

- 1 **Suicide in Marginalized Communities: Complex But Corrigible**
Rheeda Walker, Ph.D.
Los Angeles Suicide Prevention Summit
September 15, 2023
- 2
- 3 **Primary objective**
- 4
- 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 was 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

"different," the internal strains may cause added strain

- For individuals who identify as Hispanic or as Latinx, peer support may provide an important source of support to offset familial stressors
- More research is needed to unpack the role of support and also familial factors such as parental acculturation

13 **A Content Analysis of Suicide Notes for Black and White Adults (Hong, et. al, under review)**

In suicide notes left behind by decedents, what subject matter themes are represented for Black and white writers?

14 **A Content Analysis of Suicide Notes for Black and White Adults (Hong, et. al, under review)**

15 **A Content Analysis of Suicide Notes for Black and White Adults (Hong, et. al, under review)**

- Most commonly endorsed: Instructions and requests
- Similarly endorsed: religion/spirituality, love, remorse, hopelessness/futility, and definitive/intentionality (of suicide).

16 **A Content Analysis of Suicide Notes for Black and White Adults (Hong, et. al, under review)**

More uniquely endorsed:

Depression Subthemes, Precipitating Events, Gratitude, Conflicting Feelings, and Help-Seeking Behavior

- *I'm just so tired now though. It seems like every time I find the strength to get back up I just get knocked over again*
- *I woke up and for reasons I'll never understand I called for help.*
- *Find solace for XXX and my family.*

17 **A Content Analysis of Suicide Notes for Black and White Adults (Hong, et. al, under review)**

Take home points

- Thwarted help-seeking highlights the importance of anticipatory support and problem-solving
- Potential importance of familial/social connections
- Higher volume of notes needed with attention to regional and generational patterns

18 **Impulsivity, Suicide, and Mindfulness (Brooks et al., 2023)**

19 **Impulsivity, Suicide, and Mindfulness (Brooks et al., 2023)**

- Higher levels of impulsivity associated with higher levels of suicide ideation
-
- The association between impulsivity accounted for by lower mindfulness
-

20 **Impulsivity, Suicide, and Mindfulness (Brooks et al., 2023)**

Take home points

- Need for attention toward impulsivity as a risk factor for suicide vulnerability
- Highlights the value a mindful disposition of awareness in the moment and non-judgmental attention as a source of resilience
-

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)

-
-

22 **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!

drtheadawalker.com