Adverse Childhood Experiences (ACES):

Suicide Prevention Approaches with Latinx Children and Youth

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ACCULTURATION: Impact on Mental Health

• The process in which members of one cultural group adopt the beliefs and behaviors of another group.
• Acculturation can be reciprocal—that is, the dominant group also adopts patterns typical of the minority group.
• Not everyone’s experience with acculturation is the same...many are very traumatic!!!
Mental Health Risk Factors: Acculturation Stress

- Acculturation Gaps
  - Aspects of intergenerational conflicts
  - 1st, 2nd and 3rd Generation

- Studies have shown that older Hispanic adults and Hispanic youth are especially vulnerable to psychological stresses associated with immigration and acculturation.

Recognize the importance of assessing for ACEs among Latinx youth @ intake/assessment:

A-Adverse
C-Childhood
E-Experiences

About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

Preventing ACEs could potentially reduce a large number of health conditions. For example, up to 2.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.

Some children are at greater risk than others. Women and several racial/ethnic minority groups were at greater risk for having experienced 4 or more types of ACEs.

ACEs are costly. The economic and social costs to families, communities, and society total hundreds of billions of dollars each year.
The evidence tells us that ACEs can be prevented by:

- Strengthening economic supports for families
- Promoting social norms that protect against violence and adversity
- Ensuring a strong start for children and paving the way for them to reach their full potential
- Teaching skills to help parents and youth handle stress, manage emotions, and tackle everyday challenges
- Connecting youth to caring adults and activities
- Intervening to lessen immediate and long-term harms

CDC: We Can Prevent ACEs

https://youtu.be/8gm-lNpzU4g

Suicide Prevention with Latinx Populations

Possible models for addressing prevention of and suicide
- Yellow Ribbon Campaign
- Question. Persuade. Refer. (QPR)
- Adolescent-Mental Health First Aid
- CDC’s Preventing Suicide: A Technical Package of Policies, Programs, and Practices
According to the CDC (Stone, D.M. et. al., 2017), risk and protective factors for suicide exist at each level...

For example, risk factors include:
- Individual level: history of depression and other mental illnesses, hopelessness, substance abuse, certain health conditions, previous suicide attempt, violence victimization and perpetration, and genetic and biological determinants.
- Relationship level: high conflict or violent relationships, sense of isolation and lack of social support, family/loved one's history of suicide, financial and work stress.

Risk factors continued...
- Community level: inadequate community connectedness, barriers to health care (e.g., lack of access to providers and medications).
- Societal level: availability of lethal means of suicide, unsafe media portrayals of suicide, stigma associated with help-seeking and mental illness.

It is important to recognize that the vast majority of individuals who are depressed, attempt suicide, or have other risk factors, do not die by suicide. Furthermore, the relevance of each risk factor can vary by age, race, gender, sexual orientation, residential geography, and socio-cultural and economic status.

Related Harm Reduction Areas to Consider:
Hispanic and Latinx Adolescent Substance Use/Misuse/Abuse & Street Gang Membership.
Gang Membership Prevention:
- Address community responses to consequences in the form of model intervention and prevention programs.
- Present practical suggestions of how to conduct outreach and engage gang members into services.

What strategy works best to address gang problems?
- The current consensus of informed opinion holds that there is no single strategy or easy solution for Hispanic/Latino gang problems.
- A promising approach is to think of different strategies that can be combined in meaningful ways.
- Drug using behavior and the attachment to the gang can be significantly reduced by evidenced based and culturally relevant interventions.

What strategy works best to address gang problems? (cont.)
- Comprehensive community mobilization strategies involving the participation of broad-based community coalitions ranging from the police and prosecutors to street outreach workers.
- In order to be effective strategies needs to offer enhanced options to incarceration and probation; including employment-training programs in either after care or alternative sentencing forms as well as integrated substance abuse and mental health services.
OJJDP (2010)
Juvenile Justice Bulletin:
Promising and Effective Programs for Gang Prevention

Programs are scored on the following:

• Soundness/clarity of the program’s framework,
• Program fidelity (i.e., adherence to original program operational guidelines).
• The strength of the evaluation’s design.
• The empirical evidence demonstrating that the program prevents or reduces problem behaviors.

Scores promising programs on three levels:

Level 1: program has been scientifically proven to prevent delinquency, reduce risk...high quality research design.
Level 2: program has all the same aspects as level 1 but provides a more experimental or quasi-experimental component.
Level 3: program displays a strong theoretical base, and have proven to reduce delinquency, etc.

Harm Reduction from Substance Use/Misuse/Abuse:
A Rio Arriba County Perspective