

# Pause for a Cause

Rise in Suicide and Depression in Black Girls

---

*July 16, 2021*

# We Go Wherever We Go.

- ❖ **Secure Space**

- ❖ **The place within you that you fully inhabit**

- ❖ **What parts of myself showed up for this presentation today?**

- ❖ **Conscious awareness**

- ❖ **What is coming up for me?**

- ❖ **Invite any levels of discomfort in**

- ❖ **What about me wants to reject what I'm experiencing in this moment?**

- ❖ **Lean into discomfort/Get Curious**

- ❖ **What is this trying to teach me?**

# Our Stories

---

---

# Increase in Rates of Suicide in Black girls

- ❖ **As of 2018, suicide has been the second leading cause of death in Black youth from ages 10-14 and the 3rd leading causes of death in Black adolescents age 15-19**
- ❖ **As it relates to Black girls, suicide and depression rates are being recorded. There isn't enough substantial evidence due to a lack of mental health research in the past including Black girls, to decide whether there is truly and increase of incidences or now an increase of reporting.**

# What Contributes to an Increase in Rates?

- ❖ **According to the NIMH ( National Institute of Mental Health) disparities in access to Mental Health Care is a large contributing factor the rise of depression and suicide in black youth.**

# Risk Factors

---

- ❖ **Family History of Mental-ill Health**
  - ❖ **Mistrust of medical community**
  - ❖ **Stigma**
  - ❖ **Religion**
- ❖ **Low Socioeconomic Status**
  - ❖ **Access to Healthcare**
  - ❖ **Lack of Proper Nutrition**

# Risk Factors continued...

- ❖ **Strong Black Woman Narrative**
  - ❖ **Slave Culture**
- ❖ **Lack of Social Support**
  - ❖ **Secrecy**
  - ❖ **Bullying. (Cyber bullying being more prominent in girls)**
  - ❖ **Relationship Problems**
- ❖ **Poor Coping Skills**
  - ❖ **Maladaptive Behaviors either taught or observed**

# Red Flags and Warning Signs

- 
- ❖ **Mental-ill Health**
  - ❖ **Chronic Pain**
  - ❖ **Substance Use**
  - ❖ **Stressful Encounters**
  - ❖ **Trauma and Abuse**
  - ❖ **Isolation**
  - ❖ **Giving Away Personal Items**
  - ❖ **Statements such as, “Everyone would be better off if I wasn’t here.”**
  - ❖ **Changes in Mood**
  - ❖ **Unusual Change in Behavior (depression to complete peace and happiness without intervention)**
  - ❖ **Sleep Habits/Eating Habits Change**
  - ❖ **Loss of Interest**



# Protective Factors Start With Us

- ❖ **The More You Do Your Work, the More Work You Will Be Able to Do.**
  - ❖ **What is your Self Care Regimen**
- ❖ **Identify biases**
  - ❖ **If you see things through the lens of your own perspective then you have already invalidated a person's story. Because invalidating one's story does not breed healing.**
- ❖ **Create a safe place for trust and storytelling.**
- ❖ **Be on the lookout for risk factors and warning signs.**
- ❖ **Encourage and Create Community**
- ❖ **Having a Network of People to Refer Out to**
- ❖ **Reaffirm Identity**
- ❖ **Cultural Awareness**

Pause

# References

---

Cummings, J. R., Ji, X., Lally, C., & Druss, B. G. (2019). Racial and ethnic differences in minimally adequate depression care among Medicaid-enrolled youth. *Journal of the American Academy of Child and Adolescent Psychiatry*, 58(1), 128–138. <https://doi.org/10.1016/j.jaac.2018.04.025>

Lindsey, M.A., Chambers, K., Pohle, C. *et al.* Understanding the Behavioral Determinants of Mental Health Service Use by Urban, Under-Resourced Black Youth: Adolescent and Caregiver Perspectives. *J Child Fam Stud* **22**, 107–121 (2013). <https://doi.org/10.1007/s10826-012-9668-z>

Ring the Alarm: The [Crisis](#) of Black Youth Suicide in America