

THE STRATEGIC IMPORTANCE OF PARTNERING TO PREVENT SUICIDE WITH LATINO YOUTH: AN INDIANA CASE STUDY



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Indiana Cares Youth Suicide Prevention Project

- Overall goal is to build the capacity of youth serving systems and communities to reduce youth suicide
- Program components
 - ▣ Evidence-based *training*
 - ▣ *Mini grants* to communities/ organizations
 - ▣ *Connect! Project in Elkhart*
 - ▣ *Cultural competency*
 - ▣ CALM (Counseling on Access to Lethal Means) training for MH & medical providers
 - ▣ *Raise awareness* via conferences
 - ▣ Work with agencies/systems to *develop policies and protocols* aimed at suicide prevention, intervention and postvention

Cultural Competency Initiatives

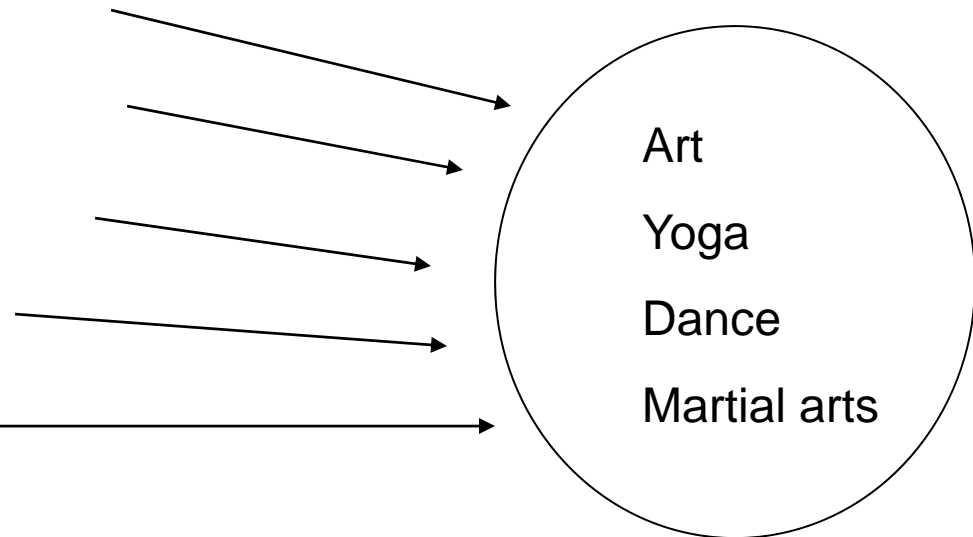
- Latino Initiative (target Latino youth (and adults who work with youth) with suicide prevention education)
 - ▣ Spanish language materials
 - ▣ QPR in Spanish
 - ▣ Weave suicide prevention into existing [mental health] programs that serve Latino youth
- African American Initiative (tailor suicide prevention education to African American youth)
 - ▣ Round tables in 2 African American communities
 - ▣ Develop resources for African Americans: resource/fact sheet, brochure
 - ▣ Target African American communities and agencies for mini grants, training, messages

Bienvenido Program

- Mental health promotion program
- Immigrant youth and adults
- 10 sites in Indiana and 6 sites in Maryland
- Adolescent curriculum created by a CMHC and 10 Latino adolescents
- Goals include:
 - Strengthening protective factors such as resiliency, community engagement, access to MH services, family connectedness
 - Reducing risk factors such as substance abuse, gang involvement, depression, isolation

Bienvenido Program Content

- Suicide prevention
- Acculturative stress
- Time management
- Positive thinking
- Fitting in



Creating a Win-Win Relationship

- Indiana Cares vision:
 - ▣ To reach Latino youth with suicide prevention education
 - ▣ A partner to help Indiana Cares refine Latino oriented materials and training
 - ▣ Build cultural diversity of existing suicide prevention coalitions/councils across the state
- Bienvenido vision:
 - ▣ To develop suicide prevention focus in curriculum
 - ▣ To expand reach to adolescents and other communities
 - ▣ To build skill set of facilitators in suicide prevention

Outcomes

- Provided resources for SP module (10/09)
- Introduced state coalition members and suicide prevention coalitions/councils to Bienvenido (1/10)
- Will provide mini grant funds to train Bienvenido Facilitators as QPR Trainers (4/10)

Indiana Cares

- Added suicide prevention module to youth curriculum (11/09)
- Implemented new Bienvenido curriculum with 13 youth (1/10)
- Introduced facilitators to SP coalitions/councils across the state (1/10)
- Helped Indiana Cares review training and materials (2/10)

Bienvenido

Implementing “adolescent” Bienvenido curriculum

- Preliminary findings (qualitative)
 - Implementing with one group (N = 13).
 - Middle school and high school.
 - Utilization of art, yoga, martial arts, drawing, and painting, has created dialogue about risk and protective factors (suicidal thinking and strengths).
 - Adolescents are receptive to homework lessons.
 - Attendance is consistent.
 - Adolescents are conversing more with parents.
 - Parents and adolescents are planning to do a community service project.
 - Adolescents want additional sessions.

Strategic Benefits of Partnering

- Indiana Cares is reaching immigrant youth in a more effective way
 - ▣ Saves time and resources
 - ▣ More culturally effective
- More Hoosiers are aware of Bienvenido Program.
- Suicide prevention councils/coalitions have established contacts with Latinos in their communities through Bienvenido.
- Suicide prevention with Latino immigrant youth has become a reality.
- Opportunity for Bienvenido Facilitators to become competent in suicide prevention.
- Knowledge sharing between two institutions.



Evaluation of Bienvenido

- Adult curriculum has been evaluated by University of Texas Health Science Center
- Discussions are underway with Indiana Cares evaluator about evaluating youth curriculum
 - Pre-post group design
 - Possible variables: levels of acculturation, family communication, frequency of suicidal ideation, parental availability, knowledge of local services/activities, self-efficacy, decision making behaviors

Evaluation of Our Partnership

- On-going “check in” at meetings
- Interviews with Indiana Cares and Bienvenido staff
- Monitor outcomes
 - ▣ Number of new QPR Trainers
 - ▣ Number of new QPR Gatekeepers
 - ▣ Number of new partnerships/relationships

Contact Information

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