



STRIVING FOR ZERO EXCELLENCE AWARDS

INFUSING CULTURE INTO SUICIDE PREVENTION EFFORTS

MENTAL HEALTH WELLBEING PROMOTION & SUICIDE PREVENTION IN DIVERSE COMMUNITIES

Orange County

OCHCA has partnered with over 25 community organizations that serve a specific cultural community. Through our Mental Health and Wellbeing for Diverse Communities program, language and cultural needs are consistently considered in all efforts to engage the communities in services. The program incorporates upstream efforts in community outreach, education, and peer support services to promote mental health and wellness, facilitate stigma reduction, develop emotional wellness tools and skills, and improve help seeking behaviors within Orange County's diverse and vulnerable communities. Each of our community partners within this program designs their outreach and intervention strategies, which are paired with culturally tailored resources and trainings (developed in partnership with the Center for Applied Research Solutions).



Suicide Prevention & Support for Asian American and Pacific Islander Communities

Tip Sheet

DID YOU KNOW?

- 1 There are **over 20 million people** in the United States who identify as Asian/Pacific Islander (6.1 percent of the overall population).¹
- 2 Of Orange County's current population of **3,151,184 people**, 23.3% identify as Asian and .4% identify as Native Hawaiian and other Pacific Islander.²
- 3 Suicide is the 10th leading cause of death in the United States. When broken down by race, suicide is the first leading cause of death among Asian American young adults age 15-24.³ Another source reports that suicide was the second leading cause of death among those ages 20-34.⁴
- 4 Asian American girls, in grades 9-12, were 20% more likely to attempt suicide compared to their non-Hispanic, white peers.⁵
- 5 Asian Americans and Pacific Islanders are least likely to seek mental health services than any other racial/ethnic group. Similarly, AAPI individuals are three times less likely to access mental health services than their white counterparts.⁶

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Honoring and Embedding Culture in Crisis Response Plans for the Cultural Peer Leader

Tip Sheet

- I. Definitions of Crisis & Crisis Response
- II. A Guide to Crisis Response Planning: Cultural Considerations and Strategies for Diverse Communities
- III. Crisis Response Intervention(s) for Cultural Peer Leaders

The impact of crises within our communities can be devastating. Understanding what a crisis is, how to respond, and how to embed culturally-responsive and trauma-informed strategies are the first steps in helping an individual and/or communities heal. Providing support through outreach efforts allows us to reach individuals in crisis who may not be able to access the help they need during vulnerable times. Being trauma-informed and culturally-responsive in field work is critical in providing crisis response support. Past experiences with trauma and one's cultural identity(ies) influences crisis impact, crisis responses, and community healing. The following toolkit specifically focuses on field-based strategies that enhance the development and practice of individual, team and organizational crisis response plans.



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FOR MORE INFORMATION VISIT: WWW.HEALTHYANDDIVERSEOC.ORG