

Pain Isn't Always Obvious

# KNOW THE SIGNS

Suicide Is Preventable

## One Size Does Not Fit All: Making Suicide Prevention and Interventions Equitable for Our Increasingly Diverse Communities.

Risk and protective factors for suicide vary widely across cultures. Beliefs and attitudes about suicidal behavior are influenced by socio-economic inequality and injustice, historical trauma, socialization and experiences with institutions, psychiatric treatment and handling of crisis situations in communities. There is a need for appreciation and understanding of cultural context in which suicidal behavior occurs and effective action around developing and delivering culturally responsive interventions. Please join us for this webinar series designed for county behavioral health agencies their providers and clinicians with an interest in improving their clinical practice. This webinar series is brought to you by the California Mental Health Services Authority (CaMHSA).

### Webinar #1:

*Current treatment barriers and possible solutions for improving suicide interventions for BIPOC communities.*

### Date:

Thursday  
January 20, 2022  
10 a.m. - 11:30 a.m.

CEUs available

*Please register at:*

<https://attendee.gotowebinar.com/register/2076795364855058703>

### Description:

This webinar will serve as an introduction to the four-part webinar series developed to help community practitioners understand how sociocultural context impacts self-injurious thoughts and behaviors. This webinar will provide an overview of clinical recommendations that are aimed to make suicide prevention more focused and equitable for diverse communities. First, an overview of current data gaps, biases and limitations will be discussed through an equity, diversity, and inclusion [EDI] lens. This will inform attendees of the current state of our knowledge regarding trends in suicide among BIPOC communities with a focus on youth. Second, we will discuss how community agencies can “call in” community members into their strategic planning in a meaningful way. We will end the webinar with a discussion of current structural and sociocultural barriers to care and will also facilitate a conversation about possible multi-level solutions that can help equitable suicide interventions move forward.

### Learning Objectives:

1. Identify current treatment gaps and structural biases that have limited the advancement of suicide interventions for BIPOC communities.
2. Learn how to involve diverse communities in building suicide intervention strategies that work.
3. Analyze possible solutions to suicide related care for BIPOC communities with a special emphasis on youth.



Funded by counties through the voter-approved  
Mental Health Services Act (Prop. 63).

[SuicideisPreventable.org](https://SuicideisPreventable.org)

**Webinar #2:**

*Sociocultural risk and protective factors associated with suicide among BIPOC youth.*

**Date:**

Tuesday

February 8, 2022

10 a.m. - 11:30 a.m.

**CEUs available**

*Please register at:*

<https://attendee.gotowebinar.com/register/8730995755690379791>

**Description:**

This webinar will look at **system level risk factors** that impact self-injurious thoughts and behaviors (including suicide attempts) among BIPOC youth. These risk factors include racism (i.e., interpersonal and systemic), racial trauma, and discrimination/racial microaggressions. Given the importance of using a resilience framework when working with diverse community members struggling with self-injury and suicide we will also discuss cultural protective processes that can buffer these system level risk factor. Examples of these protective factors include discussing the importance of strong racial/ethnic identity and racial socialization and collective or cultural healing practices. In addition, this webinar will have a particular focus on self-injury and suicide among a high-risk youth that also experience high rates of racial discrimination -- systems involved youth (i.e., youth involved the Juvenile Justice and Child Welfare systems).

**Learning Objectives:**

1. Review sociocultural risk factors associated with self-injurious thoughts and behaviors among BIPOC youth.
2. Highlight cultural processes that protect BIPOC youth from self-injurious thoughts and behaviors.
3. Analyze specific risk factors associated with suicide among systems involved BIPOC youth.

**Webinar #3:**

*Structural and systemic factors that impact suicide treatment seeking and access among BIPOC youth and communities.*

**Date:**

Tuesday

February 22, 2022

10 a.m. - 11:30 a.m.

**CEUs available**

*Please register at:*

<https://attendee.gotowebinar.com/register/2667302378203444751>

**Description:**

**Gaps between treatment need, access, and receipt are often sequelae from structural factors** including systemic racism and social determinants of health. Understanding factors, like beliefs and attitudes about self-injurious thoughts and behaviors, and how they vary by cultural background, can help clinicians develop a better understanding in the factors that impact treatment access among minoritized communities. In addition, a greater awareness of what impacts treatment access among minoritized communities is an important first step for clinicians to develop their own cultural humility and understanding of implicit biases. This seminar will discuss guiding principles in developing a culturally responsive and culturally humble clinical practice.

**Learning Objectives:**

1. Identify barriers to treatment utilization among diverse communities.
2. Learn about cultural differences that impact beliefs and attitudes about self-injurious thoughts and behaviors among BIPOC youth.
3. Review principles for developing cultural humility for working with diverse communities.

**Webinar #4:**

*Delivering culturally responsive suicide interventions in community settings.*

**Date:**

Tuesday

March 8, 2022

10 a.m. - 11:30 a.m.

**CEUs available**

*Please register at:*

<https://register.gotowebinar.com/register/1113945335852707084>

**Description:**

This webinar will explore clinical implications for effective action around developing and delivering culturally responsive interventions. Practitioners will learn how to deliver key treatment elements common among effective suicide interventions in a culturally responsive way. The webinar will focus on two key clinical targets that have been linked to improved suicide and self-harm outcomes, in particular among BIPOC youth.

**Learning Objectives:**

1. Review current treatment models of suicide.
2. Analyze current culturally adapted treatment models of suicide that show initial promise for improving self-harm outcomes among BIPOC youth.
3. Learn how to deliver two key suicide treatment components in a culturally responsive way.

**Presenters:**

Eraka P.J. Bath, M.D. is a child, adolescent and forensic psychiatrist with currently serving as an Associate Professor in the Division of Child and Adolescent Psychiatry and the Vice Chair for Justice, Equity, Diversity and Inclusion at the UCLA Neuropsychiatric Institute in the David Geffen School of Medicine. Further, Dr. Bath serves as the Associate Editor for the Psychiatric Quarterly and the Assistant Editor, Antiracism and Health equity.

Her research focuses on systems involved population in the juvenile justice and child welfare systems. Specific areas include determining the efficacy of short-term family-based interventions for youth involved in the delinquency system and adapting emerging technologies to increase engagement in court-referred mental health and substance use treatment for youth impacted by commercial sexual exploitation. Dr. Bath maintains a private practice focused on forensic consultation to attorneys and governmental agencies, on a variety of cases involving mental health and the law including, juvenile competency to stand trial, commercially sexually exploited youth, fitness and waiver to adult court, personal injury, PTSD, child maltreatment, education rights, risk management, termination of parental rights and child custody matters.

**Education**

- M.D. – Howard University College of Medicine, 1999
- B.A. – Major in Social Sciences - University of California, 1994



Jocelyn Meza, Ph.D. completed a NIMH T32 postdoctoral fellowship at the University of California, Los Angeles (UCLA)

Dr. Jocelyn Meza is an Assistant Professor of Psychiatry and Biobehavioral Sciences in the David Geffen School of Medicine and Associate Director of the Youth Stress and Mood Program. Her current clinical, teaching, and research focuses on the development and evaluation of culturally-adapted treatments for self-harm/suicide for ethnic/racial minority youth impacted by

different social systems (i.e., juvenile justice and child welfare systems). Dr. Meza is a certified bilingual psychologist trained at UC Berkeley and UCSF in cognitive-behavior and dialectical behavior therapies. Dr. Meza also examines cultural factors that may influence psychopathology in Black and Latinx youth, as well as the impact of racial discrimination on self-harm. Dr. Meza's work in advancing mental health treatments among ethnic/racial minority families has been recognized by the National Latinx Psychology Association and has also received the prestigious UC Chancellor's Postdoctoral Fellowship.

**Education**

- Postdoctoral Fellowship - Psychiatry and Behavioral Sci. - UCSF, 2021
- Postdoctoral Fellowship - Psych. and Biobehavioral Sci. - UCLA, 2020
- Predoctoral Internship - Psychiatry and Behavioral Sci. - UCSF, 2019
- Doctor of Philosophy - Clinical Science - UC Berkeley, 2019
- M.A. - Clinical Science - UC Berkeley, 2014
- B.A. - Major in Psych., Minor in Applied Devel. Psych. - UCLA, 2012