



# **2016 ANNUAL REPORT OF THE SUICIDE PREVENTION COORDINATING COUNCIL**

Department of Children and Families  
Office of Substance Abuse and Mental Health

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## I. Purpose

Section 14.20195(c), Florida Statutes, requires the Suicide Prevention Coordinating Council (SPCC) to prepare an annual report and “present it to the Governor, the President of the Senate, and the Speaker of the House of Representatives by January 1, 2008, and each year thereafter.” This report provides an overview of 2014 national suicide statistics, 2015 state suicide statistics, and the activities in 2016 that support the strategic direction and goals in the State’s Suicide Prevention Plan. These goals are:

1. Integrate and coordinate suicide prevention activities across multiple sectors and settings.
2. Increase public knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.
3. Implement and monitor effective evidence-based programs to promote wellness and prevent suicide-related behaviors.
4. Provide training on the prevention of suicide and related behaviors to community and clinical service providers.
5. Promote suicide prevention as a core component of health care services.
6. Promote and implement effective clinical and professional practices for assessing and treating those identified as being at-risk for suicidal behaviors.
7. Increase the usefulness of national and state level surveillance data to inform suicide prevention efforts.

Part IV of this report lists Florida’s initiatives and actions as reported by the SPCC, Managing Entities, and other stakeholders. The initiatives and actions are divided by:

1. State, Tribal, and Local Governments;
2. Schools, Colleges, and Universities;
3. Nonprofit, Community, and Faith-based Organizations;
4. Health System, Insurers, and Clinicians; and
5. Individuals and Families.

Part V lists stakeholders’ planned initiatives and actions for October 2016 to December 2017.

Part VI provides an update on Florida’s suicide prevention grants to include: the Central Florida Pathways to Awareness, Support, and Services; “Now is the Time” Project AWARE Community Grant and the Florida Linking Individuals Needing Care Project; and Garret Lee Smith State/Tribal Suicide Prevention Program.

Part VII includes SPCC recommendations to enhance suicide prevention efforts to decrease suicide deaths in Florida.

## II. An Overview of Suicide

The information presented in this section provides the most recent suicide data at the national and state levels.

### II.A. National Data

National suicide data for 2014, which are the most recent data available from the Centers for Disease Control and Prevention, are summarized below:

- The total number of deaths in the United States due to suicide in 2014 was 42,773.<sup>1</sup>
- Suicide was the tenth leading cause of death.<sup>2</sup>
- In 2014, the suicide rate per 100,000 population was 13.4<sup>3</sup>, which is higher than the rate of 12.6 reported in 2013.

Table 1 shows the 2014 national suicide deaths per age group. Notably, suicide was the second leading cause of death for individuals within the 10-34 age group and the fourth leading cause of death for ages 35-54.

**Table 1: National Suicide Deaths in 2014**

Age Group	Suicide Deaths	Causes of Death Ranking
10-14	425	2 <sup>nd</sup> cause of death
15-24	5,079	2 <sup>nd</sup> cause of death
25-34	6,569	2 <sup>nd</sup> cause of death
35-44	6,706	4 <sup>th</sup> cause of death
45-54	8,767	4 <sup>th</sup> cause of death
55-64	7,527	8 <sup>th</sup> cause of death
65+	7,693	16 <sup>th</sup> cause of death

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System<sup>4</sup>

### II.B. Florida

Data related to suicide in Florida, as reported in the *Florida Vital Statistics Annual Report (2015)*,<sup>5</sup> are summarized below:

- The total number of deaths due to suicide was 3,152 in 2015, which is an increase from 2,961 in 2014.
- Suicide was the ninth leading cause of death in Florida in 2015.
- In 2015, the suicide rate per 100,000 population was 15.9. This is an increase from 2014 (15.1), and higher than the 2014 national rate.

<sup>1</sup> See, [http://www.cdc.gov/injury/wisqars/fatal\\_injury\\_reports.html](http://www.cdc.gov/injury/wisqars/fatal_injury_reports.html), site accessed August 19, 2016.

<sup>2</sup> See, <http://www.cdc.gov/nchs/fastats/suicide.htm>, site accessed October 12, 2016.

<sup>3</sup> See, <http://www.cdc.gov/nchs/fastats/suicide.htm>, site accessed October 12, 2016.

<sup>4</sup> See, [http://webappa.cdc.gov/sasweb/ncipc/dataRestriction\\_lcd.html](http://webappa.cdc.gov/sasweb/ncipc/dataRestriction_lcd.html), site accessed August 19, 2016.

<sup>5</sup> See, <http://www.flpublichealth.com/VSEBOOK/pdf/2015/Deaths.pdf>, site accessed September 21, 2016.

Table 2 shows the Florida suicide deaths per age group. Suicide was the second leading cause of death for individuals within the 25-34 age group, similar to the national ranking, and the third leading cause of death for ages 10-24.

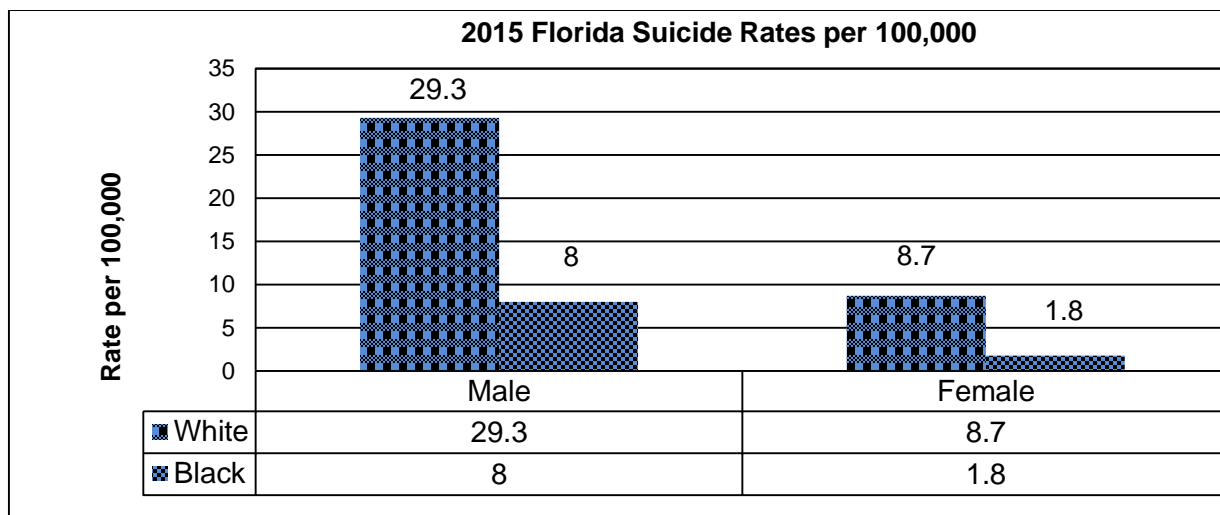
**Table 2: Florida Suicide Deaths in 2015**

Age Group	Suicide Deaths	Causes of Death Ranking
10-14	20	3 <sup>rd</sup> cause of death
15-24	276	3 <sup>rd</sup> cause of death
25-34	398	2 <sup>nd</sup> cause of death
35-44	415	4 <sup>th</sup> cause of death
45-54	642	5 <sup>th</sup> cause of death
55-64	594	8 <sup>th</sup> cause of death
65-74	382	11 <sup>th</sup> cause of death
75-84	267	14 <sup>th</sup> cause of death
85+	158	18 <sup>th</sup> cause of death

Data Source: TABLE D-11: RESIDENT DEATHS FOR SELECTED CAUSES, BY AGE GROUPS, BY COUNTY, FLORIDA, 2015: *Florida Vital Statistics Annual Report (2015)*<sup>6</sup>

Graph 1 shows that in 2015, Florida suicide rates for white and black males were higher than the rates for white and black females. The suicide rate for white males was the highest, while the suicide rate for black females was the lowest.

**Graph 1: 2015 Florida Suicide Death Rates per 100,000 Population by Race and Gender**



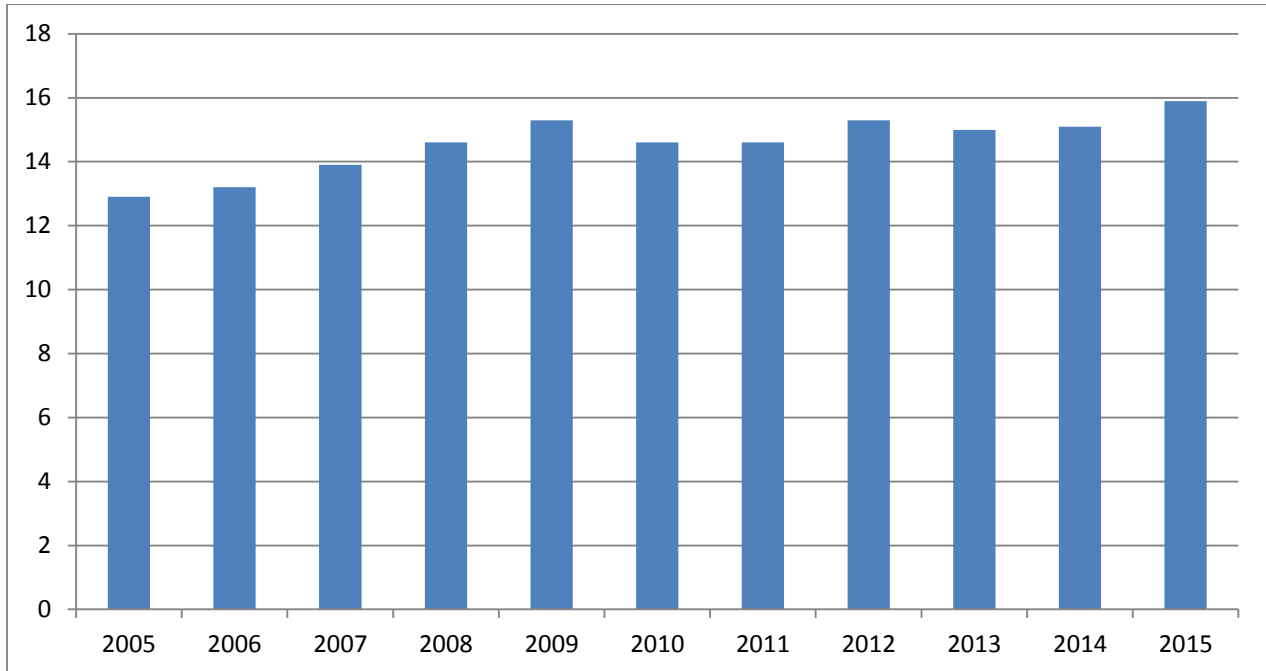
Data Source: CHART D-13: RESIDENT SUICIDE DEATHS AND RATES PER 100,000 POPULATION, BY RACE AND GENDER, FLORIDA, CENSUS YEARS 1970-2000 AND 2005-2015: *Florida Vital Statistics Annual Report (2015)*<sup>7</sup>

<sup>6</sup> See, <http://www.flpublichealth.com/VSBOOK/pdf/2015/Deaths.pdf>, site accessed October 6, 2016.

<sup>7</sup> See, <http://www.flpublichealth.com/VSBOOK/pdf/2015/Deaths.pdf>, site accessed September 21, 2016.

Graph 2 shows a consistent upward trend in the suicide rate in Florida from 2005 to 2009. However, the trend fluctuates slightly from 2009 to 2015. The lowest suicide rate was 12.9 in 2005, while the highest was 15.9 in 2015.

**Graph 2: Suicide Rate per 100,000 Population, Florida (2005 - 2015)**



Data Sources: CHART D-13: RESIDENT SUICIDE DEATHS AND RATES PER 100,000 POPULATION, BY RACE AND GENDER, FLORIDA, CENSUS YEARS 1970-2000 AND 2005-2015: *Florida Vital Statistics Annual Report (2015)*<sup>8</sup>

<sup>8</sup> See, <http://www.flpublichealth.com/VBOOK/pdf/2015/Deaths.pdf>, site accessed September 21, 2016.

### III. Florida Suicide Prevention Plan

The Florida Suicide Prevention Plan is organized into four strategic directions, seven goals, and eleven objectives that guide suicide prevention efforts and activities statewide. Additionally, due to the fact that suicide is a public health issue affecting family members, friends, coworkers, and communities, Section IV of this Report details initiatives and actions stakeholders have taken to implement this plan in their communities.

Strategic Direction	Goal	Objective(s)
Healthy and Empowered Individuals, Families, and Communities	1. Integrate and coordinate suicide prevention activities across multiple sectors and settings.	1.1 Integrate suicide prevention into the values, culture, leadership, and workplace of a broad range of organizations, programs, and schools with a role to support suicide prevention activities.  1.2 Establish effective, sustainable, and collaborative suicide prevention programming at the state, tribal, and local levels.
	2. Increase public knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.	2.1 Reduce prejudice, stigma, and discrimination associated with suicidal behaviors and mental and substance use disorders.
Clinical and Community Preventive Services	3. Implement and monitor effective evidence-based programs to promote wellness and prevent suicide-related behaviors.	3.1 Encourage community-based settings to implement effective evidence-based programs and provide education to promote wellness.  3.2 Intervene to reduce suicidal thoughts and behaviors in populations with suicide risk.
	4. Provide training on the prevention of suicide and related behaviors to community and clinical service providers.	4.1 Update and modify suicide prevention trainings to meet the provider's specific needs and roles.
Treatment and Support Services	5. Promote suicide prevention as a core component of health care services.	5.1 Promote timely access to assessment, intervention, and effective care for individuals with heightened risks for suicide.  5.2 Establish linkages between providers of mental health and substance abuse services and primary care and community-based programs, including peer support programs.
	6. Promote and implement effective clinical and professional practices for assessing and treating those identified as being at-risk for suicidal behaviors.	6.1 Adopt, disseminate, and implement guidelines for the assessment of suicide risk among persons receiving care in all settings.  6.2 Adopt, disseminate, and implement guidelines for clinical practice and continuity of care for providers who treat persons with suicide risks.
Surveillance, Research, and Evaluation	7. Increase the usefulness of national and state level surveillance data to inform suicide prevention efforts.	7.1 Identify available data to guide suicide prevention efforts.

## IV. Florida Initiatives and Actions

There are many suicide prevention activities in local communities around the state that provide a foundation for moving the Florida Suicide Prevention Plan forward. The table below summarizes state level and local community suicide prevention initiatives and actions, as reported by the Suicide Prevention Coordinating Council (SPCC), Managing Entities, and other stakeholders. Initiatives and actions are listed under primary related goals; however, many activities support additional goals. This summary includes the suicide prevention activities that occurred between January-October 2016 as reported to the Statewide Office for Suicide Prevention.

Goals	Initiatives and Actions
<p><b>Goal 1:</b> Integrate and coordinate suicide prevention activities across multiple sectors and settings.</p>	<p><b>State, Tribal, and Local Governments</b></p> <ul style="list-style-type: none"> <li>The Department of Children and Families (DCF) maintains an up-to-date calendar of events and provides information on crisis support and suicide prevention resources on the SOSF website found at: <a href="http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/about-suicide">http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention/about-suicide</a>. In addition to providing these resources on the SOSF webpage, DCF shared posts from the “#BeThe1To” campaign on Facebook to promote awareness during National Suicide Prevention Week.</li> </ul>
	<p><b>Schools, Colleges, and Universities</b></p> <ul style="list-style-type: none"> <li>The University of South Florida (USF) offered the Psychosocial Aspects of Physical Therapy Practice class in which <i>Suicide Prevention – Awareness and Action: What to Look for, What to Do, &amp; How to Help</i> was presented.</li> <li>USF, Department of Child &amp; Family Studies, offered the <i>University Suicide Prevention: Evaluation of Campus Connect</i> at the 29<sup>th</sup> Annual Research &amp; Policy Conference on Child, Adolescent, and Young Adult Behavioral Health.</li> <li>The Department of Child and Family Studies, USF, and the American Foundation for Suicide Prevention, Tampa Bay Chapter, co-hosted a <i>Workshop for Survivors of Suicide Loss: Finding Hope and Healing</i>.</li> <li>Florida State University is implementing a Substance Abuse and Mental Health Services Administration (SAMHSA) Campus Suicide Prevention grant.</li> </ul>
	<p><b>Nonprofit, Community, and Faith-based Organizations</b></p> <ul style="list-style-type: none"> <li>Community Drug and Alcohol Council’s (CDAC) staff in Northwest Florida implemented the Stop Bullying Now Curriculum in the Ferry Pass and Brentwood Elementary Schools.</li> <li>The CDAC in Northwest Florida ensured that staff familiarized themselves with suicide prevention publications and participated in suicide prevention coalitions in the tri-county area of Northwest Florida.</li> <li>The Suncoast Yellow Ribbon Suicide Prevention Project: <ul style="list-style-type: none"> <li>Hosted and organized the Awareness and Prevention Fundraiser.</li> <li>Attended the American Foundation for Suicide Prevention’s Suicide Bereavement Clinician Training Conference.</li> </ul> </li> <li>The Florida Alcohol &amp; Drug Abuse Association (FADAA) hosted the statewide Prevention Committee for agencies, Managing Entities, and treatment providers. Suicide Prevention is one of the issues this Committee addresses.</li> </ul>



Goals	Initiatives and Actions
<p><b>Goal 1</b> <i>Continued</i>: Integrate and coordinate suicide prevention activities across multiple sectors and settings.</p>	<ul style="list-style-type: none"> <li>• The Florida Suicide Prevention Coalition welcomed three new Regional Directors, and an additional Vice Chair and current directors worked on redesigning their website.</li> <li>• The Northwest Florida CDAC's Women and Family Intervention Services and the Women's Intervention Services &amp; Education Program identified risk factors, warning signs, and protective factors during screening, and intake processes.</li> </ul> <p><b>Health System, Insurers, and Clinicians</b></p> <ul style="list-style-type: none"> <li>• The Managing Entity South Florida Behavioral Health Network (SFBHN) partnered with various organizations to promote awareness, education, and the prevention of suicide.</li> <li>• The Managing Entity Lutheran Services Florida (LSF) Health System organized an event - Mental Health and the Church: A Gathering.</li> <li>• The LSF Health Systems Training Institute offered a Multicultural Strategies for Clinical Settings Training.</li> <li>• LifeStream Behavioral Center held a luncheon kickoff during Mental Health Awareness Month.</li> </ul>
<p><b>Goal 2</b>: Increase public knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.</p>	<p><b>State, Tribal, and Local Governments</b></p> <ul style="list-style-type: none"> <li>• Governor Scott's proclamation recognized January 14, 2016, as Florida Suicide Prevention Day.</li> <li>• DCF and the SPCC disseminated the Florida Suicide Prevention Plan 2016-2020 to key stakeholders and partners statewide.</li> <li>• The Office of Substance Abuse and Mental Health presented the following topics at various events: <ul style="list-style-type: none"> <li>○ Florida's Statewide Plan for Suicide Prevention, Suicide Prevention Coordinating Council, &amp; Updates</li> <li>○ The Trauma of Suicide: Hope for the Future</li> <li>○ The Future of Suicide Prevention in Florida</li> <li>○ Florida Suicide Prevention Plan</li> <li>○ Suicide Prevention Leadership 101</li> </ul> </li> </ul> <p><b>Nonprofit, Community, and Faith-based Organizations</b></p> <ul style="list-style-type: none"> <li>• The Florida Suicide Prevention Coalition, American Foundation for Suicide Prevention, and DCF held the 2016 Suicide Prevention Day at the Capitol.</li> <li>• Big Bend Hospice hosted the annual Lighting the Darkness event.</li> <li>• Florida Suicide Prevention Coalition held the Florida Taking Action for Suicide Prevention, a mini-conference.</li> <li>• CDAC in Northwest Florida implemented organizational changes to promote employee mental and emotional health.</li> <li>• FADAA hosted three Emerging Trends Military Sexual Trauma workshops for veterans.</li> <li>• FADAA and the Florida Council for Community Mental Health co-sponsored the Behavioral Health Conference that offered three suicide prevention workshops: <ul style="list-style-type: none"> <li>○ Why People Die by Suicide.</li> <li>○ Driving Suicide to Zero: Re-Designing the Clinical System of Care to Systematically Address Suicide Prevention.</li> <li>○ Suicide Prevention Leadership 101.</li> </ul> </li> <li>• Suncoast Yellow Ribbon Suicide Prevention Project participated in a World Suicide Prevention Day event at James A. Haley Hospital.</li> <li>• Suicide Prevention Awareness and Response Education coalition hosted the 5th Annual Bridges of Hope Walk.</li> </ul>

Goals	Initiatives and Actions
<p><b>Goal 2 Continued:</b> Increase public knowledge of the factors that offer protection from suicidal behaviors and promote wellness and recovery.</p>	<ul style="list-style-type: none"> <li>• United Way of Broward County Commission on Substance Abuse hosted Awareness Assemblies in three middle schools.</li> <li>• Northwest Florida’s CDAC’s Education and Counseling for High School Opportunities programs and schools drafted and presented a classroom plan to handle suicidal ideation.</li> <li>• Broward County’s Florida Initiative of Suicide Prevention sponsored Helping Overcome Problems Effectively in after school Sunshine Clubs in 23 schools.</li> <li>• The Florida Initiative of Suicide Prevention provided: <ul style="list-style-type: none"> <li>○ The Solutions Unlimited Now Problem Solving curriculum to adolescences which include high school seniors, the Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and Asexual, and individuals involved with the juvenile justice system;</li> <li>○ Suicide prevention, intervention, and postvention trainings; and</li> <li>○ Seven Survivors of Suicide Loss support groups.</li> </ul> </li> </ul> <p><b>Health System, Insurers, and Clinicians</b></p> <ul style="list-style-type: none"> <li>• LSF Health Systems sponsored Kevin Hines’ Suicide Survivor Lecture and Wellness Plan Presentation with a Question, Persuade, and Refer presentation.</li> </ul>
<p><b>Goal 3:</b> Implement and monitor effective evidence-based programs to promote wellness and prevent suicide-related behaviors.</p>	<p><b>State, Tribal, and Local Governments</b></p> <ul style="list-style-type: none"> <li>• DCF Office of Substance Abuse and Mental Health Central Region (Orlando and surrounding counties) supported the Central Florida Pathways to Awareness, Support and Services Project.</li> <li>• Law enforcement throughout the Northwest Region attended Youth Mental Health First Aid trainings.</li> <li>• Department of Juvenile Justice attended the Youth Mental Health First Aid training.</li> <li>• DCF Northwest Region staff attended the following trainings: <ul style="list-style-type: none"> <li>○ Nine Youth Mental Health First Aid classes.</li> <li>○ One Adult Mental Health First Aid class.</li> </ul> </li> </ul> <p><b>Schools, Colleges, and Universities</b></p> <ul style="list-style-type: none"> <li>• USF offered <i>Suicide Issues in Behavioral Healthcare Seminar</i>, during the spring 2016 semester.</li> <li>• Educational staff in the Northwest Region attended Youth Mental Health First Aid training trainings.</li> <li>• School Resource Officers in Okaloosa County attended Youth Mental Health First Aid training trainings.</li> </ul> <p><b>Nonprofit, Community, and Faith-based Organizations</b></p> <ul style="list-style-type: none"> <li>• United Way of Broward County Commission on Substance Abuse and the Broward Behavioral Health Coalition hosted two Mental Health First Aid trainings.</li> <li>• DISC Village Prevention Services participated in school suicide prevention efforts and National Suicide Prevention Week.</li> <li>• The Broward Youth Coalition, United Way of Broward County Commission on Substance Abuse, and the Florida Initiative of Suicide Prevention hosted a Suicide Prevention Training.</li> <li>• The 2-1-1 Big Bend answered the National Suicide Prevention Lifeline for the Big Bend region of North Florida and provided two Applied Suicide Intervention Skills Trainings.</li> <li>• United Way of Broward County Commission on Substance Abuse, Broward County Public Schools, Weston City Commissioners, and local</li> </ul>

<b>Goals</b>	<b>Initiatives and Actions</b>
<p><b>Goal 3 Continued:</b> Implement and monitor effective evidence-based programs to promote wellness and prevent suicide-related behaviors.</p>	<p>police and fire departments hosted the Suicide Prevention Video Project &amp; Kick-Off Assembly.</p> <ul style="list-style-type: none"> <li>• United Way of Broward County Commission on Substance Abuse and Broward Behavioral Health Coalition co-hosted “The WAY” Family Night and the Mental Health Awareness Training (Youth Leadership Institute).</li> <li>• Apalachee Center, Inc. reviewed the Columbia Suicide Severity Rating Scale Screener Version with the goal of adding it to the Preliminary Assessment completed at admission for all persons served.</li> <li>• Northwest Florida CDAC participated on school crisis teams for grief support after a suicide or tragic death.</li> </ul> <p><b>Health System, Insurers, and Clinicians</b></p> <ul style="list-style-type: none"> <li>▪ LSF Health System offered two Youth Mental Health First Aid training trainings at the University of North Florida.</li> <li>▪ SFBHN offered four Adult Mental Health First Aid trainings to providers and stakeholders.</li> <li>▪ LSF Health Systems Training Institute offered ten Adult Mental Health First Aid trainings to providers and stakeholders.</li> <li>• The Managing Entity, Big Bend Community Based Care (BBCBC) hosted an Adult Mental Health First Aid training.</li> </ul>
<p><b>Goal 4:</b> Provide training on the prevention of suicide and related behaviors to community and clinical service providers.</p>	<p><b>State, Tribal, and Local Governments</b></p> <ul style="list-style-type: none"> <li>• DCF contracted with FADAA to hold three Collaborative Care in Suicide Prevention workshops.</li> </ul> <p><b>Nonprofit, Community-, and Faith-based Organizations</b></p> <ul style="list-style-type: none"> <li>• The American Foundation for Suicide Prevention hosted Out of the Darkness walks in Orange, Lee, Marion, and Miami-Dade Counties.</li> <li>• CDAC in Northwest Florida ensured that Preventionists were trained on the warning signs for suicide risk, and were provided resources on the organization’s websites and hotlines.</li> <li>• Suncoast Yellow Ribbon Suicide Prevention Project facilitated bimonthly Healing After the Loss of a Loved One to Suicide Loss Support Group.</li> <li>• Suncoast Yellow Ribbon Suicide Prevention Project provided suicide prevention training to the Zephyrhills Kiwanis Club and New York Life Insurance Company.</li> <li>• CDAC in Northwest Florida assisted with assessing students for possible suicidality and responded to Baker Act admissions.</li> <li>• Suncoast Yellow Ribbon Suicide Prevention Project provided suicide prevention training to middle school students.</li> </ul>
<p><b>Goal 5:</b> Promote suicide prevention as a core component of health care services.</p>	<p><b>Health System, Insurers, and Clinicians</b></p> <ul style="list-style-type: none"> <li>• BBCBC participated in monthly Suicide Prevention Awareness and Response Education coalition meetings.</li> <li>• BBCBC shared suicide prevention resources with providers and community coalitions and added the National Suicide Prevention Lifeline number, logo, and web address to its homepage and encouraged community partners to do the same.</li> </ul> <p><b>Nonprofit, Community, and Faith-based Organizations</b></p> <ul style="list-style-type: none"> <li>• Switchboard of Miami trained specialists to provide training or presentations on suicide prevention and related subjects.</li> </ul>

<b>Goals</b>	<b>Initiatives and Actions</b>
<p><b>Goal 5</b> <i>Continued</i>: Promote suicide prevention as a core component of health care services.</p>	<ul style="list-style-type: none"> <li>• DISC Village Prevention Services screened students for suicidal thoughts and behaviors during the intake process.</li> <li>• Apalachee Center, Inc., in conjunction with NAMI Tallahassee and other community partners, explored the Local Outreach to Survivors of Suicide Team model, with the goal of creating a local Team.</li> </ul>
<p><b>Goal 6</b>: Promote and implement effective clinical and professional practices for assessing and treating those identified as being at-risk for suicidal behaviors.</p>	<p><b>Schools, Colleges, and Universities</b></p> <ul style="list-style-type: none"> <li>• The Department of Child and Family Studies at USF and the American Foundation for Suicide Prevention, Tampa Bay Chapter, co-hosted a Suicide Bereavement Clinician Training Program.</li> </ul>
<p><b>Goal 7</b>: Increase the usefulness of national and state level surveillance data to inform suicide prevention efforts.</p>	<p><b>State, Tribal, and Local Governments</b></p> <ul style="list-style-type: none"> <li>• DCF Central Region Office of Substance Abuse and Mental Health (Orlando and surrounding counties) assisted the C PASS Project in collecting surveillance data on the number of at-risk youth identified and referred by Youth Mental Health First Aid instructors and participants.</li> <li>• DCF participated in the monthly Children and Youth Cabinet's Florida Statewide Suicide Prevention Task Force meetings. The Task Force identified agencies and other entities that collect suicide-related data.</li> </ul>

## V. Planned Initiatives and Actions

The SPCC and suicide prevention stakeholders have the following suicide prevention efforts planned for October 2016 through December 2017. This list is not inclusive of all planned initiatives and actions throughout Florida.

Stakeholder	Planned Initiatives and Actions
The Florida Suicide Prevention Coalition, the American Foundation for Suicide Prevention, and DCF	These organizations will plan the 2017 Suicide Prevention Day at the Capitol on April 6, 2017.
The Florida Suicide Prevention Coalition	This organization will plan the Second Annual Florida Taking Action for Suicide Prevention, a mini-conference to be held April 4 and 5, 2017, in Tallahassee.
Suncoast Yellow Ribbon Suicide Prevention Project	This organization will facilitate a break-out support group for the International Survivors of Suicide Loss Day in November 2016.
The Florida Initiative of Suicide Prevention	This organization plans to increase the number of HOPE Sunshine Clubs in middle school after-school programs and is editing the program to be used with college students.
Suicide Prevention Awareness and Response Education Coalition	This organization will continue to conduct monthly meetings in Bay County.
Community Drug and Alcohol Council	<ul style="list-style-type: none"> <li>• Provide ongoing training, coaching, and supervision in evidence-based programs for staff and community professionals.</li> <li>• Include suicide prevention training in the continuing education schedule available on the CDAC's website. The education program will add suicide prevention training for spring 2017.</li> <li>• Educate family members and significant others about how to support individuals at risk for suicide during treatment and after discharge from an emergency department or inpatient unit.</li> <li>• Increase awareness of community resources for suicide prevention by providing resources on CDAC's website.</li> </ul>
South Florida Behavioral Health Network, Inc.	<ul style="list-style-type: none"> <li>• Promote suicide prevention and awareness during National Suicide Prevention Week, community events, Consumer Network meetings, and integrated workgroups;</li> <li>• Create links on its website to suicide prevention and awareness activities, resources, and to the Florida Suicide Prevention Coalition website and add the Lifeline number to contracted behavioral health provider websites;</li> <li>• Work with contracted behavioral health providers to disseminate tip sheets, SAMHSA's youth suicide prevention materials, Suicide Assessment Five-step Evaluation and Triage pocket cards and information about evidence-based suicide prevention programs;</li> <li>• Coordinate suicide prevention training and enhance its involvement in Crisis Intervention Team training to include suicide prevention, services, and consumer manual discussions;</li> <li>• Develop policy on suicide prevention and awareness related to consumer calls, hotline, staff education, and provider policies;</li> <li>• Integrate behavioral health and primary health care by creating agreements to accept referrals from health care providers; and</li> </ul>

Stakeholder	Planned Initiatives and Actions
South Florida Behavioral Health Network, Inc. <i>Continued</i>	<ul style="list-style-type: none"> <li>• Include screening for suicidal thoughts and behaviors as part of the Children’s Clinical Assessment Tool.</li> </ul>
United Way of Broward County Commission on Substance Abuse	<ul style="list-style-type: none"> <li>• Increase awareness of National Suicide Prevention Week with Broward County Public Schools and Broward County Government.</li> <li>• Host a parent training on suicide warning signs in November 2016 with Broward County Public Schools.</li> <li>• Host The WAY Family Night in December 2016.</li> </ul>
Pensacola State College	<ul style="list-style-type: none"> <li>• Continue to work with other agencies to build and promote a robust local Suicide Prevention Coalition in Escambia and Santa Rosa Counties.</li> <li>• Continue to promote and inform other state colleges about local, state, and national suicide prevention efforts.</li> <li>• Continue to send at least one staff member and one student to attend and support the Annual Suicide Prevention Day at the Capitol.</li> <li>• Add a stronger and more comprehensive postvention action plan.</li> <li>• Continue to offer Campus Connect Suicide Prevention Gatekeeper Training to faculty, staff, and students, and will facilitate other on-campus trainings, as appropriate, such as Mental Health First Aid, Applied Suicide Intervention Skills training, and QPR.</li> </ul>

**VI. Grants**

Florida has federal grant funding to assist with suicide prevention efforts. Below is a list of grants about which status updates were provided; however, this list is not inclusive of all grants addressing suicide prevention.

**VI.A. Central Florida Pathways to Awareness, Support and Services, a “Now is the Time” Project AWARE Community Grant**

The *Central Florida Pathways to Awareness, Support, and Services (C PASS) Project* is a partnership between the University of Central Florida (UCF), the University of South Florida (USF), and the Florida Council for Community Mental Health (FCCMH). This project aims to coordinate, strengthen, and enhance system-wide efforts to build upon and expand Youth Mental Health First Aid (YMHFA) training, behavioral health outreach, and engagement initiatives to high risk regions in Central Florida that include Citrus, Lake, Sumter, Orange, Seminole, and Volusia Counties. Training and outreach efforts target frontline professionals who work with high risk youth who experience mental health and substance use issues, and who encounter significant life stressors and adversities such as exposure to violence, abuse, neglect, poverty, and other forms of victimization.

The C PASS Project supports the training of those who interact with youth through their programs at the community level, including child protective investigators, community mental health partners, law enforcement, school personnel, faith-based leaders, parents, and other adults. Implementation of the C PASS Project is expected to increase the mental health literacy among youth-serving adults, policy-makers, and administrators of programs serving youth.

Major grant activities completed to date are summarized below:

- Established two Memorandums of Understanding with DCF with a focus on building and sustaining YMHFA instructors within DCF and enhancing training opportunities for child protective investigators, case managers, foster parents, and other key staff working with at-risk youth.
- Partnered with stakeholders to expand training to the Department of Juvenile Justice, law enforcement, faith-based organizations or centers, and other non-profit child-serving providers. To date, 34 partnership meetings were conducted to discuss YMHFA training or partnerships with the C PASS project.
- Certified five individuals as YMHFA instructors in Year One of the project, and 186 participants have been trained in YMHFA.
- Participated in 15 community events and disseminated 430 materials to promote the C PASS project.
- Disseminated 397 materials to promote mental health and help seeking resources at trainings, meetings, and events.
- Identified and referred 16 youth to mental health, crisis services, or other supportive services. Fifteen youth have been linked to services.

#### **VI.B. Florida Linking Individuals Needing Care Project (FL LINC), a Garret Lee Smith State/Tribal Suicide Prevention Program**

The FL LINC Project is a partnership between the Florida Office for Suicide Prevention, the Florida Council for Community Mental Health, the University of South Florida, and three of the Managing Entities to innovatively enhance services to reach at-risk priority populations and ensure that young people receive needed services.

Grant activities target the Central, Southeast, and Northeast regions of the state. The goal of this grant is to increase the number of agencies, organizations, schools, and groups working together to implement suicide prevention initiatives, in addition to improving care coordination services (follow-up care after a suicide or an attempt) to at-risk youth, ages 10-24.

Major grant activities completed to date are summarized below:

- Developed 29 informal partnerships with local agencies and schools to implement suicide prevention training.
- Promoted the LINC project and activities at local meetings and events; to date have participated in 257 partnership meetings and disseminated over 5,149 LINC promotional/marketing materials to promote suicide prevention awareness, education, and training.
- Implemented the following LINC trainings throughout the target regions:
  - Question, Persuade, Refer, and Treat, a suicide risk assessment and risk management training, online plus role play; 86 professionals have been trained.
  - Question, Persuade, and Refer, a basic suicide prevention gatekeeper training; 1,375 gatekeepers have been trained.
  - Suicide Risk Assessment & Safety Planning Training; 287 mental health professionals have been trained.
  - Care Coordination; 38 professionals have been trained.

- Family Training for parents/family members of at-risk youth; 69 family members have been trained.
- Postvention Training for school personnel; 35 individuals have been trained.
- Distributed suicide prevention related resources:
  - 6,858 National Suicide Prevention Lifeline materials at events, meetings, and trainings
  - 4,637 University of South Florida Family Guides at events, meetings, and trainings

### **VI.C. Now is the Time Project AWARE (Advancing Wellness and Resiliency in Education)**

The purpose of the AWARE grant is to build and expand the capacity of state educational agencies to increase awareness of mental health issues among school-aged youth, provide training for school personnel and other adults who interact with school-aged youth to detect and respond to mental health issues in children and young adults, and connect children, youth, and families who may have behavioral health issues with appropriate services.

Major grant activities completed to date are summarized below:

- Youth Mental Health First Aid (YMHFA) training through FL AWARE. YMHFA is an 8-hour education program for youth-serving adults that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, and teaches individuals how to help an adolescent who is in crisis or experiencing a mental health challenge, including suicide.
  - FL AWARE has sponsored 55 YMHFA trainings throughout the state with 924 participants completing the YMHFA training during 2016.
  - FL AWARE sponsored YMHFA trainings are provided at no cost to participants. Additionally, 74 YMHFA instructors have been trained through FL AWARE sponsored Train-the-Trainer trainings
- Youth Suicide Awareness Training for K-12 Instructional Personnel. The Florida Department of Education, in collaboration with the Statewide Office of Suicide Prevention and suicide prevention experts, developed a list of approved youth suicide awareness and prevention training materials for K-12 instructional personnel. Information regarding approved trainings was disseminated to School District Superintendents, Student Services Directors, School District Staff Development Coordinators, and School Principals in a memo on October 14, 2016. A list of the FDOE-approved trainings can be found at the following websites: <http://sss.usf.edu/> and [http://www.dcf.state.fl.us/programs/samh/mentalhealth/suicide-prevention/Suicide%20Approved%20Trainings\\_dps-2016-157a.pdf](http://www.dcf.state.fl.us/programs/samh/mentalhealth/suicide-prevention/Suicide%20Approved%20Trainings_dps-2016-157a.pdf)

## **VII. Council Recommendations**

The Council, in partnership with key stakeholders, supports the implementation of national and state level suicide prevention strategies, the dissemination of new suicide prevention research findings, the coordination of services across sectors and disciplines, and the provision of comprehensive suicide prevention initiatives. The Council offers the following recommendations to support these efforts.

### **VII.A. Suicide Prevention Approaches for Health Care Providers**



The Council believes that it is imperative for primary care providers to receive suicide prevention training as part of a comprehensive approach to prevent suicide. Findings from a study published in the *Journal of General Internal Medicine* titled *Health Care Contacts in the Year Before Suicide Death* summarized below illustrate this need:<sup>9</sup>

- the majority of those who died by suicide received health services in the year prior to death;
- on average, 45 percent of individuals had contact with primary care within a month before suicide;
- over 60 percent of individuals made primary care and medical specialty visits without mental health diagnosis in the year before death; and
- psychological autopsy studies demonstrate that over 90 percent of those who die by suicide have mental health problems.

These findings have important implications for targeted suicide prevention and the critical role of primary care providers in the identification of suicidal risk and mental health conditions. In the absence of a mental health diagnosis and treatment by a behavioral health provider, a primary health care provider may be the only health care professional treating an individual at risk of suicide. This doctor/patient relationship provides a critical opportunity for screening and referral to behavioral health services and supports.

Comprehensive suicide prevention resources have been developed specifically for primary care providers. These resources are summarized below:

- The National Suicide Prevention Resource Center provides resources to assist primary care providers to take action and has identified five components to focus on as part of a comprehensive approach to prevent suicide:<sup>10</sup>
  1. Create screening, assessment, intervention, and referral protocols;
  2. Train staff on those protocols, safety planning, and lethal means counseling;
  3. Establish agreements with behavioral health practices so that they will accept referrals;
  4. Create a care coordination and follow up system; and
  5. Distribute information about the National Suicide Prevention Lifeline and its services.
- The Zero Suicide prevention initiative provides resources to health care, primary care, emergency departments, and outpatient health providers. A Zero Suicide toolkit that helps organizations lead suicide prevention efforts is also available. Resources can be accessed on the Zero Suicide website at the following link: <http://zerosuicide.sprc.org/>.

Florida's Suicide Prevention Plan includes the goal of promoting suicide prevention as a core component of health care services. Although changing practice on a large scale in the area of primary care is challenging, the SOS, the Council, and key stakeholders are attempting to impact this critical need through the implementation of related objectives in Florida's Plan.

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<sup>9</sup> Ahmedani, B. K., Simon, G. E., Stewart, C., Beck, A., Waitzfelder, B. E., Rossom, R., . . . Solberg, L. I. (2014). Health care contacts in the year before suicide death. *Journal of General Internal Medicine*, 29(6), 870–877.

<sup>10</sup> National Suicide Prevention Resource Center, accessed December, 2016, <http://www.sprc.org/settings/primary-care>

## **VII.B. Expand the capacity of the Statewide Office for Suicide Prevention (SOSP)**

With a public health approach to reduce factors that increase risk and increase factors that promote resilience or coping, suicide prevention occurs at all levels of society—from the individual, family, and community levels to the broader social environment.<sup>11</sup> A successful suicide prevention strategy requires help and input from a variety of people in a system or community. Involving others in planning and carrying out collaborative efforts is key to ensuring suicide prevention work results in real change.

The Suicide Prevention Resources Center (SPRC) recommends conducting strategic planning efforts at the community level and provides strategies and resources to accomplish these efforts. The alignment of statewide and community based efforts is the approach being taken to implement Florida's Suicide Prevention Plan, with the SOSP facilitating this effort.

Currently, the SOSP has one full-time employee in the Office of Substance Abuse and Mental Health. The SOSP works in partnership, primarily with the Suicide Prevention Coordinating Council, to implement Florida's Suicide Prevention Plan. Limited manpower in the SOSP poses a significant challenge to leveraging partnership with Suicide Prevention Coalitions and local communities required to achieve the goals in Florida's Suicide Prevention Plan. The SOSP is also limited in its ability to apply for and manage grants to support implementation of Florida's Plan to reduce suicide.

The Council recommends expanding the scope and ability of the SOSP to enhance partnerships with local communities and key stakeholders in order to effectively implement Florida's Suicide Prevention Plan. Strategic planning with local communities to reduce suicide at the state and local levels is the goal and would require additional staff to accomplish. Expansion of the SOSP by at least one full-time Suicide Prevention Specialist would enhance its ability to support and collaborate with the Council, local Suicide Prevention Coalitions and key stakeholders to align suicide prevention efforts in a strategic manner to reduce suicide in Florida.

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<sup>11</sup> Zero Suicide, accessed December, 2016, <http://www.cdc.gov/violenceprevention/suicide/prevention.html>

## VIII. Council Members or Designees

As of December 19, 2016, the following individuals are either members or designees of the Council:

Organizational Seat	Name of Member or Designee
Statewide Office for Suicide Prevention and Designee for the Department of Children and Families	Dr. Sofia Castro
Florida Association of School Psychologists	Dr. Gene Cash
Florida Sheriffs Association	Shannon Seiple
Suicide Prevention Action Network USA	*
Florida Initiative of Suicide Prevention	Jackie Rosen
Florida Suicide Prevention Coalition	Betsy Westuba
American Foundation of Suicide Prevention	Tara Sullivan
Florida School Board Association	Karen Brill
National Council for Suicide Prevention	Dr. Dan Reidenberg
State Chapter of AARP	**
Florida Alcohol and Drug Abuse Association	Dr. Louise Ritchie
Florida Council for Community Mental Health	Dr. Kim Gryglewicz
Florida Counseling Association	Dr. Carly Paro
NAMI Florida	Alisa LaPolt
Department of Elder Affairs	Gretta Jones
State Surgeon General	Leah Colston
Commissioner of Education	Dr. David Wheeler
Agency for Health Care Administration	Jack Plagge
Department of Juvenile Justice	Dr. Gayla Sumner
Department of Corrections	Dr. Dean Aufderheide
Florida Department of Law Enforcement	Seth Montgomery
Department of Veterans' Affairs	**
Department of Economic Opportunity	Michael Golen
Governor's Appointee	Stephen Roggenbaum
Governor's Appointee	Donna Schulz
Governor's Appointee	John Popson
Governor's Appointee	Vacant Seat

\*This organization no longer exists.

\*\* DCF is working with these agencies to appoint a representative to the Council.

**For more information, contact:**

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