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

Art
Yoga
Dance
Martial arts
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)
- 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)

Indiana Cares

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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