

Diversifying Access to Suicide Prevention Trainings

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Background

Trends in Black Youth Suicide

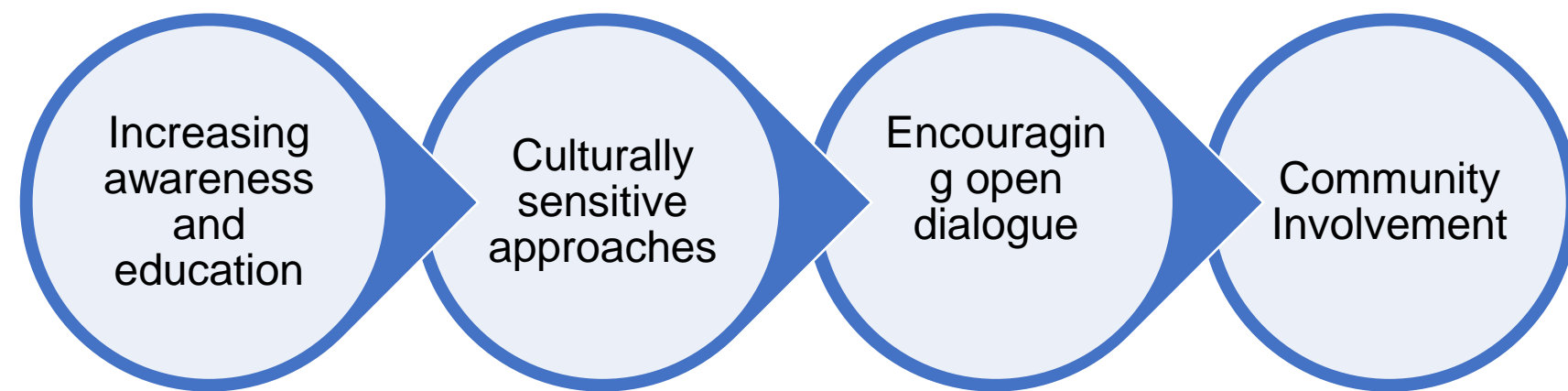
Black youth are experiencing the largest increase in suicide rates compared to other racial and ethnic groups (CDC, 2023). Rates are climbing in Rochester too (WXXI, 2019).

How do Black families communicate about mental health?

Black families often rely on informal networks, such as extended family, friends, and religious communities, to discuss mental health concerns (Rivera et al., 2021).



Solutions to enhance parental support for mental health and suicidality among Black teens



Purpose:

Is Question Persuade Refer (QPR) for Suicide Prevention an effective and culturally sensitive suicide prevention training and what are effective methods for recruiting diverse people for these trainings.

Methods

40 professionals trained as QPR Trainers. 37 women and 2 males.

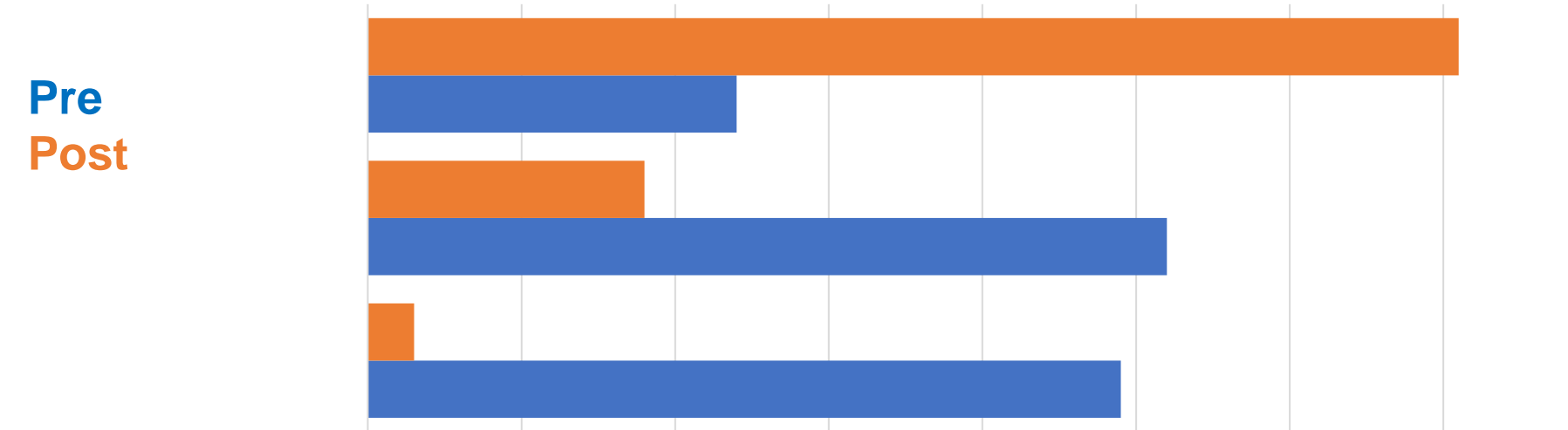
QPR Trainers offered a 1.5 - 2 hour QPR training for adults who work closely with children and teens in school and community settings. 122 adults completed the training.

QPR Trainees were asked to complete pre and post training surveys assessing for participant demographics, knowledge about suicide prevention before and after the training, and their overall sentiment of the training. Participants were also asked to complete a 3 month follow up survey.

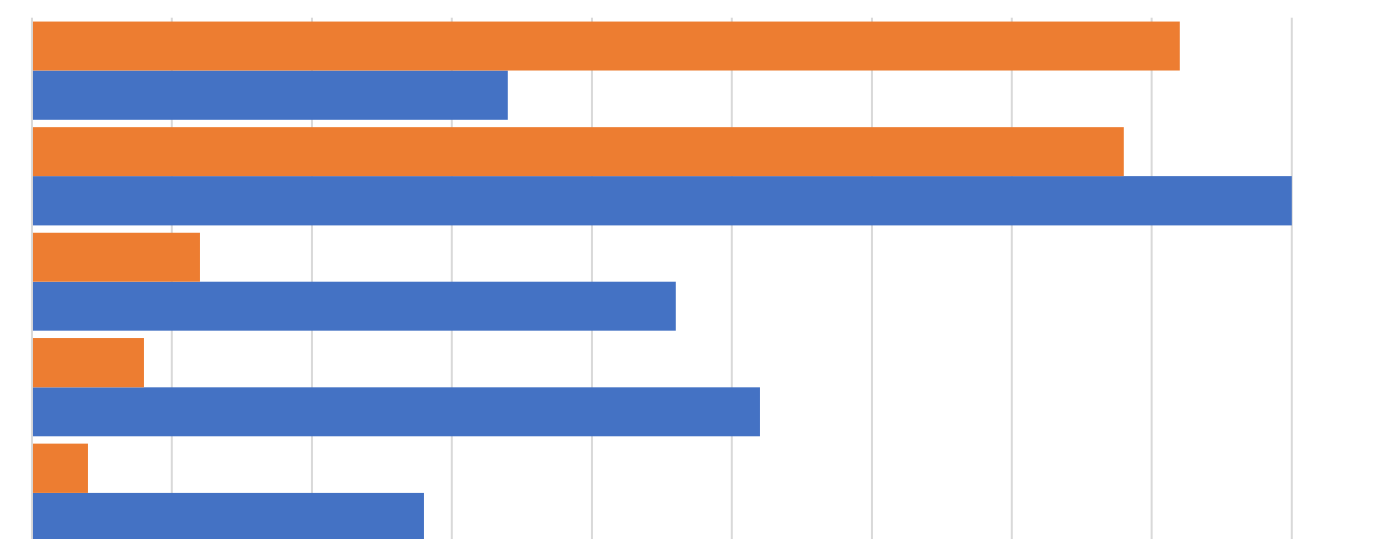
Analysis: Exact T-Test for changes in pre/post

Results

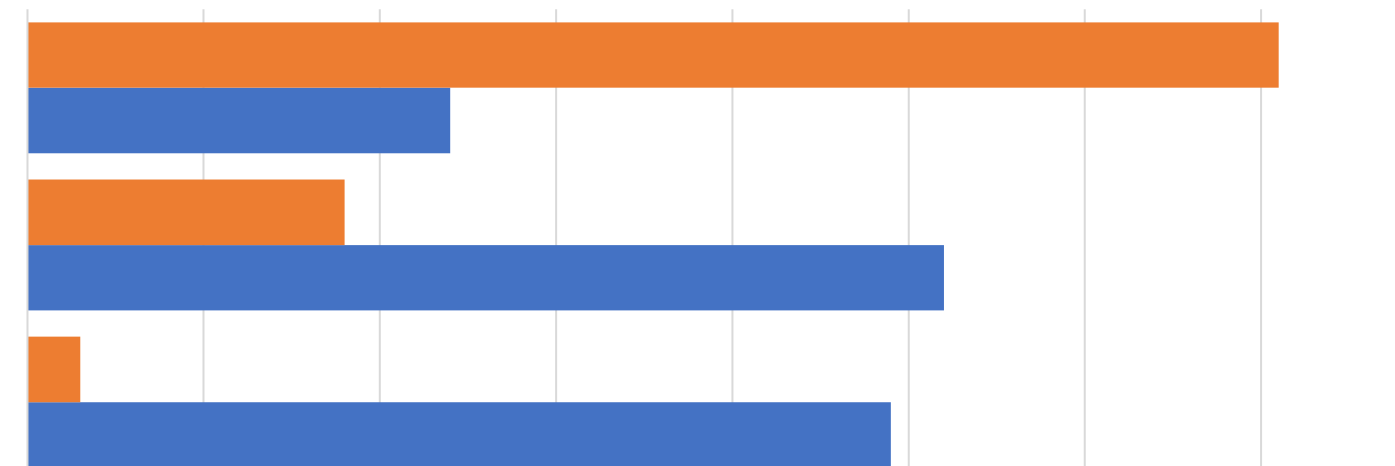
Increased level of understanding about suicide and suicide prevention***



Increased confidence in helping individual considering suicide***



Increased knowledge of information about local resources***



Racial breakdown of QPR trainers and participants this year

Discussion

Overall people report an increase in understanding about suicide and suicide prevention, confidence in helping individuals considering suicide and in information regarding local resources about suicide after completing QPR training

There are no significant differences between overall rating of quality of training between Black and non-black participants. However, it appears more efforts are needed to recruit Black families for the QPR training

Future Directions

Completed a QPR training with the Rochester chapter of Jack and Jill of American Inc. 8 Black women participated.

The post assessment included a question about the cultural sensitivity of the QPR training.

All participants felt the training was culturally sensitive.

Future trainings scheduled with this group

Contact Daria Williams, MA (daria.Williams@urmc.Rochester.edu) if you would like more information about the project.