



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 Phil Bulone
(Broward)

R11 Margaret Di Gennaro
(Dade, Monroe)

R12 Kelly Sousa
(Flagler, Volusia)

R13 Manuel "Manny" Guevara Ruiz
(Citrus, Hernando, Lake, Marion, Sumter)

R14 Jemima Douge
(Hardee, Highlands, Polk)

R15 Lindsay Slattery-Cerny
(Indian River, Martin, Okeechobee, St. Lucie)

June 2023 Newsletter FLORIDA SUICIDE PREVENTION COALITION

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

FSPC ELECTIONS & ANNUAL MEETING!

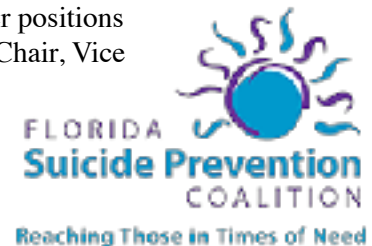
By Stephen Roggenbaum, Chair, FSPC

Link: <https://floridasuicideprevention.org>

- Save the Date: Annual FSPC Meeting for Saturday, June 10 at 11:00 am (EST). We anticipate a brief Zoom annual meeting.
- Election's information will be sent to members soon for FSPC Officers:
- **Renew your membership at <http://floridasuicideprevention.org/membership/>**

Note: You must be a member in good standing of FSPC to vote (should a vote occur) during the annual meeting or run for office. However, FSPC non-members are welcome to listen and participate in discussions. Please contact Myrtice Landers floridasuicideprevention@gmail.com if you have any questions regarding your membership status.

Elections will be for the six officer positions designated in the FSPC by-laws: Chair, Vice Chair (2), Secretary, Treasurer, and Assistant Secretary. Officers will be elected to a 1-year term; self-nominations are strongly encouraged. Check your FSPC member email for more details.



FSPC WANTS YOU TO VOLUNTEER!

By Stephen Roggenbaum, Chair, FSPC

Link: <https://floridasuicideprevention.org>

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, & advocating for effective prevention initiatives.

You can join FSPC, run for office, or 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). See first page of newsletter (box at left) for Regions and associated counties.

STORIES OF HOPE AND RECOVERY

SAMHSA and Vibrant's 988 Suicide and Crisis Lifeline

Link: <https://988lifeline.org/stories/>

Read about real people who have overcome a variety of challenges. Some of the real-life issues that individuals have successfully navigated include: Addiction, Depression, Military Sexual Trauma, Recent Suicide Attempt, and Suicide Loss Survivor. Currently, under the section for Suicide Loss Survivor, Josh shares his experience of loss by suicide of a family member while Brett describes celebrating his relative's memory everyday, not just on holidays. I assume stories of personal experience will be added so visit the site periodically.

TAKE ACTION FOR SUICIDE PREVENTION (*EVERYONE*)



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 **Share Options for Care**. The 988 Suicide and Crisis Lifeline offers free, confidential

short-term crisis counseling for someone experiencing emotional distress. Studies have shown that after speaking with a trained crisis counselor, most 988 Lifeline callers are significantly more likely to feel *less depressed, less suicidal, less overwhelmed, and more hopeful*. However, ongoing care is important too. The Collaborative Assessment for Suicidality (CAMS), Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT) are three treatment options for targeting suicidality.

MILITARY SEXUAL TRAUMA CONFERENCE

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

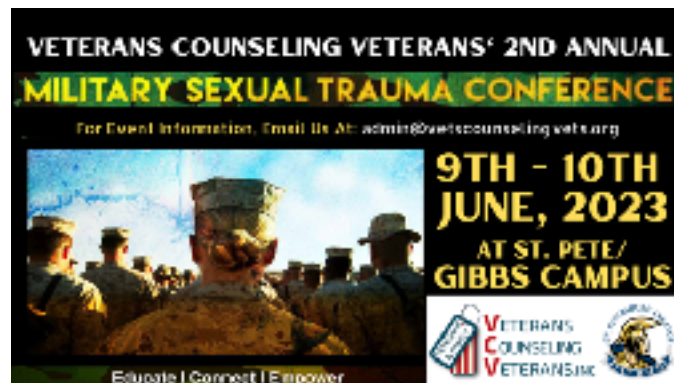
By Veterans Counseling Veterans (VCV)

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 Petersburg.

There is no charge to attend. VCV is 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>

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

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



HHS ANNOUNCES ADDITIONAL \$200 MILLION IN FUNDING FOR 988 SUICIDE & CRISIS LIFELINE

US Department of Health and Human Services (HHS)

Website: <https://www.hhs.gov/about/news/2023/05/17/hhs-announces-additional-200-million-funding-988-suicide-crisis-lifeline.html>

Click on link above to read full Press Release.

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), today announced more than \$200 million in new funding for states, territories, and tribes to build local capacity for the 988 Suicide & Crisis Lifeline and related crisis services.



“Thanks to President Biden, we are finally and seriously saying to Americans struggling with their mental health: Support is Here!” said HHS Secretary Xavier Becerra. “Support is here in 988, the three-digit Suicide & Crisis Lifeline, and this new funding reflects our commitment to strengthening the crisis care system across our country so Americans can get the care they need.”

Studies have shown that after speaking with a trained crisis counselor, most 988 Lifeline callers are significantly more likely to feel *less depressed, less suicidal, less overwhelmed, and more hopeful.*

NEW FSPC REGION 13 DIRECTOR (Citrus, Hernando, Lake, Marion, Sumter)

Source: Florida Suicide Prevention Coalition

Website: <https://floridasuicideprevention.org/about/>



Manuel (Manny) Guevara Ruiz is FSPC’s new Region 13 Director representing Citrus, Hernando, Lake, Marion, and Sumter Counties. He replaces Tom Walsh who served for a number of years and participated in the annual conference.

Manuel A. (Manny) Guevara Ruiz was born and raised in Puerto Rico. Due to his service as a United States soldier, Manny had the honor of visiting many places in the world including: Maine, New York, Oklahoma, Arkansas, Texas, California, Hawaii, Japan, Thailand, Cypress, Germany, Kuwait, & Iraq. Upon his separation from service, Manny moved to Florida in 2009. He currently resides in Spring Hill.

Manny is currently Business Developer with Heroes’ Mile a subsidiary of Oglethorpe. However, previously he served in a variety of roles and positions including: Crisis Interventionist with the Florida Veterans Support Line a subsidiary of the Crisis Center of Tampa Bay, Homeless Veterans’ Advocate with Tampa Crossroads, Manager with the Circle of Veterans, and Veteran Services Director with SOF Mission. Manny is an active member of the Pasco Veterans Coalition, and is well inserted in issues dealing with Military Veterans in many organizations throughout Florida.

During his time building the Florida Veterans Support Line with the 211 systems throughout the state, Manny learned of the FSPC and maintained constant attendance to the annual conferences. Manny’s believe on eliminating stigma, awareness of the power of connecting with others along with desire to facilitate an effortless experience for his brothers and sisters aligns perfectly with FSPC’s mission. Manny’s deepest desire is to help spread awareness to all who are having thoughts of suicide.

Manny is an Applied Suicide Intervention Skills Training (ASIST) master facilitator. He is a qualified “Watch Stander by the Fire Watch. Furthermore, he serves as a facilitator for a Crisis Intervention Training at the Tampa Police Academy. Lastly, he is certified to facilitate Wellness Recovery Action Plan (WRAP) workshops.

COMMUNITIES MUST TAILOR YOUTH SUICIDE PREVENTION EFFORTS TO THOSE WHO NEED THEM MOST

Child Trends

Website: <https://www.childtrends.org/publications/communities-must-tailor-youth-suicide-prevention-efforts-to-those-who-need-them-most>

Citation: Winston, J., Wilkinson, A., Stratford, B., Ramos-Olazagasti, M., & Around Him, D. (2023). Communities must tailor youth suicide prevention efforts to those who need them most. Child Trends. <https://doi.org/10.56417/7301w7147l>

Community-based organizations (CBOs) that design and implement youth suicide prevention efforts should tailor their efforts in ways that acknowledge the systemic inequities that a particular population may face and should be guided by that population's unique community strengths.

This brief presents three recommendations to help youth-serving CBOs tailor their efforts in this way, which the authors refer to as applying an equity lens to their youth suicide prevention efforts.

HAVE YOU VISITED THE FSPC FACEBOOK PAGE?

Source: Florida Suicide Prevention Coalition

Website: <https://www.facebook.com/groups/997344794378650>

Lisa Zeller, FSPC Region 4 Director and Myrtice Landers, FSPC Treasurer have been curating the FSPC Facebook page for over two years now. Have you visited the page yet? FSPC has over 283 Facebook page members but the site is open for view. Are you gone of the 283? Visit today.

The site is NOT a crisis site and NOT monitored 24/7 so users are encouraged to use other resources such as 988 for immediate times of distress and crisis. However, Lisa and Myrtice have posted valuable information and resources (website list of support groups, annual conference information) and responded to posts & queries by users. Thanks so much to Lisa and Myrtice, FSPC is lucky to have them onboard.

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/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.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. 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.

THE WORST STATES FOR MENTAL HEALTH CARE. RANKED

Les Masterson, Editor & Jason Metz, Editor, Forbes Advisor

Link: <https://www.forbes.com/advisor/health-insurance/worst-states-for-mental-health-care/>

NOTE; The following are excerpts from the online news article from Forbes.

Over 50 million Americans have a mental illness, but more than half (55%) of adults with a mental illness don't receive treatment. In some states, accessing mental health care may be more challenging because of high costs, too few mental health treatment centers and lack of health insurance coverage.

To determine which states are worst for mental health care, Forbes Advisor compared all 50 states and Washington, D.C., across seven key metrics. We also examined two metrics to uncover the states with the highest and lowest rates of mental illness.]

Key Takeaways

- Texas tops the list of worst states for mental health care, while Vermont is the best state for mental health care.
- Seven of the 10 worst states for mental health care are located in the South, including Texas, Mississippi, Alabama, Georgia, **Florida**, South Carolina and Tennessee.
- Seven of the 10 best states for mental health care are in the East, including Vermont, Massachusetts, Rhode Island, Pennsylvania, Connecticut, Maine and West Virginia.
- Montana tops the list of states with the highest prevalence of mental illness; New Jersey has the lowest rate of mental illness.



Florida is Ranked 5th worst state for Mental Health

Florida's score: 81.48 out of 100

- Florida tied with Georgia for having the second highest percentage of adults with a mental illness who didn't receive treatment in the past year (63.5%).
- More than one-third (34.9%) of Florida adults with a cognitive disability could not see a doctor in the past 12 months due to cost, the fifth highest in the nation.
- Florida is home to the sixth highest percentage of adults with a mental illness who are uninsured (17.8%).

The article also includes: *Tips for Choosing the Best Mental Health Insurance Plan.*

The Affordable Care Act (ACA) and the Mental Health Parity and Addiction Equity Act make it easier to find affordable health insurance that covers mental health care.

SOS: A HANDBOOK FOR SURVIVORS OF SUICIDE

American Association for Suicidology

Link: https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf

From Stacy Freedenthal's website listing of resources:

Of all the online guides to surviving the suicide of a loved one, this may be the most comprehensive. Written by a man whose wife died by suicide, the guide includes information on the "emotional rollercoaster" that follows a suicide, myths and facts about suicide, suggestions for coping, narratives from other survivors, and inspirational words for surviving, coping, and healing after the loss of a loved one to suicide. (Sponsored by the [American Association of Suicidology](#).)



WHAT'S HAPPENING - MARK YOUR CALENDARS!

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>

June 10, 2023, 11:00 am (EST). FSPC Annual Business Meeting on Zoom.

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** (*Crisis and Suicide Lifeline*) 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://suicidogrief.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://suicidogriefresources.org/>

STOP Suicide Northeast Indiana. (2016). *Help & Hope: For Survivors of Suicide Loss*. Retrieved from <https://www.stopsuicidenow.org/toolkits>

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.stevfund.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

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/>