

Integrating Cultural Competency into Suicide Prevention at the University of Puerto Rico-Cayey

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Campus Demographics and Setting

- 4-year college
- 99.5% of students are Puerto Ricans
- Located in the north-eastern mountainous part of the island
- Students from urban and rural areas (nearby towns)

Considering Diversity : Getting Ready to Engage the Campus

- Be aware of one's own cultural worldview and others' worldviews (provider vs. consumer)
- Puerto Rico is more homogenous (similar values, traditions, history); not many multicultural backgrounds as in U.S.
- Different from other Latino or Hispanic cultures
 - Sharing language isn't enough
 - Need to understand belief systems of health and healing

Engagement

- Consider how groups on campus perceive mental health and mental illness
- People from different places in PR perceive counseling and psychology differently
- Different groups of students perceive counseling and psychological services differently (LGBT students, rural students, urban students, etc.)

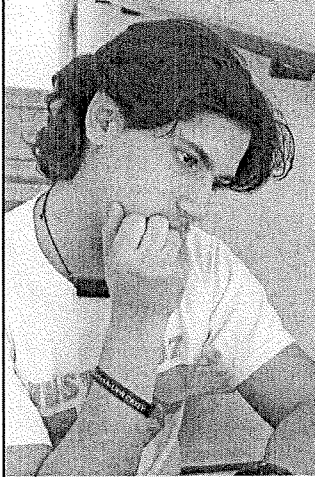
Engagement

- Stakeholders:
 - Clinicians: How are we delivering services?
 - Students: stigma is an issue
 - Students do not want to be seen as mental health patients
 - Students and staff from counseling center: give feedback on principal message for promoting referrals and encouraging students to seek help
- Theater students: use language less associated with a psychologist; instead use “stress”
- Graphic design office

Addressing diversity in Services/Activities/Interventions

- Language
 - Diagnostic categories cause resistance: “ *I do not want anybody to think I’m crazy, I don’t want to be identified as a person who visits a shrink*”.
 - Translation of *What a difference a friend makes*
- Addressing diverse student populations: students and groups differ from one another
 - Lesbian, gay, bisexual, and transgender (LGBT) students,
- Explore different types of messages for faculty, parents, and non-teaching personnel
 - Ex. It could be one of your students. (faculty)
 - You can choose to let someone know that he/she needs help. (non-teaching personnel)

Addressing Diversity in Activities/Services/Interventions



- We prefer to use our slogan: ***Your challenges are not only academic...when they become harder, please let us help you.***
- *Rocheao* is a typical word that young people use for being sad or depressed.

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