

Strengths Based Approaches to Suicide Prevention in the Black Community

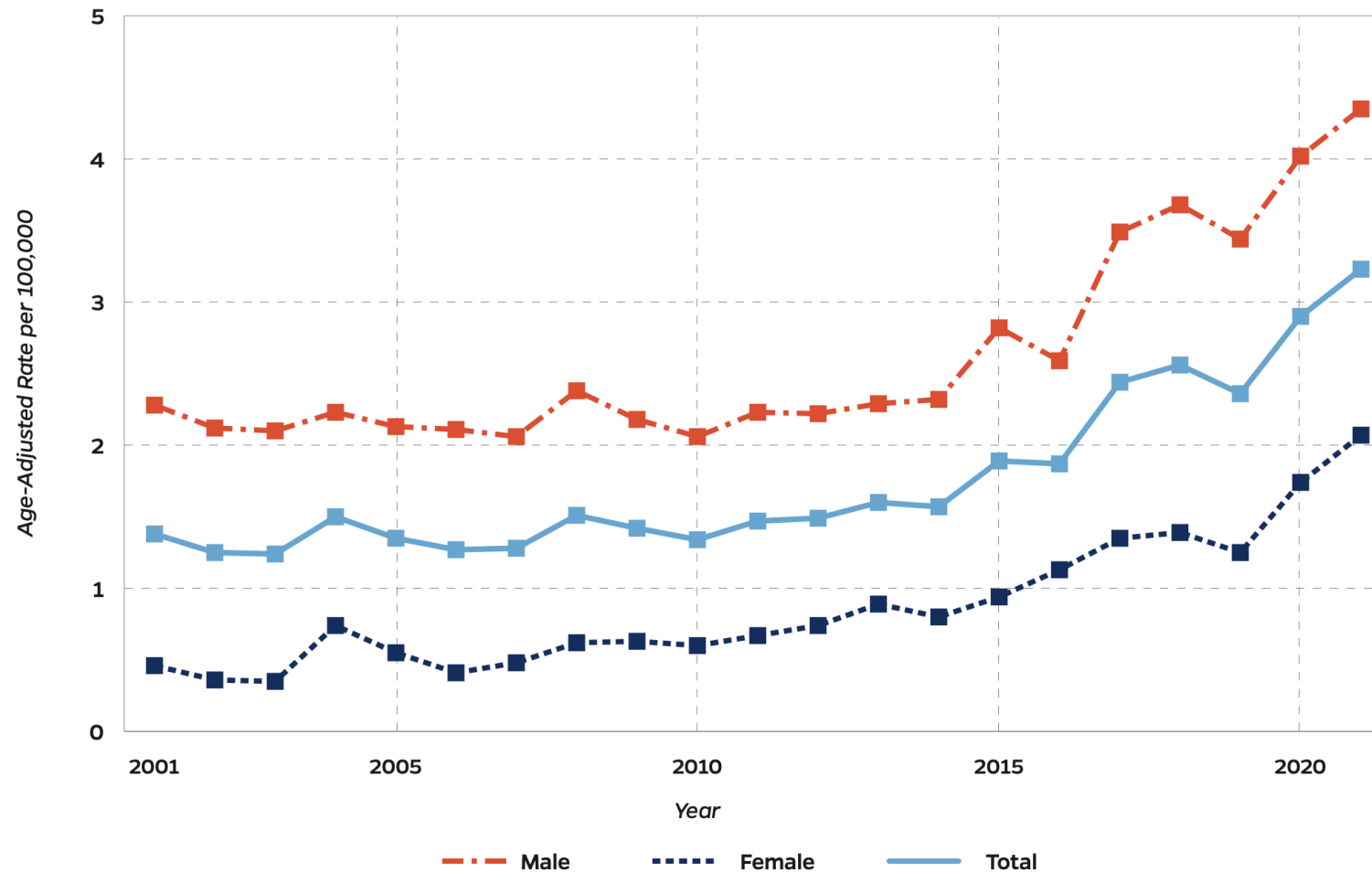
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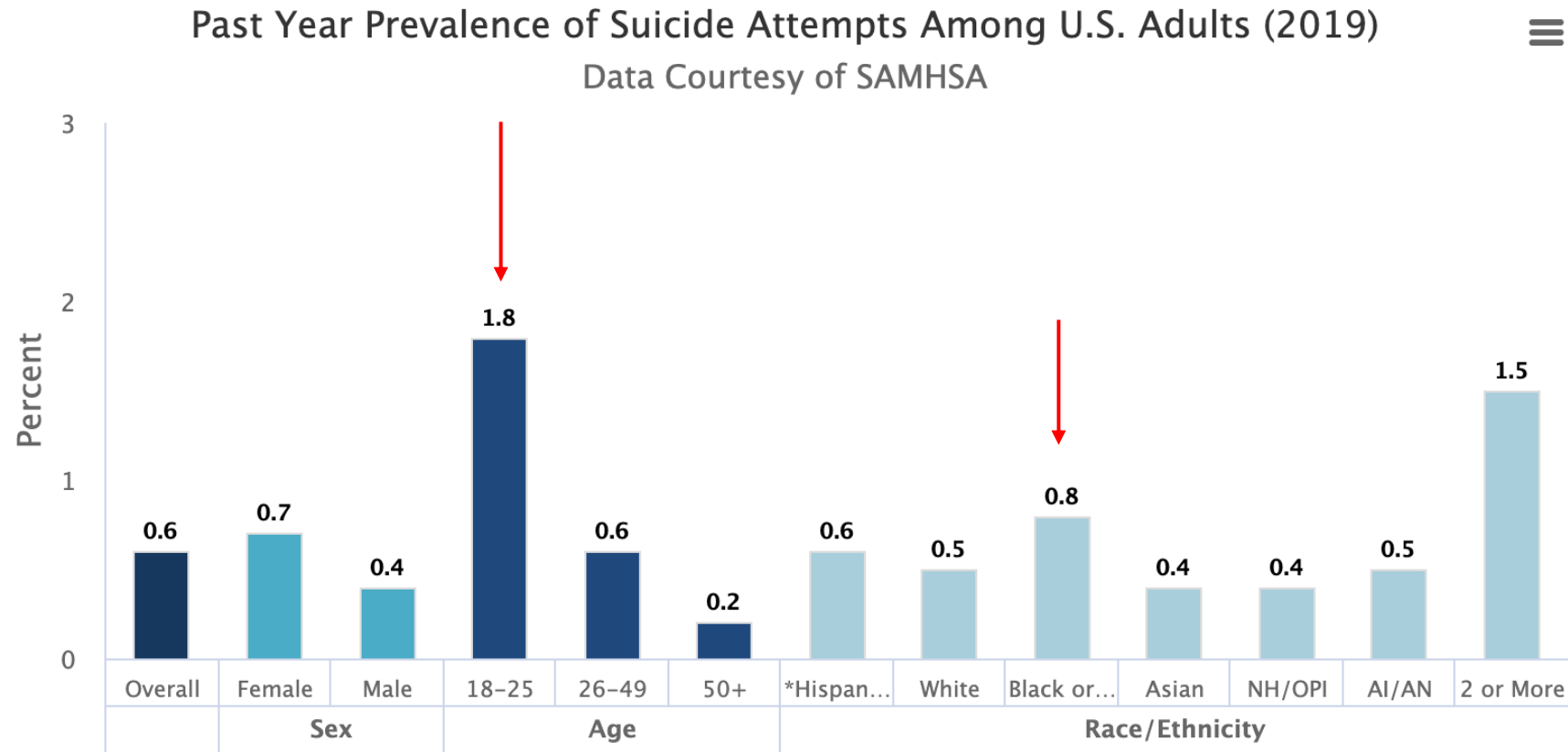
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Suicide Among Black Americans Today

FIGURE 1: Suicide Deaths Among Black Youth Ages 0-19 in the United States by Sex, 2001-2021



Suicide Among Black Americans Today



Research Program

- Risk factors for suicide in Black Americans
 - Discrimination *Brooks et al. (2020), Suicide & Life-Threatening Behavior*
 - Anxiety Sensitivity *Brooks et al. (2021), Journal of Affective Disorders*
 - Impulsivity *Brooks Stephens et al. (2023), Mindfulness*
 - Bully victimization, dating violence, and depressive symptoms *Opara, Weerakoon, Brooks Stephens et al. (2023), Suicide & Life-Threatening Behavior*
 - Depression *Brooks Stephens et al. (2023), Journal of Black Psychology*
 - COVID-19 and Racial Discrimination Syndemic *Brooks Stephens et al. (2024)*
 - Gun Violence Exposure *Semenza, Daruwala, Brooks Stephens et al. (2024), JAMA Network Open*
 - Racial Trauma *Brooks Stephens et al. (2025), Behavior Therapy*

Research Program

- Protective factors for suicide in Black Americans
 - Self-Acceptance *Brooks et al. (2021), Journal of Black Psychology*
 - Mindfulness *Brooks et al. (2021), Journal of Affective Disorders; Brooks Stephens et al. (2023), Mindfulness*
 - Critical Consciousness *Brooks Stephens et al. (2024), Journal of Counseling Psychology*
 - Psychological Flexibility *Brooks Stephens et al. (under review)*

Culturally Responsive Clinical Intervention Tools

1. ADDRESSING framework

- a) Hays, P. A. (2001). *Addressing Cultural Complexities in Practice: A Framework for Clinicians and Counselors*. Washington, D. C.: American Psychological Association.

2. Jones' Intentional Multicultural Interview Schedule

- a) Jones, J.M. (2009). Counseling with multicultural intentionality: The process of counseling and integrating client cultural variables. In J.M. Jones (Ed.), *The psychology of multiculturalism in schools: A primer for practice, training, and research* (pp 191-213). Bethesda, MD: National Association of School Psychologists.

3. Cultural Assessment of Risk for Suicide Measure

- a) Chu, J., Floyd, R., Diep, H., Pardo, S., Goldblum, P., & Bongar, B. (2013). Cultural Assessment of Risk for Suicide Measure [Database record]. APA PsycTests. <https://doi.org/10.1037/t27976-000>

4. Collaborative Assessment and Management of Suicidality (CAMS)

- a) <https://cams-care.com>

Culturally Responsive Therapy for Black Clients

1. Routinely reflect on your clinical decision-making
2. Affirm racial identity and lived experiences
3. Use strengths-based and liberation psychology approaches
4. Incorporate storytelling and expressive writing techniques
5. Consider historical and systemic trauma
6. Expand the role of therapy beyond the individual
7. Utilize somatic approaches
8. Incorporate Acceptance and Commitment-Based Therapy techniques
9. Evaluate racial socialization practices
 - a) Integrating Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Racial Socialization for Black Youth and Families: An Implementation Manual

Methodological Considerations

1. Utilize qualitative and mixed-methods approaches
2. Incorporate Community-Based Participatory Action Research (CBPR)
3. Develop Youth Advisory Boards to inform program development and implementation

RESOURCES

- Crisis Hotline (24/7): 988
- Crisis Text Line (24/7): Text HOME to 741-741
- Substance Abuse and Mental Health Services Helpline: 1-800-662-HELP
- National Alliance on Mental Illness: 1-800-950-6264
- Speaking of Suicide Resources: [SpeakingOfSuicide.com/resources](https://speakingofsuicide.com/resources)
- Trevor Project for LGBTQ+ young people (24/7): 1-866-488-7386
- Depression and Bipolar Support Alliance: dbsalliance.org
- AAKOMA Project: AAKOMApromject.org
- Black Mental Wellness: blackmentalwellness.com
- Therapy for Black Girls: therapyforblackgirls.com
- Therapy for Black Men: therapyforblackmen.org
- Therapists of Color: innopsych.com
- Therapy for Latinx: therapyforlatinx.com
- Unapologetic Guide to Black Mental Health – Dr. Rheeda Walker

THANK YOU

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