

#### **FSPC Officers**

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R14 Jemima Douge (Hardee, Highlands, Polk)

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

#### October/November/December 2023 Newsletter FLORIDA SUICIDE PREVENTION COALITION

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

#### **REGISTRATION IS OPEN:**

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

By Stephen Roggenbaum, Chair, FSPC

Link: https://floridasuicideprevention.org/fspcevents/

FSPC's 8th Florida Taking Action for Suicide Prevention Conference (Statewide Suicide Prevention conference) Registration is open. See last page of this newsletter for larger flyer.

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, 2023. The conference begins at 1:00 pm.

FSPC's 2024  8 <sup>th</sup> Florida Taking Act Suicide Prevention Co			Sui		revention COALITION ein times of need
FSPC 2024 Conference	Confe	rence I	Registra	tion	
The Florida Suicide Prevention Coalition (FSPC) is hosting its 8th Florida Taking Action for Suicide Prevention Conference at the Hyast Florida Clampa Weeley Clupel, 26000 Stera Center Boulevard, Lutz, FL 33559 February 19–20, 2024.	Register Onli Name Agency/Afrilation	ne at http://f	oridasuicidep	revention.o	rg/fspcevents
FSPC invites state agency representatives, providers, FSPC members, suicide loss survivors, clerge, first responders, crisis center staff, vereans, prevention advocates, and the public to attend to learn about prevention initiatives, and gain skills in suicide prevention and advocacy. There will be time to network with presenters and other attendees.	Address City Phone (home)		State	r (cell)	2р
2024 FSPC conference highlights: Plenary speaker Dr. Dan Reidenberg – Rays of Hope, extended presentation breaks, a poster testion for increased increations with presenters, and concurrent sessions to provide conference participants multiple choices for session selection to personally tailor their experience.	Irreal  Please check the appropriate box(es) below  Note: Pr- Cardinova: Workings Monday All, or on additional data to the cardinova: engineation for if discinct, chosen over of the flav options.  By January 27, 2024 After Intrary 27, 2024				
2024 features Four Pre-Conference Workshops for Monday 8:00 am to noon (descriptions online).		FSPC Member*	FSPC non-Member	FSPC Member*	FSPC non-Member
PCW #1: Listing Works safeTALK: Sociede Prevention Training Suicide Alertness for Energone	Fre-Card Wrishp circle: 1, 2, 3, or 4	□ \$25	□ \$3S	□ \$35	□ \$45
PCW #2: Responder Readiness	Attendee	□ \$90	□ \$150	□ \$100	□ \$160
PCW #3: Is There a Case for Youth Anaphylactic Suicide	Presenter	☐ \$80	□ \$130	☐ \$90	☐ \$140
PCW #4: Communication Resilience in Suicide Presention	Student	□ \$35	□ \$50	☐ \$40	□ \$55
(CRISP) Community Workshops: Co-Facilitator Training	Total	S	S	S	\$
This valuable calusational opportunity will be packed full of important information in register new asterned.  Reserve Your Room Now!  Hyan Place Tampa Weley Chaped (26000 Seria Center Bouleread, Latz, Pariela 335979), he beats have like as reolmed are of \$1.00 (ningle/doubled). Spould rates are cantalked used Jamenty 7, 7024 at \$5.00 pm.	registration aid). It "FSPC Member reduced confere http://floridan.ici \$ Amount Enclose	iost volunteers wi ship. Join or noe fee as a thi depresention.org/	l be able to observe enew FSPC mer nk you. To learn i nembership/	presentations du nbership for S more and becon # Check#	hours (session hosts, ring voluntier hours. 25 and receive a ne a member, visit
To make reservations, contact Hyatt Reservation desk					on-PayPal credit card

SAVE THE DATE! FEBRUARY 19 & 20, 2024

#### SEPTEMBER WAS SUICIDE PREVENTION **MONTH**

By Stephen Roggenbaum, Chair, FSPC Link: https://floridasuicideprevention.org

Although suicide prevention is a year-round activity and effort, we focus and double our efforts during the month of September. Suicide Awareness Month (September) was a very busy one for FSPC.

FSPC had representatives attend, speak, and/or had materials

distributed at numerous locations, some of which included:

- Bluebird Run & Walk for Brooke B. for Suicide Awareness & Prevention (Pam M. Region 2 Director, Tallahassee)
- Hand & Stone Massage and Facial Spa (Steve R. Char, Tampa)
- Walk It Out . . . Talk It Out Suicide Awareness & Prevention Walk (Manny R. Region 13 Director, Wildwood)
- 5th Annual Team Kyle Suicide Prevention Police Escorted Ride (Paula E. Former Vice Chair & Tara Sullivan, Region 7 Director, Sanford)
- Centerstone's Life:Story 5K/10K (Jody S. Region 5 Director, Sarasota)
- Hoop for Hope . . . Suicide Prevention Awareness Event (Steve R. Chair, Anna Maria Island)
- 6th Annual James Thomas Suicide Awareness and Prevention event hosted by Just Cares Inc (Jemima D. Region 14 Director, Lakeland). Jemima is pictured at right while speaking at the event.

FSPC extends a special thanks to everyone throughout Florida who helped raise awareness; reached out to a friend, relative, or colleague with support; or shared suicide prevention resources including the 9-8-8 Suicide & Crisis Lifeline number. A special Thank You to FSPC Region Directors who invested time and energy as evidenced by the above list of activities and events. .



#### RESOURCE GUIDE FOR LOSS SURVIVORS

Lindsay Brown, Florida Launch, Engage, Activate Departments and Systems for Zero Suicide (FL LEADS) Project Link: https://www.myflfamilies.com/sites/default/files/2023-09/
Loss Survivor Resources FINAL\_7.13.23.pdf

The FL LEADS project in partnership with the Statewide Office for Suicide Prevention, EscaRosa Suicide Prevention Coalition, and others, just recently put together a statewide *Suicide Loss Survivors Resource Guide*. It was a several month project that valued lived experience loss survivors as the core of its development; lots of outreach, collaboration and feedback from those who have lost. This document will live on the DCF Suicide Prevention webpage, as well as the FL LEADS project webpage,

FSPC wants to highlight this resource and encourage readers to share the link broadly as it could be of great help to recent and ongoing loss survivors.

Note: The Florida LEADS Project is a five-year, federally funded grant based on the Zero Suicide Model and acts as a multi-system approach, rooted in cultural competency and evidence-based research. The project aims to reduce health disparities and inequalities that affect the lives of adults, ages 25 years and older, at risk for suicide and/or experiencing behavioral health disorders, serious mental illnesses, and substance abuse addictions.

# Resource Guide for Suicide Loss Survivors Florida and National Resources Suicide takes the lives of about 47,000 Americans each year. Every one of these deaths reverberates through families, workplaces, schools and universities, religious organizations, and other social networks. Those left behind after the suicide of a family member, friend, or colleague are referred to as "loss

deaths reverberates through families, workplaces, schools and universities, religious organizations, and other social networks. Those left behind after the suicide of a family member, friend, or colleague are referred to as "loss survivors." Navigating the loss of a loved one by suicide can be a struggle, but you are not alone in this. Other loss survivors share your experience and have contributed to creating resources to help you cope and move forward in your life.



#### Contents (click to jump to page)

- Hotlines
- Support Groups (in person and online)
- Support Organizations
- Resource Guides for Survivors
- Organizations and Websites for Survivors and Advocacy
- Suicide Prevention Organizations with Information for Survivors
- Resources for Survivor Support Groups and Prog

https://www.myflfamilies.com/suicideprevention

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#### ONLINE BOOTCAMP SUICIDE PREVENTION TRAINING

Steve Roggenbaum, FSPC Chair

Link: <a href="https://usfcoph-lla.catalog.instructure.com/browse/all/on-demand/courses/activist-lab-boot-camp-webinar-2024">https://usfcoph-lla.catalog.instructure.com/browse/all/on-demand/courses/activist-lab-boot-camp-webinar-2024</a>

The University of South Florida's College of Public Health is sponsoring the 6th Activist lab Boot Camp on suicide *Prevention: Be voices for Change* on January 25, 2024 and January 26, 2024 from 9:00 am to 1:30 pm both days. This will be a Zoom format webinar.

The purpose of the Activist Lab Boot Camp is to provide an advocacy eduction and practice program. The boot camp is centered around particular public health issues with the opportunity for participants to learn from experts in the field. This year's boot camp is focused on suicide prevention.

Boot Camp objectives for this year include:

- Discuss the important tenets and strategies related to successful public health advocacy, policymaking and communication related to suicide prevention.
- Communicate with and learn from suicide prevention expert on. Public health issues and strategies for change.
- Develop the ability to create position papers about suicide prevention.
- Become a voice for change for public health advocacy.

The online interactive webinar registration includes: breakout sessions, College of Public Health credit, CHES credit and digital badge.

Note: Students from any school can participate free!

## SUPPORTING SUICIDE PREVENTION ACROSS THE NATION

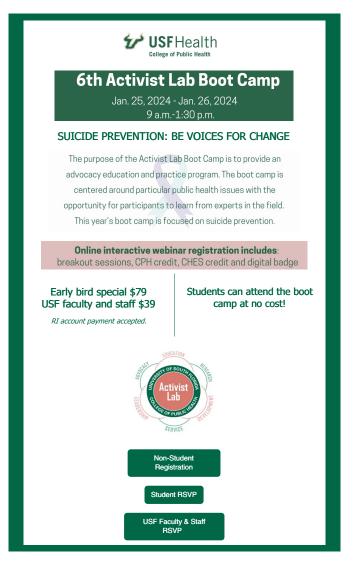


Shawna Hite-Jones, MPH, MCHES, Senior Manager of Prevention Initiatives, Education Development Center, Senior Prevention Specialist, Suicide Prevention Resource Center Project Website: <a href="https://Sprc.Org/">https://Sprc.Org/</a>

The <u>Suicide Prevention Resource Center</u> (SPRC) is the nation's only federally supported resource center devoted to advancing the <u>National Strategy for Suicide</u> <u>Prevention</u>. Funded by the Substance Abuse and Mental Health Services Administration, SPRC brings together leaders in suicide prevention to develop resources and provide direct technical assistance (TA) to support states and territories on implementing evidence-informed suicide prevention efforts.

All resources and services developed by SPRC are freely available to any community in the U.S. Check out the following:

- On SPRC's <u>About Suicide</u> webpage, visitors can find up-to-date statistics and suicide prevention information for different settings and populations.
- SPRC's <u>Effective Prevention Model</u> provides guidance and resources to support communities in implementing a comprehensive approach to suicide prevention, engaging in strategic planning, and incorporating keys to success—such as using safe suicide prevention messaging.



SPRC's *Recommendations for State Suicide Prevention Infrastructure* lays out six essential elements, associated tools, and examples to help states and territories develop sustainable suicide prevention.

SPRC launched the new <u>Best Practices Registry (BPR)</u> in 2023, providing a central list of evidence-informed suicide prevention programs. Every program in the registry has been shown to help prevent suicide or address risk and protective factors for suicide. Some programs in the growing BPR include local and cultural evidence of effectiveness in preventing suicide. All are encouraged <u>to submit</u> programs to the BPR.



Finally, SPRC's team of prevention specialists is available to provide technical assistance to state, territorial, and Tribal representatives on evidence-informed suicide prevention. From directing individuals to best practice information to hosting learning events, SPRC's team is dedicated to empowering all communities to play active roles in suicide prevention. Sign up for SPRC's Weekly Spark to learn about SPRC's resources, services, and upcoming events or find us on social media at X, Facebook, or LinkedIn.

#### VISIT FSPC'S FACEBOOK & LINKEDIN PAGES

Source: Florida Suicide Prevention Coalition

Website: <a href="https://www.facebook.com/groups/997344794378650">https://www.facebook.com/groups/997344794378650</a>

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

Lisa Zeller, FSPC Region 4 Director, Myrtice Landers, former FSPC Treasurer, and Jemima Douge, FSPC Region 14 Director with the back up of Rachelle Burns, FSPC Region 1 Director / Vice Chair have helped FSPC increase our digital outreach. FSPC Facebook page and the FSPC LinkedIn page are both active.

These sites are NOT crisis sites and NOT monitored 24/7 so users are encouraged to use other resources such as 988 for immediate times of distress and crisis. However, FSPS has posted valuable information and resources.

### STATEWIDE OFFICE OF SUICIDE PREVENTION HIGHLIGHTS RESOURCES



By Anna Sever, M.S., Former Statewide Office for Suicide Prevention, Office of Substance Abuse and Mental Health, Florida Department of Children and Families

Link:: <a href="http://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml">http://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml</a>

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: <u>Suicide Prevention - Florida Department of Children and Families (myflfamilies.com)</u>

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 <a href="https://www.myflfamilies.com/suicideprevention">https://www.myflfamilies.com/suicideprevention</a> 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 <a href="https://www.myflfamilies.com/suicideprevention">https://www.myflfamilies.com/suicideprevention</a>

Follow the hashtag #StopSuicideFL on social media to learn about statewide suicide prevention activities and initiatives.

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



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. <a href="https://www.myflfamilies.com/service-programs/samh/prevention/suicide-">https://www.myflfamilies.com/service-programs/samh/prevention/suicide-</a>

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** & <a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>

Florida Suicide Prevention Coalition Facebook/Meta page: <a href="https://www.facebook.com/groups/997344794378650">https://www.facebook.com/groups/997344794378650</a>

Resources for Survivors of Suicide Loss. SAVE. Suicide Awareness Voices for Education maintains a resource list at: <a href="http://suicidegrief.save.org/ResourceLibrary">http://suicidegrief.save.org/ResourceLibrary</a>

Suicide Loss Survivors. The American Association of Suicidology (AAS) hosts a webpage with resources for survivors of suicide loss at <a href="http://www.suicidology.org/suicide-survivors/suicide-loss-survivors">http://www.suicidology.org/suicide-survivors/suicide-loss-survivors</a>

Suicide Grief Resources. Helpful information, tools, and links for people bereaved by suicide at <a href="http://suicidegriefresources.org/">http://suicidegriefresources.org/</a>

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

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: <a href="http://actionallianceforsuicideprevention.org/resources">http://actionallianceforsuicideprevention.org/resources</a>

Coping After Suicide Loss: Tips for Grieving Adults, Children, and Schools. The American Psychological Association tip sheet. <a href="http://www.apa.org/helpcenter/suicide-coping-tips.pdf">http://www.apa.org/helpcenter/suicide-coping-tips.pdf</a>

*The Steve Fund*. Dedicated to the mental health and emotional well-being of students of color. https://www.stevefund.org/

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

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/

Muslin 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 WANTS YOU!**

By Stephen Roggenbaum, Chair, FSPC Link: <a href="https://floridasuicideprevention.org">https://floridasuicideprevention.org</a>

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 (<a href="mailto:roggenba@usf.edu">roggenba@usf.edu</a>). See first page of newsletter (box at left) for Regions and associated counties.

#### **Reaching Those in Times of Need**

Suicide Prever

#### 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, <a href="mailto:roggenba@usf.edu">roggenba@usf.edu</a>

#### 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 Bill Wright, FSPC Treasurer (<a href="mailto:chaplainwright2190@gmail.com">chaplainwright2190@gmail.com</a>). Online membership info: <a href="http://floridasuicideprevention.org/membership/">http://floridasuicideprevention.org/membership/</a>

FSPC's 2024

# 8<sup>th</sup> Florida Taking Action for Suicide Prevention Conference



#### FSPC 2024 Conference

#### The Florida Suicide Prevention Coalition

(FSPC) is hosting its 8th Florida Taking Action for Suicide Prevention Conference at the Hyatt Place Tampa Wesley Chapel, 26000 Sierra Center Boulevard, Lutz, FL 33559 February 19-20, 2024.

FSPC invites state agency representatives, providers, FSPC members, suicide loss survivors, clergy, first responders, crisis center staff, veterans, prevention advocates, and the public to attend to learn about prevention initiatives, and gain skills in suicide prevention and advocacy. There will be time to network with presenters and other attendees.

2024 FSPC conference highlights: Plenary speaker Dr. Dan Reidenberg – Rays of Hope, extended presentation breaks, a poster session for increased interactions with presenters, and concurrent sessions to provide conference participants multiple choices for session selection to personally tailor their experience.

2024 features Four Pre-Conference Workshops for Monday 8:00 am to noon (descriptions online).

PCW #1: LivingWorks safeTALK: Suicide Prevention Training Suicide Alertness for Everyone

PCW #2: Responder Readiness

PCW #3: Is There a Case for Youth Anaphylactic Suicide

PCW #4: Communication Resilience in Suicide Prevention (CRISP) Community Workshops: Co-Facilitator Training

This valuable educational opportunity will be packed full of important information so register now to attend.

#### Reserve Your Room Now!

Hyatt Place Tampa Wesley Chapel (26000 Sierra Center Boulevard, Lutz, Florida 33559), the host hotel has rooms for a reduced rate of \$149 (single/double). Special rates are available until January 17, 2024 at 5:00 pm.

To make reservations, contact Hyatt Reservation desk directly at +1 (800) 993–4803 and refer to the special rate code G-CCSC. Make reservations on-line at: <a href="https://bit.ly/3uGFUms">https://bit.ly/3uGFUms</a>. Enter arrival/departure dates and click "check availability" to view the special rate. The "Corporate/ Group Code" section under "Special Rates" page will autopopulate with the code G-«»«CCSC.

#### Conference Registration

Register Online at <a href="http://floridasuicideprevention.org/fspcevents">http://floridasuicideprevention.org/fspcevents</a>

Name		
Agency/Affiliation		
Address		
City	State	Zip
Phone (home)	Phone (cell)	
Fennil		

#### Please check the appropriate box(es) below

Note: Pre-Conference Workshops (Monday AM) are an additional cost to the conference registration fee. If desired, choose one of the four options.

	By January 27, 2024		After January 27, 2024		
	FSPC Member*	FSPC non-Member	FSPC Member*	FSPC non-Member	
Pre-Conf. Wrkshp circle: 1, 2, 3, or 4	□ \$25	□ \$35	□ \$35	□ \$45	
Attendee	□ \$90	□ \$150	□ \$100	□ \$160	
Presenter	□ \$80	□ \$130	□ \$90	□ \$140	
Student	□ \$35	□ \$50	□ \$40	□ \$55	
Total	\$	\$	\$	\$	

□ Volunteer. Receive half off your total registration costs [invest about 4 hours (session hosts, registration aid). Most volunteers will be able to observe presentations during volunteer hours.

\*FSPC Membership. Join or renew FSPC membership for \$25 and receive a reduced conference fee as a thank you. To learn more and become a member, visit <a href="http://floridasuicideprevention.org/membership/">http://floridasuicideprevention.org/membership/</a>

\$	#	
Amount Enclosed (see above chart)	Check #	
Please make checks payable to Florida Suicide	Prevention Coalition.	

For registration questions or alternative payments (e.g., Invoice, MFMP, non-PayPal credit card use), please contact William Wright at <a href="mailto:chaplainwright2190@gmail.com">chaplainwright2190@gmail.com</a> or 850-375-8724.

**Register online or Mail Registration to:** Florida Suicide Prevention Coalition

Attn: William Wright 7898 Armstrong Road Milton, FL 32583 Questions: Stephen Roggenbaum roggenba@usf.edu 813-784-3171

(please leave message if no answer)

SAVE THE DATE! FEBRUARY 19 & 20, 2024