



FSPC Officers

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

FSPC REGION DIRECTORS

- R1** Rachele S. Burns
(Escambia, Okaloosa, Santa Rosa, Walton)
- R2** Pam Mezzina
(Bay, Calhoun, Franklin, Gadsden, Gulf, Homes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, Washington)
- R3** Ali Martinez
(Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, Union)
- R4** Lisa Zeller
(Baker, Clay, Duval, Nassau, St. Johns)
- R5** Jody Smith
(DeSoto, Pinellas, Sarasota)
- R6** Susan Morgan
(Hillsborough, Manatee, Pasco)
- R7** Tara Sullivan
(Brevard, Orange, Osceola, Seminole)
- R8** Sue Opheim
(Charlotte, Collier, Glades, Hendry, Lee)
- R9** Payton Reid
(Palm Beach)
- R10** Rafis Nin
(Broward)
- R11** Margaret Di Gennaro
(Dade, Monroe)
- R12** Kelly Sousa
(Flagler, Volusia)
- R13** Tom Walsh
(Citrus, Hernando, Lake, Marion, Sumter)
- R14** Vacant
(Hardee, Highlands, Polk)
- R15** Lindsay Slattery-Cerny
(Indian River, Martin, Okeechobee, St. Lucie)

April 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. 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 suicide prevention through 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.

988 SUICIDE & CRISIS LIFELINE LGBTQ+ PILOT NOW 24/7 WITH TEXT AND CHAT

Source: V!brant Emotional Health

Link: <https://www.vibrant.org/988-suicide-crisis-lifeline-lgbtq-pilot-now-24-7-with-text-and-chat/>

Vibrant Emotional Health is excited to announce that, starting Monday, March 6, 2023, the 988 Suicide & Crisis Lifeline LGBTQ+ pilot line is now available 24/7 by texting 988 and by chat at <https://988lifeline.org/chat/> in addition to the “press 3” option available by phone 24/7.

“We are thrilled that the 988 Lifeline LGBTQ+ pilot line will be expanding services across all modalities,” said Dr. Tia Dole, the Chief 988 Suicide & Crisis Lifeline Officer of Vibrant Emotional Health. “We know that LGBTQIA+ youth are one of the most at-risk communities for suicide. Vibrant, SAMHSA and 988 want to be there to change that through affirming care.”

Callers to 988 Lifeline are prompted to press “3” if they are interested in accessing the pilot by call. Individuals can indicate their interest in LGBTQ+-affirming counseling by texting Q if they are texting or indicating interest in the pre-chat survey if using online chat.

Individuals wishing to access pilot specialized LGBTQ+ affirming counseling are connected to a subcontracted service provider 24/7/365 by chat, text, and by phone.

Since it began in September 2022 and through February 26, 2023, the demand for LGBTQ+ youth and young adult services (calls, chats, texts) accounted for about 6% of calls routed in the network and 11% of routed chats and texts, which was about 138,000 contacts total. Numbers by modality are about 68,000 calls; 31,000 chats; and 39,000 texts.

The recent KFF/CNN Mental Health In America Survey revealed that half (51%) of LGBTQ+ adults say they thought they needed mental health services in the past year but did not get them. A third (36%) describe their mental health as either “only fair” or “poor.” According to The Trevor Project’s 2022 National Survey on LGBTQ Youth Mental Health, suicidal thoughts have trended upward among LGBTQ+ young people over the last three years. 45% of LGBTQ+ youth seriously considered attempting suicide in the past year, and 58% reported experiencing symptoms of depression. Unfortunately, this population’s access to mental health care is an increasing problem; 60% of LGBTQ+ youth who wanted mental health care in the past year could not access it.

Expanding the LGBTQ+ youth pilot line is one step of an ongoing effort to strengthen partnerships and services that enhance access to crisis care for historically marginalized populations at higher risk of suicide. Vibrant is currently developing partnerships and programs to provide enhancement in services for Native peoples and Tribal Communities, Black, and brown communities, older adults, people living in rural areas, and people with functional disabilities.

TAKE ACTION FOR SUICIDE PREVENTION

The Statewide Office for Suicide Prevention and Suicide Prevention Coordinating Council have teamed up to create a series of concerted effort by all members and with our community support and participation hope to make a difference in Florida. These Action Steps are often referred to as a Quarterly Challenge (since each action is the focus



for three months).

The current Action Step which everyone can support and join is to help build capacity, our own knowledge (receive training). Try to complete your personal action step (see below) by the end of April.

Take a suicide prevention training: Virtual Youth Suicide prevention trainings are offered free of charge and through Talkable Communities.

To learn how to register for an event and further information on suicide in Florida, visit:

www.myffamilies.com/suicideprevention

2ND ANNUAL MILITARY SEXUAL TRAUMA CONFERENCE



Source: Veterans Counseling Veterans (VCV). <https://www.vcvmtconference.org/>

By Ellsworth "Tony" Williams, President/CEO for Veterans Counseling Veterans

On 9-10 June 2023, Veterans Counseling Veterans is hosting its 2nd Annual Military Sexual Trauma Conference. The 2-day conference will be held at St Pete College's Gibbs Campus in St Pete, Florida.

<https://www.vcvmtconference.org/>

Register today to attend both days! <https://www.eventbrite.com/e/532340172787>

Why VCV is having an MST Conference? Did you know women veterans have twice the rate of suicide than non women veterans. According to the most recent RAND study military sexual trauma was the leading cause of women dying by suicide.

Men are starting to report military sexual assaults.

Twenty-one-year-old U.S. Army Specialist Kaylie Harris <https://www.wdtn.com/news/local-news/springfield-family-files-lawsuit-against-military-in-daughters-death/>

and recently PV2 Ana Basalduariz

<https://nypost.com/2023/03/17/fort-hood-soldier-ana-basalduariz-died-by-suicide-family/>

Both chose to die by suicide after reporting they were sexually assaulted.

According to a recent annual report on sexual harassment and violence in the military academies,

<https://www.defense.gov/News/Releases/Release/Article/3325734/departments-of-defense-releases-annual-report-on-sexual-harassment-and-violence/>,

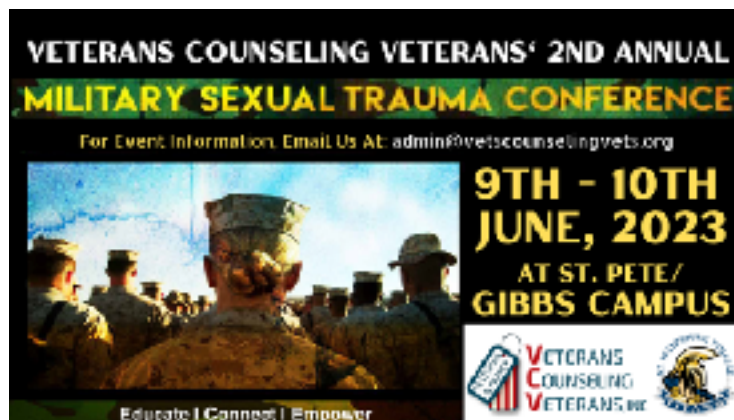
Military Sexual Assault and harassment continues to increase, resulting in more Military Sexual Assault survivors and heavy impact it has on the Military Sexual Assault survivors and their families.

This 2-day conference will bring together sexual assault Survivors, their families, advocates, providers and resources to help prevent at least one Military Sexual Assault survivors from choosing suicide over life.

We have to not only talk about it, but be about it, when it comes to military sexual assault.

Join Veterans Counseling Veterans' 2nd Annual Military Sexual Trauma conference to prevent another veteran from dying by suicide because of military sexual assault.

Become a sponsor or donor to help save another Veteran from choosing suicide. It will put special meaning to "Thank you for your service ." Potential sponsors & donors, please go to <https://www.vcvmtconference.org/>



There is no charge to attend. We are relying on your donation or sponsorship to help cover 90% of the cost. Register to attend both days at <https://www.eventbrite.com/e/532340172787>

CREATING HAPPIER AND HEALTHIER COMMUNITIES BY CONNECTING PEOPLE TO FREE MENTAL WELLNESS EDUCATION



Justin Bradshaw, Talkable Communities Director

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

How do we build happier and healthier communities? This question puzzles city planners and health professionals alike. One solution is to build Walkable Communities.

At its core, a Walkable Community connects residents to amenities by foot. Think of urban epicenters like New York, San Francisco, Boston, and Miami. On the other hand, rural communities offer residents the luxury of affordability and a close connection to neighbors. Each provide different benefits, but one that cannot be overlooked is convenience. Walkable Communities afford residents the advantage of accessing local groceries, restaurants, and health and wellness resources with ease.

Unfortunately, classified rural areas get the short end of the stick in this regard. Until now. By taking cues from both city planners and mental health professionals, we've come up with a concept that combines free mental health education and accessibility.



Talkable Communities brings free in-person and virtual mental health training to the heart of six Northeast Florida communities. Clay, Duval, Flagler, Putnam, Nassau, and St. Johns Counties now have fingertip access to resources that can provide hope to someone in need. We offer It's Time to Talk about it! training for family members and caregivers, Question. Persuade. Refer. training for the general population, and Youth Mental Health First Aid training for adults who work or interact with youth.

Once you are certified, you will be able to recognize the warning signs and risk factors of suicide, interact with a person in crisis, and help a person who may be facing a mental health or substance use challenge. This is critical to saving lives.

We believe that happier and healthier communities are built by happy and healthy community members. Please join us in making Northeast Florida a Talkable Community by getting certified today.

To register for an upcoming training course, please visit <https://www.talkablecommunities.org/trainings-calendar>

6TH ANNUAL OLDER ADULT MENTAL HEALTH AWARENESS DAY SYMPOSIUM

Source: National Council on Aging (NCOA)

Website: <https://connect.ncoa.org/oamhad2023?>



The National Council on Aging is proud to host the 6th annual Older Adult Mental Health Awareness Day Symposium (May 11, 2023). This event is co-sponsored with the U.S. Administration for

Community Living, the Health Resources and Services Administration, and the Substance Abuse and Mental Health Services Administration. Registration is free and includes a full day of sessions on how to best meet the mental health needs of older adults. In partnership with Rush University's E4 Center of Excellence for Behavioral Health Disparities in Aging, NCOA anticipates offering free continuing education credit for several professions. Please visit the FAQs page for more information.

Be sure to join starting at 10:00 am EST for the welcome and keynote speaker, Montel Williams.

FSPC CHAIR QUOTED IN WASHINGTON POST ARTICLE

Source: Florida Suicide Prevention Coalition

Website: <https://www.washingtonpost.com/education/2023/03/16/florida-law-child-mental-health/>

Click on link above for entire article (may need to register).

Donna St. George, Washington Post, interviewed Steve Roggenbaum, FSPC Chair, for her article: *In Florida, Showing Mental Health Struggles Could Get a Child Detained*, a piece about Florida's Baker Act.

Supporters say that the longtime Florida law has helped keep people from hurting themselves or others — and that it can force a family to reckon with a child's need for professional care. When police and others involved are sufficiently trained, the process can work well “as one strategy for intervention,” says Stephen Roggenbaum, chair of the Florida Suicide Prevention Coalition.



WHAT'S HAPPENING - MARK YOUR CALENDARS!

May 11, 2023 (10:00 am to 3:30 pm, EST). *6th annual Older Adult Mental Health Awareness Day Symposium* (online). <https://connect.ncoa.org/oamhad2023?>

June 9-10 2023, *2nd Annual Military Sexual Trauma Conference* hosted by Veterans Counseling Veterans. The 2-day conference will be held at St Pete College's Gibbs Campus in St Pete, Florida. Register for free at <https://www.eventbrite.com/e/532340172787>

Check Florida's Statewide Office of Suicide Prevention's Event's Calendar for more of What's Happening. <https://www.myffamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

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.myffamilies.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 \(myffamilies.com\)](http://www.myffamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml)

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.myffamilies.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

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.

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://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/>

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

Resources on AAS website for people with *Autism:* <https://suicidology.org/resources/autism-resources/>

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>

FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE:

MORE PHOTOS (top left: some FSPC volunteers: Pam Mezzina, Steve Roggenbaum, Paula Edwards, Lisa Zeller, Myrtice Landers, & Jody Smith); Center left: Anna Sever & Cory Smith; Lower left, Milton Smith; Top right, Sabina & Louis Zunguze, Lower right, Rachelle Burns.

