



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 Tom Walsh
(Citrus, Hernando, Lake, Marion, Sumter)

R14 Jemima Douge
(Hardee, Highlands, Polk)

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

May 2023 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

FSPC NOMINATIONS & ANNUAL MEETING!

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.

- Save the Date: Annual FSPC Meeting for Saturday, June 10 at 11:00 am (EST). We anticipate a brief Zoom type annual meeting.
- Nominations currently open for FSPC Officers: Contact Steve Roggenbaum roggenba@usf.edu by Saturday, May 20th
- **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 should you have any questions regarding your membership status.

Nominations will be accepted **through Saturday,**

May 20 for the six officer positions

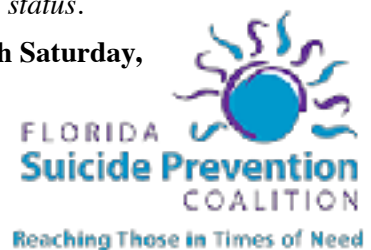
designated in the FSPC by-laws:

Chair, Vice Chair (2), Secretary, Treasurer, and Assistant Secretary.

Officers will be elected to a 1-year term with general duties outlined

below; self-nominations are strongly encouraged. Check your FSPC member email for more details.

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) or Myrtice Landers (floridasuicideprevention@gmail.com). See first page of newsletter (box at left) for Regions and associated counties.

NATIONAL WEEKEND OF PRAYER UPDATE

National Action Alliance for Suicide Prevention email to FSPC Chair

Link: <https://theactionalliance.org/faith-hope-life/resources-materials>



The National Weekend of Prayer has been an annual event of the Faith Communities Task Force of the National Action Alliance for Suicide Prevention. The task force has completed its goals and recently closed. Therefore, the Action Alliance will not continue to host this event. The Action Allocate reported that it will soon update materials on the Faith.Hope.Life website, so they may be used year-round when faith leaders address mental health and suicide prevention. Bulletins, prayers, sermon starters, and other materials will remain available on the webpage. We encourage faith communities to utilize these materials as part of an on-going dialogue and during observances (e.g., Mental Wellness Month, BIPOC Mental Health Awareness Month, National Suicide Prevention Month, International Survivors of Suicide Day).

Since the National Weekend of Prayer has occurred during May over the past few years, FSPC would like to encourage you and your local faith leaders to couple these resources with the National Day of Prayer (May 4, 2023) and maybe extend the call to action through the weekend. Check out the valuable resources for faith leaders and others at <https://theactionalliance.org/faith-hope-life/resources-materials>

Also check out FSPC list of Resources in this newsletter for some related to the Muslim faith.

(EVERYONE) 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) soon.

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

To learn how to register for an event and further information on suicide in Florida, visit: www.myflfamilies.com/suicideprevention

SHINING A LIGHT ON THE HIDDEN EPIDEMIC OF MALE MILITARY SEXUAL TRAUMA

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

By Tyler Mitchell, MBA; Male MST Lead. Veterans Counseling Veterans (VCV)

The hidden epidemic of male military sexual trauma (MST) continues to shatter the lives of countless service members, yet it remains largely in the shadows. As a



survivor of male MST, I know firsthand the devastating and debilitating impact it can have on one's life, including depression, anxiety, and even suicide. Today, I want to emphasize the urgent need for more resources to help survivors of male MST rebuild their lives and express the sense of abandonment many of us feel from the military.

A report from the Department of Defense in September 2022 showed a significant surge in military sexual assaults, with 7,816 reported cases in 2021, up from 6,290 in 2020. The VA National Veteran Suicide Prevention Annual Report 2022 revealed that veterans who experienced MST had a 70% higher risk of suicide compared to those who did not experience MST. A study published in JAMA Psychiatry found that male veterans who experienced MST were 1.5 times more likely to die by suicide than those who did not.

One of the most painful aspects of surviving male MST is the sense of abandonment from the very institution we once proudly served. After enduring MST and the subsequent lack of support, we have been left feeling discarded and isolated, as if our sacrifices and dedication have been erased.

Despite these alarming figures, resources for male MST survivors are scarce. To create meaningful change, it is crucial that we advocate for increased funding and support at all levels of government. One upcoming event addressing this issue is the 2nd Annual Veterans Counseling Veterans MST Conference on June 9th-10th in St. Petersburg, Florida, which brings together survivors, mental health professionals, and advocates to share resources, research, and strategies for healing.

As a society, we must recognize the urgency of this issue and take concrete steps to provide support for male MST survivors. This includes:

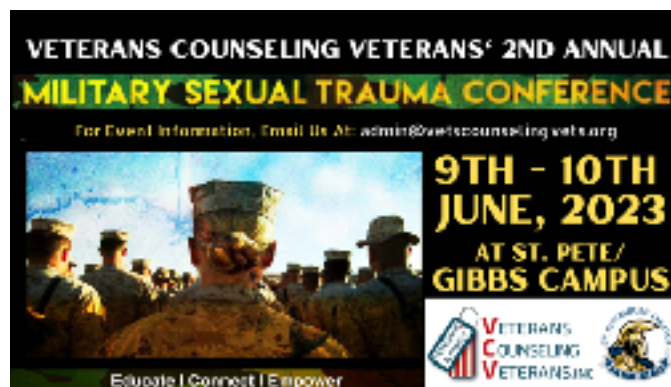
- Expanding mental health services for veterans, with a particular focus on male MST survivors, through increased funding and better access to trained professionals.
- Implementing mandatory training on male MST for military and VA personnel to foster a more understanding and supportive environment.
- Creating awareness campaigns to reduce stigma and encourage male MST survivors to seek help.
- Establishing specialized support groups and safe spaces for male MST survivors to connect and share our experiences.

The time to act is now. The lives of thousands of us male MST survivors depend on our country's willingness to confront this issue head-on and create the resources necessary to help us heal. It is our nation's responsibility to support the brave men who have served our country and ensure they have access to the care they deserve, and to restore our sense of belonging and purpose.

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.vcvmstconference.org/>

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



FLORIDA SUICIDE PREVENTION COALITION REPRESENTED BY LISA ZELLER, FSPC REGION 4 DIRECTOR

Source: Florida Suicide Prevention Coalition

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

Stanton College Preparatory School PTSA Wellness Fair in Jacksonville, was held Tuesday, April 18th from 11:15 am to 1:20 pm. There were about 15 vendors (e.g., Jasmyn, Wolfsons Hospital, Brooks Rehab). Florida Suicide Prevention Coalition was one of the vendors and represented by Lisa Zeller, FSPC Region 4 Director. The event was geared for high school students and there were hundreds (250-300) of kids (~14-18 yo's) participating.

Lisa had numerous teens visit the table. She had kids open up about past suicide attempts, express an interest in our organization, take materials for "friends," and seem genuinely interested in what FSPC does. Lisa reported "It amazes me how open these kids are with their mental health."



NEW FSPC REGION 14 DIRECTOR

Source: Florida Suicide Prevention Coalition

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



Jemima Desir Dougé, MD, MBA is FSPC's new Region 14 Director. She joined Florida's Poison Control Centers-Tampa in 2017 after working in healthcare nationally and internationally for over 20 years. She was born in Haiti and moved to Florida after high school to pursue her education. She is passionate about helping marginalized groups and has led mission trips to the Caribbean.

As the Poison Center's Healthcare Education Specialist, she educates healthcare professionals and students throughout central and southwest Florida about Poison Control services and promote effective management of poisoned patients. Dr. Dougé also oversees and has enhanced the center's public education and outreach. She has initiated several poison prevention projects focusing on migrant workers, low social economic families, medication safety, vaping, substance abuse, overdose prevention, as well as promoting poison prevention for people of all ages. During her tenure, Dr. Dougé has successfully implemented a toxicology clinical Curriculum and poison prevention advocacy internship for nursing, pre-med, and public health students. Given the known correlation between drug poisoning and suicide, she has been looking for ways to integrate suicide prevention into the Poison Center's education and outreach. For the past 5 years she has been working with various stakeholders throughout the state to help prioritize drug overdose prevention as one of the objectives of the State Health Improvement Plan.

She continuously fosters collaborative partnerships with other organizations to promote synergy and effectiveness. Dr. Dougé is active with several local, regional, and state coalitions and advisory councils focusing on injury prevention, patient education, and disaster preparedness. She is an elected steering committee member of the National Public Education Advisory Council of America's Poison Centers and serves as the chair of their Research Committee. Dr. Douge lives in Polk County and is excited to join the FSPC as Region 14 Director and looks forward to help propel the valuable work of the coalition

She is fluent in English, French, and Haitian Creole. She is an avid reader and loves spending time with her family. She is passionate about nature and enjoys interior decorating. When it comes to the work she does, her favorite quote is: "I can do things you cannot, you can do things I cannot; together we can do great things." by Mother Teresa.

NEW FSPC REGION 10 DIRECTOR

Source: Florida Suicide Prevention Coalition

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

Phil Bulone is FSPC's new Region 10 Director. He replaces Rafis Nin as Rafis concentrates on his Doctorate. Phil is originally from New York and came to South Florida for his first college degree. He has

lived in Tallahassee and Atlanta for a short time, lived in Tampa for 20 years, and is now back in South Florida (Broward County).

Mr. Bulone is currently the LOSS Team Director for MHA of Southeast Florida. Phil is also an art therapist and Florida registered mental health counselor intern. Currently, Phil is in the process of becoming CAMS trained (Collaborative Assessment and Management of Suicidality).



However, his work history is extremely varied and interesting. Phil is a Florida Licensed commercial interior designer and was in the design and design education industry for 25 years. He designed restaurant and hotel interiors, taught college-level design and was the Dean of a design and technology career college. Most recently he was the corporate director of store design for Ashley Furniture Industries.

Phil is a loss survivor as he lost his spouse to suicide Christmas Eve 2019. Phil hopes to be a local resource for FSPC and help promote the power of postvention work with suicide loss survivors. He presented at FSPC's 2023 conference and wanted to become more involved. Phil states "I want to contribute to regional and state suicide prevention and postvention efforts."



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>

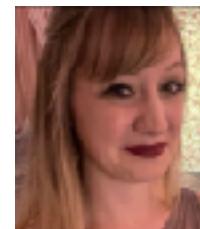
June 10, 2023, 11:00 am (EST). FSPC Annual Business Meeting on Zoom.

Check Florida's Statewide Office of Suicide Prevention's Event's Calendar for more of What's Happening. <https://www.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.

YRBS DATA SUMMARY & TRENDS REPORT: 2011 - 2021 IS AVAILABLE NOW

Link: https://www.cdc.gov/healthyouth/data/yrbs/yrbs_data_summary_and_trends.htm

NOTE; This item may be the last YRBS report that includes Florida's information as Florida's DOE choose to discontinue it's participation in CDC's YRBS data collection process in 2022. We will no longer be able to compare Florida's youth to the representative national data sets or be able to compare current Florida youth data to our historical data (for improvement or decline) due to DOE's decision.

The CDC's Youth Risk Behavior Survey Data Summary & Trends Report: 2011-2021 provides surveillance data from 2021, as well as 10-year trends from 2011 through 2021, on behaviors and experiences among high school students in the United States related to health and well-being. It looks at:

- sexual behavior
- substance use
- experiences of violence
- mental health
- suicidal thoughts and behaviors

Additionally, this year's report includes data on social determinants of health like unstable housing, and protective factors like school connectedness and parental monitoring.

Overall, young people are experiencing a level of trauma and distress that requires action. Although the data show a few behaviors and experiences moving in the right direction, the increases in harmful experiences among adolescents are striking.



Risky sexual behaviors are decreasing, but so are important protective behaviors like condom use, HIV testing, and STI testing.



Substance use is generally decreasing but still too high.



Experiences of violence, including sexual violence, are not declining and in some cases, are increasing.



Poor mental health and suicidal thoughts and behaviors are increasing for nearly all groups of youth.

SUICIDE BEREAVEMENT CAREGIVERS STATEMENT OF PURPOSE

Link: http://www.unifiedcommunities.com/ucs/SB-Caregivers_Statement-of-Purpose-FINAL.pdf

Citation; Cook, F., Campbell, F., Cerel, J., Jordan, J., Marshall, D., & McGann, V. (2012). Suicide bereavement caregivers statement of purpose. [Self-published handout].

- I. We affirm that serving the needs of people bereaved by suicide is a priority in its own right.
- II. Survivors of suicide loss are affected by the fallout and trauma from suicide in many ways— including increased risk for serious mental health issues and for suicide—and we are dedicated to implementing effective services for survivors commensurate with the impact of suicide on all who are left behind after a fatality.
- III. We believe that reaching out to help survivors is the compassionate and ethical response to suicide that is required of a healthy society.
- IV. We value the efforts of all who have contributed over the years to supporting survivors in their grief, and at the same time, we recognize the challenges we face and the hard work we must embark upon in order to meet the future needs of survivors through integrated, effective, and sustainable programs that reach everyone who wants help.

V. Therefore, we commit our immediate and earnest efforts to the following:

- Supporting a comprehensive national response to suicide that includes programs, policies, and services that address survivors’ bereavement needs and decrease the most serious risks to their health and well being
- Strengthening collaboration among everyone with a stake in suicide bereavement services to improve community-based postvention, including funeral professionals, clergy, law enforcement personnel, emergency medical services and crisis workers, mental health practitioners, grief counselors, support group facilitators, educators, researchers, physicians, and military personnel
- Promoting the development of universally available survivor support services that are accessible, proactive, age-appropriate, culturally sensitive, effective, and sustainable
- Advocating for research to better understand the needs of people bereaved by suicide and to develop an evidence base for effective grief interventions and other tools to reduce the negative impact of survivors’ experience of loss
- Engaging in health communications and other strategies to lessen the stigma related to suicide and suicide loss

We will work with practitioners, stakeholders, and survivors themselves to make certain that people bereaved by suicide receive the help they need, when and where they need it, in ways that increase their capacity and opportunity to live full and fruitful lives. We will combine our efforts with those of the National Action Alliance for Suicide Prevention, member organizations of the National Council for Suicide Prevention, and leaders at every level to fulfill the hope that, one day, effective assistance will be readily available for survivors of suicide loss in every community in our nation.

The “Statement of Purpose” was written by Franklin Cook, Frank Campbell, Julie Cerel, Jack Jordan, Doreen Marshall, and Vanessa McGann, who were among those who attended the SAVE Suicide Survivor and Bereavement Leadership Summit held in Minneapolis in October 2010. Others attending the Summit (in italics, below) along with additional survivor community leaders reviewed the declaration, including LaRita Archibald, Virginia Bender, Lidia Bernik, Sam and Lois Bloom, Iris Bolton, Heidi Bryan, Karyl Chastain Beal, Bev and Bill Feigelman, Carla Fine, Linda Flatt, Carol Graham, Nina Gutin, Marilyn Koenig, Michelle Linn-Gust, Alison Malmon, Karen Marshall, John McIntosh, Melinda Moore, Michael Myers, Ken Norton, Kim Ruocco, Tony Salvatore, Barb Smith, Sally Spencer-Thomas, Leslie Storm, and Stephanie Weber.

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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://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 <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.stevelfund.org/>

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

Naseha 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/>

