

Youth Suicide and Suicidal Behavior in Black Youth



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NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

Disclosures

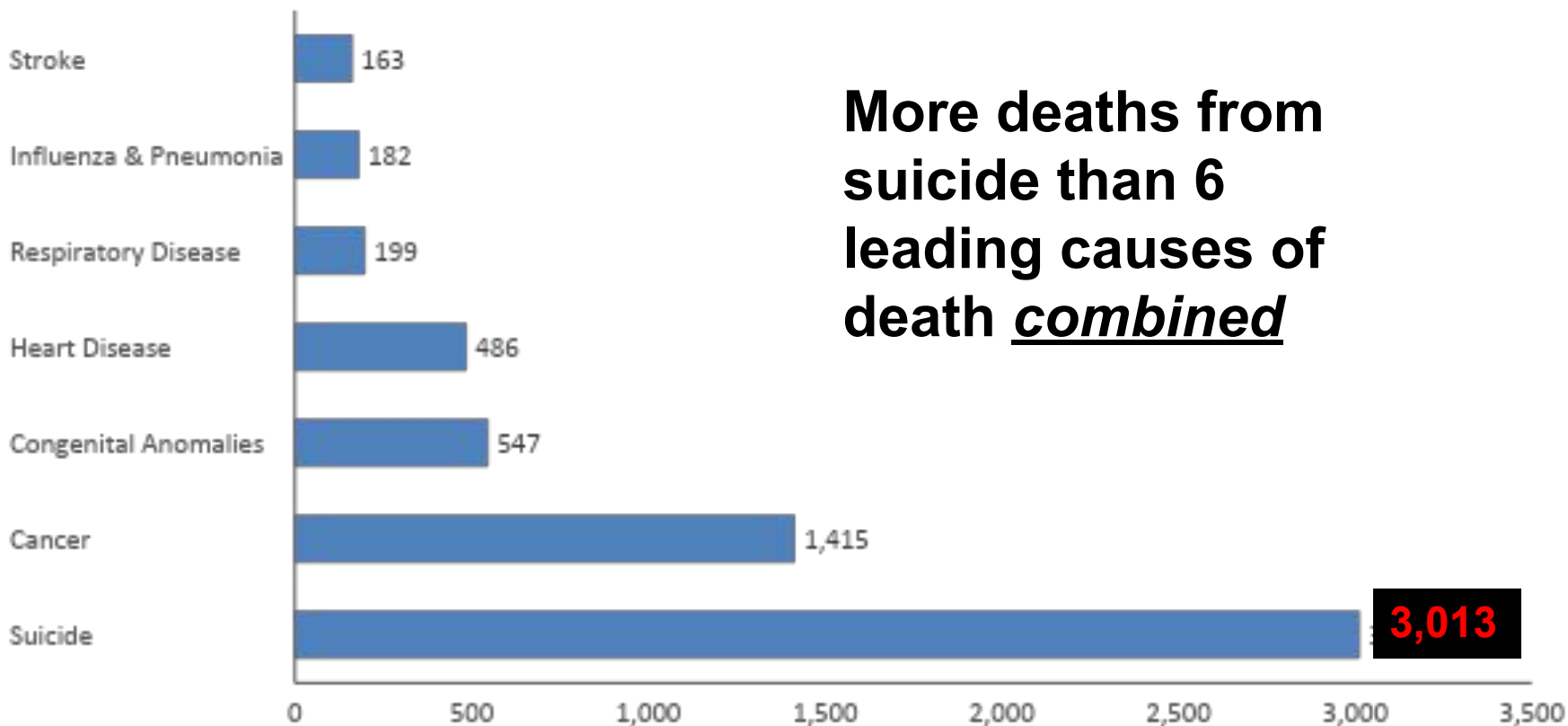
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Objectives

- Brief overview of the epidemiology of youth suicide
- Brief overview of mental health promotion strategies/programs used with Black youth

The Problem of Youth Suicide

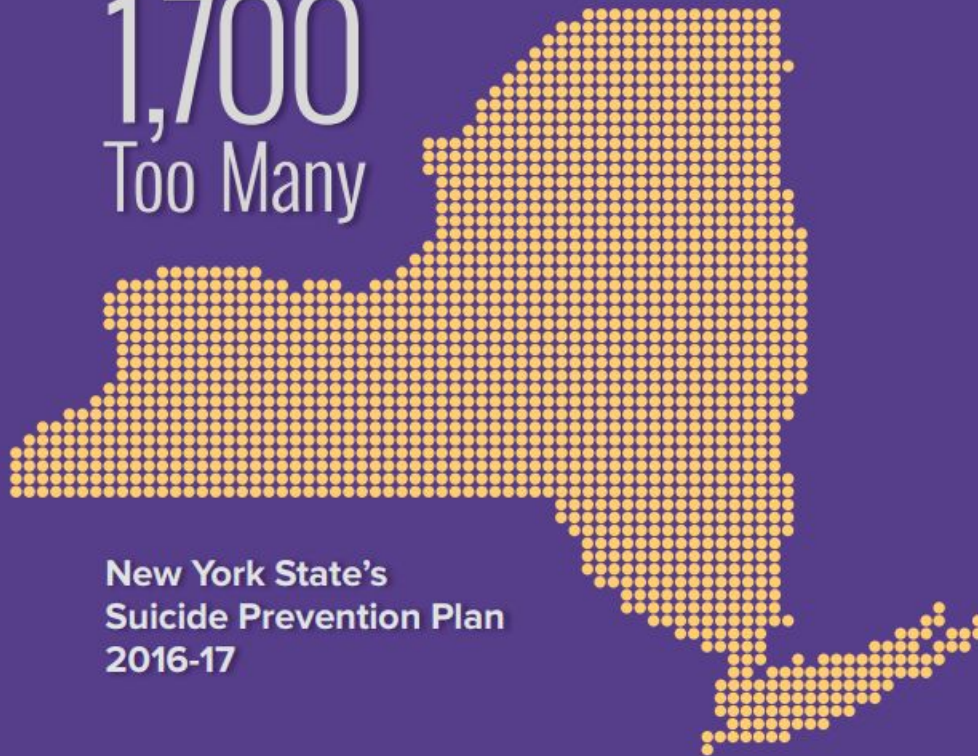
- In 2017, suicide 10th leading cause of death for all ages **but** youth, 5-19 years, 2nd leading cause of death





Office of
Mental Health

1,700
Too Many



New York State's
Suicide Prevention Plan
2016-17

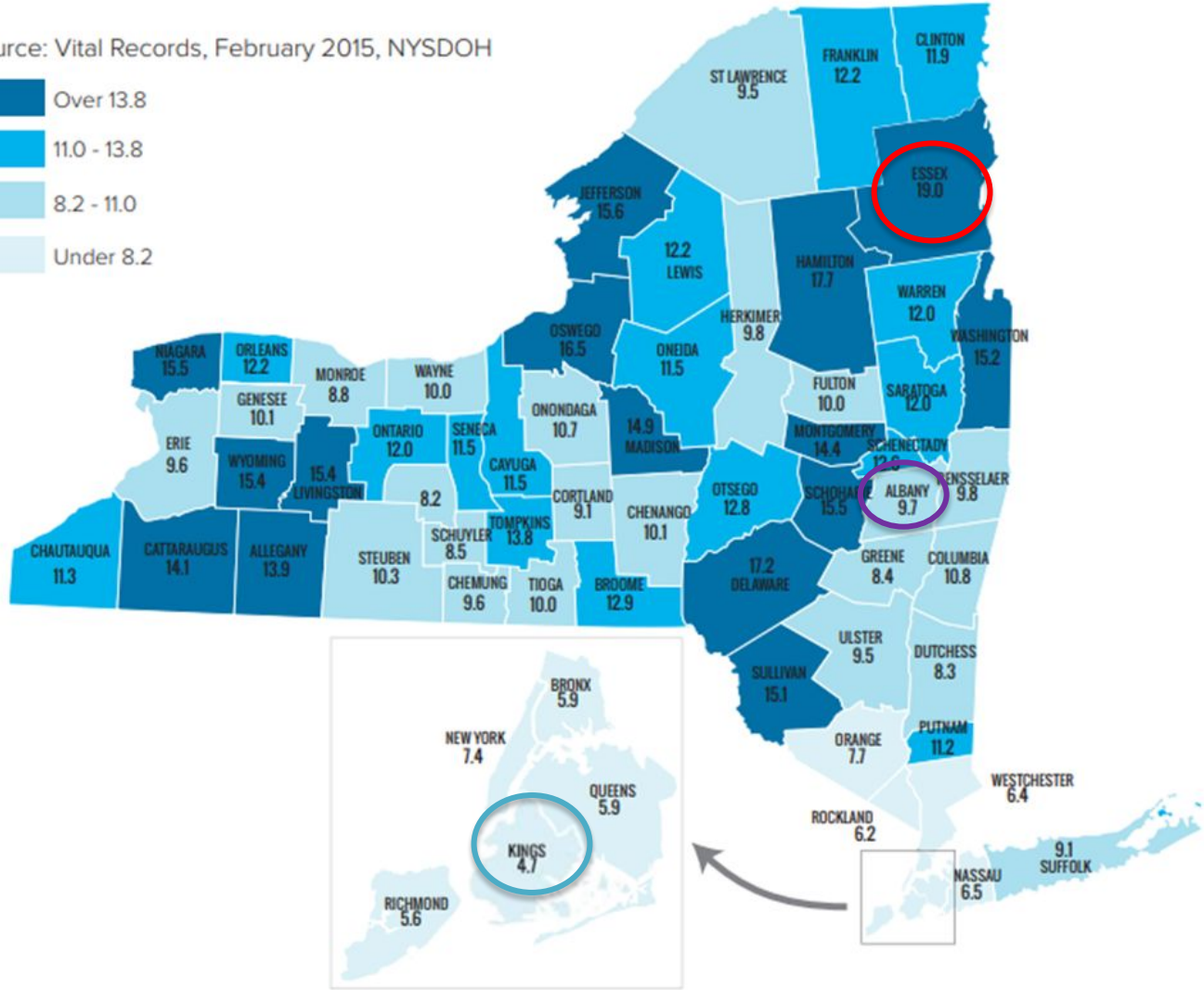
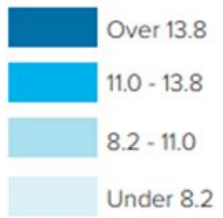
OMH Suicide Prevention Office
September 2016

Source: New York State
Office of Mental Health
<https://omh.ny.gov/omhweb/resources/publications/suicide-prevention-plan.pdf>

New York State Suicide Deaths per County

Figure 2: Age-adjusted Suicide Death Rate per 100,000 Population

Source: Vital Records, February 2015, NYSDOH



Stigma, Barriers to Mental Health Treatment, and What Can Be Done

Mental Health Concerns and Suicide

11%

- Nation's youth suffer from serious mental health concern

50%

- Lifetime mental health disorders have onset by age 14 years old

90%

- Adolescent suicide decedents have mental health disorder



Stigma and Ethnic Minorities

- **20 to 40%** respondents considered suicide
 - Punitive/attention-seeking
 - Selfish/thoughtless/irresponsible
 - Offensive/reckless/senseless
 - A sign of weakness/cowardly
 - Double stigma = stigma concerning mental health **AND** prejudices concerning ethnic minority membership
 - Leads to a significant decrease in help-seeking behaviors
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Barriers to Mental Health Treatment in Black Community

- Experience higher unmet service needs after controlling for demographics
- Some of the reasons include:
 - Limited knowledge of child psychopathology (parents)
 - Cost of care/Transportation
 - Confidentiality/other people finding out
 - Belief treatment will not help
 - Handle by themselves/within the family (*John Henryism*)
 - Mental health stigma



Broman, 2012; Gulliver et al, 2010; Vinson et al., 2016; Turner et al., 2015; Ward et al., 2013; USDHHS, 2001; Breland-Novle, 2004; Bennett et al., 2004

Combating Barriers

Address self-reliance

- Provide evidence based self-help materials

Mental Health Literacy Programs

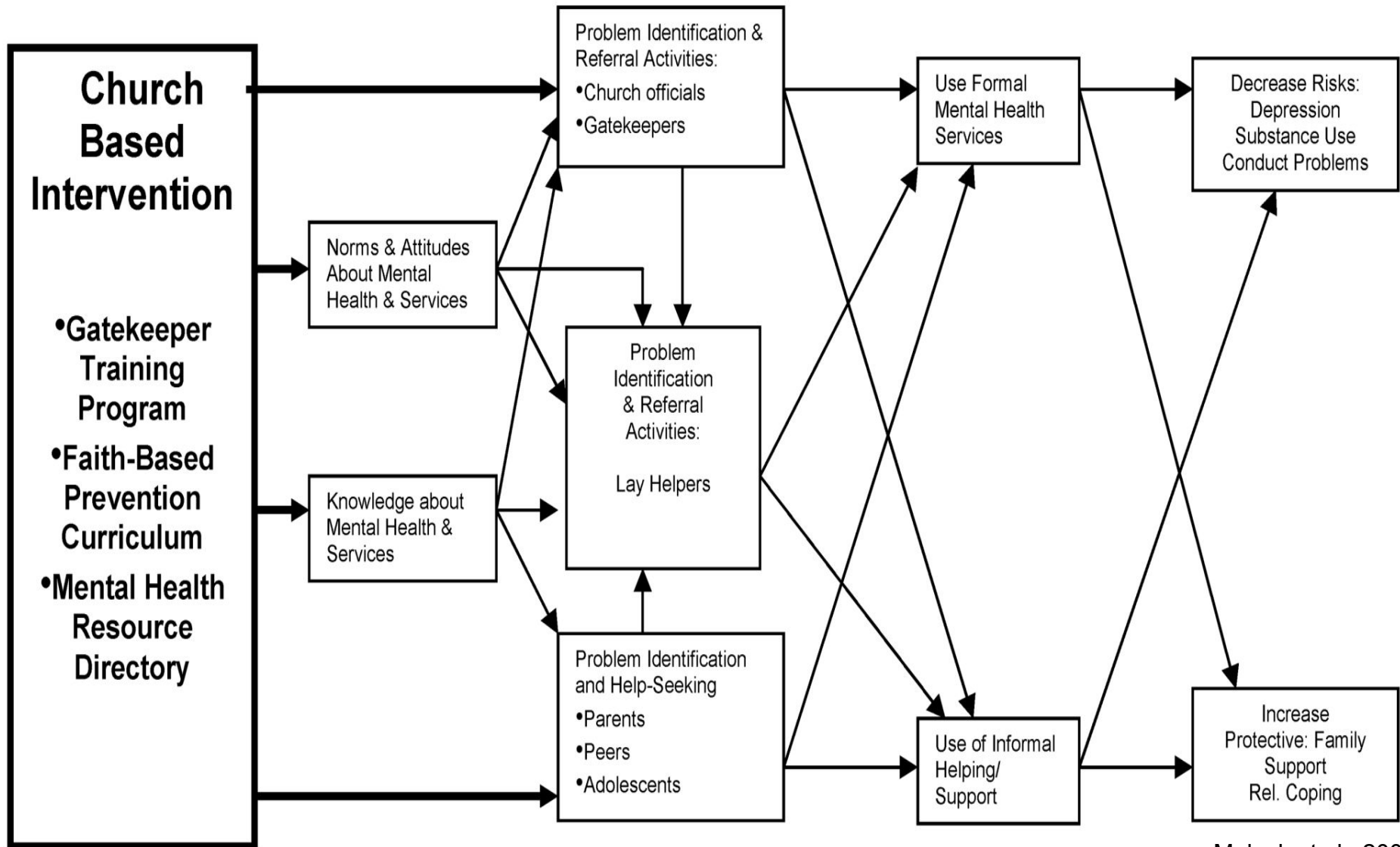
- Increase knowledge about symptoms
- Combat stigma associated with mental health

Partnerships w/ schools & faith-based organizations

- HAVEN Intervention Model
- SOS program



HAVEN Intervention Model



AAKOMA Project

- **African American Knowledge Optimized for Mindfully Health Adolescents**
- **Mission:** Address depression and other mental health needs of youth of color
- **Inform**
 - Public about unique mental health needs of African American & racially diverse youth
 - Mental health field about unique perspectives of African American & racially diverse families regarding depression, treatment engagement and mental health disparities

How YOU can help

- **Warning Signs**

- Wanting to be alone all of the time
- ↓ Interest in usual activities
- Giving away important belongings
- Risky/reckless behavior
- Self-injury
- ↑ Substance use

- **Seek Immediate Help**

- Threatening to attempt suicide
- Seeking/obtaining means to kill oneself
- Talking/writing about wanting to die in school or social media

Thank you!

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Resources

- ▶ **National Suicide Prevention Lifeline** 1-800 273-TALK (8255)
 - ▶ **Spanish Suicide Prevention Lifeline** 1-877-727-4747
 - ▶ **Crisis Text** 741-741 (Text “HOME”) (<http://www.crisistextline.org/>)
 - ▶ **TransLifeLine** 1-877-565-8860 (USA) & 1-877-330-6366 (Canada)
 - ▶ **Suicide Prevention Center of New York State:** focused on public health approaches to preventing suicide in the state of New York (<https://www.preventsuicideny.org/>)
 - ▶ **Action Alliance for Suicide Prevention (Action Alliance):** nation’s public-private partnership for suicide prevention (<http://actionallianceforsuicideprevention.org/>)
 - ▶ **Suicide Prevention Resource Center:** resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention (<http://www.sprc.org/>)
 - ▶ **WiseMind Innovations:** equips schools, workplaces, colleges, and communities with tools to help them address mental health issues, substance use, and suicide risk (<https://www.starcenter.pitt.edu/>)
 - ▶ **The Jason Foundation, Inc:** educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth (<http://jasonfoundation.com/>)
 - ▶ **Zero Suicide:** framework is a system-wide, organizational commitment to safer suicide care in health and behavioral health care systems (<http://zerosuicide.sprc.org/>)
 - ▶ **Trevor Project:** leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth under 25 (<http://www.thetrevorproject.org/>)
 - ▶ **SAMHSA:** Preventing Suicide-A Toolkit for High Schools <https://store.samhsa.gov/system/files/sma12-4669.pdf>
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The Center for Suicide Prevention and Research

<http://www.nationwidechildrens.org/suicide-prevention>

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