

Latinos and Suicide: The Case for Latina Adolescents

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Webinar: Latinos and Suicide: A Clinician's Guide to Prevention and Treatment Masterclass

September 9, 2021

1pm ET



September Suicide Prevention Month



NATIONAL SUICIDE PREVENTION MONTH

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

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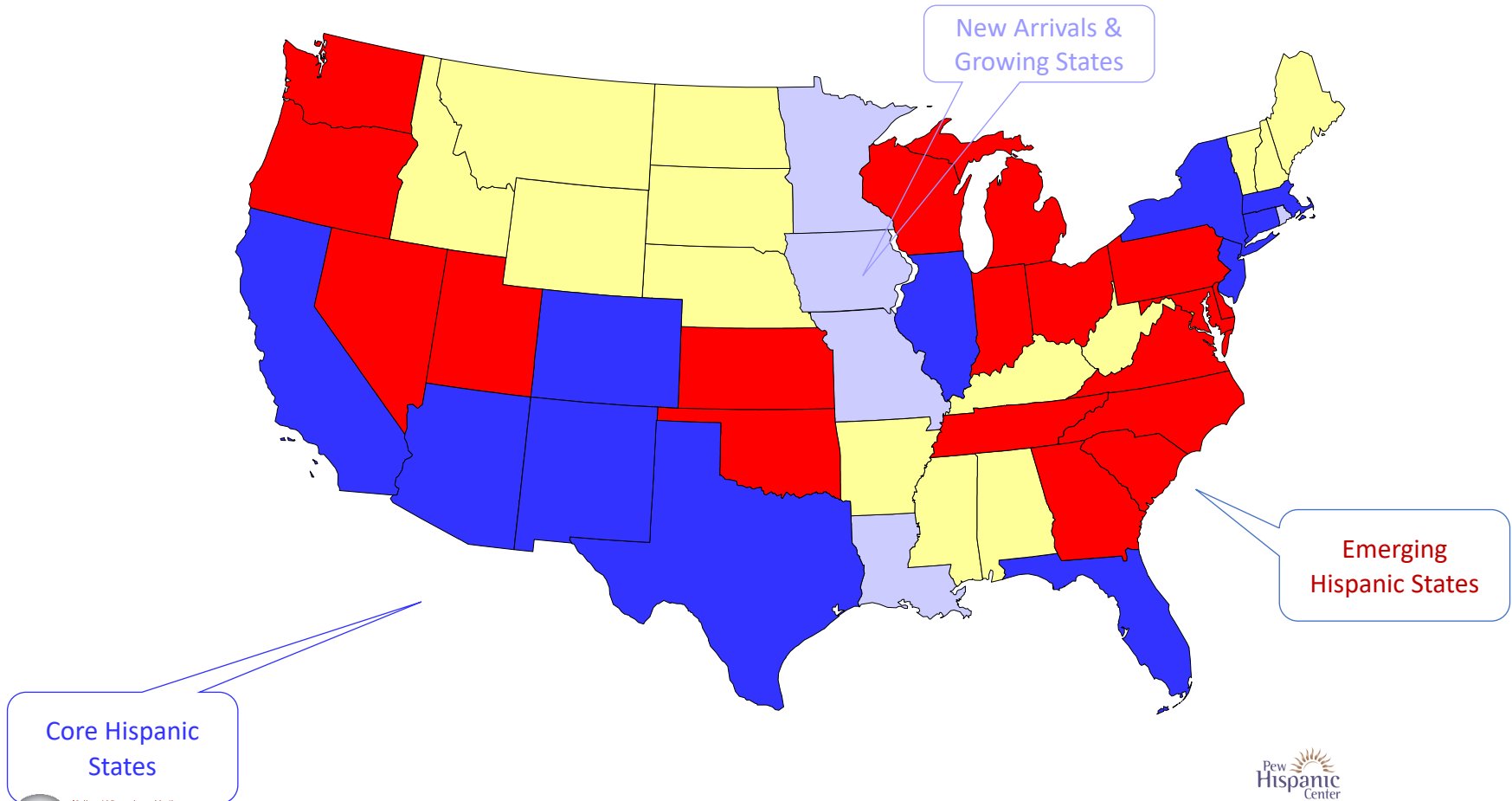
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Authors Disclose Conflicts of Interest

- No conflicts of interest to disclose.



Core Hispanic States

New Arrivals & Growing States

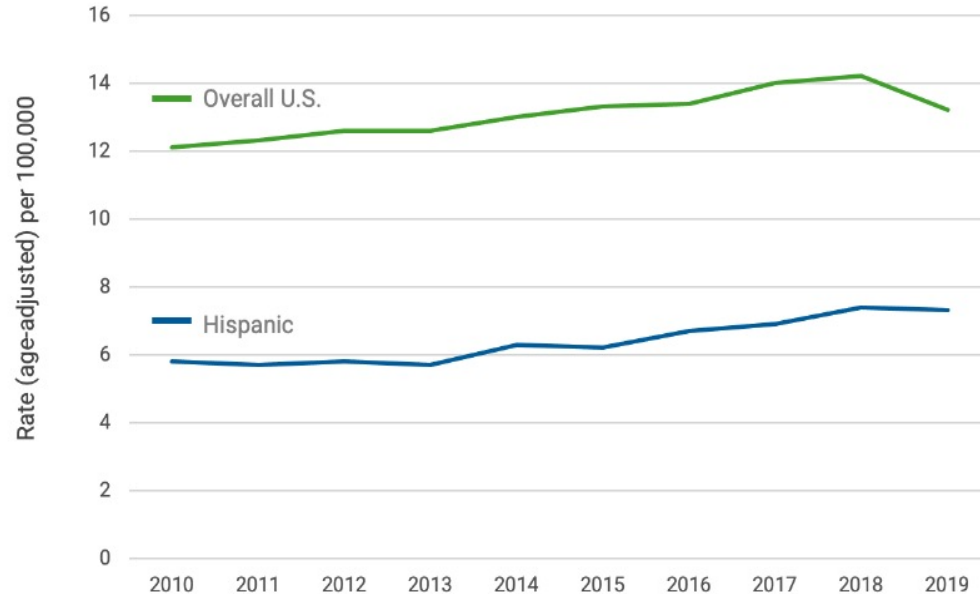
Emerging Hispanic States

Fifteen largest U.S. Hispanic groups by origin, based on self-described race and ethnicity

Mexicans	36,634,000
Puerto Ricans	5,614,000
Salvadorans	2,307,000
Cubans	2,298,000
Dominicans	2,067,000
Guatemalans	1,444,000
Colombians	1,246,000
Hondurans	940,000
Spaniards*	810,000
Ecuadorians	738,000
Peruvians	679,000
Nicaraguans	464,000
Venezuelans	421,000
Argentines	278,000
Panamanians	210,000

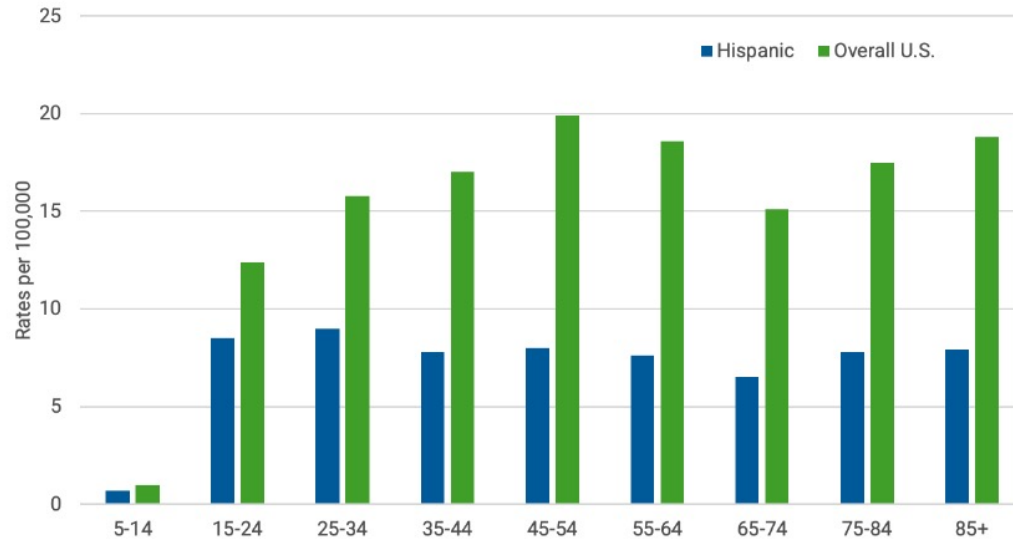
Source: Pew Research Center tabulations of the 2017 American Community Survey.

Suicide Rates for Hispanic Populations, United States 2010-2019



The U.S. suicide rate in 2019 was 13.2 per 100,000. When adjusted for age, the Hispanic suicide rate was 7.3 per 100,000, just over *half the overall U.S. rate*.

Suicide Rates for Hispanic Populations by Age, United States 2010-2019

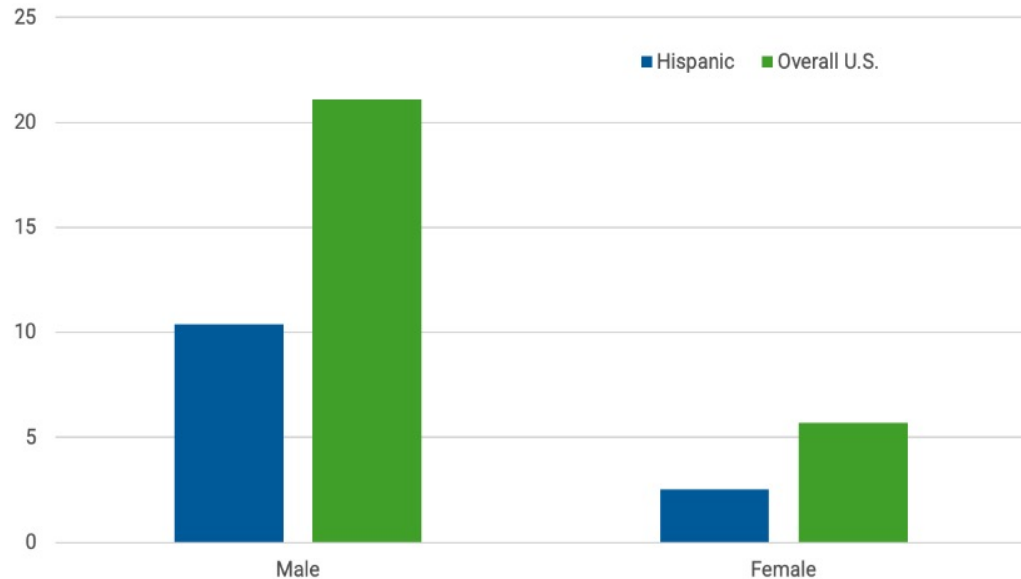


Among Hispanic populations, suicide rates remain somewhat steady across the lifespan. This is a different pattern than is seen in the overall U.S. population, where suicide rates peak in midlife.

www.sprc.org

Source: CDC, 2021

Suicide Death Rates for Hispanic Populations by Sex, United States 2010-2019

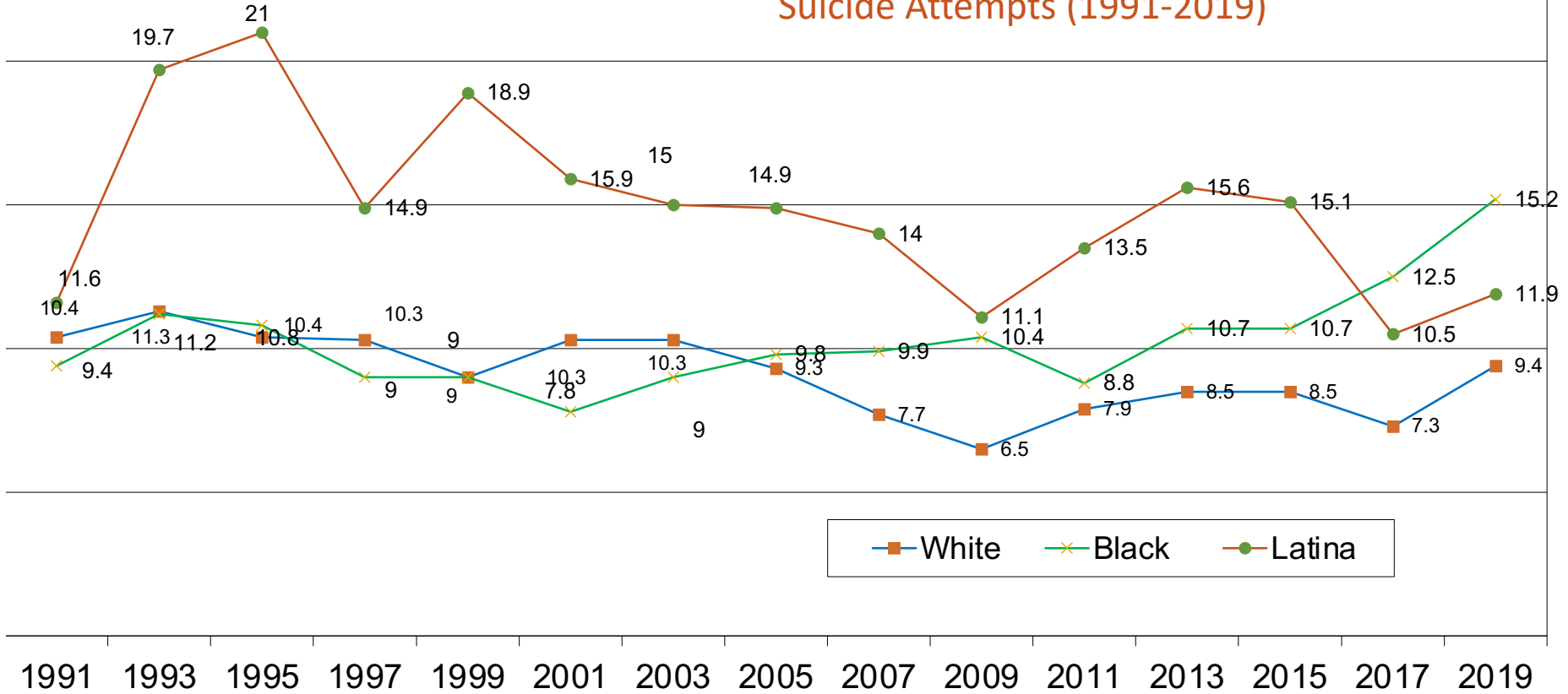


www.sprc.org

Source: CDC, 2021

As in the overall U.S. population, the suicide death rate for men is more than three times the rate for women in Hispanic populations. The suicide death rate for the overall U.S. population is more than double that of non-Hispanic populations for both males and females.

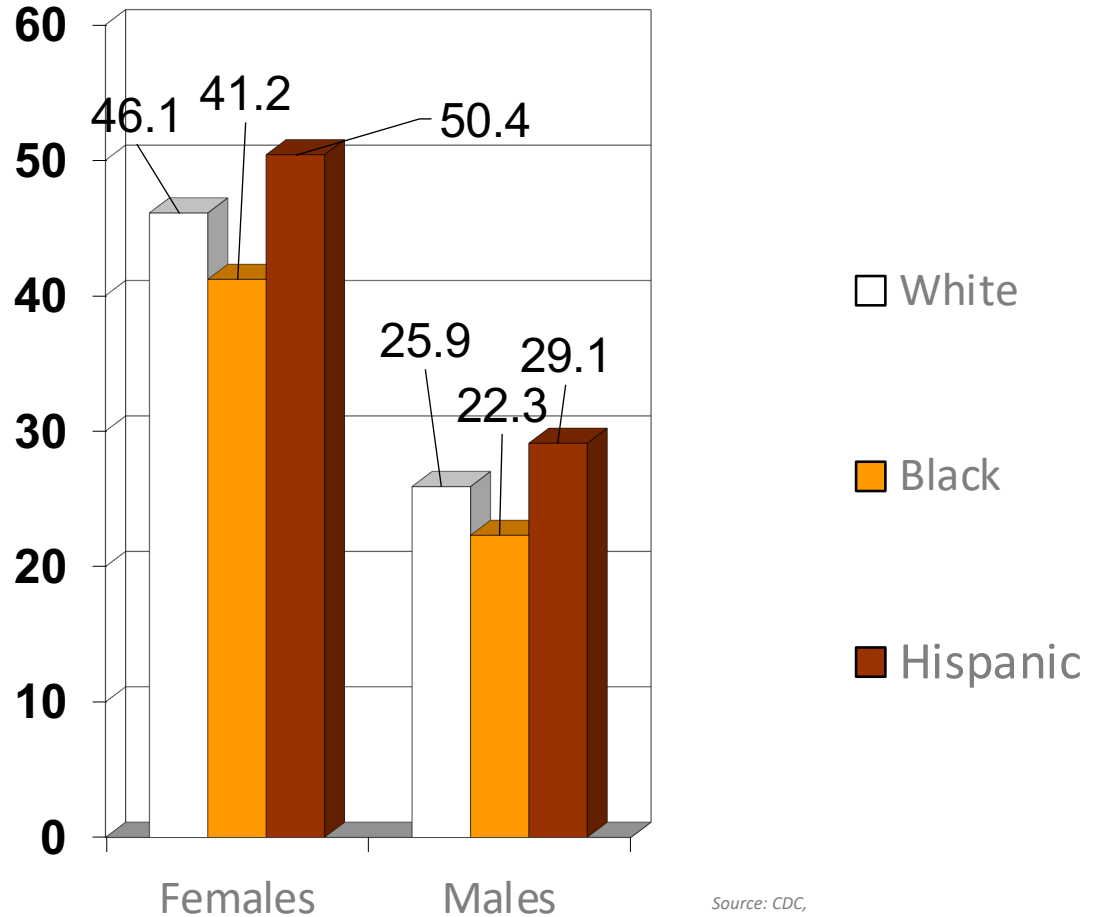
Proportion of Adolescent Girls' Reporting Suicide Attempts (1991-2019)



Progression to an attempt

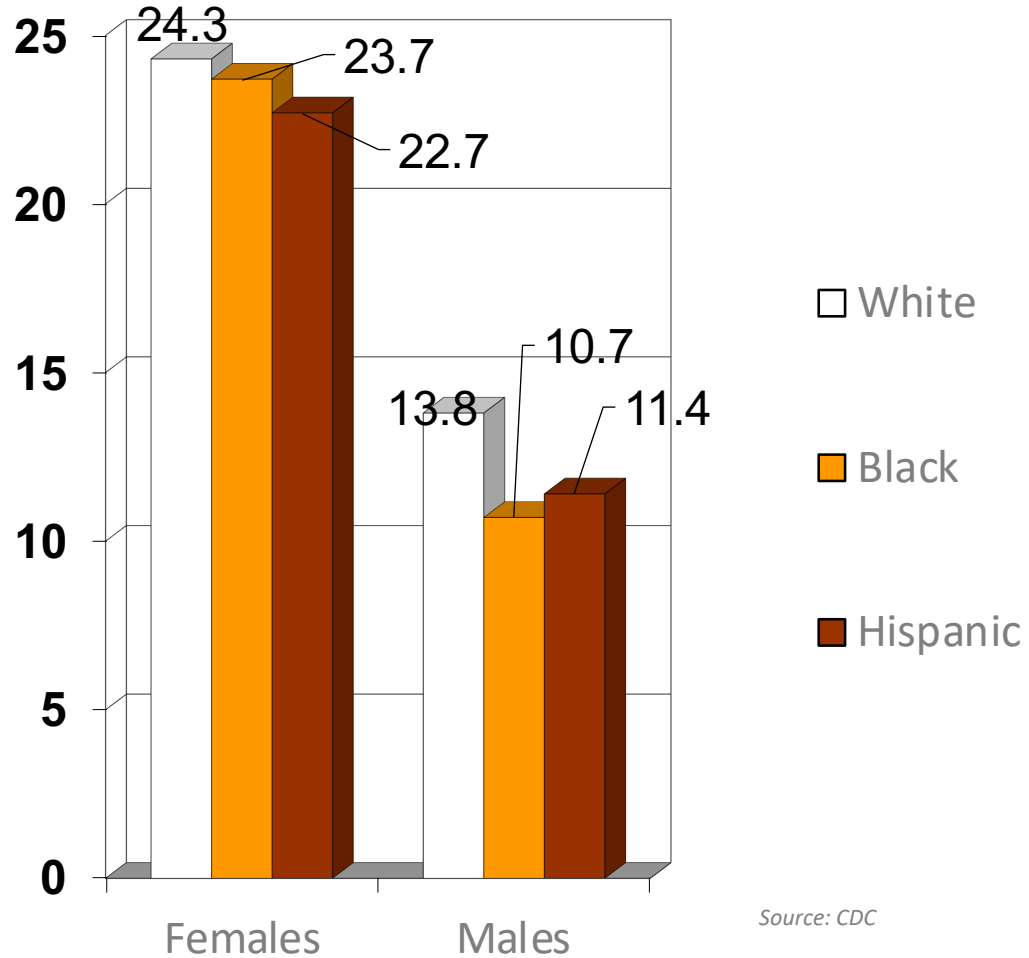
- Sadness and hopelessness
- Seriously considering an attempt
- Making a suicide plan
- Making the attempt

Sadness or Hopelessness, 2019



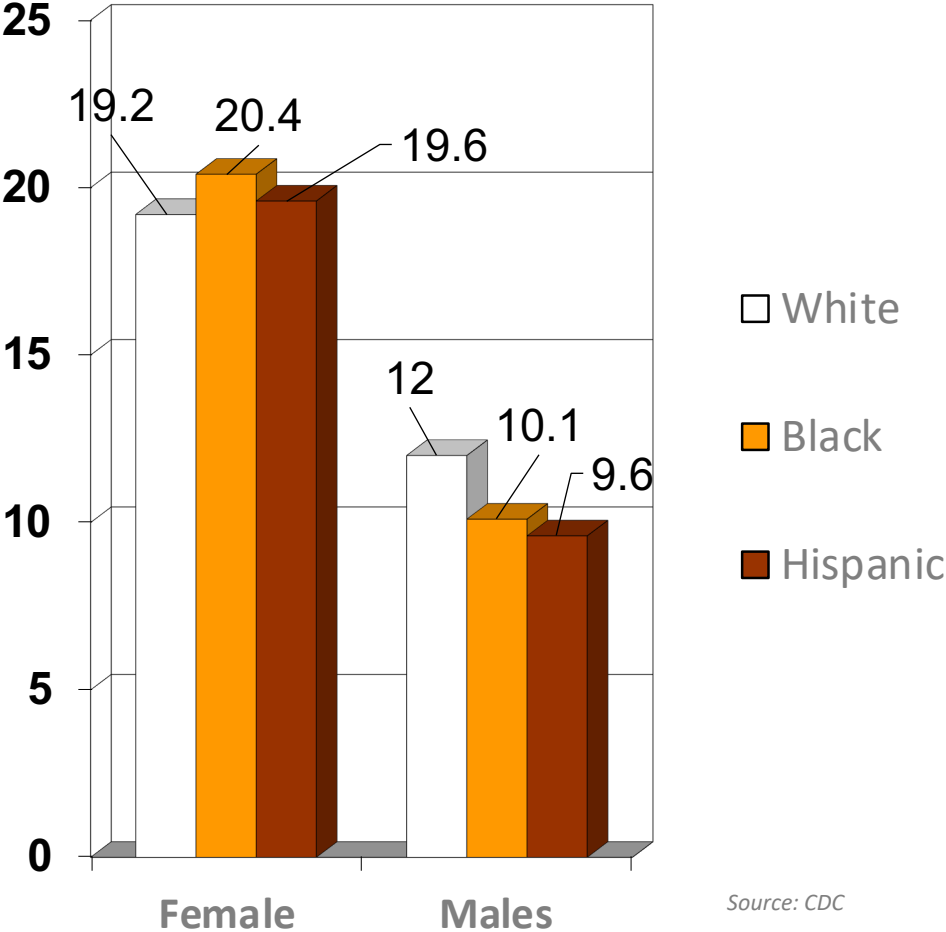
Source: CDC,

Seriously Considering Suicide, 2019



Source: CDC

Suicide Plan, 2019



Source: CDC

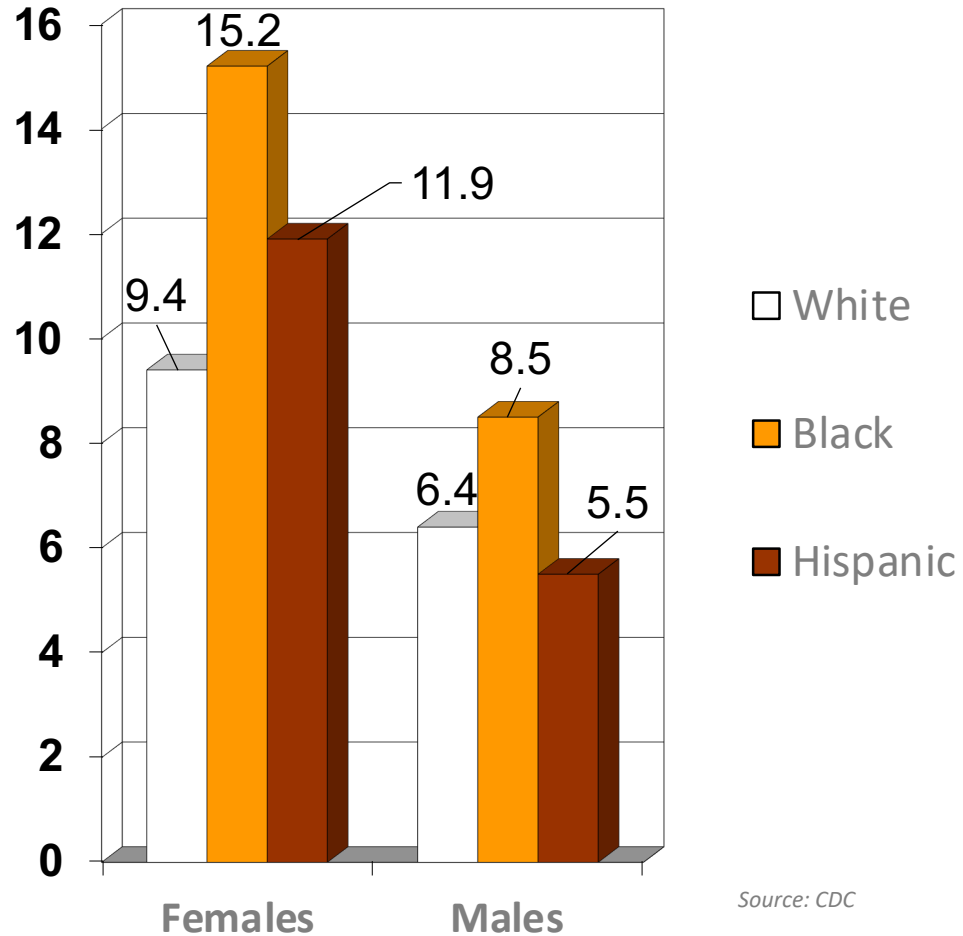
Underlying Reasons for Attempts

- *Underlying reasons*: circumstance teenager says she struggled with over a long period of time
 - Dysfunctional family: most commonly reported underlying reason for an attempt
 - Conflicts among family members; parental divorce
 - Drug or drinking problem by girl or family
 - Sexual abuse or molestation

Triggers of Attempts

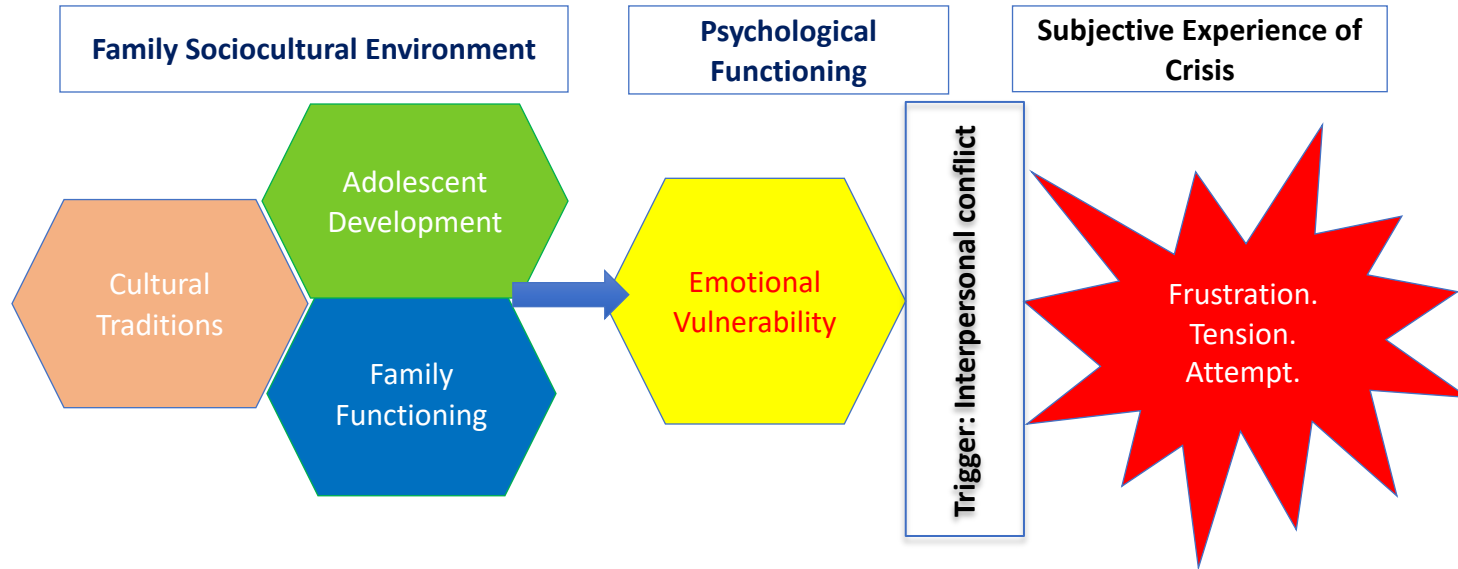
- *Trigger*: Event occurring shortly before SA that girls says is acutely related to SA
 - Most common: relational conflict with family member, sweetheart, friend, other close person
 - Emotional experience: difficulty dealing with complex feelings; escalation of frustration and tension

Attempted Suicide, 2019



Source: CDC

Conceptual Model: Pathway



Culture and Immigration

- Intergenerational stressors
- Family values, attitudes, and interaction
- Adolescent development
- Cultural socialization of women
- Acculturation gap
- Generation gap
- Social marginalization, discrimination

Developmental Systems Theory

- Reciprocal interaction between person and environment
- Ecological Systems (micro, meso, exo, and macro) – Bronfenbrenner
- “Zone of Proximal Development” – Vygotsky

Adolescent Development

- Autonomy
- Relatedness/Connectedness

Family Systems Theory

- Cohesiveness
- Adaptability
- Communication

Psychological Characteristics

- Impulsivity, frustration tolerance
- Depression and anxiety
- Personality disorder, possible underlying SMI
- Past physical, sexual abuse

Childhood Adversities

- Robust predictors of suicidal behaviors
- Can result in a 2 to 5 times increase in risk for suicide attempt
- Risk highest when children endorse greater number of adversities
- Childhood abuse is the adversity that presents the greatest risk

Kapor et al., 2018

Witnessing death, dead body, or serious injury

- Largest part of PTSD burden; long symptom-duration (Atwoli et al., 2013; Ferry et al., 2014)
- Affects memory & helplessness in PTSD etiology (Atwoli et al., 2013)
- Adds to memory formation—intrusive & vivid recall (Hackett, 2009)
- More distressing when multiple traumas experienced (Hackett, 2009)





National Hispanic and Latino

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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Next Session

Module 3: Risk and Protective Factors

J Rocky Romero, PhD, LMSW

September 20th, 2021

1:00 PM – 2:30 PM ET



* Certificates of participation will be distributed to participants upon completion of the last session on October 4, 2021*

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Thank You.

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