Developing Culturally Competent Suicide Prevention Programs: A Systemic Approach

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APA Ethics Code
APA Multicultural Guidelines of 2003

Psychologists are called on to be:
• Competent to work with a variety of populations
• To respect others’ rights
• To be concerned to not harm others
• To contribute to social justice
• How does my campus create conditions for mental health problems for our minority group students?
• What are we doing on campus which creates barriers to accessing mental health services?
• How has my Center attempted to alter service delivery methods to increase access?
If you change the way you look at things
The things you look at change
Stages of Intercultural Sensitivity

• Denial
• Defense
• Minimization
• Acceptance
• Adaptation

(Mitchell Hammer, PhD)
Jed Foundation/SPRC Comprehensive Approach

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Social Networks
- Develop Life Skills
- Restrict Access to Potentially Lethal Means
- Provide Mental Health Services
- Follow Crisis Management Procedures

Comprehensive Approach to Suicide Prevention and Mental Health Promotion
Developing a Systemic Approach

• Take responsibility for the problem
• Commit yourself to value and seek diversity at the personal and professional level
• Become aware of your own beautiful and dynamic cultural identity
Developing a Systemic Approach

• Value the diversity and numerous cultural identities of each person
• Learn how to be bicultural
• Honor the power cultural groups have to develop suicide prevention programs that work for their individual communities


Contact Information

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Life Happens. Getting help is a good thing.