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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.
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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.

A COLLABORATION WITH

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 elsuicidioespreventible.org.

El Rotafolio
Suicide Prevention Training for Spanish-Speaking Communities

Talking about suicide 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

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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).

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).

Pedroso Consulting provides coaching on how to find the words to talk about suicide, 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. Community members learn how to connect friends and family thinking about suicide to local, state and national resources.

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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).

For more information about the research study conducted to evaluate both the training and community outreach presentations please contact Rosio Pedroso.
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Reach: Community members learn how to connect friends and family thinking about suicide to local, state and national resources (See Figure C and D).

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### 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 everybody community members can understand."

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### Reach Out: California Trainees Open to Spanish-speaking Community Presentations

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### Effectiveness: Two-day Training

**FIGURE A**

| Community Members Reached | 5,800 | 75% female (community members reached) |

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**FIGURE B**

*Effectiveness of El Rotafolio Trainings*

**Participants**

- Did the course expand your knowledge in this topic? 96%
- Would you recommend this training to others? 99%
- Did the training meet your expectations? 98%

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### 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. |
|---|---|
| **Pre-training percentage** | **Post-training percentage** |
| Suicide is preventable (n=1405) | 48% | 96% |
| People talk or attempt to kill themselves (n=1402) | 37% | 93% |
| Have you heard of National Suicide Prevention Lifeline? (n=1403) | 35% | 95% |
| If a friend or family member is feeling suicidal, I know where to seek help (n=1418) | 42% | 95% |
| I heard of a suicide crisis line that I could call if I have a mental health problem (n=1404) | 27% | 96% |
| I feel confident giving information on where to get help and support (n=1402) | 23% | 96% |

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### FIGURE D

**Overall Rating of the Community Presentations**

**Participants**

- Did the presentation provide you with useful suggestions as how to initiate the conversation, ask about suicide, and listen? 96%
- Did you find the presentation helpful about local resources and support groups? 96%

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