



## Background

Most youth who die by suicide have seen a medical provider in the past year, yet pediatricians experience substantial barriers to implementing recommended suicide prevention strategies. These challenges (i.e., mental health stigma; lack of time and treatment options) are exacerbated for pediatricians serving Latine immigrant families, given the time needed to provide bilingual care, build trust, and address structural barriers to care. Community health workers (CHWs) can extend the pediatrician’s role by partnering with parents to promote youth safety and well-being in a culturally responsive manner.

## Intervention

Our multidisciplinary team adapted evidence-based suicide prevention to create **Paloma (Partnering with Parents of Adolescent Latines on Mental Health Assistance)**, a five-session telephone intervention delivered to parents by CHWs. Beginning in April 2024, we tested the intervention in a pragmatic open pilot for Spanish-speaking Latine caregivers of adolescents referred from three pediatric practices due to their child’s experience of suicidal ideation, non-suicidal self-injury, and/or suicidal behavior. We collected data from baseline and follow-up survey interviews with caregivers and youth, qualitative interviews, electronic health records, and implementation metrics. Our primary aims were to assess feasibility and acceptability of the intervention; assess changes in patient-level outcomes as reported by parent-child dyads; and identify implementation barriers and facilitators.

## Results

<b>Reach</b>	<b>76 referrals</b> from <b>23 providers</b> at <b>3 partnering practices</b>
<b>Acceptability</b>	<b>92%</b> of referred caregivers enrolled in the intervention
<b>Feasibility</b>	<b>84%</b> of enrolled caregivers completed all 5 sessions
<b>Impact</b>	Post-program, participants had a <b>statistically significant increase</b> in parent self-efficacy for suicide prevention and confidence to engage in suicide prevention activities
<b>Quality</b>	<b>All post-survey respondents agree or strongly agree</b> that the intervention helped them to support their child and the intervention and materials are easy to understand

## “ Parents’ Reaction to Paloma

### Spanish

“Me decía que tranquila, pero con otras palabras, que yo no las había escuchado antes.”

“Yo aprendía algo nuevo y problemas que yo tenía aún con la niña, ella me daba como una forma de solucionar.”

“Por un momento se me fueron todas mis preocupaciones, no pensé absolutamente nada de mi alrededor. Fue una experiencia muy bonita.”

“¿Y cómo se sintió usted compartiendo esa información con ella? – Es como quitarme un peso de encima un poco.”

“O sea, llegué a conocerla, que es un gran ser humano. Tiene las palabras exactas para ayudarle a uno.”

“Pues me sentí segura porque sabía que le estaba confiando mis cosas a una persona. Y antes la había tratado una persona que me iba a ayudar a encontrarle la respuesta al problema.”

“Y gracias al programa Paloma, no es que yo le gritaba ni nada por el estilo, pero le alzaba la voz, pero en ese momento, como ella estaba, no tenía que hacerlo porque sus emociones estaban desorientadas. La verdad, con el programa Paloma fue una experiencia única e inigualable.”

“Fue una experiencia realmente inolvidable, una experiencia única que marcó mi vida, que marcó una gran diferencia. Ella me ayudó a saber sobrellevar las cosas, a calmarme en momentos así críticos, a controlar mi ira; o sea, fue algo grandioso. La verdad, con ella, una experiencia única.”

### English

“She [CHW] would tell me to stay calm but using different words—ones I hadn’t heard before.”

“I learned something new, and for problems I still had with my daughter, she [CHW] would give me a sort of way to solve them.”

“For a moment all my worries went away; I didn’t think about anything around me. It was a very beautiful experience.”

“And how did you feel sharing that information with her [CHW]? – It was like taking a weight off my shoulders a bit.”

“I came to know her [CHW], and she is a wonderful human being. She has just the right words to help someone.”

“Well, I felt safe because I knew I was trusting my things to someone. And previously she [CHW] had treated me like someone who was going to help me find the answer to the problem.”

“And thanks to the Paloma program—it’s not that I yelled at [my daughter] or anything like that, but I did raise my voice—but in those moments, I shouldn’t have, because her emotions were all over the place. Honestly, with the Paloma program it was a unique and unmatched experience.”

“It was truly an unforgettable experience, a unique experience that marked my life, that made a big difference. She [CHW] helped me learn how to handle things, to calm myself in those critical moments, to control my anger—it was something amazing. Honestly, with her, it was a one-of-a-kind experience.”



For more info, visit [programapaloma.com](http://programapaloma.com) or email: [centrosol@jhmi.edu](mailto:centrosol@jhmi.edu)