

**Suicide Prevention Coordinating Council (SPCC)**

Meeting Minutes  
December 10, 2020

**Opening**

The quarterly meeting of the Suicide Prevention Coordinating Council (SPCC) was called to order at 1:04 p.m. on December 10, 2020 by Anna Gai.

**Voting Members Present:**

Representing	Appointed Official	Represented by
Statewide Office for Suicide Prevention	Anna Gai, Chair	
1. Florida Association of School Psychologists	Dr. Gene Cash	
2. Florida Suicide Prevention Coalition	<i>Jane Bennett</i>	Steve Roggenbaum
3. Florida Sheriffs Association	<i>Matt Dunagan</i>	Allie Pass
4. Florida Initiative of Suicide Prevention	Jackie Rosen	
5. American Foundation of Suicide Prevention	Tara Sullivan Larsen	
6. National Council for Suicide Prevention	Dr. Dan Reidenberg	
7. Florida Behavioral Health Association	<i>Sally Cunningham</i>	
8. NAMI Florida	Cindy Foster	
9. Florida Medical Association	Dr. Ryan Hall	
10. Florida Osteopathic Medical Association	Dr. Ramsey Pevsner	
11. Florida Psychiatric Society	Dr. Daniel Castellanos	
12. Florida Psychological Association	Dr. Carolyn Stimel	
13. Florida Association of Managing Entities	Natalie Kelly	
14. Veterans Florida	<i>Joe Marino</i>	Jeremy Sinnemaki
15. Secretary of Elder Affairs	<i>Richard Prudom</i>	Gretta Jones
16. State Surgeon General (DOH)	<i>Dr. Scott Rivkees</i>	Shay Chapman
17. Secretary of Health Care Administration	<i>Shevaun Harris</i>	Dr. Tim Buehner
18. Commissioner of Florida Department of Law Enforcement	<i>Rick Swearingen</i>	Matt Walsh
19. Executive Director of Department of Economic Opportunity	<i>Ken Lawson</i>	Derrick Elias
20. Commissioner of Education	<i>Richard Corcoran</i>	Martha Rodriguez
21. Executive Director of Department of Veterans Affairs	<i>James Hartsell</i>	Al Carter/Roy Clark
22. Secretary of Department of Children and Families	<i>Chad Poppell</i>	Rodney Moore

Note: Italicized names indicate absence with delegate attendance.

### **Voting Members Absent**

Representing	Appointed Official	Represented by
1. Florida Counseling Association	Dr. Carly Paro	
2. Secretary of Juvenile Justice	Simone Marsteller	Dr. Tracy Shelby
3. Secretary of Corrections	Mark Inch	Dr. Aufderheide
4. Florida School Board Association	Karen Brill	
5. State Chapter of AARP	VACANT	
6. Governor's Appointee	Donna Schulz	

### **Approval of Minutes**

Motion to approve minutes as provided: Al Carter

Seconded: Cindy Foster

### **Suicide Prevention Efforts Updates**

#### 2019 and 2020 Provisional Data Overview

All of the 2019 suicide death information presented can be found in the 2020 Suicide Prevention Annual Report. In 2019, 3,427 Floridians died by suicide, representing a 3.5 percent decrease from the number of deaths in 2018. For non-fatal intentional self-harm injuries, a total of 8,370 hospitalizations occurred in 2019. Furthermore, there were 12,514 Emergency Department visits related to self-harm injuries. Of note, intentional self-harm includes incidents with and without intent to die, therefore, not all self-harm injuries represent suicide attempts. Nevertheless, non-suicidal self-injury may incur additional risk for future suicide attempts and potentially death.

There was a slight overall increase in the age-adjusted suicide death rate across genders and age groups across the previous decade. White males continue to die by suicide at the highest rate (29.7 per 100,000), followed by Black males (10.0 per 100,000), White females (8.6 per 100,000), and Black females (2.0 per 100,000). 722 individuals 55 – 64 years old died by suicide in 2019. The age group with the second most deaths was 45 – 54, followed by those aged 25 – 34. Firearms represented the largest percentage, with about 53% of deaths caused by firearms, followed by hanging/suffocation, drugs and biological substances, other method, and jumping from a high place. Importantly, firearms continue to be the most common used method in suicide deaths. According to the Florida Youth Risk Behavior survey, 34% of high school students felt sad or hopeless for two or more weeks in a row, which we know is indicative of a potential major depressive episode; 16% seriously considered attempting suicide; 12% made a suicide plan; and approximately 8% attempted suicide.

The DOH FL Health CHARTS allows for the viewing of 2020 provisional data. This data is monitored regularly to help us identify times when there may be a drastic increase in suicide deaths across the state. It is important to note that since this data is provisional it is subject to change. The data was pulled on December 7<sup>th</sup> indicating a total number of suicide deaths across the state to be 2,690. January, March, and July were the three leading months. Importantly, we do not see a drastic increase in the months following stay-at-home orders in response to the pandemic. This suggests we do not see a large

increase resultant from the coronavirus pandemic at this time, evidence that is consistent with what is found across the nation. When we break down the 2020 provisional data even further by age group, we see a general continuation of the numbers from 2019, with high death counts occurring in our 50 – 64 age group and among our young adults. An additional source of data to provide us general information about the status of suicide in Florida is the National Suicide Prevention Lifeline. Although a 2020 report is not available just yet, we see that over 111,000 calls to the National Lifeline have originated from FL phone numbers between January and November 2020. In comparison, there were a total of 128,659 calls in 2019. Based on this trajectory, we are likely to see a generally comparable number by the closing of the year.

### 9-8-8 National Legislation Update

On October 17, 2020 the President signed the National Suicide Hotline Designation Act of 2020. This bill migrates the current 10-digit National Suicide Prevention Lifeline number to a 3-digit number, 9-8-8. The full transition is slated to occur by July of 2022. In order to help prepare, Vibrant Emotional Health, administrators of the National Suicide Prevention Lifeline, has announced a grant funding opportunity. This grant is designed to assist states in the planning and preparation for the July 16 2022 number initiation. We are currently drafting an application, which will help us ensure a smooth transition and long-term improvement of our in-state answer rates for 9-8-8 calls.

### 2016 – 2020 Action Plan Final Review

This year, we completed the timeframe for our previous suicide prevention action plan. When compiling information for the annual report, we asked organizations and agencies to provide us a final rating of how they felt they met each of the 7 goals outlined in the 2016 -2020 Action Plan on a scale from 1 (not at all) to 5 (completely). Almost 100 surveys were returned and were averaged. Overall, all seven goals were determined to be met at least halfway, if not more, with a complete average of 3.918 (between “Halfway” and “Over Halfway”).

### Agency Updates on Action Items of 2020 – 2023 Florida Suicide Prevention Interagency Action Plans

#### Florida Department of Children and Families

**Action item 1.1.4** By December 2020, increase the number of Managing Entities that post information and contact numbers about the Mobile Response Team services on their websites from zero to one. This action item has been met.

**Action item 1.1.7** By December 2020, update and increase the number of resources on the COVID-19 and Suicide Prevention webpage, including resources specific for at risk populations, such as the elderly and healthcare workforce. The department has been successful in meeting this action plan. A link has been added to the Suicide Prevention Resource Center which has a compiled ample resource related to coping strategies for the coronavirus pandemic. The compilation is divided into a variety of audiences including those identified at risk in the action plan.

**Action item 1.3.2.** By June 2022, increase the number of Floridians that take the Counseling on Access to Lethal Means (CALM) training by 20 percent from 926 trainees to 1,019. Currently, an additional 50 clinicians were trained on the CALMS training this year.

### Agency for Persons with Disabilities State Office

**Action item 1.1.3** By December 2020, increase the number of resources on the agency's website regarding suicide factors relating to intellectual and development disabilities and risk reduction from zero to five resources. At this time, more than five resources have been added to the website and that goal has been completed. The agency is expanding this goal by providing a brochure of resources to those who apply for services, regard they meet criteria.

**Action item 1.1.5** By July 2022, increase the number of individuals who become aware of suicide warning signs, risk factors, the National Suicide Prevention Lifeline, and 2-1-1 resources from zero to 75 percent by developing a brochure to include with application packets. The brochure has been produced; the next step is completing a training with regions to educate them on how to present that information to consumers that are applying for services.

**Action item 2.1.4** By June 2021, increase suicide training for direct care staff to include 80 percent of all staff. The agency is in the process of developing a training and that is going to be on an agency system provide as a continuing education platform for all employees. This will be rolled out to everyone and the agency will be able to track who has completed the training, which will be updated annually. Additionally, by June 2023 increase the number of staff who take a suicide prevention training or webinar from zero to 100% of staff throughout the six regions. The agency is currently developing a training that will be available to regional staff.

**Action item 2.2.2** By June 2021, increase the number of suicide screenings in the Developmental Disability Centers from baseline to 75 percent Each Developmental Disability Centers (DVDC) has their own methods of screening for suicide. However, the agency wants to make a standard, empirically based screening for all DVDCs. The agency expects to have this goal accomplished early 2021.

### Department of Elder Affairs

**Action item 2.1.1** By October 2022, increase the Area Agencies on Aging participation in programs related to suicide awareness and prevention to elders through the Older Americans Act Title III D program by 10 percent yearly increments from the established baseline Department of Elder Affairs is working collaboration with eleven Area Agencies on Aging (AAA) to administer the designated programs. As of Oct 2020, each of AAAs are participating in programs related to suicide prevention and awareness such as Program to Encourage Active, Rewarding Lives for Seniors (PEARLS), Brief Intervention and Treatment for Elders (BRITE), and Applied Suicide Interventions Skills Training (ASIST). The training for ASIST was recently implemented, however, due to COVID-19 there has been limited activity with the program. Additionally, the Area Agencies on Aging, are participating in some programs currently. The goal is to have participation in all programs across the state of Florida.

### Crisis Center of Tampa Bay/Florida Veterans Support Line

**Action item 3.1.2** By June 2022, increase the number of cases handled through care coordination contact with veterans and their families by 20 percent from the established baseline. The 211 mechanism is only successful if after the intervention, there is a care coordination follow up with that family or veteran to ensure sure that services are being navigated successfully. This is currently implemented utilizing a peer modality; the care coordination process facilitates engagement, education and service navigation.

**Action item 3.2.1** By June 2021, increase the number of Applied Suicide Intervention Skills Training (ASIST) from zero to four trainings with the intention of reaching 30 percent attendance by service members, veterans, or their families. Staff members are trained at the Crisis Center. The Crisis Center is finding ways to ensure that the existing team, which includes certified peers, are trained and know how to use these tools correctly and consistently. All collaborative partners will be involved in the training.

#### Department of Veteran Affairs

**Action item 3.13** Beginning June 2021 increase the number of behavioral health providers serving Veterans who are listed in the Florida 211 Directory Service or similar resource guide from its current listing of 680 providers by 5 percent yearly. The Department of Veteran Affairs solicit agencies activities and different operations in order to provide their resources to the Florida 211. The team at Florida 211 keeps the site updated regularly. Initially, there were 680 providers that were listed in the Florida 211 directory, as of last week there were 1105 resources added to that the directory which equates to a 61.5% increase in resource providers to that site.

#### Other Discussions

Anna Gai: The 2020 annual report is under review right now we expect it to be published on time which would be January 1<sup>st</sup>. Statewide Office for Suicide Prevention was recently asked to present at the next Children and Youth cabinet meeting so that will be happening. A general update about SPCC efforts and the data that we're seeing from 2019 will be provided. Al Carter and Matthew Walsh discussed lethal means safety planning is part of their overall training program for suicide prevention within the FDLE. Criminal Justice training commission. Steve Roggenbaum provided resource for youth suicide warning signs. The committee discussed postvention efforts that are occurring within Florida, other states and methods to expand efforts in Florida.

#### Quarterly Challenge

Anna Gai introduced the quarterly challenge, which will be assigned at the end of each meeting and reviewed at the following meeting.

The current quarterly challenge is focused on utilizing destigmatizing language when discussing suicide. The committee was encouraged to use destigmatizing language such as "died by suicide" instead of "committed suicide" due to the implications associated with the word "commit".

#### **Adjournment**

Motion to adjourn meeting by Al Carter and seconded by Dr. Ryan Hall. The meeting was adjourned.

Minutes submitted by: Amanda Regis