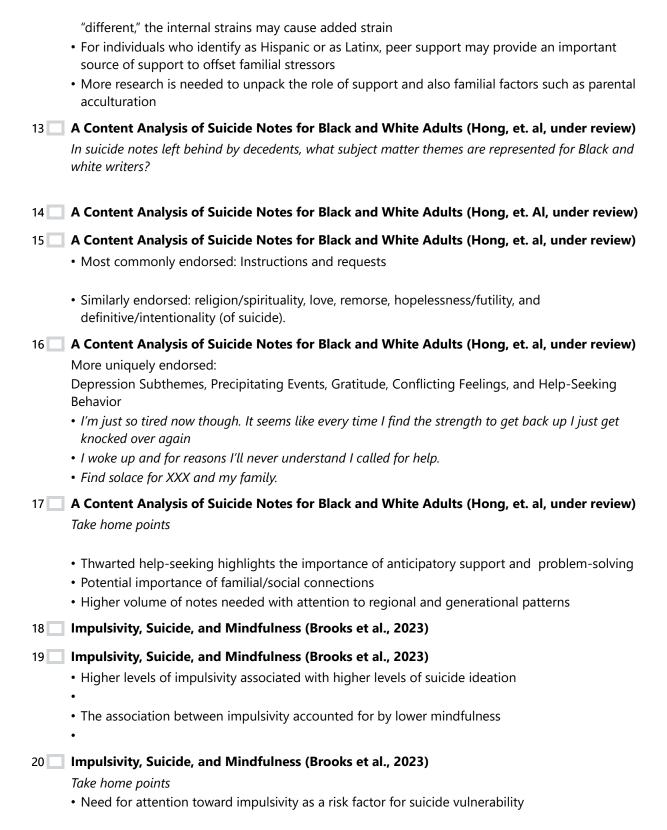
1	Suicide in Marginalized Communities: Complex But Corrigible
	Rheeda Walker, Ph.D.
	Los Angeles Suicide Prevention Summit
	September 15, 2023
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3	Primary objective
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5	
6	Widely Cited Risk factors (CDC.gov, AFSP.org)
7	Psychosocial and Cultural Model of Suicide Vulnerability and Resilience
8	Burdensomeness and Suicide Ideation Among Second-Generation Asian American and Latinx Young Adults: General and Familial Acculturative Stress as Potential Moderators (Walker et al invited for resubmission)
9	Burdensomeness and Suicide Ideation Among Second-Generation Asian American and Latinx Young Adults: General and Familial Acculturative Stress as Potential Moderators (Walker et al invited for resubmission)
10	Acculturative stress, Burdensomeness and Suicide Ideation in Second-Generation Asian American Adults
	Perceived burdensomeness was associated with higher suicide ideation.
	• Higher familial acculturative stress escalated the association for Burdensomeness and suicide ideation
	• General acculturative stress was not a factor in burdensomeness and suicide ideation for second generation Asian American individuals.
	•
11	Acculturative stress, Burdensomeness and Suicide Ideation in Second-Generation Latinx Adults
	• Higher perceived burdensomeness was associated with higher self-reported suicide ideation.
	• Contrary to prediction, when familial acculturative stress was minimal, feeling like a burden <u>was</u> related to thoughts of suicide
	• General acculturative stress was not a factor in burdensomeness and suicide ideation for Latinx individuals.
12	Acculturative stress, Burdensomeness and Suicide Ideation
	Take home points
	• Findings reflect the potential crisis of one's duality— navigating mainstream society and cultural identity
	• Though our society is, too often, non-affirming and even threatening to individuals perceived as



• Highlights the value a mindful disposition of awareness in the moment and non-judgmental

attention as a source of resilience

2

21 Psychological Fortitude (PF) to Assess
Your ability to think manage feelings and emotions work effectively and/or engage in professional and academic responsibilities take care of our physical bodies and pursue life purpose while withstanding external "threats"
0-10 scale (with 10 indicative of high pf) •
Hacks to Boost Psychological Fortitude
 Write down thoughts Be present in the shower Cue up your favorite song or 20-minute playlist Replace the word "should" with "it would be helpful" Check on a friend using ABC's: Assume you can be helpful, Be present, Cancel judgments
23 ABC's to Minding Your Mind
24
25
Thank you for your attention!
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