Understanding Cultural Factors in Suicide Prevention

LENGTH: 6 hours or tailored for specific audiences

AUDIENCE: Any professional who provides services to high risk groups or who is involved in suicide prevention efforts. This may include: primary care providers, mental health and substance abuse treatment providers, social service agency staff, educators, faith organizations, and emergency services, as well as many others.

LOCATION: Your community

WANT TO KNOW MORE?
Contact The Connect Project, NAMI NH at 603.225.5359 or via email at info@TheConnectProject.org.

Specialized and customized trainings, consultations, train-the-trainer services and conference presentations on suicide prevention and postvention are available.

UNDERSTANDING CULTURAL FACTORS IN SUICIDE PREVENTION

Suicide rates, attempts and risk factors vary by race and diverse cultures from white middle-aged men to GLBT youth to Pacific Islanders. Increasing understanding and sensitivity to these differences can improve suicide prevention efforts across all populations. Utilizing a foundation of current research and literature, and encouraging audience participation and dialogue, this training explores and considers race, ethnicity, age, gender, sexual orientation/identity, and military culture. Through an in-depth presentation and discussion of cultural characteristics, this workshop provides important insights into culture-specific risk factors and help-seeking behaviors and examines the implications for engagement, prevention and treatment.

WHAT PARTICIPANTS WILL GET FROM THE TRAINING:

• A clear understanding of cultural competency/effectiveness
• An appreciation of stigma and how it affects different cultures
• A review of several high-risk ethnic groups, the cultural attributes that increase suicide risk for these groups, and the implications for help-seeking and treatment
• Examination of suicide risk among middle-aged white men and older adults
• Exploration of studies regarding GLBT youth and factors that increase suicide risk
• An assessment of cultural protective factors
• A review of how cultural factors (family, religion, etc.) impact suicide rates and access to mental health care
• Skills to recognize cultural risk factors and take positive action steps to effectively promote help-seeking and mental health treatment among these high risk groups
• An understanding of the importance of cultural effectiveness to effective community-based suicide prevention efforts