



FSPC Officers

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

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R3 Ali Martinez
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R4 Lisa Zeller
(Baker, Clay, Duval, Nassau, St. Johns)

R5 Jody Smith
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R6 Susan Morgan
(Hillsborough, Manatee, Pasco)

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R8 Sue Opheim
(Charlotte, Collier, Glades, Hendry, Lee)

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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
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(Indian River, Martin, Okeechobee, St. Lucie)

August 2023 Newsletter FLORIDA SUICIDE PREVENTION COALITION

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

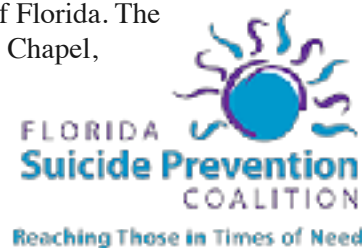
SAVE THE DATE:

FLORIDA STATEWIDE SUICIDE PREVENTION CONFERENCE (FEBRUARY 19-20, 2024)

By Stephen Roggenbaum, Chair, FSPC

Link: <https://floridasuicideprevention.org>

Mark your calendars now for FSPC's 8th Florida Taking Action for Suicide Prevention Conference (Statewide Suicide Prevention conference). FSPC is gearing up for another great opportunity to share and present valuable information related to suicide prevention from all corners of Florida. The host hotel is Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, Florida 33559 on Monday and Tuesday, February 19 & 20, 2024. Pre-conference workshops start at 8:00 am Monday, February 19, 2024. The conference begins at 1:00 pm.



Watch for the *Call for Presentations* in September.

FSPC WANTS YOU!

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.

HHS AWARDS FUNDING FOR SUICIDE PREVENTION (TO FLORIDA)

US Department of Health and Human Services (HHS)

Thursday, June 1, 2023

Website: <https://www.hhs.gov/about/news/2023/06/01/hhs-awards-funding-states-tribes-and-college-campuses-help-prevent-youth.html#>

HHS Awards Funding to States, Tribes, and College Campuses to Help Prevent Youth Suicide, Part of the Biden-Harris Commitment to Addressing the Mental Health Crisis

The U.S. Department of Health and Human Services (HHS), through the Substance Abuse and Mental Health Services Administration (SAMHSA), today awarded \$5.9 million to states, tribes and college campuses for youth suicide prevention programs. Florida receive a new statewide GLS grant (housed at USF). Florida also has several college GLS grants that are continuing but did not receive new college or university funding for this cycle.

The Florida grant is: Project Florida SMARTS (School Mental health Assessment, Response, and Training for Suicide prevention)

Project Summary: Project SMARTS is an innovative prevention model that will facilitate youth suicide prevention and early intervention strategies through a multi-system and interconnected approach across multiple delivery systems of care including middle and high schools and community behavioral health agencies aimed to reduce suicide rate, decrease mental health risk, and build sustainable prevention services to ultimately improve equity in access to high quality behavioral healthcare in school systems in Florida. Project activities will utilize cutting-edge suicide prevention and trauma-informed training models to integrate universal screening for mental health, safety planning, care coordination services, and post emergency care. School-based prevention strategies will be implemented in three large school districts (Pasco, Pinellas, and Miami-Dade County School Districts) in Florida that that will bring together mental health providers with a data-based linkage to community providers, improving overall efficacy and equity in access to behavioral healthcare.

FIREARM OWNERS WHO SECURE THEIR GUNS CAN REDUCE THE INCIDENCE OF FIREARM SUICIDES

Marybeth Christiansen, Volunteer Ambassador, Gun Owners for Safety, Florida Chapter (Marybeth, on right, pictured with Gabby Giffords)

Web: giffords.org/gunowners

We know all too well that suicide does not discriminate. It affects Floridians of every demographic in every community across our state. We also know that firearms are highly lethal. They are used so often that firearms are the most common means of deaths by suicide. We've all seen how easy firearm access turned a momentary impulse during a temporary crisis into an irreversible tragedy. But it doesn't have to be this way. Responsible gun owners who secure their firearms as a matter of habit can reduce the incidence of firearm suicides.

The Florida Chapter or GIFFORDS Gun Owners for Safety is dedicated to reducing gun deaths through public education, advocacy and policy change on firearm safety, including secure storage. Our members are responsible gun owners. With almost two thirds, 61% of gun deaths in Florida attributed to firearm suicide, we must do all we can to promote secure firearm storage practices. Gun Owners for Safety, Florida welcomes the opportunity to support the vital mission of the Florida Suicide Prevention Coalition. Learn more at giffords.org/gunowners.



BLUEBIRD RUN AND WALK FOR BROOKE B. FOR SUICIDE AWARENESS AND PREVENTION

Website: <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>

Join an estimated 500 people in Tallahassee on Labor Day for a Run/Walk. The Bluebird Run for Brookie B. was established in 2015 to honor the memory of Brook Bowers and all the other loved ones our community has lost to suicide. Organized by the Tallahassee affiliate of NAMI (National Alliance on Mental Illness), our mission is to call out the need for suicide awareness and prevention as well as raise money for NAMI, so they can carry out this advocacy work. The Run/Walk is September 4, 2023 (Monday) at the JR Alford Greenway, Tallahassee. The 1M Fun Run Takes Off at 8:00 Am and the 5K Trail Run/Walk Starts at 8:30. Register at <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>



WALK IT OUT . . . TALK IT OUT SUICIDE AWARENESS AND PREVENTION WALK

Website: <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>

Join the crowd at Wildwood Police Department's inaugural suicide prevention walk on September 2, 2023. The Walk is at Wildwood Community Center, 6500 Powell Road.

Check in begins at 8:00 am with display tables by local vendors and services along with a memory table for loss survivors.

For more information contact:
communityoutreach@wildwood-fl.gov

THINGS THAT HELP LOSS SURVIVORS

Things That Can Help

Help other loss survivors. Let us know what has been helpful for you in your grief journey by sending an email to roggenba@usf.edu. We could compile/create a Florida-oriented list of supports for loss survivors.



EVERYONE CAN 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).



Florida's next strategic plan for suicide prevention starting in 2024 is under development. Anyone can **Propose Action Items for Consideration** to be included in the plan. The strategic plan helps guide Florida in a coordinated approach to tackling suicide over the next few years. Contact Anna Sever, anna.sever@myflfamilies.com for more details.

VISIT FSPC'S 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 one 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.

FOREFRONT VIDEO SERIES AVAILABLE (including Why People Die by Suicide)

Link: <https://inthe forefront.org/news/forefront-videos/>



At Forefront Suicide Prevention, we know that most suicides are preventable and that the time to act is now. A Center of Excellence at the University of Washington's School of Social Work, Forefront Suicide Prevention is focused on ending suicide by championing suicide prevention, leading systemic change, and advocating for the many family and community members affected.

Forefront's Mission

Forefront Suicide Prevention is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope.

The Forefront Videos

This video collection is designed to provide education and tools for those touched by suicide and mental illness. Many feature real-life individuals' stories. We are grateful to all who have graciously shared their stories.

To view more videos from Forefront Suicide Prevention, visit our [Vimeo](#) page.

Washingtonians Talk About Preventing Suicide

In this series of five short videos, Washingtonians share their experiences with mental illness and suicide, and talk about how the Forefront Suicide Prevention LEARN® steps have helped them.

988 UP & RUNNING FOR A YEAR!

Heather Saunders, Kaiser Family Foundation (KFF)

Link: <https://www.kff.org/other/issue-brief/taking-a-look-at-988-suicide-crisis-lifeline-implementation-one-year-after-launch/>

Taking a Look at 988 Suicide & Crisis Lifeline Implementation One Year After Launch.



On July 16, 2022, the federally mandated crisis number, 988, became available to all landline and cell phone users, providing a single three-digit number to access a network of over 200 local and state-funded crisis centers. 988 users who are suicidal or experiencing a behavioral health emergency are routed to the 988 Suicide & Crisis Lifeline (formerly the National Suicide Prevention Lifeline) and connected to a crisis counselor where they may receive crisis counseling, resources and referrals, and in some cases and where available, mobile crisis units may be dispatched. Over half a million lives (528,805) were lost to suicide between 2010 to 2021. In 2021, rates of suicide varied widely across states from 6.2 per 100,000 in D.C. to 32.3 per 100,000 in Wyoming and while a few states saw rates decline from 2010 to 2021, most states saw increases. Nationally, firearms are involved in over half (53%) of all suicides, but the percentage differs considerably from state to state. Concurrent with increased rates of suicide, a KFF/CNN poll from October 2022 finds that 9 in 10 adults in the United States believe there is a mental health crisis.

The federal government made investments in 988's launch and implementation, but the responsibility for ongoing funding of local call centers is in the hands of state and local governments. The Consolidated Appropriations Act passed in December 2022 included a number of provisions to improve coordination, standardization, and evaluation of 988 and the behavioral health crisis continuum, more broadly. In this brief, we examine 988 implementation using data available through May 2023 from Lifeline, examine state efforts to sustainably fund local 988 crisis call centers, and summarize additional metrics that may

be useful for monitoring the implementation and performance of the program. We compare national and state-level Lifeline performance metrics from nearly one year after the launch of 988 (May 2023) to the same month from a year before. The comparison of May 2023 to the same month the year before allows us to account for any seasonal fluctuations in suicide and call volume.

Key takeaways from KFF analysis of Lifeline data include the following:

- Since launch in July 2022, 988 has received almost 5 million contacts, of which nearly 1 million are from the Veteran's Crisis Line—a part of 988—with the rest consisting of 2.6 million calls, over 740,000 chats, and more than 600,000 texts.
- National answer rates increased alongside surges in outreach volume.
- In-state answer rates vary widely across states—from 55 to 98%—which may reflect state investments in crisis services, as well as length of investment.
- State-level momentum for 988 telecom fees is gaining traction, with legislation in place in six states and two additional states expected to follow suit.
- 988 metrics are available online through Lifeline and sometimes through state or local dashboards, but these data are limited.

Click link <https://www.kff.org/other/issue-brief/taking-a-look-at-988-suicide-crisis-lifeline-implementation-one-year-after-launch/> to read full KFF article.

WHAT'S HAPPENING - MARK YOUR CALENDARS!



Suicide Prevention Month - September 2023.

September 2, 2023, 8:00 check in, 9:00 am start. *Walk It Out . . . Talk It Out*. Wildwood Police Department's inaugural suicide prevention walk at Wildwood Community Center, 6500 Powell Road. For more information contact: communityoutreach@wildwood-fl.gov

September 4, 2023 (Monday) *Bluebird Run and Walk for Brooke B. for Suicide Awareness and Prevention*. JR Alford Greenway, Tallahassee. The 1M Fun Run takes off at 8:00 am and the 5K Trail Run/Walk starts at 8:30. Register at <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>

National Suicide Prevention Awareness Day - September 10, 2023.

Save-The-Date: February 19 & 20, 2024 - Florida Taking Action for Suicide Prevention statewide conference. Hyatt Place Tampa Wesley Chapel, Lutz, Florida 33559

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://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://suicidегriefresources.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/>

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 Matt Dobson, FSPC Secretary (roger.dobson@flhealth.gov). Membership info: <http://floridasuicideprevention.org/membership/>