

# Building Cultural Competence Within Crisis Services

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Prepared for FORUM ON MENTAL HEALTH AND SUBSTANCE USE  
DISORDERS

STRATEGIES AND INTERVENTIONS TO REDUCE SUICIDE

Building 988: An Opportunity to Build Inclusive Care Structures

July 28, 2021

Figure 3. Suicide rates for males, by age group: United States, 1999–2019

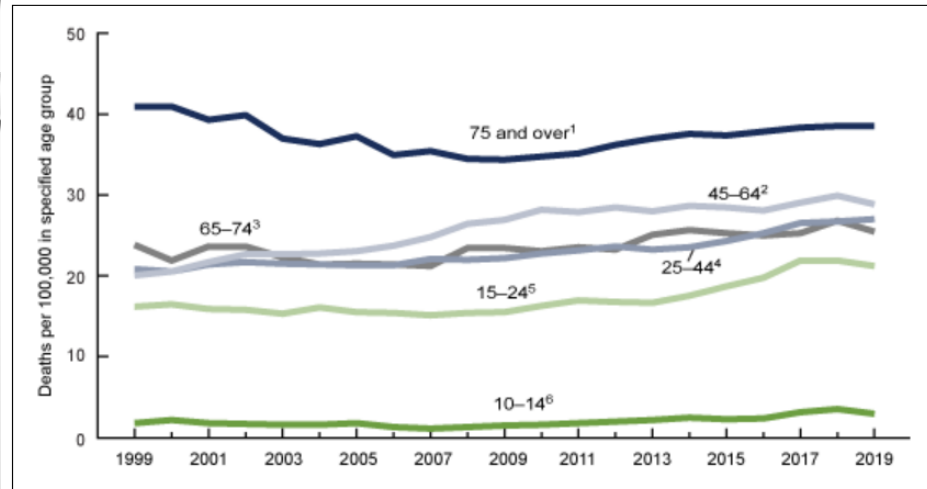
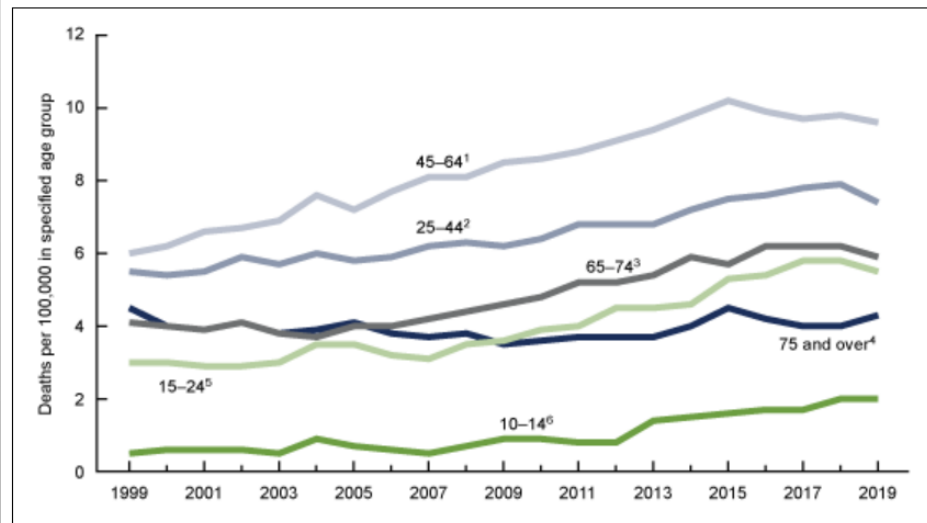


Figure 2. Suicide rates for females, by age group: United States, 1999–2019



Source: NCHS Data Brief No. 398, February 2021

## Suicide Rate Keeps Rising Among Young Americans

Sept. 11, 2020, at 9:00 a.m.



By Steven Reinberg  
HealthDay Reporter

FRIDAY, Sept. 11, 2020 (HealthDay News) -- A nearly 60% jump in suicides by young Americans since 2007 has experts alarmed and somewhat puzzled.



(HEALTHDAY)

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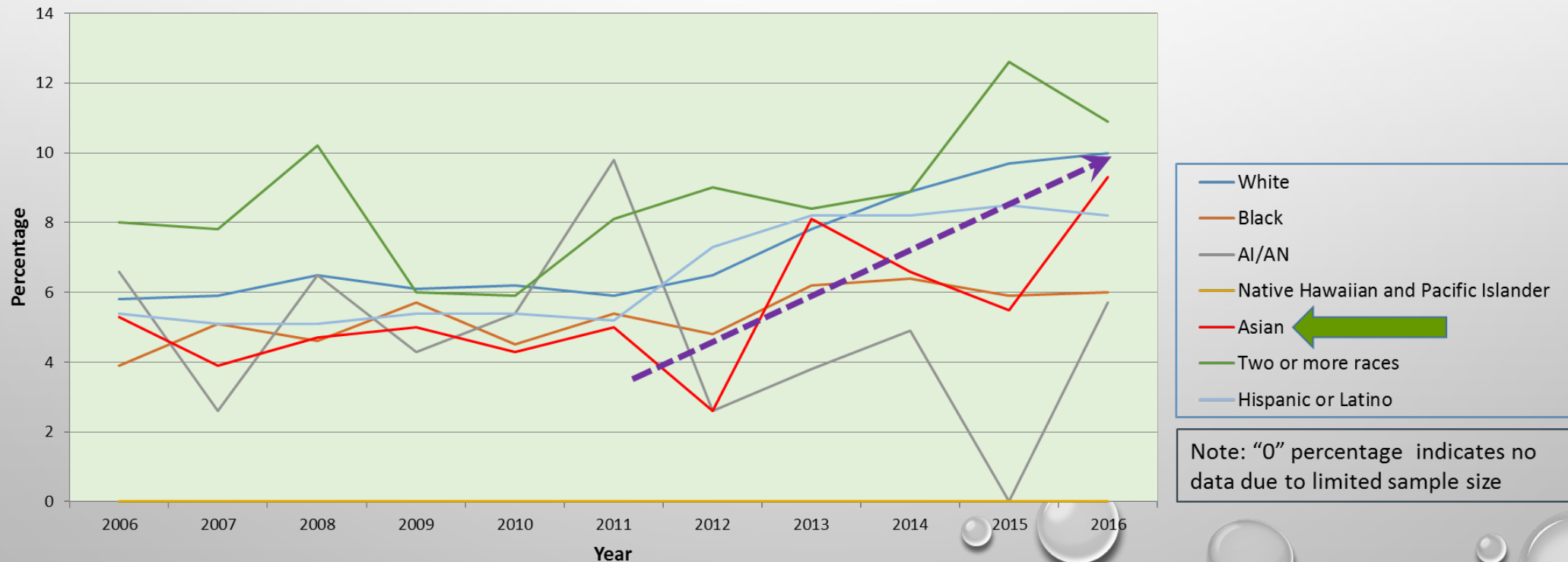
- Suicide was the second leading cause of death for ages 10–24
- Suicides among children and young people aged 10 to 24 rose 57% from 2007 to 2018
- 42 states had statistically significant increases between 2007-2009 and 2016-2018
- Significant increases ranged from 21.7% in Maryland to a more than doubling of the rate in New Hampshire

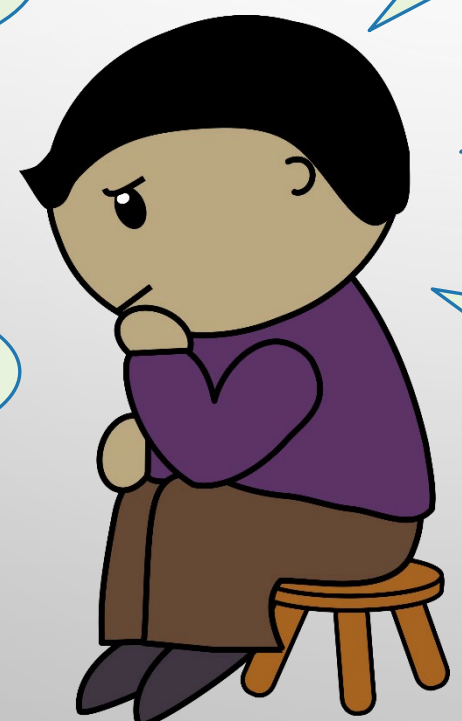
Source: National Vital Statistics Reports, Volume 69, Number 11

# NSDUH 2016- Major Depressive Episode (MDE)

**In recent years, MDE in the past year has risen among Asian adolescents.**  
**In 2016, 1 in 9 Asian adolescents had at least one MDE in the past year.**

*MDE: A period of two weeks or longer during which there is either depressed mood or loss of interest or pleasure, and at least four other symptoms that reflect a change in functioning, such as problems with sleep, eating, energy, concentration, self-image or recurrent thoughts of death or suicide.*





Physical Health



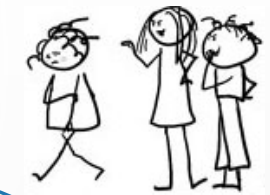
Intercultural and Intergenerational differences



Social Media



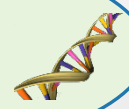
Bullying, Discrimination, and Microaggressions



Religious Identity



Biology, Genetics, and Family History



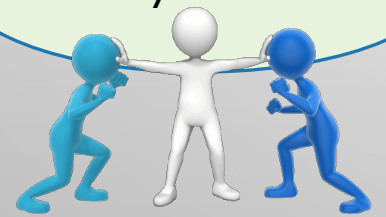
Academic Pressures



Parent-Child Relationship



Family Conflict



Being an immigrant



Self-Image, Identity, and Ethnic Identity





## Healthy Mind Initiative (HMI)

Mental illness is a common health challenge in the United States. In minority populations, mental illness is often misunderstood and stigmatized. Stereotyped as the model minority, Asian Americans and Pacific Islanders (AAPI) are seen as academically gifted and successful. However, they often suffer with mental illness, with suicide being the leading cause of death for AAPI adolescents 12–19 years old.



The mission of the Healthy Mind Initiative (HMI) is to increase mental health awareness and promote suicide prevention in AAPI adolescents. Launched in 2018, HMI is a collaborative effort among the U.S. Public Health Service, federal and county government partners, and AAPI community organizations and leadership. It highlights the importance of mental health literacy by educating about mental illness, substance misuse, and suicide among AAPI youth, with a focus on prevention and early detection.

Speaking Up About Mental Health! This Is My Story

### Program Contacts

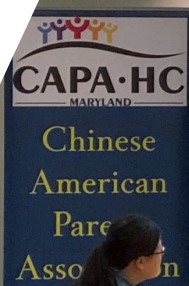
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### Learn More

HMI Web:


HMI Blc



**SPEAKING UP ABOUT MENTAL HEALTH**

**ESSAY CONTEST**

**2019 WINNERS ANNOUNCED**

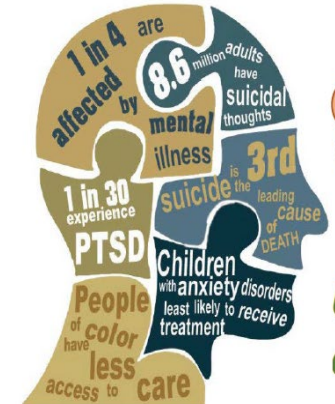


 Alexis, NC	 Amanda, VA	 Anastasia, KY	 Andrew, MD
 Jasmine, CO	 Jayvion, NC	 Kaylee, VA	 Lili, MD
 Lydia, VA	 Sahithi, CA	 Morgan, KY	 Samskruthi, CA

Honorable Mention      Honorable Mention

# National Essay Contest

**Speaking Up About Mental Health!**



**This Is My Story**

**Up to \$7,000 cash prizes!**

<https://go.usa.gov/xmkuA>



**OVERVIEW**

OPEN TO High School Students Aged 16-18

SUBMISSION OPENS April 29, 2019

SUBMISSION ENDS May 31, 2019

WINNERS ANNOUNCED September 30, 2019

**TOPIC**  
Write an essay addressing ways to eliminate or reduce mental health stigma and cultural barriers youth may need to overcome when seeking mental health treatment

SUBMIT QUESTIONS TO [MHHighSchoolEssay@mail.nih.gov](mailto:MHHighSchoolEssay@mail.nih.gov)

 **U.S. Surgeon General**  
@Surgeon\_General

[Follow](#)

Proud of these young people for standing up to stigma! 🙌 Thank you for encouraging others to share their stories and understand that it's okay to seek help. [#SpeakingUpMH](#)

<https://www.nimhd.nih.gov/programs/edu-training/hmi/essay-contest.html>

**NIH** @NIH  
News: NIH announces winners of high school mental health essay contest

## 2<sup>nd</sup> Contest Sponsored by –

- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Institute of Mental Health (NIMH)
- Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD)
- National Institute on Minority Health and Health Disparities (NIMHD)
- NIH/FDA Federal Asian Pacific American Council