



## Presentation Titles & Presenters

### Concurrent Session I

10:00am to 11:15am

#### **A Time to Heal**

Presenter(s): Kaz Mitchell, Rosina Riley, LMSW, Chy Mitchell, RN

Location: Main Lecture Hall

Type of Forum: Workshop

Audience: Community members/Advocates/Activists/Mental Health Consumers

Description: This workshop aims to present a discussion on the impact of the lack of mental health care and services for LGBT people of color. In LGBT people of color communities there is a tendency to avoid seeking help or not returning for follow-up appointments because many feel some discomfort, mistrust or may have experienced some form of discrimination from the medical establishment. Along with the many experiences LGBT people of color have, absent are culturally competent health care service providers who are familiar with the cultural and sociological factors influencing clients' lives.

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#### **Factors Influencing Depression and Anxiety Among Black Sexually Marginalized Men and Transgender Women Whose Bodies are Commodified in Various Ways**

Presenter: Louis F Graham, DrPh, MPH - University of Massachusetts Amherst School of Public Health and Health Sciences

Location: Conference Room 1

Type of Forum: Workshop

Audience: Professionals (mental health clinicians/academics/researchers)

Description: This presentation will share findings from the Ford Foundation funded Detroit Youth Passages project (DYP; [www.detroityouthpassages.org](http://www.detroityouthpassages.org)) which seeks to examine and positively transform structural conditions contributing to mental and sexual vulnerability. The primary aim of the particular analysis is to examine the relationships between mental health outcomes (depression and anxiety) and both interpersonal and structural proxy indicators such as economic desperation, residential instability, discrimination, and social support among Black gay and similarly identified men and transgender women who have transacted sex in Detroit, Michigan. Using a community-based participatory approach, an observational cross-sectional design, and quasi-venue based sampling strategy, 146 participants recruited on the street and in social clubs completed interviewer-administered questionnaires. Stepwise multiple regression analysis was used. Forty-three percent of the variance in depression scores and 55% of the variance in anxiety scores explained in their respective reduced models. Approximately half of the sample had scale scores indicating likelihood of depression and anxiety. Experience of discrimination, social support, and residential instability were most predictive of and explained in a large portion of the variability in depression and anxiety scores among respondents. The study showed high prevalence of likely mental distress among this sample.

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#### **Race Still Matters: LGBT Elders of Color**

Presenter: Gary Bailey, DHL, MSW, ACSW; Simmons College School of Social Work

Location: Conference Room 2

Type of Forum: Workshop

Audience: Professionals and Consumers

Description: An examination of the institutional and daily stressors which contribute to and exacerbate mental health issues affecting aging LGBT people of color, and demonstrates work currently underway in Boston with LGBT Elders of Color in collaboration with the LGBT Aging Network.

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## **Providing Culturally Competent Services in the First Appointment**

Presenter(s): Shawneladee C. Cole, Ph.D., LCSW-R; Association of Black Social Workers, Hunter College, CUNY

Location: Conference Room 3

Type of Forum: Workshop

Audience: Professionals, Community Members/Consumers/Advocates/Activists

Description: This workshop will discuss ways to create a safe environment for LGBT youth of color on their first mental health appointment. While many adolescents struggle with development and role confusion, adolescents of color also face cultural factors, racial oppression, and economic barriers. Available research on LGBT adolescents tend to focus predominantly on White LGBT youth, unless otherwise specified. Yet, LGBT youth from the African Diaspora face additional struggles, where many often feel unseen, unacknowledged and unaccepted by both the greater African-American and the mainstream LGBT communities. Mental health services are generally a place for support and exploration for adolescent struggles and conflict, which for many may not feel like a viable option. Even though there are slow and incremental changes in attitudes among people of color communities toward mental health, there is still an overall stigma in the Black community on the use of mental health services. Historical barriers often inhibit service to African Americans and the lack of culturally competent providers and services for LGBT in the mental health system has kept many from seeking support and help.

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## Concurrent Session II

11:30am to 12:45pm

### **The Service Model at the Hetrick-Martin Institute:**

#### **Best Practices in Engaging LGBTQ Young People of Color in Mental Health Counseling**

Presenter: Allison Berwald, LCSW, Anupama Kalyanam, LCSW, Aruna Krishnakumar, LCSW – Hetrick Martin Institute (HMI)

Location: Main Lecture Hall

Type of Forum: Workshop

Audience: Professionals (mental health clinicians/academics/researchers)

**Description:** This workshop will illustrate best practices in working with LGBTQ young people of color, and how the Hetrick Martin Institute's (HMI) comprehensive model of service provision engages youth in counseling. These practices include: starting where the young person is, in order to meet his or her needs; recognizing the oppressive systems and experiences that have impacted and possibly traumatized the young person and creating non-judgmental spaces to explore these experiences; acceptance of mental health diagnoses while without pathologizing the young person; and with consistent clinical supervision, to examine the clinician's countertransference and the young person's transferences towards the clinician, including the clinician's own power and privilege. By providing a fundamental level of respect and acceptance of a young person's various identities, HMI is able to help them explore their feelings and experiences in their own lives so they can make their own decisions to achieve success, however it is defined. HMI provides a variety of services that address many of the needs of young, LGBTQ people of color. Through trauma-informed, strengths-based, and positive youth development models (in conjunction with psychodynamic, relational, CBT, DBT and narrative frameworks), counselors at HMI are able to successfully engage a traditionally difficult-to-engage population in counseling and psychotherapy.

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### **Behind Bars Without Citizenship: Immigration Detention and Queer Public Health in the Deportation Era**

Presenter(s): Jesus Barrios, MPH Candidate, CUNY

Location: Conference Room 1

Type of Forum: Workshop

Audience: Professionals, Community Members/Consumers/Advocates/Activists

**Description:** In the summer of 2015, presenter initiated the first phase of a preliminary research (qualitative and quantitative) study - Behind Bars Without Citizenship: Immigration Detention and Queer Public Health in the Deportation Era. The study will look at the medical systems operating inside US immigration detention centers through the lens of LGBT detainees. The goal is to understand how queer folks navigate the US health systems in and out of immigration detention, as well as continuing to expose the unjust medical practice and conditions of these facilities.

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### **Examining LGBTQ and Mental Health Stigmas in Middle Eastern Cultures and Societies**

Presenter: Sarah Armentrout, Salisbury University

Location: Conference Room 2

Type of Forum: Workshop

Audience: Professionals and Consumers

**Description:** An examination of religious (Islamic and Christian), cultural, societal, and other modern and historical influences on LGBTQ persons and or those with mental health concerns who identify as Middle Eastern. Using case studies from Israel, Palestine, and Lebanon, the author of this research project aims to convey both statistical and qualitative information on the prevalence and nature of such issues in Middle Eastern countries. Specific attention is paid to the interrelation and overlapping nature of those who identify as LGBTQ with mental health concerns, and an examination of how different types of conservative agenda, prevalent in the region, contribute to the stigmatization of members of the these groups. The goal is to be able to raise awareness of and education on this subject, and to apply this knowledge to help understand and serve Middle Eastern immigrant populations in the US.

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## **The Mediation Effect of Discrimination on Substance Use among Transgender People of Color**

Presenter(s): Natalie M. Alizaga, MPH, MPhil, Rodrigo A. Aguayo-Romero, MPhil - George Washington University, Department of Psychology

Location: Conference Room 3

Type of Forum: Panel Discussion

Audience: Professionals, Community Members/Consumers/Advocates/Activists

**Description:** This panel discussion will outline the intersection between racial/ethnic and gender identity, and substance use, which is partially mediated through experiences of discrimination in several settings (healthcare, housing, and employment) among transgender individuals. The presenters, drawing on studies, will show that substance use is a health behavior that differentially affects transgender individuals (Bockting et al., 2005), and can be a coping mechanism to regulate negative affect due to experiences of discrimination (Hatzenbuehler, 2009). Minority stress processes, congruent on a person's marginalized status, are also related to substance use (Meyer, 2013). A National Transgender Discrimination Survey assessed whether the relationship between intersections of racial/ethnic and gender identity and substance use was partially mediated through experiences of discrimination in several settings among transgender individuals. Results from multiple mediation analysis show that there is variability between the racial/ethnic and gender identity groups, as the path through housing and employment discrimination to substance use was significant for at least one group. Results from ANCOVAs demonstrate that participants of color were more likely than their White counterparts to report being attacked in healthcare settings, racial/ethnic minority gender non-conforming assigned females were more likely to be harassed in healthcare settings, and both White and racial/ethnic minority transwomen more likely to report housing discrimination.

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## Concurrent Session III

2:25pm to 3:30pm

### Healing Through Communities of Faith

Presenter: Dr. Wilhelmina Perry, Ronald Moore, Rev. Nora Ann Thompson – LGBT Faith Leaders of African Descent

Location: Main Lecture Hall

Type of Forum: Workshop

Audience: Professionals and Consumers

Description: In 2009, a group of Black LGBT activists of faith were working under the auspices of a large White organization. After a successful citywide conference resulted in a clear need for work, and it was decided to organize as independent to be able to speak directly to the needs of the Black LGBT community. The members of this new organization dedicated themselves to becoming catalysts for change, working to educate and advocate for the inclusion and rights of LGBT Black people. As people of faith representing Christian religions, unified by a belief that all are "children of God", each member has traveled different roads to arrive at his or her current state of acceptance and comfort. The members of this organization realized their obligation to analyze their experiences, investigate the biblical texts that have been used against members of the LGBT community, and to clearly define how they worship. This is in effect a demystification of religion.

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### Wellness Recovery Action Planning (WRAP) for the LGBT Community

Presenter(s): Iden Campbell McCollum and Jen Padron – The Campbell Center

Location: Conference Room 1

Type of Forum: Workshop

Audience: Professionals, Community Members/Consumers/Advocates/Activists

Description: This workshop will introduce attendees to the five key concepts behind the development of WRAP and its relation to mental wellness in the LGBT community. As WRAP is adaptable to any situation, facilitators will guide a discussion with attendees to explore ways, in which WRAP can be adapted to address specific issues faced by LGBT, particularly, members of the transgender community.

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### Peer Support for Queer People of Color

Presenter: Dom Chatterjee - QTPoC Mental Health Initiative

Location: Conference Room 2

Type of Forum: Workshop

Audience: Community members/advocates/activists (LGBT and or mental health consumers)

Description: This workshop will cover why peer support is vital for LGBTQIA persons of color, including how a QTPoC Mental Health Initiative got started, with an overview of how trauma affects the community, and why marginalized persons are isolated – from affordable and adequate mental health resources. The workshop will examine peer support tools and the goal is to increase participants' confidence when friends reach out to them in crisis, or when people in their community appear to be in need. The presenter will discuss how to validate others' experiences, uncover that loved ones need to feel supported, and help plan for handling crisis points in the future. QTPoC Mental Health Initiative advocates for self-care, which is a continual process. The workshop will also offer methods to set boundaries, while offering one-on-one peer support. Queer persons of color all have their own healing process to attend to, and it's important that they do not overlook their needs in helping each other. Participants in the workshop will learn to include key phrases to use and avoid using in peer support, tools for empathic listening, and communication skills for developing mutually supportive relationships.

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## **Our Wounds, Our Remedies: Decolonizing Accountability & Healing in QTPOC and Ally Mental Health Groups**

Presenter: Tracey Brown (Clinical and Community Psychology & American Studies, University of Hawaii at Manoa); Daniela Capistrano, The POC Zine Project and The Icarus Project

Location: Conference Room 3

Type of Forum: Workshop

Audience: Professionals and Consumers

**Description:** Decolonizing mental health practices is integral to true accountability and healing in queer communities of color and beyond. The purpose of this workshop is for all participants to learn how to access and implement decolonizing strategies in mental health and wellness spaces, regardless of their background or experience level in mental health. Both professional and community members are encouraged to attend, as often these groups overlap and share experiences of oppression, trauma and abuse in mental health settings. One co-presenter, Daniela Capistrano, will share experiences and challenges working in mental health and wellness spaces as a queer woman of color survivor, who was diagnosed with PTSD. Another co-presenter, Tracey Brown, will lead the conversation on decolonizing accountability and healing practices as a Black, queer, poly survivor. Attendees will have the opportunity during the Q&A portion of the workshop to share their lived experiences and resources. Zine materials will be provided allowing participants to contribute to a zine, recapping points from the workshop (if anyone chooses to participate/consent to being included in the publication).

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