



## FSPC Officers

Chair	Stephen Roggenbaum
Vice-Chair	Rachelle Burns
Vice-Chair	Sabina Zunguze
Treasurer	William "Bill" Wright
Secretary	Violet Barry Dennis

### FSPC REGION DIRECTORS

- R1** Rachelle 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)

## September 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>

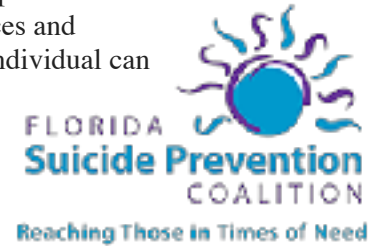
The Florida Suicide Prevention Coalition (FSPC is currently represented by numerous wonderful ambassadors. Officers and Regional Directors serve as a contact for various Florida regions providing information, responding to inquiries, networking with local



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](mailto:roggenba@usf.edu)). See first page of newsletter (box at left) for Regions and associated counties.



## FLORIDA SUICIDE PREVENTION COALITION RECOGNITION OF MEMBERS

By Stephen Roggenbaum, Chair, FSPC

*In conjunction with Suicide Prevention Month, FSPC would like to thank all our longstanding & new members. Thank you for your support, participation, and efforts to prevent suicide. FSPC also publicly recognizes our Corporate Members from throughout Florida who provide additional support.*

90Works

Hailey's Voice of Hope

New Perspectives Therapeutic

Speak Up: Let's Talk About Mental Health

Suncoast Center, Inc.



## SEPTEMBER IS SUICIDE PREVENTION MONTH

By National Action Alliance for Suicide Prevention (Action Alliance)

Link <https://theactionalliance.org/bethere>

For Suicide Prevention Month (#SPM23) in September, consider ways to encourage the public to be there for someone who might be struggling or is in crisis. Some examples of how someone can [#BeThere](#) include:

- Check in with a friend by phone or text message to see how they are doing.
- Invite a friend to meet for a physically-distanced coffee or meal together.
- Send a handwritten card to let someone know you are thinking of them.
- Learn the [risk factors](#) and [warning signs](#).
- Help connect someone who is struggling to professional care.
- Share the National Suicide & Crisis Lifeline number (988), which provides 24/7, free, and confidential support. For specialized care, military veterans may press '1.'



## NATIONAL PHYSICIAN SUICIDE AWARENESS DAY

Link: <https://www.acep.org/corona/covid-19-physician-wellness/covid-19-physician-wellness-articles/physician-suicide/national-physician-suicide-awareness-day#>

### Commemorating National Physician Suicide Awareness Day - September 17th

The Council of Residency Directors in Emergency Medicine (CORD), in collaboration with ACEP, AAEM, ACOEP, EMRA, RSA, RSO, and SAEM have come together to annually dedicate September 17th as National Physician Suicide Awareness (NPSA) Day. The organizations issued [Vision Zero](#), calling on "individuals, residency programs, health care organizations and national groups to make a commitment to break down stigma, increase awareness, open the conversation, decrease the fear of consequences, reach out to colleagues, recognize warning signs and learn to approach our colleagues who may be at risk."



## NATIONAL LAW ENFORCEMENT SUICIDE AWARENESS DAY - SEPTEMBER 26TH

Source: Blue H.E.L.P.

Link: <https://bluehelp.org/national-law-enforcement-suicide-awareness-day/>

National Law Enforcement Suicide Awareness Day is created to recognize the service of officers lost to suicide, raise awareness about suicide in law enforcement and, to remind officers and their families that they are not alone; help is available. This day will help to reduce the stigma associated with seeking help and, recognize that one moment in time does not define a life.



*One moment in time does not define a lifetime of service.*

The purpose of National Law Enforcement Suicide Awareness Day is to shine a light on the tragedy that is officer suicide as suicide among law enforcement continues to rise.

Created by Blue H.E.L.P in 2020, we want to acknowledge the issue, support the families, and continue to raise awareness with an aim to end suicide.

We are setting aside this day every year to focus on it, offer solutions, and honor those we lost. Just one officer lost to suicide is one too many. It is up to us to break the stigma and ensure that everyone knows that they are not alone.

- Tell others about the day
- Participate in awareness Law Enforcement walks
- Host an event (like an awareness walk)
- Let others know you will listen if they are feeling depressed or isolated
- Remind first responders that they are important to our community
- Learn the warning signs of suicide
- Make a donation
- Share on social media accounts
- Start a fundraiser
- Read the latest articles on the progress that is being made
- Wear a shirt or ribbon to show your support

## 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](mailto: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](mailto:roggenba@usf.edu) We could compile/create a Florida-oriented list of supports for loss survivors.



## SOCIAL CONNECTION SUPPORTS SUICIDE PREVENTION



Kelli Agrawal, MPH, Zero Suicide Planning Specialist for Zero Suicide Partners of Pinellas at Suncoast Center, Inc.

Link: <https://www.zerosuicidepinellas.org/>

The action message for [Zero Suicide Partners of Pinellas \(ZSPoP\)](https://www.zerosuicidepinellas.org/) is “Be Kind, Be Curious, and Be Connected.” Let’s take a closer look at what it means to “Be Connected” and how being connected can help prevent suicide.

Last month, the U.S. Surgeon General released an advisory, *Our Epidemic of Loneliness and Isolation: the U.S. Surgeon General’s Advisory on the Healing Effects of Social Connection and Community*. In the advisory, **Social Connection** is defined as “A continuum of the size and diversity of one’s social network and roles, the functions these relationships serve, and their positive or negative qualities.” Numerous research studies show that social connection can decrease the risk of anxiety, depression, suicidality, and several other negative health outcomes.

What are some approaches and activities clinical providers can use to support social connection among their patients?

- A key component of Safety Planning is identifying a support system that will be able to respond and support the client through a moment of crisis, including reducing the client's access to lethal means, providing them with emotional support, and connecting them with crisis stabilization resources, if needed. Safe and supportive spaces are also an important component of Safety Planning.
  - This may be a good time to assess the overall social connection of the client, who they share good (and bad) news with, what activities they enjoy doing with others, and how their social connection needs are (or are not) currently being met.
  - In addition to asking about social support and hobbies, you can ask about clients' involvement with their community, neighborhood, child's school, faith-based organization, or current/previous experience with volunteering.
- Learn more about your community's **Social Infrastructure**:
  - Social Infrastructure includes programs (such as volunteer organizations, sports groups, religious groups, and member associations), policies (like public transportation, housing, and education), and physical elements of a community (such as libraries, parks, green spaces, and playgrounds) that support the development of social connection.

Along with the advisory, the U.S. Surgeon General website also released a webpage that talks about social connection and its health benefits. One-page summary - <https://www.hhs.gov/sites/default/files/sg-social-connection-general.pdf> . US Surgeon General's Advisory: the Healing Effects of Social Connection - <https://www.hhs.gov/surgeongeneral/priorities/connection/index.html#advisory>.

## SUICIDE AWARENESS & PREVENTION SYMPOSIUM - SEPTEMBER 19TH

Source: Suncoast Mental Health Center

Link: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ejwjfbzq52211693&oseq=&c=47912794-1cd7-11ee-9a4c-fa163ee70e7f&ch=479b8838-1cd7-11ee-9a4c-fa163ee70e7f>

Suncoast Mental Health Center is hosting its annual Suicide Prevention Symposium in continuing with its commitment to promote mental wellness and raise awareness in the communities it serves. This year's program will feature the film *My Sister Liv* and will include a fearless conversation with members of The Liv Project and other guest speakers. Suncoast Mental Health Center invites you to join them for this important educational opportunity to learn how you can become part of the solution to end this serious health crisis impacting individuals, families and communities.

On average, there are 132 suicides per day in this country, which means someone takes their own life every 11 minutes. It's time we shed a light on this tragic loss of life...it's time we talk away the dark.

September 19th, 2023 from 8:00 am to 11:00 am. Coral Shores Behavioral Health, 5995 SE Community Drive, Stuart, 34997.

## SUICIDE PREVENTION RIDE

Source: Paula Edwards, FSPC member

Link: <https://supporting.afsp.org/team/teamkyle>

The 5th Annual Team Kyle Suicide Prevention Police Escorted Ride will be held on Saturday September 2, 2023 at Seminole Power Sports, 1200 Rinehart Road, Sanford. Registration begins at 9:00 am with Kick Stands Up at 10:30. Lunch at 11:30 and there will be vendors, music, food, and more.





New this year is a Meet & Greet the day prior, 9/1/23 from 6:00 m to 10:00 pm at the Holiday Inn & Suites, 4750 State Road 48 W. Sanford (407-638-9300 - use code Ride to Fight Suicide for discount rate of \$119.00).

### 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.

### VISIT FSPC'S LINKEDIN PAGE

Source: Florida Suicide Prevention Coalition

Website: <https://www.linkedin.com/company/florida-suicide-prevention-coalition/?viewAsMember=true>

Jemima Douge, FSPC Region 14 Director with the back up of Rachelle Buns, FSPC Region 1 Director / Vice Chair, have been organizing the FSPC LinkedIn page as another avenue for connections to FSPC. The new site is up and running 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, Jemima and Rachelle have posted valuable information and resources. Thank you to Jemima and Rachelle, FSPC is lucky to have such dedicated members.

## 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)

### *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.

## **THANK YOU FOR FSPC PRESENTATION**

Stephen Roggenbaum, Chair, FSPC

Pam Mezzina, Region 2 Director presented to a group of teens at I Believe You Believe We Believe in June. Pam received a wonderful note of appreciation from Stephanie Daniel, President & CEO - see note at right. FSPC is so fortunate to have dedicated Region Directors such as Ms. Mezzina advocating for suicide prevention on behalf of FSPC.

Dear Ms. Mezzina:

I wanted to take a minute to thank you for taking your time to come and talk to the Teens at the Palmer Munroe Teen Center on June 21, 2023. Your presentation on Suicide Prevention for Teens was so helpful. I know the teens continued to remember "988" after you left. Your talk was a real eye opener for me. And listening to the children talking after you left, I realized even more how needed the information you provided was.

I learned a lot, and I really again do appreciate you taking the time to be with us.

## **WHAT'S HAPPENING - MARK YOUR CALENDARS!**



*Suicide Prevention Month - September 2023.*

September 2, 2023, Registration begins at 9:00 am and KSU at 10:30 am. *5th Annual Team Kyle's Suicide Prevention Ride*. Seminole Power Sports, 1200 Rinehart Road, Sanford. For more information check out: <https://supporting.afsp.org/team/teamkyle>

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](mailto: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.*

September 19, 2023, 8:00 to 11:00 am. *Suicide Prevention Symposium*. Sponsored by Suncoast Mental Health Center and held at Coral Shores Behavioral Health, 5995 SE Community Drive, Stuart, 34997. Register by emailing [KRogers@Smhcinc.Org](mailto:KRogers@Smhcinc.Org) (Kelly Rogers).

*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://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/>

*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/>

## 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)

## 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](mailto:roger.dobson@flhealth.gov)).

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

