

EMPIECE EL DIÁLOGO

RECONOZCA LAS SEÑALES

ESCUICHE, EXPRESA SU PREOCUPACIÓN Y TRANQUILICE A LA PERSONA

EL ROTAFOLIO

Suicide Prevention Training for Spanish-Speaking Communities

Talking about suicide is difficult but necessary in order to change deeply held attitudes and beliefs. It is especially difficult for the Latino community as suicide is a stigmatized topic—many believe that talking about suicide encourages suicide rather than providing an opportunity to listen. The **Reconozca las Señales** is a statewide campaign aimed at preparing community members to Know the Signs, Find the Words and Reach Out. To start the conversation about suicide prevention among the Spanish speaking community, the campaign developed media outreach and online resources. To further the campaign message to the Spanish speaking community, *El Rotafolio* program was added.

The suicide prevention *El Rotafolio* (flipchart) program prepares staff, peers and community members to conduct and facilitate Spanish presentations. For the trainees, the flipchart serves as a guide for conducting a presentation that is both interactive and conversational. The goal of these outreach presentations is to empower Spanish speaking community members to become the bridge between those in need and those who are trained to help.

About the Two-day Workshop

People are trained to give the two hour presentation through a two-day workshop that includes:

- safeTALK, a training that prepares adults, regardless of prior experience or training, to become a suicide-alert helper.
- An understanding of the Campaign and the content and use of the culturally appropriate flip chart.
- Enhancement of presentation skills.
- Opportunity to present a portion of the flip chart and receive feedback.
- Flip chart, informational materials and resources necessary to conduct community presentations.

(The presentation) was good. I feel more confident to speak about the topic.

— A Community Member

“We need more spaces like this one in the community to be able to lose the fear to talk about suicide and mental health and be able to connect more people with the services they need.”

— A Workshop Trainee

FIGURE B

Effectiveness of *El Rotafolio* Trainings

Participants absolutely/somewhat agreed with statements.

Q: Did the course expand your knowledge in this topic?



Q: Would you recommend this training to others?



Q: Did the training meet your expectations?



Workshop Trainees Say...

"It was a great training. I hope there are more of these in order to be able to support and give more tools like this to the community."

"Everything was very good; a difficult subject. Sometimes we do not pay attention to those asking for help. It has changed my thinking on this subject."

"The training was great, very useful information."

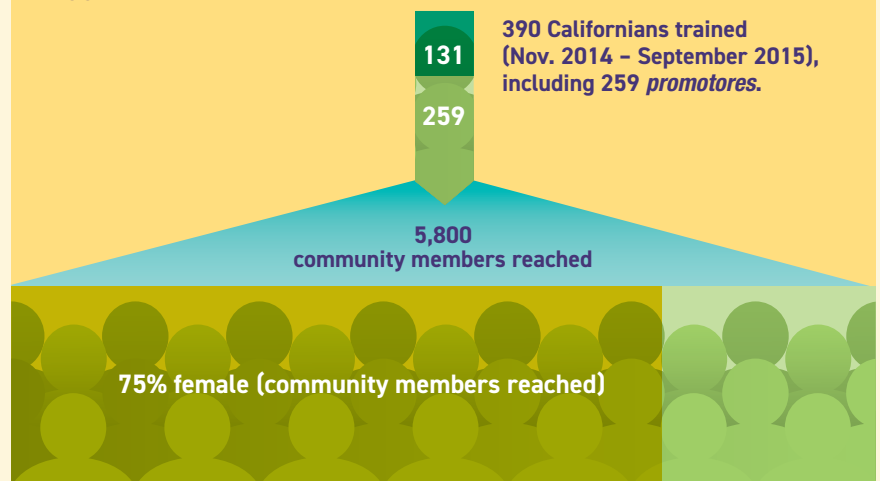
"I love that there are only 3 steps & easy to remember. It includes basic ideas that everyday community members can understand."

Pedroso Consulting understands the unique abilities of community members to communicate sensitive information. As such the workshop, conducted entirely in Spanish, creates a sense of community with opportunities for self reflection and collaboration that enables participants to learn from each other as much as from the trainer. Trainees leave the workshop with information, tools and skills to deliver culturally responsive information in a respectful and powerful manner. The workshop is open to anyone regardless of previous training. Workshop participants are typically those who conduct outreach to the Spanish speaking community or *promotores* (community health workers).

Reach

Between November 2014 and September 2015, over 390 Californians across 19 counties were trained in the use of the flip chart; and of those, 259 were *promotores*. Those trained in the use of the flip chart reached over 5,800 community members of whom the majority (76%) were female¹ (see *Figure A*).

FIGURE A



Effectiveness: Two-day Training

Training evaluation surveys demonstrate that the training meets participant expectations, increases their content knowledge and is a training they would recommend to others² (see *Figure B*). Further, the majority (87%) of trainees rate the workshop as excellent on a four point scale from excellent to poor. Trainees leave the two-day workshop feeling confident about delivering outreach presentation to their communities.

Changing attitudes and beliefs about suicide: *El Rotafolio* Community Presentations

The community members find the *El Rotafolio* presentations accessible, informative and useful. Outreach participants also find this model effective in providing information and resources about suicide prevention. The following represents information garnered from pre/post surveys collected from 2,408 participants of which 1,502 completed both surveys³.

Know the Signs: A majority of participants leave the participation feeling suicide is preventable and that they can recognize warning signs. Most notable, the majority (96%) of participants believe suicide is preventable by the end of the presentation (see *Figure C*).

Find the Words: Participants receive coaching on how to find the words to talk about suicide. The majority (96%) report gaining useful tips to start the conversation, ask about suicide and listen. More participants feel comfortable speaking about suicide and expressing concern for a friend or family member who is thinking about suicide after the presentation (see *Figure D*).

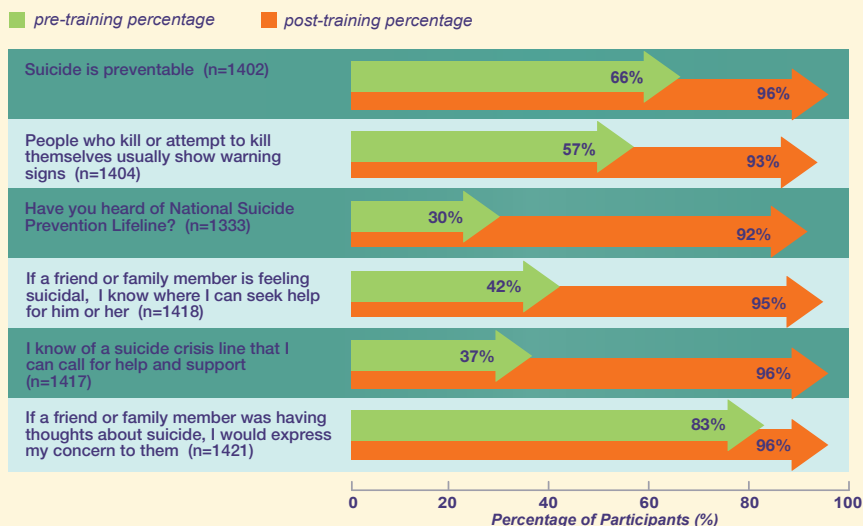
Reach Out: Community members learn how to connect friends and family thinking about suicide to local, state and national resources (See *Figure C* and *D*).

continues...

FIGURE C

Changes in Attitudes and Beliefs About Suicide

Increase from pre- to post-training in the percentage of participants that agree or strongly agree with statements about suicide prevention.



Respondents based their response on a 5 point scale: "1" Strongly Disagree, "2" Disagree, "3" Neutral, "4" Agree and "5" Strongly Agree. Statistically significant difference at $p < 0.05$.

¹Additional trainings occurred in 2016 and continue in 2017. Data for these trainings are currently being analyzed.

²Of the 390 workshop participants, 341 completed the evaluation survey (Q1: n=317; Q2: n=321; Q3: n=319 and overall rating n=341).

Community Members Say...

"It has been useful to know that one should listen, dialogue, validate and connect to resources."

"The presentation was very useful to me because I learned to recognize the warning signs of suicide and learned a number where I can call for help."

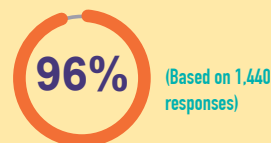
"Of course (the presentation) has helped. It has prepared me to help my family, community and myself."

FIGURE D

Overall Rating of the Community Presentations

Participants agreed or strongly agreed with statements.

Q: Did the presentation provide you with useful suggestions on how to initiate the conversation, ask about suicide, and listen?



Q: Did the presentation provide useful information about local resources and support groups?



³For more information about the research study conducted to evaluate both the training and community outreach presentations please contact Rosio Pedroso.

Overall Impact: Community members understand, at the end of the presentation, their role is to facilitate information, start the conversation and connect to experts. The *El Rotafolio* community presentations changes our community members' attitudes and perceptions about suicide—increasing the opportunity to save a life.

Pedroso Consulting is licensed by the California Mental Health Services Authority (CalMHSA) to provide El Rotafolio training.

To learn more about the training, research to date, pricing or to schedule a training in your area, please contact Rosio Pedroso at: rosio@pedrosoconsulting.com or 408.657.6746.

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El Sufrimiento No Siempre Se Nota
**RECONOZCA
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The **Reconozca las Señales** campaign is part of statewide efforts to prevent suicide, eliminate stigma about mental illness and improve student mental health. The campaign prepares Californian's to prevent suicide by encouraging them to know the signs, find the words to offer support to someone they are concerned about and reach out to local resources. Funding is provided by counties through the Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA) — an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information visit: www.suicideispreventable.org or elsuicidioisprevenible.org.