



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** Alan Mednick
(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)

July 2024 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

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

FSPC ANNUAL MEETING & NEW BOARD

By Stephen Roggenbaum, Vice Chair, FSPC

FSPC annual business meeting was held Saturday June 8th 10:00 am (EST) and 9:00 am (Central) and announced the new Board. A healthy budget was reported, a conference recap was provided, and a special Thank You to Carolina Poll, FSPC volunteer for helping to update the survivors resources for the FSPC website.

Congratulations to:

Rachelle Burns, Chair
Stephen Roggenbaum, Vice Chair
Sabina Zunguze, Vice Chair
Bill Wright, Treasurer
Ashley Respress, Secretary



FSPC WANTS YOU!

By Stephen Roggenbaum, Vice 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) or any Board member. See first page of newsletter (box at left) for Regions and associated counties.

FSPC RECOGNIZES FORMER REGION DIRECTOR AND WELCOMES NEW ADDITION

Thanks so much for Payton Reid's service as the Region 9 Director (Palm Beach County) for the past five years! FSPC appreciates her investment and commitment in everything that she has done to support suicide prevention and the FSPC specifically. This includes her participation in FSPC conferences, obtaining a banquet for a FSPC Tallahassee conference, fielding phone calls, updating Region 9's resources for the website, maintaining local contacts, and so much more!

Welcome to the new Region 9 Director, Alan Mednick. alan.mednick@livingworks.net (781) 879-8414.

SEPTEMBER IS SUICIDE PREVENTION MONTH

By Stephen Roggenbaum, Vice Chair, FSPC

Link: [https://orders.gpo.gov/SAMHSA988/Pubs.aspx?utm_source=SAMHSA&utm_campaign=2ba7301ed8-EMAIL_CAMPAIGN_2024_06_20_05_29&utm_medium=email&utm_term=0_-2ba7301ed8-\[LIST_EMAIL_ID\]](https://orders.gpo.gov/SAMHSA988/Pubs.aspx?utm_source=SAMHSA&utm_campaign=2ba7301ed8-EMAIL_CAMPAIGN_2024_06_20_05_29&utm_medium=email&utm_term=0_-2ba7301ed8-[LIST_EMAIL_ID])

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) is an important time for us all and for for FSPC.

Consider ways to encourage the public to be there for someone who might be struggling or is in crisis..Order 988 materials now to get them in time for sharing and distribution as one way to help support those who may be struggling. 988 Suicide & Crisis Lifeline print materials are free to the public. See link above.

FSPC MEMBER CONTRIBUTES TO MEDPAGE

By Stephen Roggenbaum, Vice Chair, FSPC

Link: <https://www.medpagetoday.com/opinion/suicide-watch/110311>

Russell Copeland, FSPC member, contributed to The MedPage Today article titled [Suicide Research Must Consider Both the 'How' and the 'Why' | MedPage Today](#).

"My Russian maternal grandmother would prepare hot tea in a glass. Before pouring the steaming water, she would place a clinking metal spoon into the little beaker and then let the boiling water flow from the pot. "You see, child, the spoon protects the glass from cracking."

... my readers may understandably ask, "what does this have to do with suicide?" It has to do with the relationship of "why" (i.e., etiologic causes, origins, and course of an illness or disease) to "how" (i.e., preclinical, and clinical foreseeability to avoid or reduce the occurrence of negative outcomes)."

Click on the link above to read the entire MedPage article.

RESOURCE GUIDE FOR LOSS SURVIVORS

Lindsay Brown, Florida Launch, Engage, Activate Departments and Systems for Zero Suicide (FL LEADS) Project

Link: [https://www.myffamilies.com/sites/default/files/2023-09/Loss Survivor Resources FINAL_7.13.23.pdf](https://www.myffamilies.com/sites/default/files/2023-09/Loss%20Survivor%20Resources%20FINAL_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.

VISIT FSPC'S FACEBOOK & LINKEDIN PAGES

Source: Florida Suicide Prevention Coalition

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

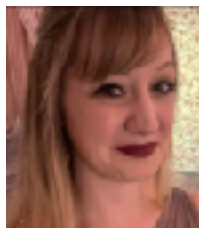
Website: <https://www.linkedin.com/company/florida-suicide-prevention-coalition/?viewAsMember=true>

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 intervention 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: <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 \(myflfamilies.com\)](#)

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.

WHAT'S HAPPENING - MARK YOUR CALENDARS!



February 2025 - *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.stevfund.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 Bill Wright, FSPC Treasurer (chaplainwright2190@gmail.com). Online membership info: <http://floridasuicideprevention.org/membership/>