



"Empowering Community Partners in Research and Treatment Development for Youth and Families"

Los Angeles Suicide Prevention Network
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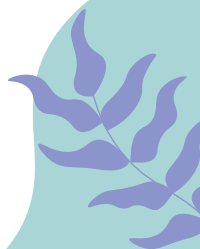


Disclaimer/Trigger Warning

Even though our research team was very careful about the information we included here, some of the information here may be triggering to people prone to self-harm, and as such, audience discretion is advised.

If you or anyone you know needs help finding support and crisis resources, please call the National Suicide Prevention Lifeline.

Dial 988





Roadmap of Presentation

1.

**Upstream Suicide
Prevention**

2.

**Community Based
Participatory
Research Framework**

3.

**UCLA Kidz Club
(Partnership with
West LA Public
Library)**

4.

**Discuss how to
continue empowering
community**



10 Leading Causes of Death, United States 2020, All Races, Both Sexes

SCOPE of the PROBLEM

	Age Groups										
Rank	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	All Ages
1	Congenital Anomalies 4,043	Unintentional Injury 1,153	Unintentional Injury 685	Unintentional Injury 881	Unintentional Injury 15,117	Unintentional Injury 31,315	Unintentional Injury 31,057	Malignant Neoplasms 34,589	Malignant Neoplasms 110,243	Heart Disease 556,665	Heart Disease 696,962
2	Short Gestation 3,141	Congenital Anomalies 382	Malignant Neoplasms 382	Suicide 581	Homicide 6,466	Suicide 8,454	Heart Disease 12,177	Heart Disease 34,169	Heart Disease 88,551	Malignant Neoplasms 440,753	Malignant Neoplasms 602,350
3	SIDS 1,389	Homicide 311	Congenital Anomalies 171	Malignant Neoplasms 410	Suicide 6,062	Homicide 7,125	Malignant Neoplasms 10,730	Unintentional Injury 27,819	COVID-19 42,090	COVID-19 282,836	COVID-19 350,831
4	Unintentional Injury 1,194	Malignant Neoplasms 307	Homicide 169	Homicide 285	Malignant Neoplasms 1,306	Heart Disease 3,984	Suicide 7,314	COVID-19 16,964	Unintentional Injury 28,915	Cerebrovascular 137,392	Unintentional Injury 200,955
5	Maternal Pregnancy Comp. 1,116	Heart Disease 112	Heart Disease 56	Congenital Anomalies 150	Heart Disease 870	Malignant Neoplasms 3,573	COVID-19 6,079	Liver Disease 9,503	Chronic Low. Respiratory Disease 18,816	Alzheimer's Disease 132,741	Cerebrovascular 160,264
6	Placenta Cord Membranes 700	Influenza & Pneumonia 84	Influenza & Pneumonia 55	Heart Disease 111	COVID-19 501	COVID-19 2,254	Liver Disease 4,938	Diabetes Mellitus 7,546	Diabetes Mellitus 18,002	Chronic Low. Respiratory Disease 128,712	Chronic Low. Respiratory Disease 152,657
7	Bacterial Sepsis 412	Cerebrovascular 55	Chronic Low. Respiratory Disease 54	Chronic Low. Respiratory Disease 93	Congenital Anomalies 384	Liver Disease 1,631	Homicide 4,482	Suicide 7,249	Liver Disease 16,151	Diabetes Mellitus 72,194	Alzheimer's Disease 134,242
8	Respiratory Disease 380	Perinatal Period 54	Cerebrovascular 32	Diabetes Mellitus 50	Diabetes Mellitus 312	Diabetes Mellitus 1,168	Diabetes Mellitus 2,904	Cerebrovascular 5,686	Cerebrovascular 14,153	Unintentional Injury 62,796	Diabetes Mellitus 102,188
9	Circulatory System Disease 386	Benign Neoplasms 35	Benign Neoplasms 28	Influenza & Pneumonia 50	Chronic Low. Respiratory Disease 220	Cerebrovascular 600	Cerebrovascular 2,008	Chronic Low. Respiratory Disease 3,538	Suicide 7,160	Nephritis 42,675	Influenza & Pneumonia 53,544
10	Neonatal Hemorrhage 317	Benign Neoplasms 35	Suicide 20	Cerebrovascular 44	Complicated Pregnancy 191	Complicated Pregnancy 594	Influenza & Pneumonia 1,148	Homicide 2,542	Influenza & Pneumonia 6,295	Influenza & Pneumonia 42,511	Nephritis 52,547

Produced By: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System

Self-Injurious Thoughts and Behaviors in Children



14.33% of children ages 9–10 report SI

(Lawrence et al 2021; ABCD Study)



15.1% of preadolescents reported lifetime SI

(Liu et al., 2022)



6.2% of preadolescents report NSSI

(Liu et al., 2022)



2.6% of preadolescents reported suicide attempts

(Liu et al., 2022)



Community-Based Suicide Prevention



Upstream
Prevention



Building
Resilience
EARLY

Levels of Community Engagement



OUTREACH



CONSULT



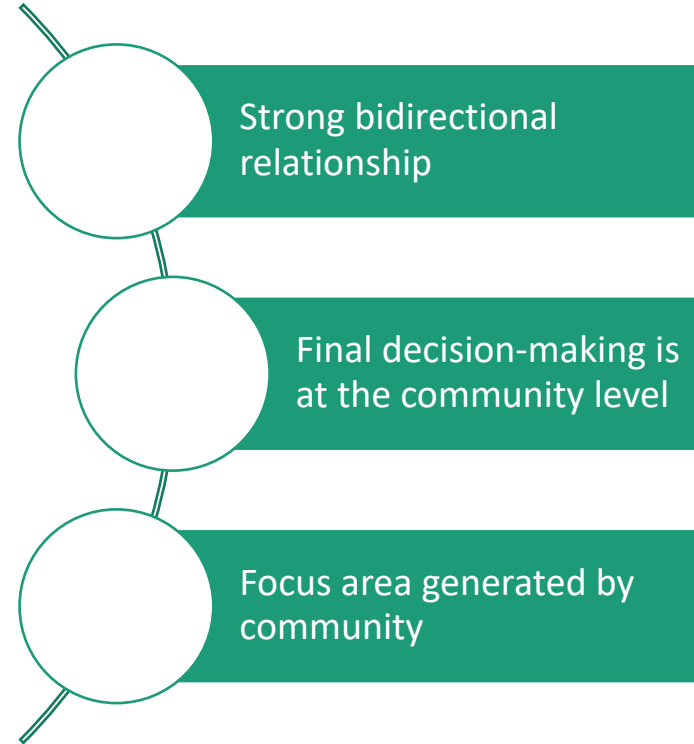
INVOLVE



COLLABORATE



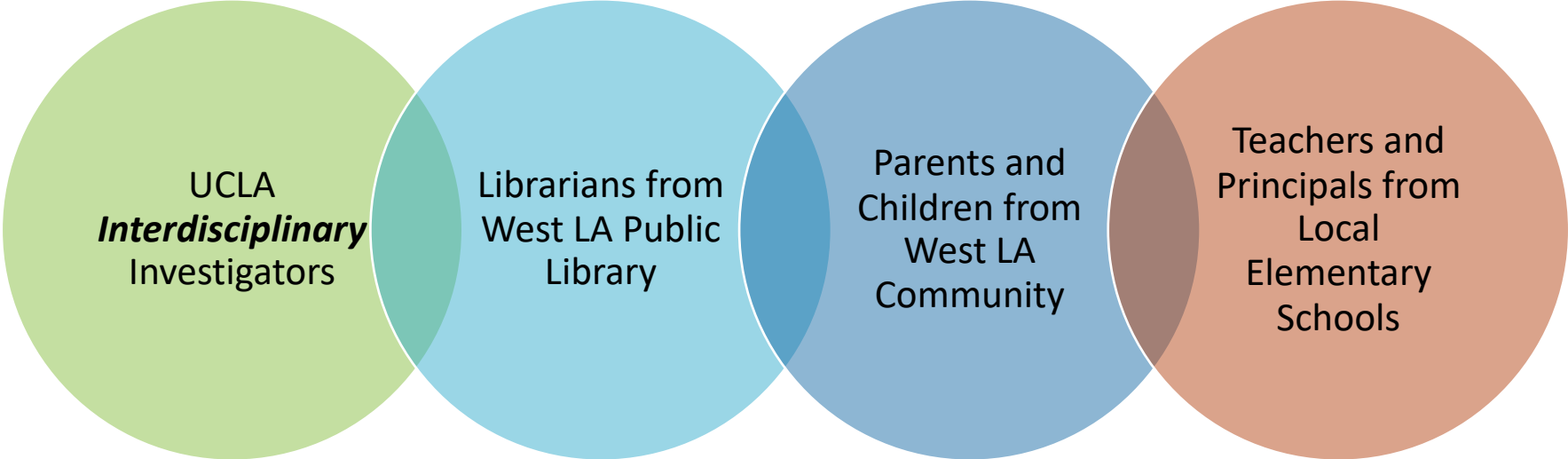
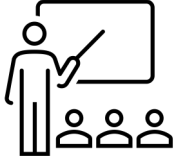
EMPOWER:
SHARED
LEADERSHIP



Principles of CBPR

- 1 Community as a unit of identity
- 2 Builds on community' strengths & resources
- 3 Collaborative partnerships in al research phases using an empowering & power sharing process
- 4 Promote capacity building & co-learning
- 5 Intrgrates knowledge & actions
- 6 Attends to local relevance and ecologic perspectives
- 7 Cyclical & iterative process
- 8 Disseminates findings and knowledge
- 9 Commitment to sustainability

Community Partners



How we got started with our project: UCLA Kidz Club



1) WE MET THE
COMMUNITY WHERE
THEY WERE



2) FOCUSED ON
STRENGTHS &
COMMUNITY NEEDS



3) USED WELCOMING
AND TRUSTED SPACE



A colorful flyer for a community gathering. At the top, a row of black silhouettes shows people dancing. Below them, the words "COMMUNITY GATHERING!" are written in large, bold, blue letters. To the right, a blue starburst contains the text "Free pizza, snacks, and refreshments!" with an illustration of a slice of pizza. The background is yellow with faint math symbols. A blue wavy shape at the bottom left contains the date and time. The bottom right features a colorful illustration of a city street with buildings, a bus, and trees.

COMMUNITY GATHERING!

Free pizza, snacks, and refreshments!

Do you have a child age 8-12?

Would you like them to join a new after-school club?

Let us hear what you and your child would like to see in a new after-school club sponsored by UCLA in partnership with the West LA Library.

Friday, January 27

3 - 5 PM

WEST LA LIBRARY

11360 Santa Monica Boulevard

Community Gatherings

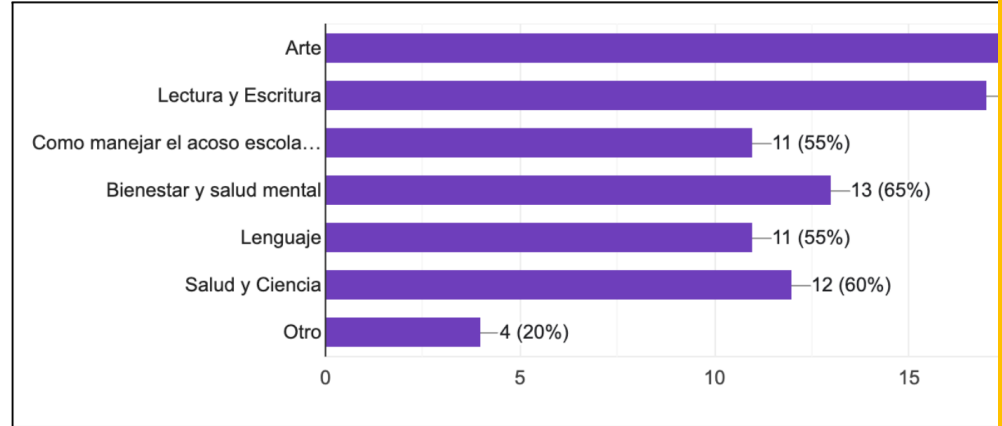
- Handed out flyers IN PERSON at local community spaces (park, food markets)
- Used authentic language (and in Spanish + English)
- Met at trusted community place – The West LA Public Library



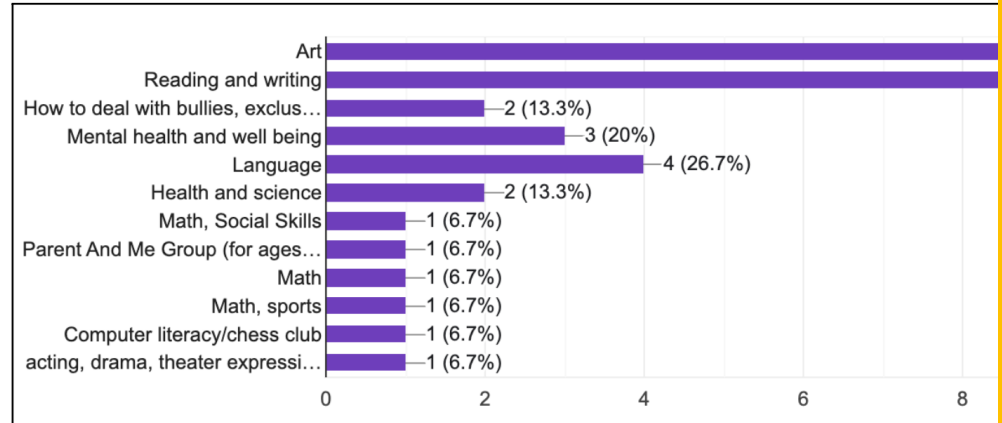
Conducted Needs Assessment Questionnaires

- Topics of Needs Assessment:
 - Desired areas of support
 - *“Culturally responsive and practical ones based on the community in which they live. Asking how can we help students learn more about their own neighborhoods.”*

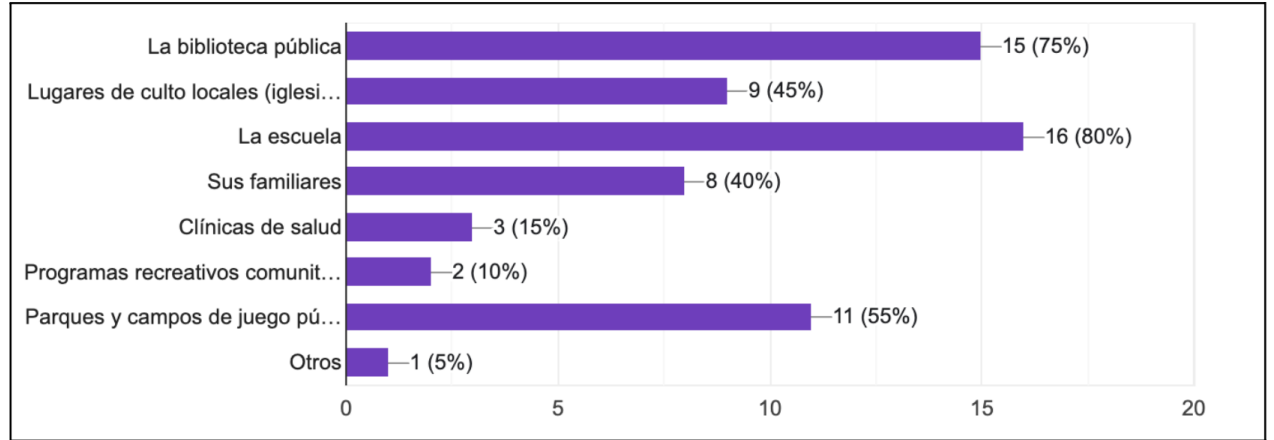
Spanish Survey - Chosen Topics



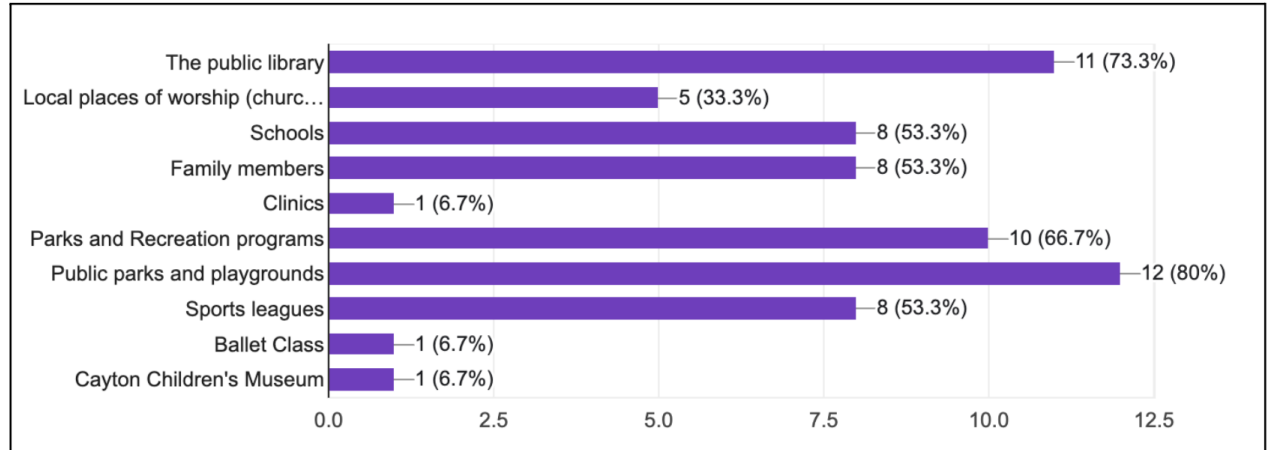
English Survey - Chosen Topics



Public Resources Accessed by Community



English Survey - Resources Accessed



Created Topics and Skills for our 6 Week Pilot Program

Mindfulness

Critical
consciousness &
self-efficacy for
social change

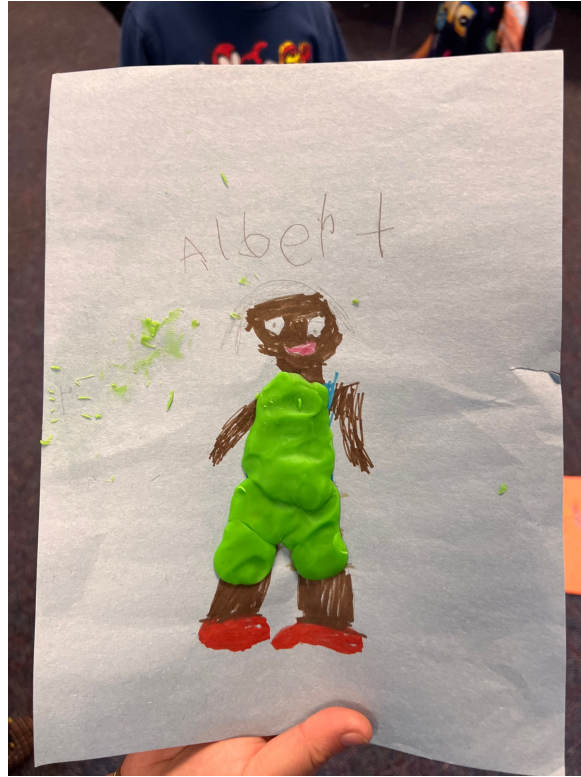
Ethnic pride +
sense of
belongingness

Coping skills for
emotion regulation

Acceptance,
tolerance, kindness

Biliteracy

“I’m glad you brought different skin color materials, because my skin is not white” -7yo girl



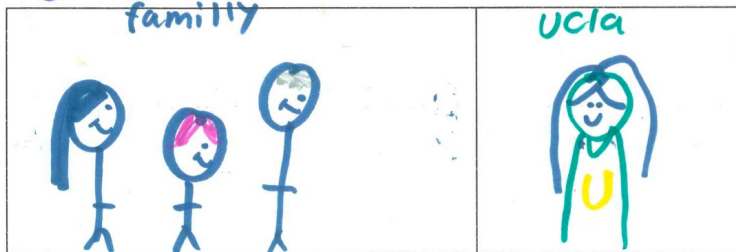
Who am I?
Intersecting
Identities
Art Activity

Mindfulness Pinwheel Activity

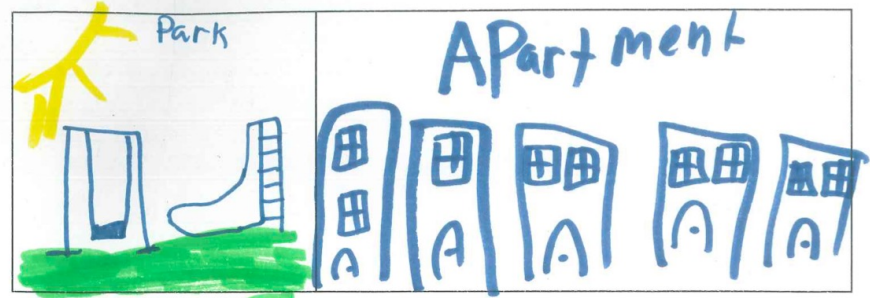
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Community Project

Una persona que nos ayuda en la comunidad



↳ A place that helps people in my community



In a healthy community, tenemos...

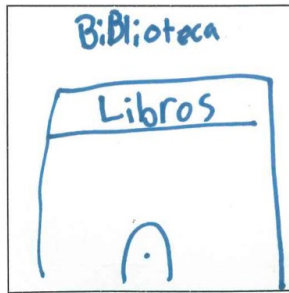


What I would like to change about my community



Homeless to not
 Leave trash and
 to have a
 home

↓ Mi comunidad ideal tiene...



Storytelling: “Stone Soup”

- *Picture has been removed for confidentiality*

Building Skills for Efficacy: Finding Books

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Creating Coping Boxes: Using 5 senses

Community Celebration

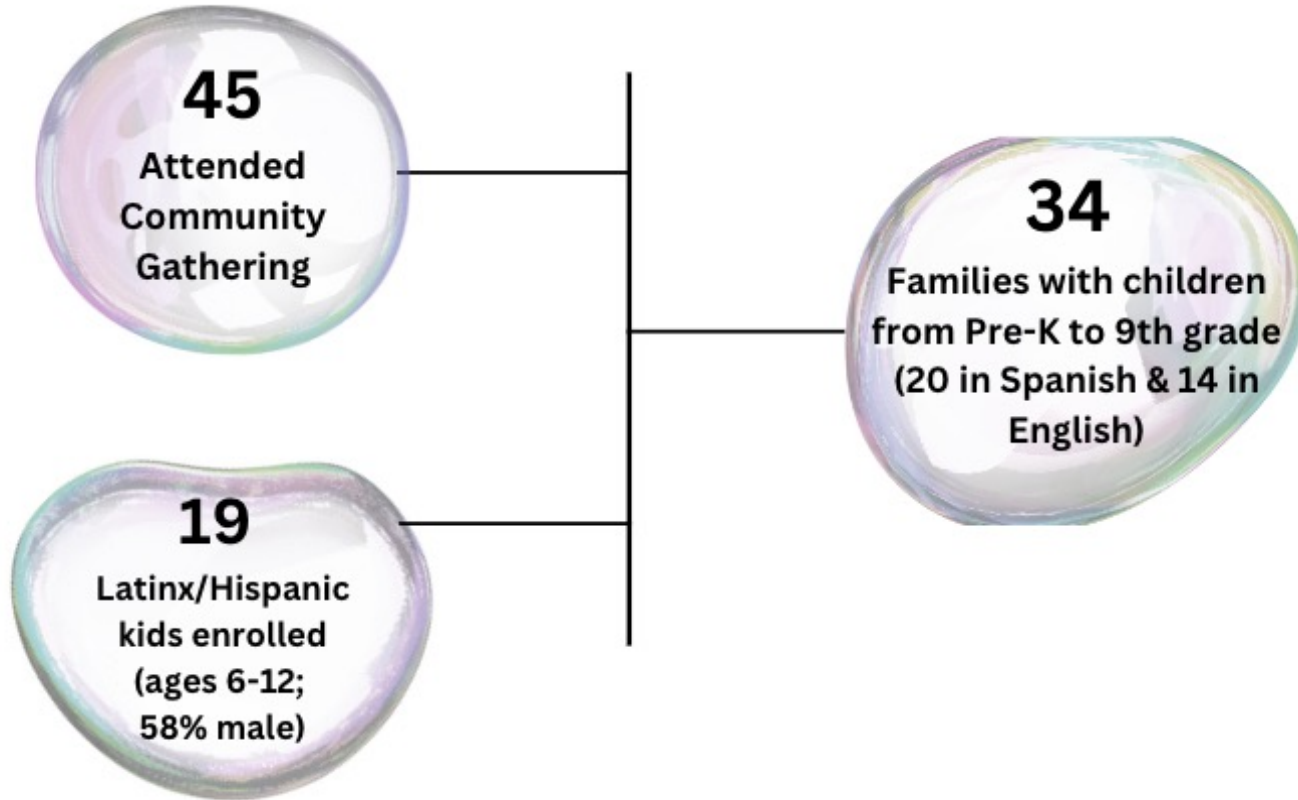


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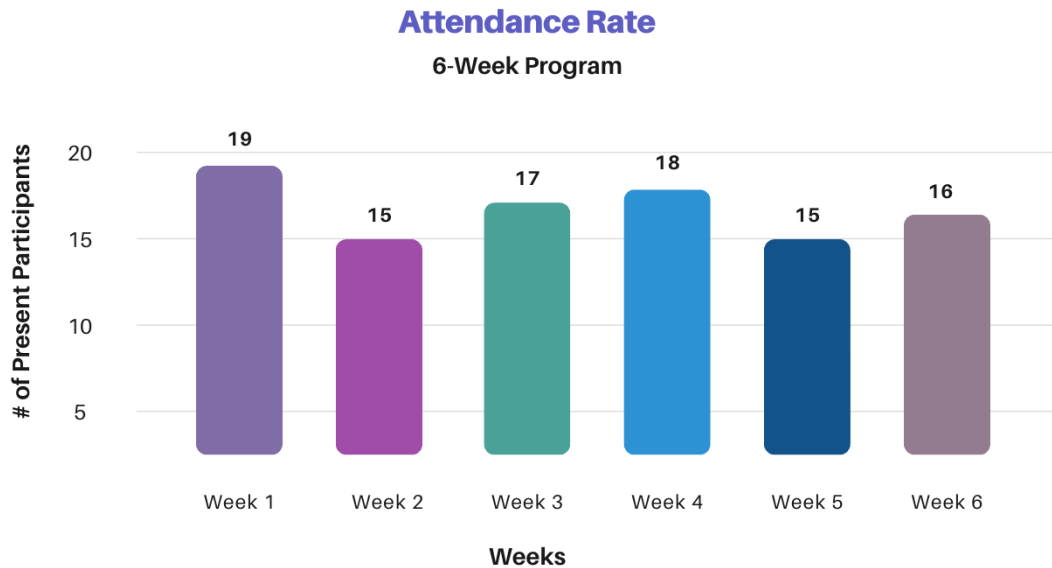
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UCLA Field Trip: Sense of Belongingness On College Campus

Feasibility of Project

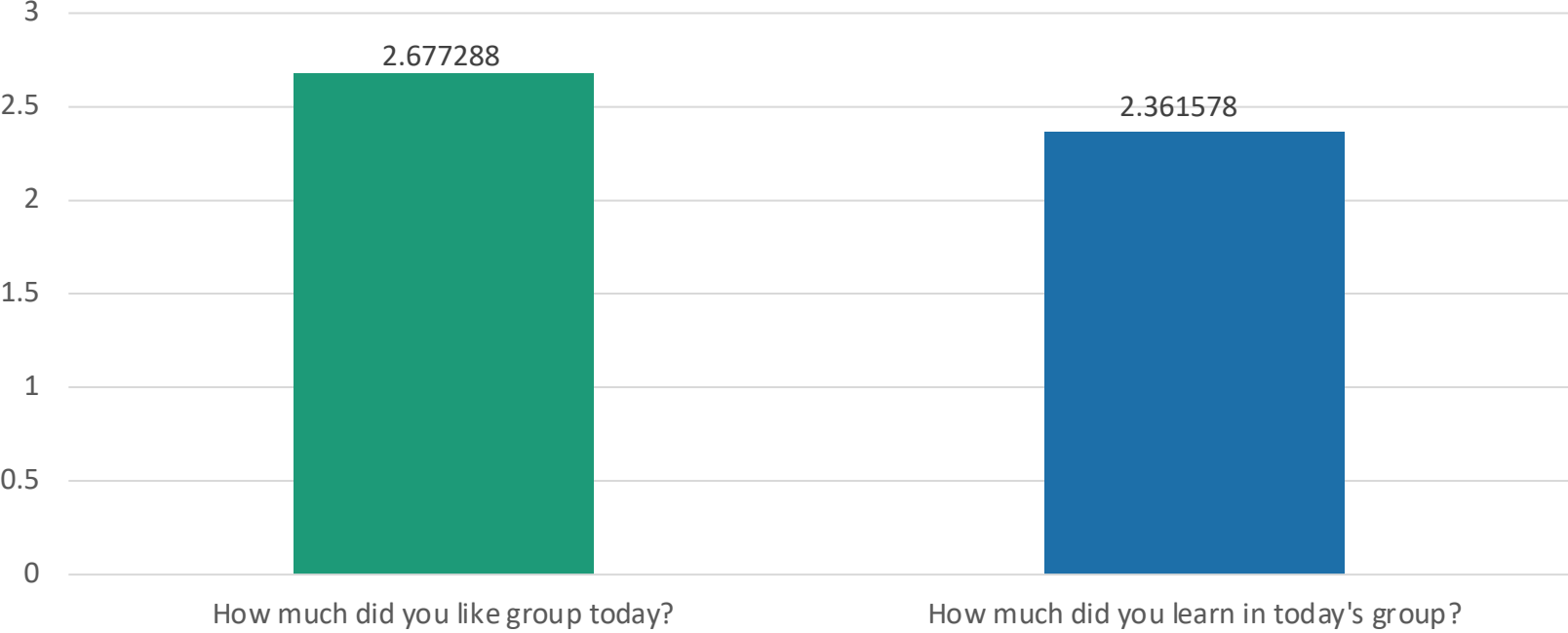


Continuation: Feasibility and Acceptability.



87.7%
Attendance
Rate

Child Ratings: Acceptability





Preliminary Findings:

Parent Pre- & Post-Test of the Pediatric Symptoms Checklist (PSC)

Items	Parent Pre-Test Mean (SD)	Parent Post-Test Mean (SD)
<i>Hopeless</i>		
2. Siente sin esperanza... (Feels hopelessness...)	.13 (.342)	.06 (.250)
<i>Self-Esteem</i>		
3. Se siente mal de sí mismo(a)... (Feels bad about themselves...)	.50 (.516)	.31 (.479)
<i>Lack of Concentration</i>		
8. Se distrae fácilmente... (Gets distracted easily...)	.94 (.772)	.73 (.704)
9. Tiene problemas para concentrarse... (Has trouble concentrating...)	.56 (.629)	.53 (6.40)
<i>Hyperactive</i>		
10. Es muy active(a), tiene mucha energía... (Is very active, has a lot of energy...)	1.40 (.737)	1.13 (.719)
<i>Disobedience</i>		
12. No obedece las reglas... (Does not obey the rules...)	.63 (.619)	.93 (.458)

Preliminary Findings:

Parent Pre- & Post-Test of the Strengths and Difficulties Questionnaire (SDQ)

Items	Parent Pre-Test Mean (SD)	Parent Post-Test Mean (SD)
1. Tiene en cuenta los sentimientos de otras personas. <i>(Takes into considerations other people's feelings.)</i>	1.57 (.646)	1.62 (.619)
4. Comparte frecuentemente con otros niños/a, chucherías, juguetes, lápices, etc. <i>(Share frequently snacks, toys, pencils, etc. with other children.)</i>	1.31 (.704)	1.60 (.507)
7. Por lo general es obediente, suele a ver lo que le piden los adultos. <i>(Generally, is obedient, tends to see what adults ask.)</i>	1.19 (.403)	1.38 (.719)
9. Ofrece ayuda cuando alguien resulta herido, disgustado, o enfermo. <i>(Offers help when someone results injured, upset, or sick.)</i>	1.50 (.516)	1.80 (.414)
21. Piensa las cosas antes de hacerlas <i>(Thinks about things before doing them.)</i>	1.06 (.443)	1.60 (.507)
25. Termina lo que empieza, tiene buena concentración. <i>(Finishes what they started, has good concentration.)</i>	1.25 (.577)	1.38 (.619)

Next Steps....



Share results with community

Did we miss any key results that we should be assessing next year? (neighborhood cohesion?)



Interpret findings together



Think about programming for next year, what did we miss in the first pilot?

Iteratively update our curriculum





Questions?

