



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)

September 2024 Newsletter FLORIDA SUICIDE PREVENTION COALITION

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

FSPC ANNUAL CONFERENCE IS SET!

By Stephen Roggenbaum, Vice Chair, FSPC

FSPC is announcing the 2025 9th annual statewide suicide prevention conference on February 17th and 18, 2025 at Hyatt Place Tampa/Wesley Chapel. Mark your calendars.

Accepting submissions now

Pre-Conference Workshop submission: <https://s.surveypplanet.com/dpfxyox>. **Presentation submission link is:** <https://s.surveypplanet.com/bsc62uap> **Display Table request** <https://s.surveypplanet.com/3a0pz19p>



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 FREE 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.

GET INVOLVED AND SUPPORT FSPC!

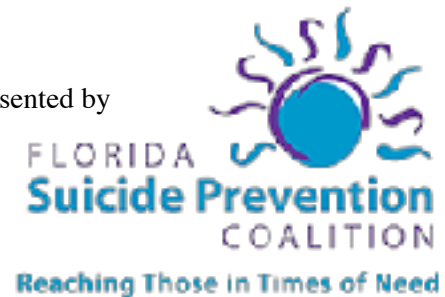
By Stephen Roggenbaum, Vice Chair, FSPC

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.



FLORIDA SUICIDE PREVENTION COALITION RECOGNIZES MEMBERS

By Stephen Roggenbaum, Vice 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.

Caim Coaching

Mental Health Association of Central Florida

EscaRosa Suicide Prevention Coalition

United Way of Broward County

First Responder Hope Line

YES Institute

Alachua County Crisis Center

The Tatiana Foundation





THE SOURCE FOR KNOWLEDGE ON GENDER & ORIENTATION*



FSPC REGION DIRECTOR IS ACTIVE

Phil Bulone is FSPC Region 10 Director serving Broward County. Phil has been active in several community events recently hosting display tables and disseminating FSPC, 988, and suicide prevention materials. A couple of the events include: City of Sunrise Health Fair and Destination Hope Mental Health Family Day. He stood still long enough for a couple pictures and plans even move activities for this fall.



APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

WORKSHOP IN

TAMPA

By Stephen Roggenbaum,
Vice Chair, FSPC

Link: <https://www.eventbrite.com/e/902667993267?aff=oddtcreator>

Suicide Prevention Training Institute (SPTI) is offering an ASIST Workshops Friday & Saturday September 20 & 21, 2024, 8:00 am to 4:30 pm at St. James United Methodist Church, 16202 Bruce B Downs Blvd., Tampa Florida 33647.

SPTI offers ASIST Workshops to Veterans, their Families, and Gatekeepers at no cost to the attendees through a grant from the Love IV Lawrence Memorial Foundation. For the purpose of the grant, SPTI defines a gatekeeper as a support person who works with or interacts with Veterans.

Interested participants who meet the grant criteria should use the Discount Code 0924VET when registering. The code will allow them to register at no cost.

Individuals who are not Veterans, their Families or Gatekeepers are welcome to attend for the full registration cost of \$275.00.

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](https://www.myflfamilies.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*

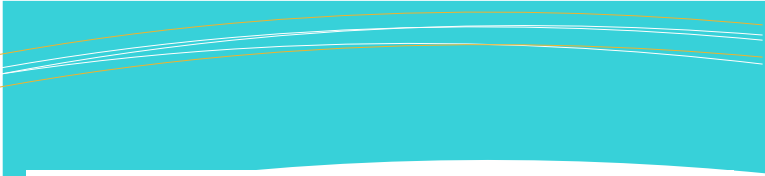


SUICIDE CAN BE PREVENTED

Everyone has a role to play. No matter what that role is, our training programs prepare individuals, organizations, and communities to make a difference.

OUR TRAINERS

Our Training Team includes registered LivingWorks ASIST™ Trainers that bring a myriad of behavioral health expertise to the team.



ASIST™

Applied Suicide Intervention Skills Training

LivingWorks ASIST™ is a two-day face-to-face workshop featuring powerful audiovisuals, discussions, and simulations.

At a LivingWorks ASIST™ workshop, you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Two ASIST™ Trainers will guide you and support you through the course, ensuring your comfort and safety.

Date: Friday, September 20th & Saturday September 21st 2024

Thanks to a generous grant from the Love IV Lawrence Memorial Foundation, VETERANS, their families, and Gatekeepers are able to participate in this workshop at no cost. Use Discount Code 0924VET

Individuals who are not Veterans, their Families or Gatekeepers are welcome to attend for the full registration cost of \$275.00.

Registration:

<https://www.eventbrite.com/e/902667993267?aff=oddtcreator>

Questions: spti@educatingtosavelives.org

LivingWorks has partnered with CEUnits® to offer CEUs for ASIST™ participation (additional fee applies). CEU information can be found at: <https://www.ceunits.com/livingworks/>

Participants must attend both days

Time: 8:00 am - 4:30 pm

Location: St. James United Methodist Church
16202 Bruce B Downs Blvd
Tampa Florida 33647

LivingWorks is a world leader in suicide prevention training solutions and LivingWorks ASIST is evidence-based. Here's what over 30 peer-reviewed studies and government reports on LivingWorks ASIST found:

- Improves trainee skills and readiness
- Safe for trainees, with no adverse effects from training
- Interventions shown to increase hope and reduce suicidality
- Training shown to increase general counseling and listening skills
- Saving lives and costs, yielding return on investment of up to 50:1

The SPTI focus is prevention. If you are in crisis, or know someone who is, please call the National Suicide Prevention Lifeline at 988, 1-800-273-TALK (8255) or 911.



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.



WALK IT OUT . . . TALK IT OUT SUICIDE AWARENESS AND PREVENTION WALK - 2ND ANNUAL

Join the crowd at Wildwood Police Department's 2nd annual suicide prevention walk on September 7, 2024. The Walk is at Wildwood Community Center, 6500 Powell Road in Wildwood.

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

WHAT'S HAPPENING - MARK YOUR CALENDARS!



September 7, 2024. *2nd Annual Walk It Out. . . Talk It Out* Suicide Awareness and Prevention Walk. Check in at 8:00 am at Wildwood Community Center, 6500 Powell Road, Wildwood.

September 20 & 21, 2024. ASIST Workshop (Applied Suicide Intervention Skills Training). 8:00 am to 4:30 pm at St. James United Methodist Church, 16202 Bruce B Downs Blvd., Tampa Florida 33647. Registration - <https://www.eventbrite.com/e/902667993267?aff=oddtcreator>

February 17 & 18, 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/>

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

2025 FLORIDA TALKING ACTION FOR SUICIDE PREVENTION CONFERENCE: FLORIDA'S STATEWIDE SUICIDE PREVENTION MEETING.

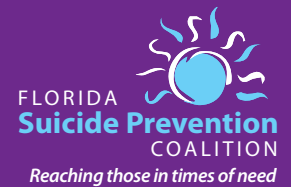
Pre-Conference Workshop submission: <https://s.surveyplanet.com/dpfxxyox>.

Presentation submission link is: <https://s.surveyplanet.com/bsc62uap>

Table request <https://s.surveyplanet.com/3a0pz19p>

FSPC's 2025

9th Florida Taking Action for Suicide Prevention Conference



CALL FOR PRESENTATION PROPOSALS

FSPC's 9th Florida Taking Action for Suicide Prevention Conference will be held at Hyatt Place Tampa/Wesley Chapel, Lutz, Florida on February 17 & 18, 2025. Be a part of this important conference! The FSPC invites you to submit proposals regarding all areas related to suicide and suicide prevention. Apply to present at the FSPC's 2025 9th Conference. **Submission deadline is Friday, October, 25, 2024.**

PRESENTATIONS

Presentation options: Pre-Conference Workshop (4 hours) and Conference Presentation (45 minutes & 22 minutes). Presenters indicate their preferred format however, the selection committee makes the final format decisions. Presenters will be notified by December. Presenters are expected to register for the conference (reduced presenter rate) and use safe messaging guidelines.

- Pre-Conference Workshop submission: <https://s.surveyplanet.com/dpfxxyox>
- Presentation submission: <https://s.surveyplanet.com/bsc62uap>

DISPLAY TABLES

2025 FSPC Conference Agency / Organization / Vendor Display tables are available (limited number). Please note that representatives are expected to register for the conference. Tables are \$150 each and offer a terrific vehicle to expand your reach and promote your programs & services, highlight your agency's prevention activities & efforts, and support FSPC. Application at <https://s.surveyplanet.com/3a0pz19p>.

SPONSORSHIPS

For sponsorship information, please contact Sabina Zunguze, FSPC Vice Chair at 801-347-0261 or zunguze@gmail.com.

QUESTIONS

Please contact Stephen Roggenbaum at roggenba@usf.edu or 813-784-3171 if you have any questions.



CALL FOR PROPOSALS IS NOW OPEN!

PROPOSALS DUE OCTOBER 25

Event Location:

Hyatt Place
Tampa Wesley Chapel
26000 Sierra Center Blvd.
Lutz, Florida 33559
813-803-5600

About the Florida Suicide Prevention Coalition (FSPC)

FSPC is a statewide, grassroots organization of survivors, crisis centers, and interested citizens.

Learn more about us at floridasuicideprevention.org.



facebook.com/groups/997344794378650

SAVE THE DATE! FEBRUARY 17 & 18, 2025