPENING - MARK YOUR CALENDARS!



Wednesday, December 7, 2022, noon to 1:00 pm. Free Webinar: The Jason Foundation's Youth and Young Adult Suicide Awareness & Prevention Virtual Training is being hosted by North Tampa Behavioral Health. https://us02web.zoom.us/webinar/register/WN_E8AWpRt7RE2fRjUVolRfaA

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://suicidgriefresources.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 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>