



## FSPC Officers

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Vice-Chair	Jane Bennett
Treasurer	Myrtice Landers
Secretary	Vacant

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## January 2023 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, including the 2023 statewide suicide prevention conference. To join or find out when your renewal is due, please contact Myrtice Landers, FSPC Treasurer ([floridasuicideprevention@gmail.com](mailto:floridasuicideprevention@gmail.com)).

Membership info: <http://floridasuicideprevention.org/membership/>

### FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE REGISTRATION OPENS (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. The FSPC conference online registration process is open - <https://floridasuicideprevention.org/fspcevents/> Lower conference fees through January 31, 2023.

In conjunction with the conference, 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.*

### Pre-Conference Workshop #2: Upstream Suicide Prevention for Law Enforcement: Strengthening Mental Resilience, Marriages, and Money Management.

### Pre-Conference Workshop #3: *The Zero Suicide Framework: Strategies, Resources, and Lessons Learned for Implementation & Outreach.*

Questions, please contact Stephen Roggenbaum at [roggenba@usf.edu](mailto:roggenba@usf.edu) or 813-784-3171.

## **LOSS SURVIVORS RECEIVE 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 at Hyatt Place Tampa/Wesley Chapel on Monday & 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 cures (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](mailto:roggenba@usf.edu) or 813-784-3171 if you have questions.

## **FLORIDA'S 988 IMPLEMENTATION**



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>

*What is 988?*

988 is a 24/7, free, confidential counseling line that connects individuals to a trained specialist in suicide crisis intervention. The implementation of 988 marks the rebranding of the National Suicide Prevention Lifeline from its former 10-digit dialing code, 1-800-273-TALK (8255). The launch of 988 went live per a national mandate on July 16<sup>th</sup>, 2022. 1-800-273-TALK (8255) will remain operational and both numbers will route the call to the same place. One common misconception of the line is that people need to be suicidal to contact 988, yet that is not the case. Call, text, or chat 988 if you are feeling overwhelmed, upset, or worried about a suicidal loved one, and talk through the steps to take to feel better.

**FSPC 2023 Conference**  
**Florida Taking Action for Suicide Prevention**

**Conference Registration**  
Register Online at <http://floridasuicideprevention.org/fspcvents>

Name \_\_\_\_\_

Agency/Institution \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ Phone (Cell) \_\_\_\_\_

Email \_\_\_\_\_

*Please check the appropriate boxes below*

*Note: Pre-Conference Workshops (Monday morning) are an additional cost to the conference registration fee. (If desired, please use the fee code option.)*

	By January 31, 2023		After January 31, 2023	
	FSPC Member*	FSPC Non-Member*	FSPC Member*	FSPC Non-Member*
Pre-Conference Workshop #1, #2, & #3	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30	<input type="checkbox"/> \$35
Attendance	<input type="checkbox"/> \$80	<input type="checkbox"/> \$90	<input type="checkbox"/> \$90	<input type="checkbox"/> \$100
Pre-conference	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10	<input type="checkbox"/> \$10
Student	<input type="checkbox"/> \$15	<input type="checkbox"/> \$45	<input type="checkbox"/> \$40	<input type="checkbox"/> \$50
Total	\$ _____	\$ _____	\$ _____	\$ _____

☐ **Loss Survivor Volunteer:** Check this box to be a loss survivor volunteer. Invest time as session host for three presentations and receive half off your registration fee. Apply early. Limited volunteer positions. Notification is early January.

\*FSPC Membership: Join or renew FSPC membership for \$25 and receive a reduced conference fee as a thank you. To learn more and become a member, visit <http://floridasuicideprevention.org/membership>.

\$ Amount Enclosed (not below \$25) \_\_\_\_\_ # \_\_\_\_\_

Please make checks payable to **Florida Suicide Prevention Coalition**.

**Mail Registration to:**  
Florida Suicide Prevention Coalition  
Attn: Myrica Landon  
FSPC  
PO Box 1317 • St. Petersburg, FL 33731

**Hyatt Place Tampa/Wesley Chapel**  
26000 Sierra Center Blvd  
Lutz, Florida 33559



### *988 Service Demand in Florida*

Florida hosts one of the most diverse webs of 988 centers in the nation, and historically has the third highest volume. With 13 centers, Florida ties with Ohio as the state having the most 988 centers. While initial call volume increases are seen at approximately 30%, another interesting trend is the

increase in the number of 988 texts. The preference for texting is shown by a continuous upward trend following the 988 roll out. From June 2021 to June 2022, on average, each month there were 450 texts. However, the difference between June 2022 data (pre-roll out; 329 texts) and July 2022 data (post-roll out; 1,508) details a 358% increase. To compare this text volume to call volume, in June 2022 there were 9,223 calls, and in July this increased to 12,321 calls. Data post 988 roll out is available through October of 2022. For the months spanning August through October, calls average 11,200 per month. Chat data have also seen an increase, but this increase does not match the rise in text messages.

#### *Reminder!*

The Suicide Prevention Coordinating Council, Florida's statewide suicide prevention committee, has a recent quarterly challenge to know the difference between help lines. Please see below for the full quarterly challenge, and the Statewide Office for Suicide Prevention encourages you to spread this message!

*Know the difference: 988 is the new crisis number for mental health and suicide related issues distress through the National Suicide Prevention Lifeline. 911 operates for fire, police dispatch, and non-mental health or suicide related medical emergencies, and 211 operations provide information and referrals services for local resources.*

To learn more about suicide in Florida, visit: [www.myflfamilies.com/suicideprevention](http://www.myflfamilies.com/suicideprevention)

### **STATEWIDE OFFICE OF SUICIDE PREVENTION HIGHLIGHTS RESOURCES**

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>



#### *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 \(myflfamilies.com\)](http://www.myflfamilies.com/suicideprevention)

#### *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 <https://www.myflfamilies.com/suicideprevention> 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 & Crisis 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](http://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.

## **MORE YOUTH SUICIDAL THOUGHTS RECOGNIZED IN EMERGENCY ROOMS**

Source: CNN

Website: <https://edition.cnn.com/2022/11/14/health/suicide-er-visits-kids/index.html>



Experts from article (click on link above to read the full article):

There has been a steady increase in the number of children who are seen in emergency rooms for suicidal thoughts, according to a new study – and the increase started even before the Covid-19 pandemic, which brought record high demand for psychological services for children.

The study, published Monday in the journal *Pediatrics*, used data from hospitals in Illinois. The researchers looked at the number of children ages 5 to 19 who sought help for suicide in emergency departments between January 2016 and June 2021.

In that period, there were 81,051 emergency department visits by young people that were coded for suicidal ideation. About a quarter of those visits turned into hospital stays.

The study found that visits to the ER with suicidal thoughts increased 59% from 2016-17 to 2019-21. There was a corresponding increase in cases in which suicidal ideation was the principal diagnosis, which rose from 34.6% to 44.3%.

Hospitalizations for suicidal thoughts increased 57% between fall 2019 and fall 2020.

## **FREE YOUTH SUICIDE AWARENESS & PREVENTION**

Source: Talkable Communities

Website: <https://www.talkablecommunities.org/>

*Talkable Communities* offers free virtual and in-person training on youth suicide prevention. Three various trainings target different groups: QPR (Questions, Persuade, Refer.) for everyone; It's Time to Talk about it! (ITTAI) for families and adults who interact with young people; and Youth mental Health First Aid (YMHFA) for adults who work or interact with young people. The organization focusses on six Florida counties in the Northeast (Clay, Duval, Flagler, Nassau, Putnam, & St. Johns) but you could be anywhere in Florida (or the USA) for free virtual trainings.



Suicide prevention trainings are offered free of charge and virtually through Talkable Communities. Become trained in the new year. Visit the following link to learn more about how to register for a training, <https://www.talkablecommunities.org/>

## **TEACHING KIDS TO DEAL WITH CONFLICT: TIPS FOR BUILDING LIFELONG SKILLS**

Source: Juliann Garey (NYU), Child Mind Institute

Website: <https://childmind.org/article/teaching-kids-how-to-deal-with-conflict/>

Quick Read: (click on link above to read full article)

It's hard to solve a problem when you're so angry you can't think straight. That's why helping kids learn to solve conflicts starts with helping them calm down.



First, they need to recognize their emotions. Young kids might have a hard time naming their feelings. It can help to have a feelings chart to look at. A stoplight can also work. A red light means emotions are big and they need time to cool off. A yellow light means they're beginning to calm down. Green means they're ready to solve the problem.

You can help your child come up with tools to calm down. They might splash some water on their face, take some deep breaths or play with a pet. When they're ready to focus, you can help them find the source of the conflict. This can be hard for younger children. The fight may have started with a toy, but it might really be about something bigger.



Have your child pitch some solutions to their conflict. Then you can both pick out which are best. Remind them that the best option isn't just the one that feels best. It's also the one that gets them to their goal. It's good to praise your child for their efforts to fix a problem, even when they don't pan out.

Learning to say what you need in a way others understand is an important problem-solving tool. "I" statements, like "I felt sad when you didn't sit with me," are also a good tool. Kids can even role-play with a grownup who can give feedback. It's good to teach these skills when your child's not in the middle of a conflict. It's important to model these skills for your child, too. You can walk them through how you'd solve your own problem step by step.

## SUPPORTING CHILDREN WHO ARE GRIEVING A DEATH BY SUICIDE TOOLKIT

Source: National Alliance for Grieving Children

Website: <https://nacg.org/resource-library/>

The National Alliance for Grieving Children is offering *Supporting Children who are Grieving a Death by Suicide Toolkit* at <https://nacg.org/resource-library/>

Grief Support Resource Library

The death of a family member, friend, or other significant person is a lifelong loss for children. It is important to note that grief reactions in children are varied, wide-ranging, and unique to each individual.

The resources were created as a tool for those supporting a child that is grieving, & we encourage you to use & share them freely. Seeking direct support? Please visit the *Find Support* page at link above.



## 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.

## WHAT'S HAPPENING - MARK YOUR CALENDARS!



January 18, 2023, 2:00 PM – 3:30 PM EST. Free Webinar: *Reframing Language in Behavioral Health Care: New Tools You Can Use*. Register at <https://www.eventbrite.com/e/reframing-language-in-behavioral-health-care-new-tools-you-can-use-tickets-445404666347>

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.stevelfund.org/>

*Supporting Children who are Grieving a Death by Suicide Toolkit* at <https://nacg.org/resource-library/>

*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](http://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](https://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](https://smile.amazon.com)) & support suicide prevention.

UPDATE: The quarterly notification that AmazonSmile has made a charitable donation to *Florida Suicide Prevention Coalition Inc*, in the amount of \$26.95 as a result of qualifying purchases made by customers between July 1st - September 30th. Sign up, shop, and help support FSPC.

### **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](mailto:roggenba@usf.edu)

### **FSPC MEMBERSHIP**

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>