



National Hispanic and Latino

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Prevention Technology Transfer Center Network

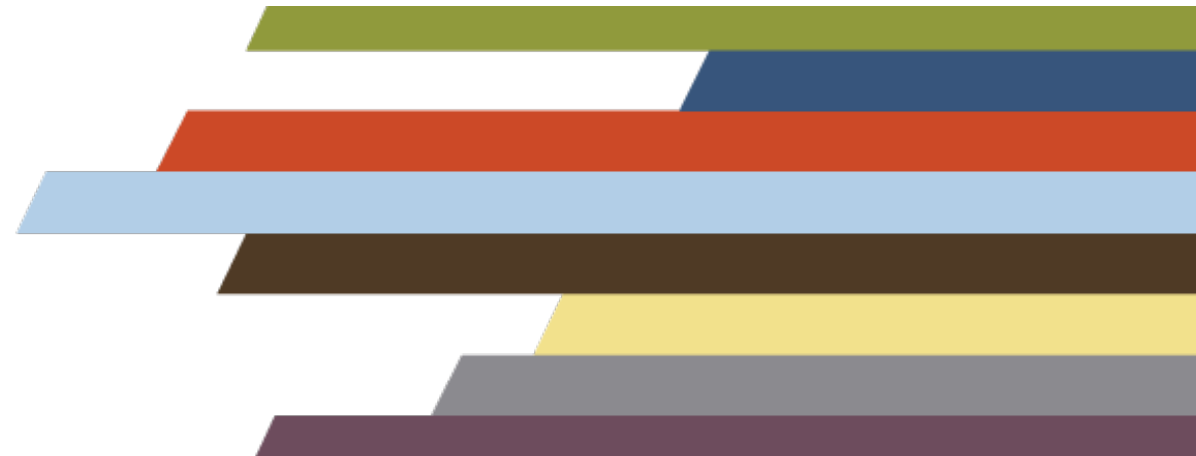
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Suicide Prevention. Everyone can Help.

Preventing Suicide in the Latino Community

Diana Rosado, MA, ICPS

National Latino
Behavioral Health Association **NLBHA**



National Latino Behavioral Health Association **NLBHA**



Fred Sandoval
Executive Director, NLBHA

Our Mission

The Mission and Goal of The National Latino Behavioral Health Association is to influence national behavioral health policy, eliminate disparities in funding and access to services, and improve the quality of services and treatment outcomes for Latino populations.

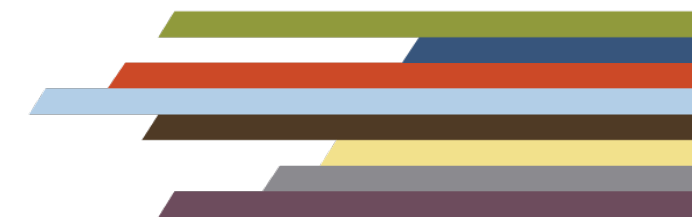


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National Latino Behavioral Health Association **NLBHA**

Our Objective is to provide national leadership on mental health and substance abuse concerns of the Latino community in five major areas of focus:

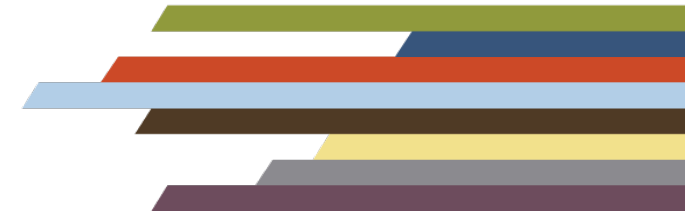
- ❖ Policy Issues in Mental Health and Substance Abuse
- ❖ Education and Workforce issues
- ❖ Mental Health and Substance Abuse Service Delivery
- ❖ Latino Focused Behavioral Health Research
- ❖ Latino Family Focused Interventions

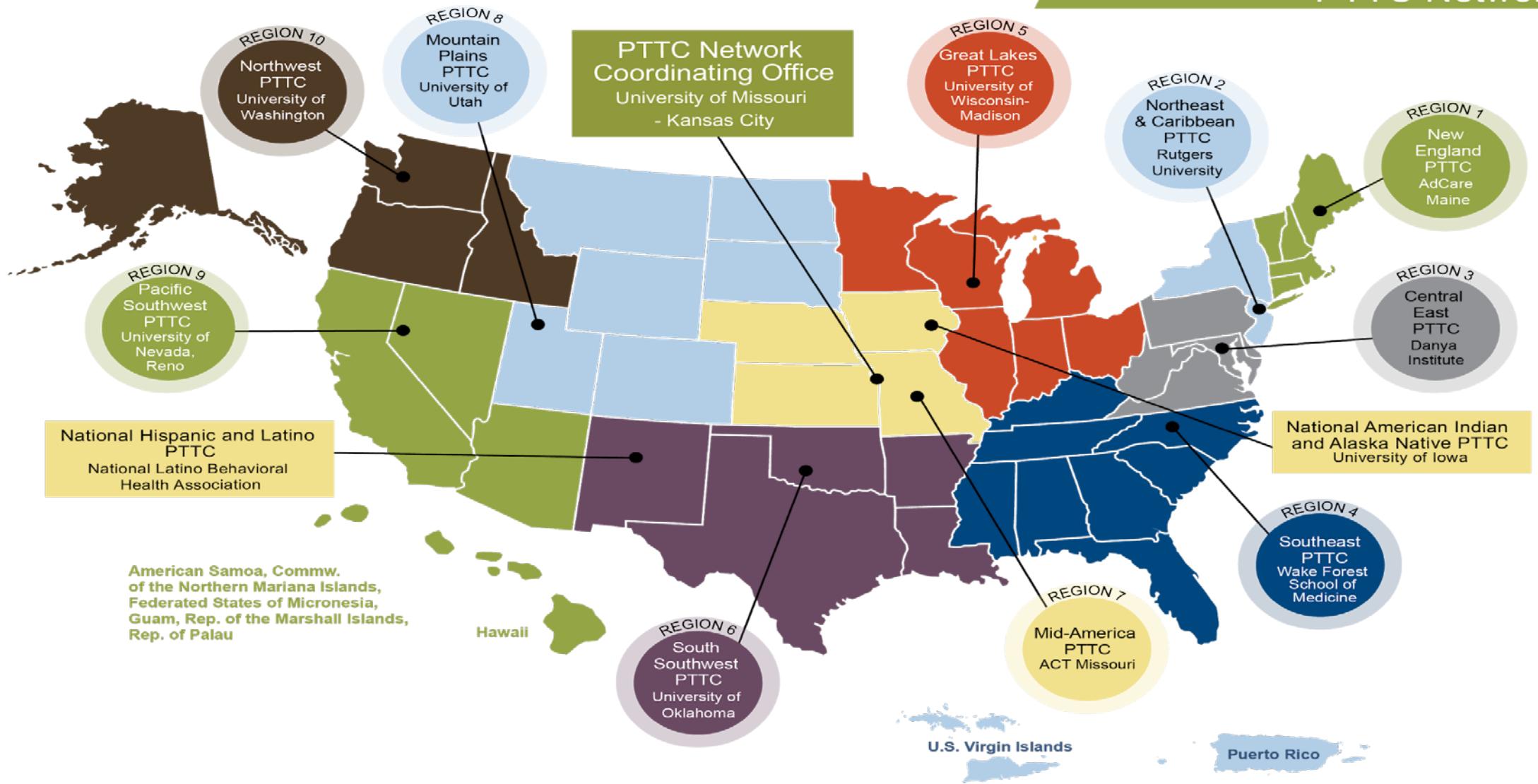


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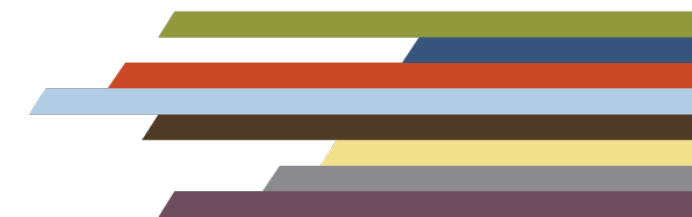




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National Hispanic and Latino Prevention Technology Transfer Center



Pierluigi Mancini, PhD, MAC
Project Director



Dolka Michelle Zelaya, PCS
Project Coordinator



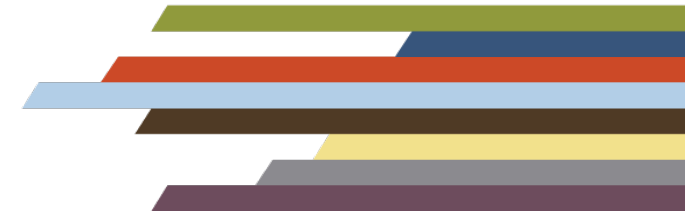
Priscila Giamassi
Executive Admin. Assistant



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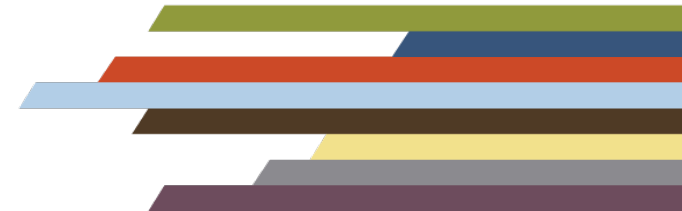
Satisfaction Evaluation



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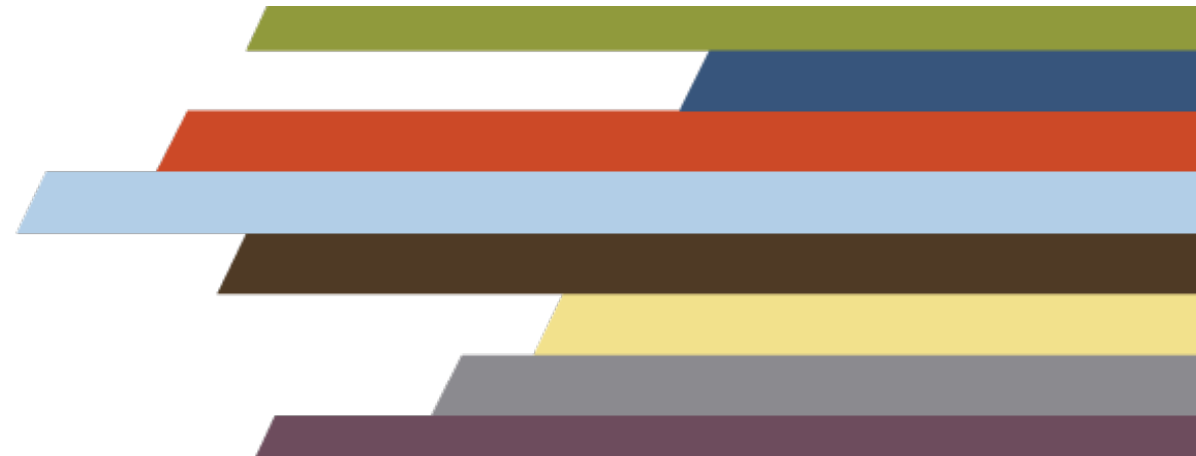


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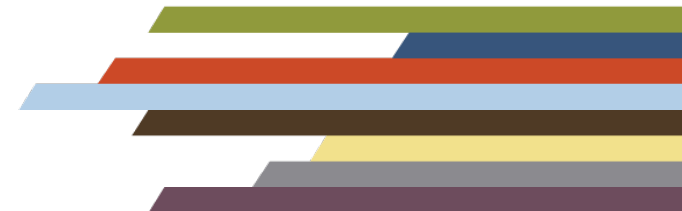




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What is Suicide and Why is a Problem

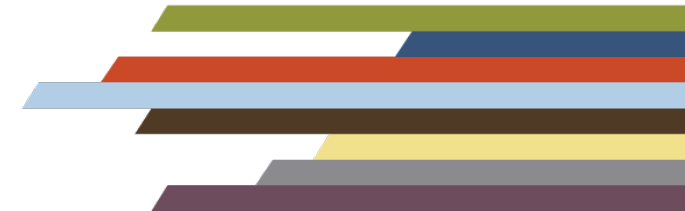
For each death by suicide—135 people are affected (Cerel, 2019)



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National Statistics

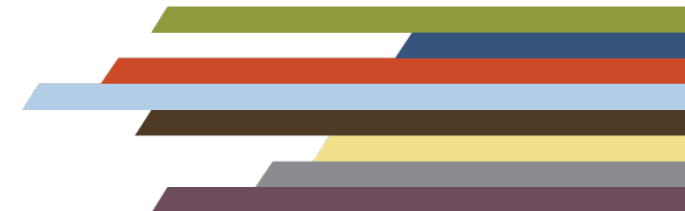
- 47,000 people died by suicide in 2017 alone. More than double than homicide (19,500) NVDR-CDC
- For each death by suicide—229 seriously considers suicide (Cerel, 2019)
- US adolescents and young adults second leading cause of death. CDC
- Suicide is a leading cause of death among college and university students in the United States. SPRC



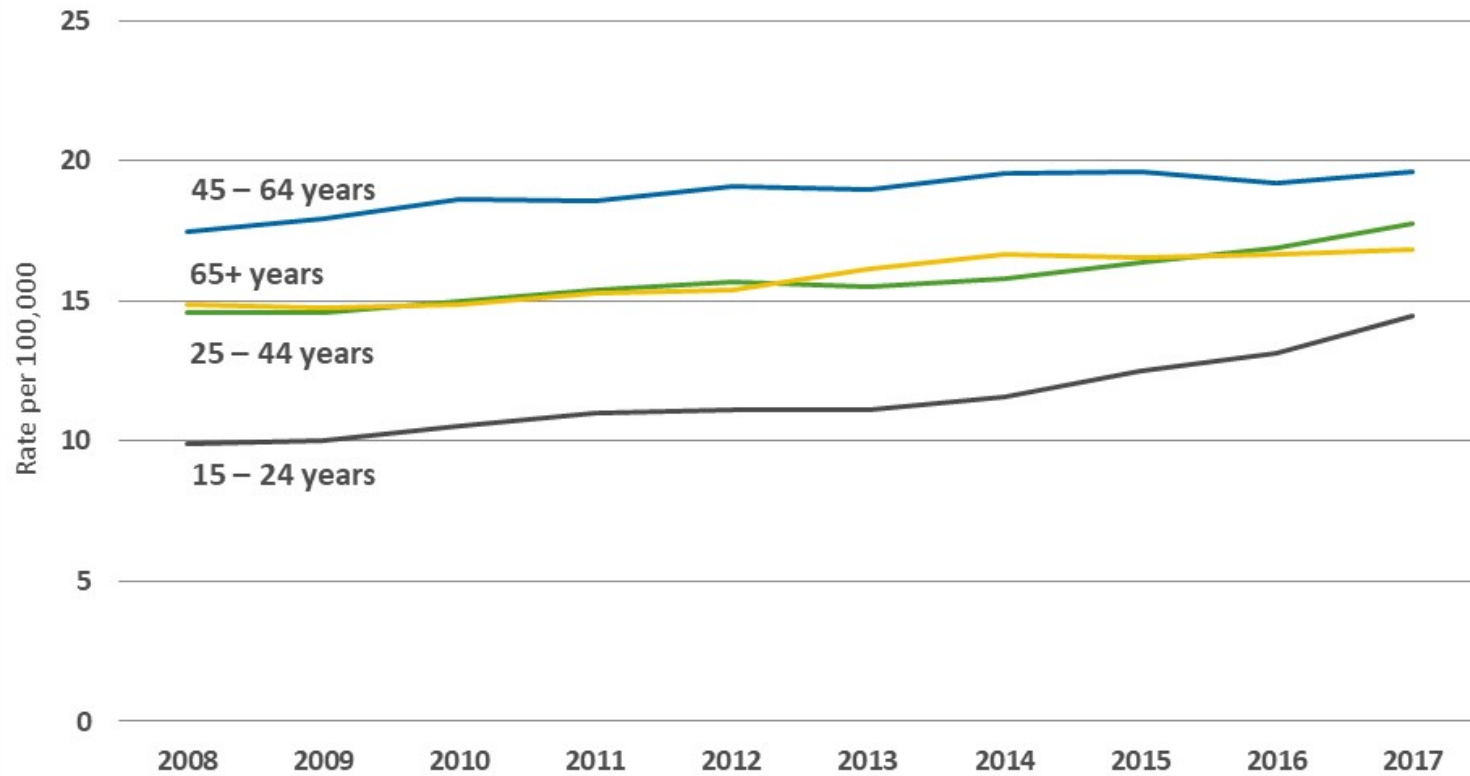
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Suicide Rates by Age, United States 2008-2017



www.sprc.org

Source: CDC, 2017



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Hispanic Statistics

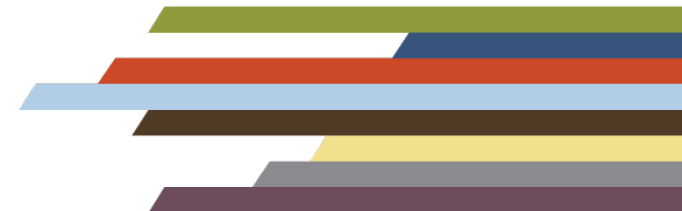
- Suicide attempt on Hispanic girls is higher than whites, blacks and Asian.
- 19% of Hispanic high school students have seriously contemplated suicide
- 13.5% Hispanic girls have attempted suicide at least once in their lives.



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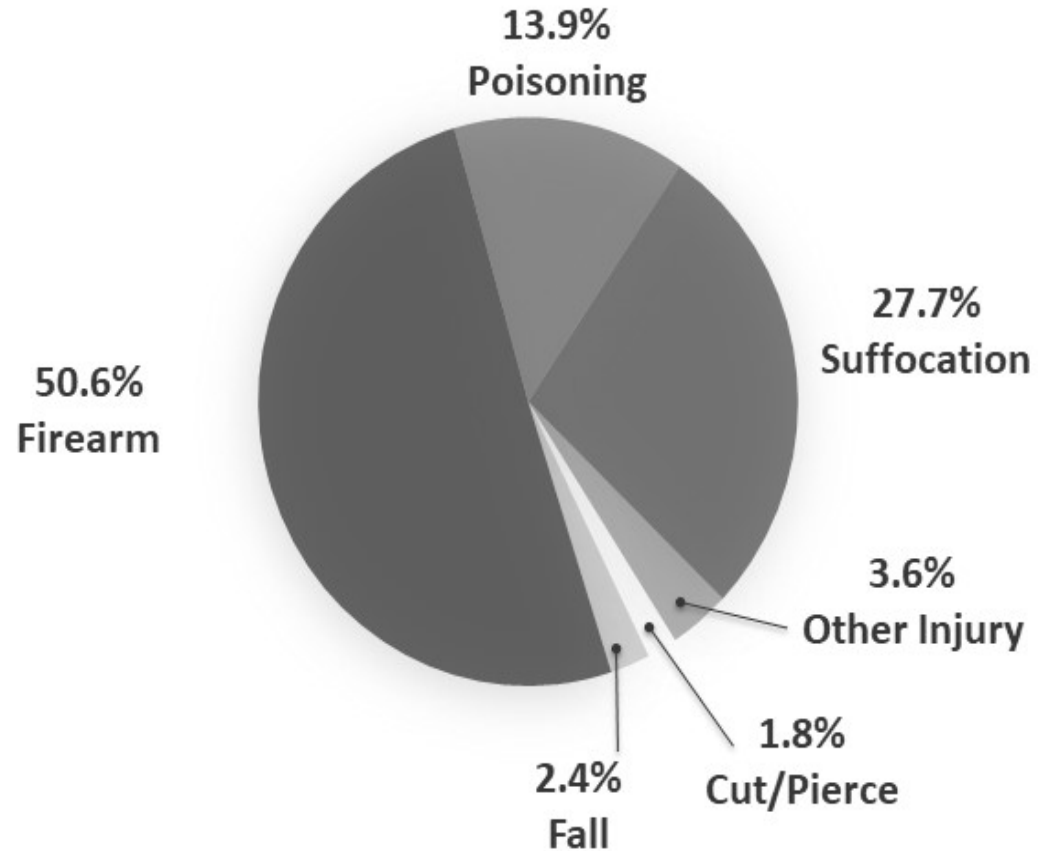
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Means of Suicide

- Males die by suicide more than females, but females make more attempts.
- Most males die by firearms, most females die by ingestion of poisonous substances.



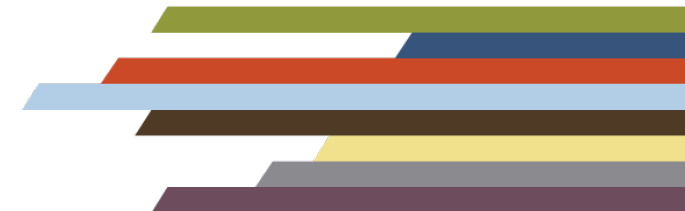
Source: CDC



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Risk Factors

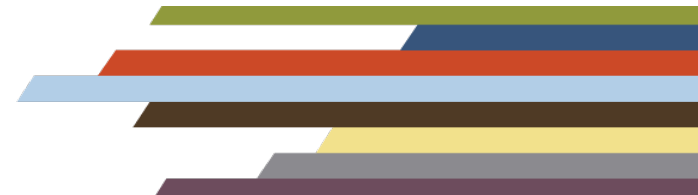
- Personal: low self-esteem, social alienation, poor problem-solving skills
- Family: Parent/s mental health history, dysfunctional parent/s relationships, sexual abuse, neglect
- Behavioral: Depressive, substance abuse, conduct disorders, self-injury, hopelessness, mood and anxiety disorders
- Environmental: Access to gun or prescription drugs, stress from being different



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Life Stressors for Suicide Risk

- Legal problems
- Medical and health problems specially on older adults
- Intimate partner violence and other forms of violence
- Important loss such a death of a loved one, loose a job, important relationships
- Personal humiliation, bullying

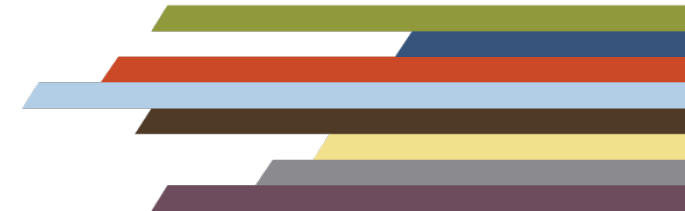


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Warning Signs

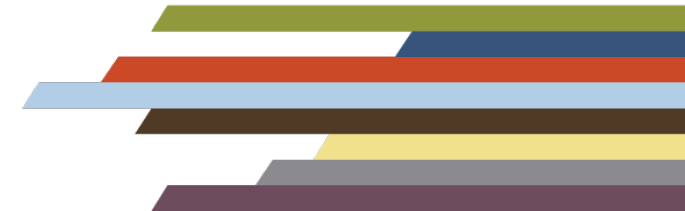
- The most predictive risk factor for suicide across a life span is having a previous suicide attempt.
- Talking about or threatening to complete a suicide
- Actively looking for means to harm oneself
- Sudden changes in behavior, especially following a painful event or loss, or even moving



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Elevated Risks

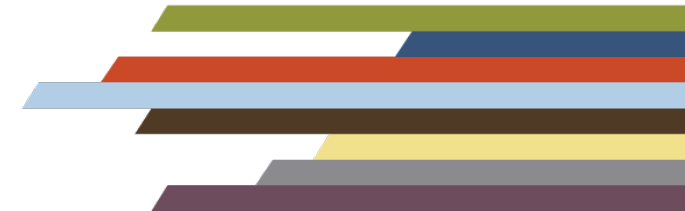
- When viewed as different
- Victim of harassment and discrimination
- Belonging to the following groups:
 - LGBTQ, victim of bullying, gifted, returning to school after a suicide attempt



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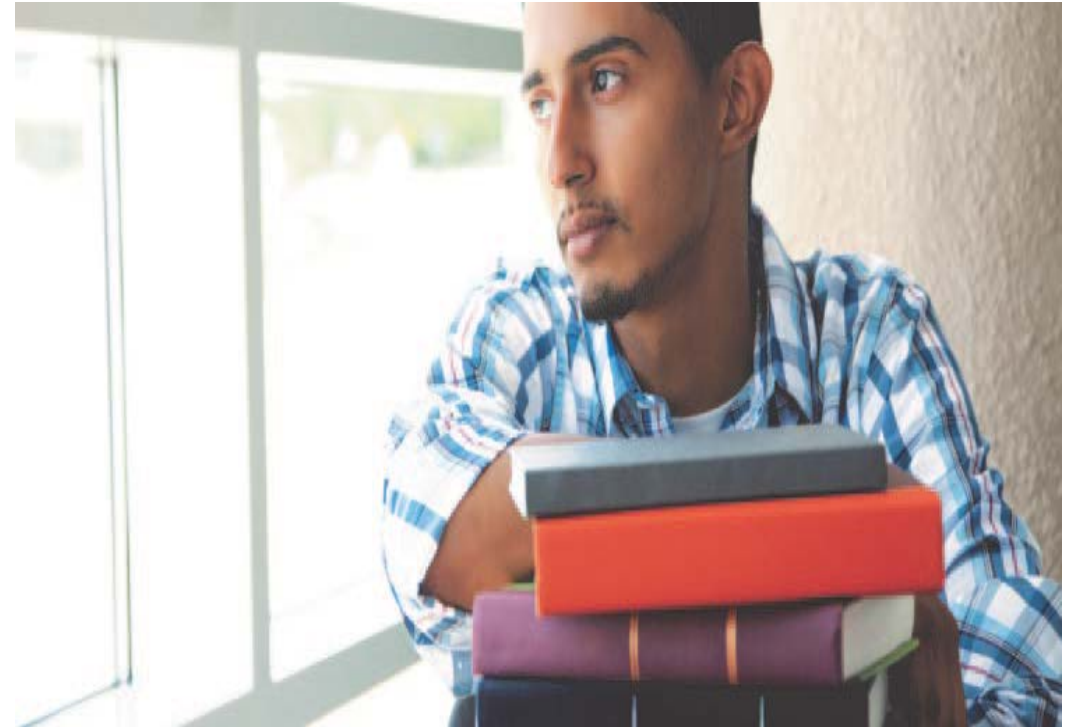
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Risk Factors for Hispanics

- Alienation
- Acculturative stress and family conflict
- Hopelessness
- Discrimination

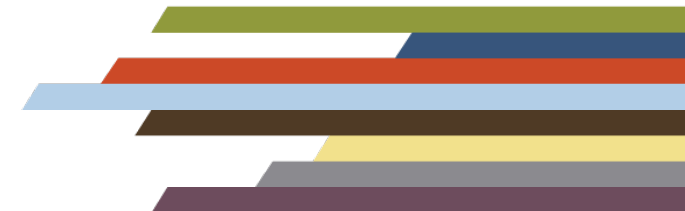
SPRC



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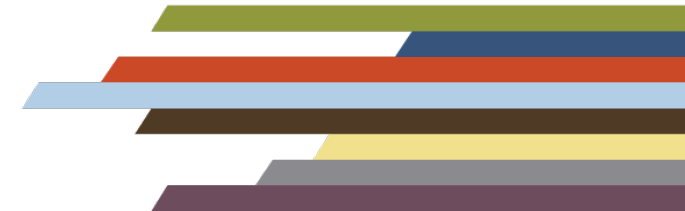
Good News



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Protective Factors

- Behavioral Health Care
- Connectedness to individuals, family, community, and social institutions
- Life Skills and problem-solving skills (including coping skills, ability to adapt to change)
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide
- **Most significant for Hispanic populations:**
 - >Strong family and community support systems
 - >Ethnic affiliation
 - >Spirituality and moral objections to suicide
 - >Caring from teachers

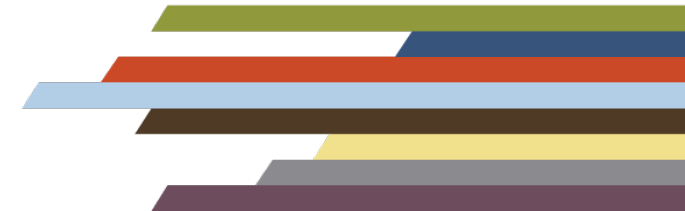


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CULTURE IS PREVENTION



Action Steps to Help

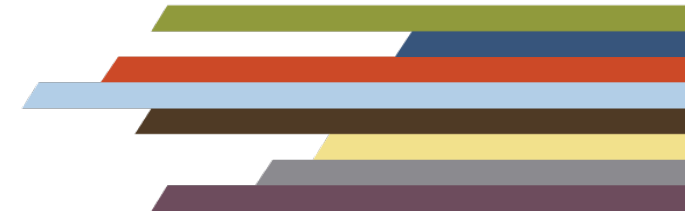
- Listen. Don't argue, threaten or raise your voice. Don't debate whether suicide is right or wrong.
- Dare to ask, examples:
 - "It sounds like things are really rough right now, and I am concerned about you. Are you thinking about killing yourself?"*
 - (or) "Have you ever thought about attempting to kill yourself?"*
- Share and persuade the use of resources that are available 24/7 and other *accessible* to the person
- If the person need immediate help:
 - ✓ Do not leave the person alone
 - ✓ Remove any drugs, alcohol, firearms, and sharp objects
 - ✓ Take the person to a medical/mental health professional
 - ✓ Never keep talk about suicide a secret



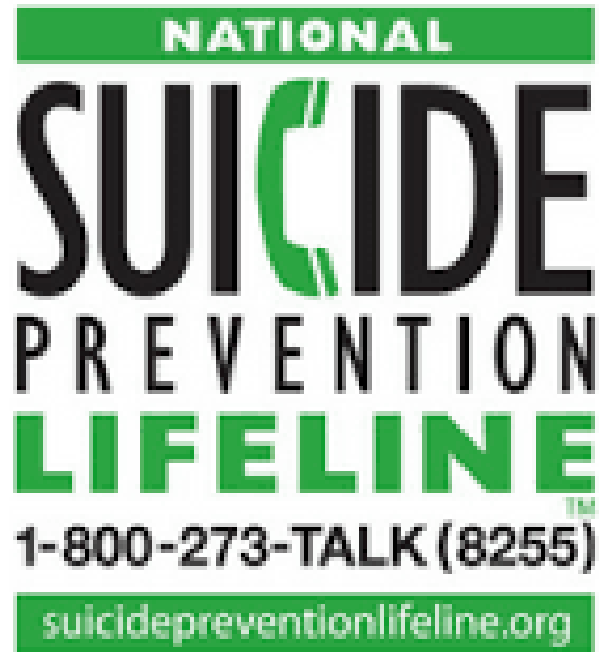
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Immediate Live Help 24/7



Immediate Live Help 24/7



TREVOR LIFELINE
24/7/365 | 866.488.7386



TREVOR CHAT
Everyday | 12pm-7pm PT
3pm-10pm ET



TREVOR TEXT
M-F 12-7pm PT, 3-10pm ET
text "Trevor" to
1.202.304.1200



TREVORSPACE
24/7/365 | trevorspace.org
a social networking site for
LGBTQ youth & allies.



**THE TREVOR
RESOURCE CENTER**
thetrevorproject.org/resources
General info & FAQ.

www.thetrevorproject.org

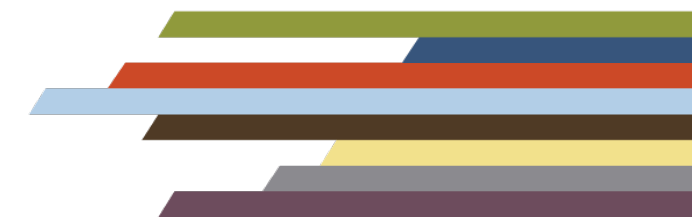


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QPR Institute



(Question, Persuade, Refer)

REMEMBER

When you utilized the QPR techniques you are planting seeds of **HOPE**.
HOPE prevent suicide.

QPR

Prevención de Suicidio
Pregunte y salve una vida

(Pregunte, Persuada, Refiera).

RECUERDE

Cuando usted utiliza las técnicas de QPR, siembra las semillas de la **ESPERANZA**. La **ESPERANZA** es lo que **previene** el suicidio.

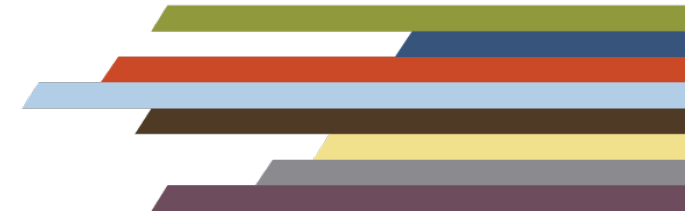


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What if Someone is Posting Suicidal Messages on Social Media?



Freddy E. @Freddy_E

I'm sorry.

Expand



Freddy E. @Freddy_E

God... please forgive me.

Expand



Freddy E. @Freddy_E

I love you Katherine.

Expand



Freddy E. @Freddy_E

I love you Dad.

Expand



Freddy E. @Freddy_E

I love you Mom.

Expand

- Facebook Suicide Prevention webpage can be found at www.facebook.com/help/594991777257121/
- Instagram uses automated tools in the app to provide resources, which can also be found online at <https://help.instagram.com>
- Snapchat's Support provides guidance at <https://support.snapchat.com>
- Twitter's Best Practices in Dealing With Self-Harm and Suicide at <https://support.twitter.com>
- YouTube's Safety Center webpage can be found at <https://support.google.com/youtube>

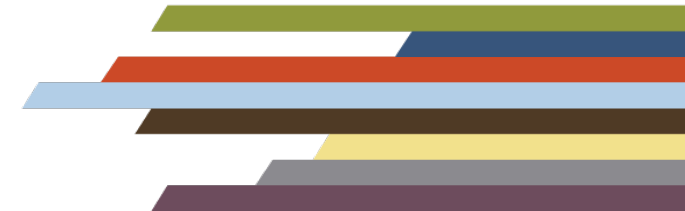


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My CETPA Experience

- Starting the Gwinnett Suicide Prevention Coalition
- Implementing Sources of Strength in a High and Middle School
- HEROES youth group (youth advisory 'board' team)
- Radio dissemination
- Suicide documentary
- QPR Gatekeeper
- CNN en español special
- Youtube presentations

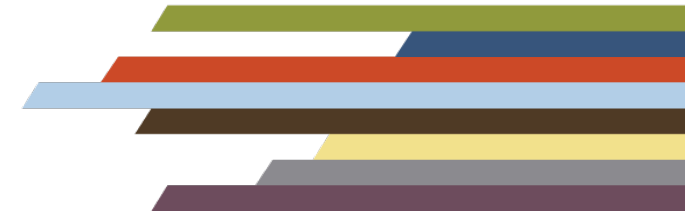


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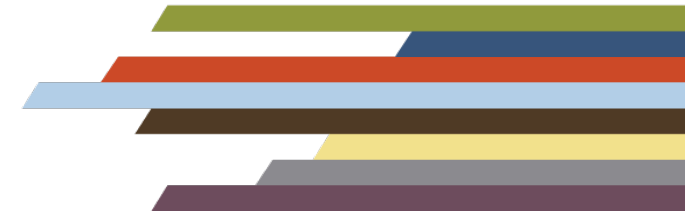
Link for documentary



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Suicide Prevention Resources

- National Suicide Prevention Lifeline. 800-273-TALK. www.suicidepreventionlifeline.org
- Society for the Prevention on Teen Suicide. www.sptsusa.org
- Suicide Prevention Resource Center www.sprc.org
- National Action Alliance for Suicide Prevention www.theactionalliance.org
- American Foundation for Suicide Prevention, www.afsp.org
- Trevor Lifeline. A crisis intervention and suicide prevention phone service for LGBTQ available 24/7. www.thetrevorlifeline.org
- Substance Abuse and Mental Health Service Administration (SAMHSA). www.samhsa.gov
- Centers for Disease Control and Prevention (CDC). www.cdc.gov
- National Institute of Mental Health. www.nimh.gov
- National Alliance on Mental Illness. www.nami.org

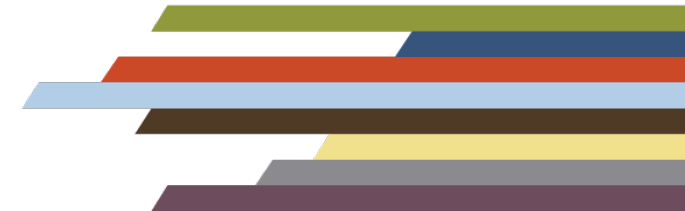


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Suicide Prevention Resources

- HOPELine-Spanish Speaking Crisis Hotline: (800) 784-2432-
- Know the Signs (English) (Español)
- My3- Cell phone app
- SAVE (Suicide Awareness Voices of Education) [\(English\)](#) **(952) 946-7998** [\(Spanish support group\)](#)
- Each Mind Matters Suicide Prevention Brochure [\(Español\)](#)
- NIMH Suicide Prevention Resource Center [\(English\)](#) [\(Español\)](#)

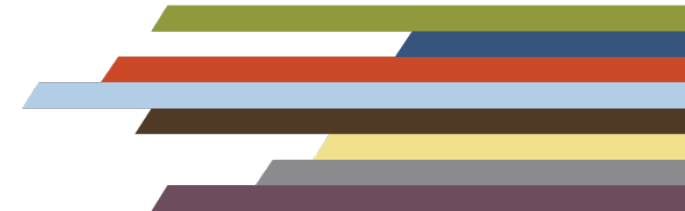


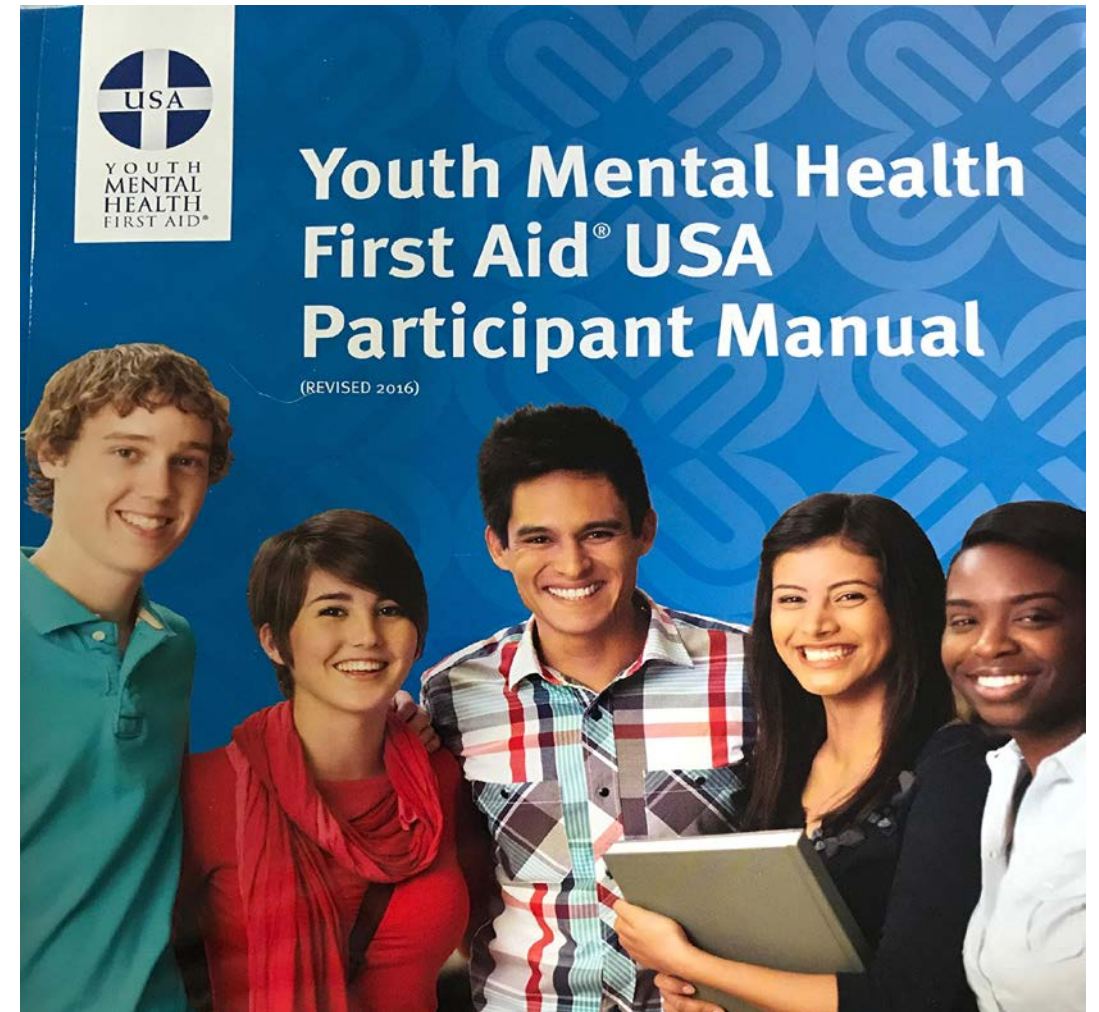
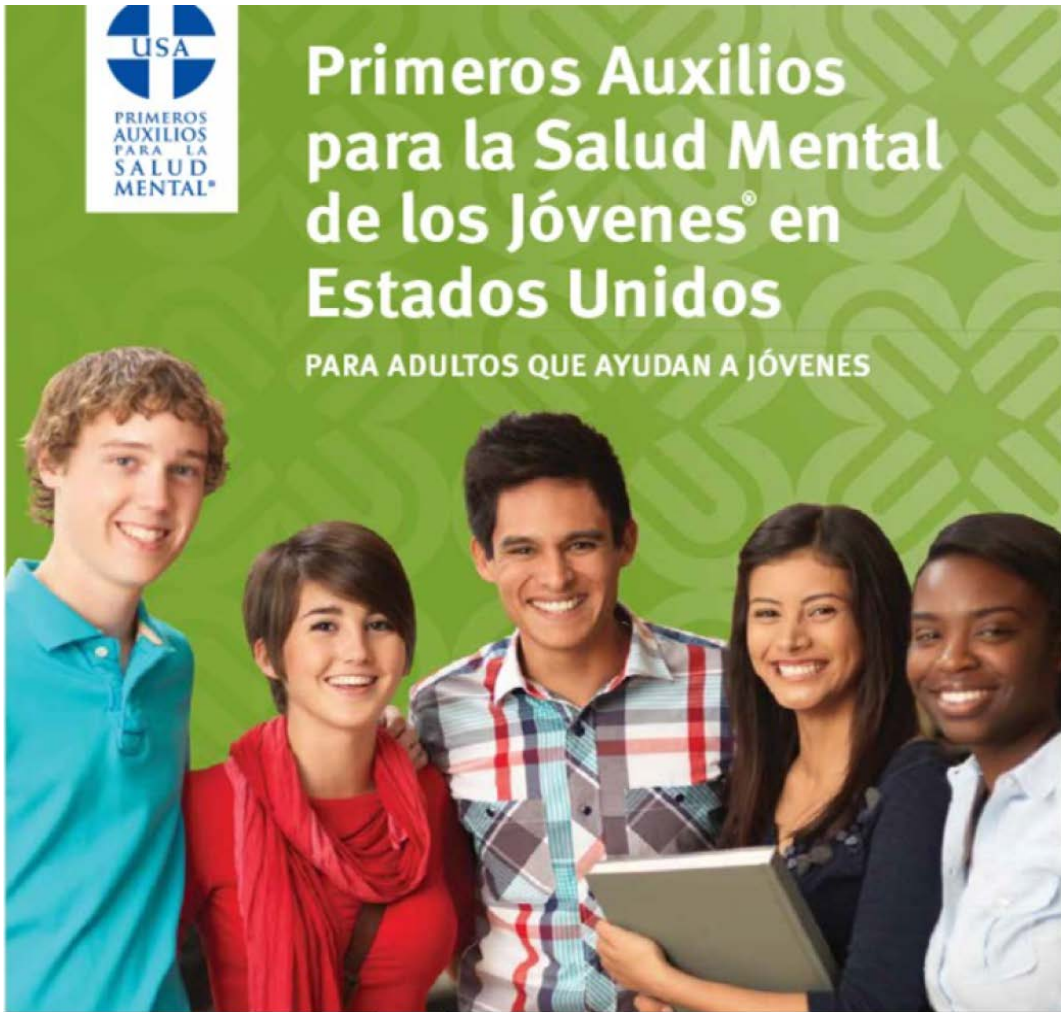
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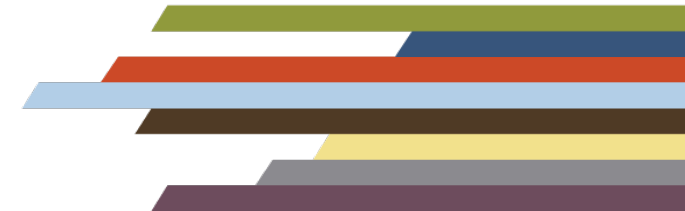




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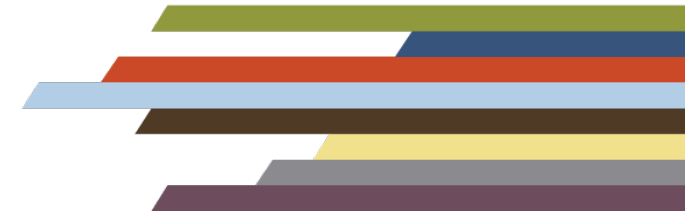
Sources of Strength



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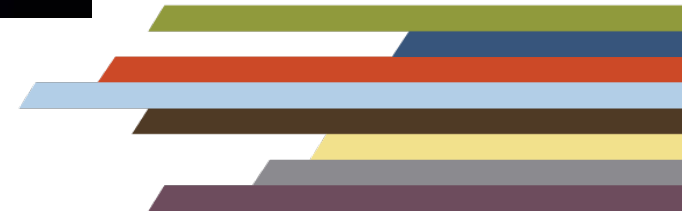
SOS by Heroes



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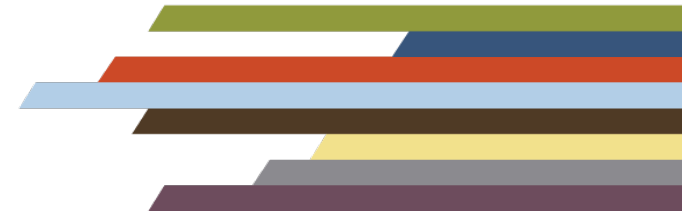
DEALING WITH AMBIVALENCE



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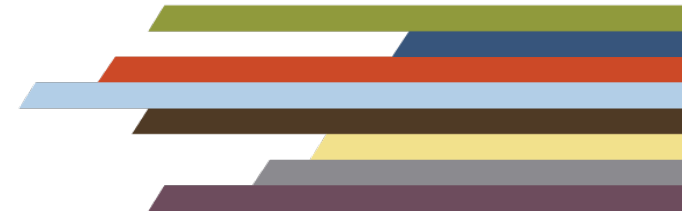




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You can contact today's presenters directly at:

Diana.d.rosado@gmail.com

(706) 399-6983

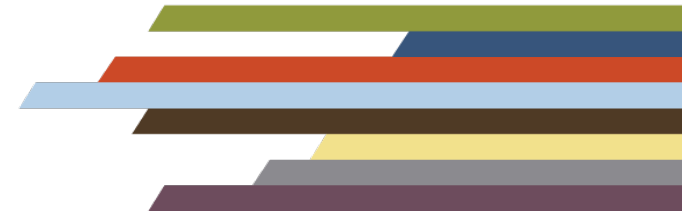


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*For more information about the National Hispanic and Latino Prevention TTC and to request **FREE** training and technical assistance you can reach us at:*

www.nlbha.org

<https://pttcnetwork.org/centers/national-hispanic-latino-pttc/home>

Or directly at:

Pierluigi Mancini, PhD, MAC

pierluigi@nlbha.org

678-883-6118

Dolka Zelaya

dmzelaya@nlbha.org

678-832-7033

Priscila Giamassi

priscila@nlbha.org

(678) 822-1308

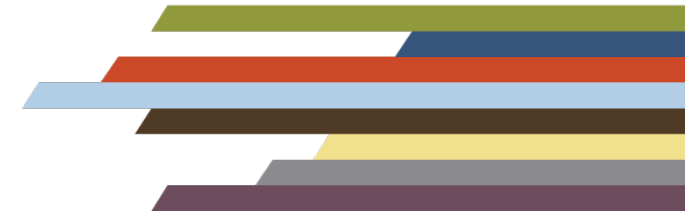


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Satisfaction Evaluation

Directly after this webinar ends you will be immediately re-directed to an external site to complete the satisfaction evaluation survey.

Thank you for attending our presentation.
Gracias por atender a nuestra presentación.
Obrigado por participar desta apresentação.

