



P.O. Box 284
New York, NY 10032
www.dbgm.org
www.yana-thefilm.com

DBGM
DEPRESSED BLACK GAY MEN
Raising Awareness, Changing and Saving Lives

Thank you for your interest in this the second annual

In My Mind: A LGBT People of Color Mental Health Conference **“Recognizing, Articulating and Meeting Our Needs”**

This year, following on the requests from participants at last year’s conference, we are hosting a two-day conference that will take place on Wednesday, October 5 and Thursday, October 6, 2016 at the former US Customs House Building, 1 Bowling Green, NYC; programs for both days commence at 10:00am and conclude at 5:00pm. Following the success of last year’s conference at Mt. Sinai Beth Israel, Phillips Ambulatory Care Center, Friedman Conference Center, the day will bring together mental health consumers, clinicians, students and academics in formats to encourage a rare cross pollination of concerns and experiences; often these groups do not have opportunities to speak with and listen to each other.

Conference Mission:

The conference will focus on recognizing and articulating the mental health needs of LGBT peoples of color through the collective strength and wisdom of clinicians, consumers, academics and advocates to confront the issues plaguing these communities, often compounded by shame and stigma.

The collective efforts of the organizations hosting this two-day conference, led by Depressed Black Gay Men (DBGM), Inc. together with a planning committee consisting of representatives from the National LGBT Cancer Network, Lambda Legal, and the US Department of Health & Human Services, Region II- will focus on the mental health challenges and a wide range of traditional and radical treatment options for LGBT peoples of color. Both days will begin with presentations to establish common starting points, which will be followed by concurrent small group workshops and panel discussions, some geared for clinicians and others for community members. At the end of the second day, we will have a "Community Speak Out", where conference participants will have a chance to express their thoughts on the necessary next steps for improving this conference and addressing the mental health of LGBT people of color.

Program:

The Conference program consists of two tracks:

- ❖ Education and information on mental health issues relating to LGBT peoples of color
- ❖ Wellness, innovations, treatment options/choices for LGBT peoples of color

Using the suggestions below as a guide, from last year’s conference, please indicate the track to which your abstract relates; each abstract must be related to a specific track.

Education/Information on mental health issues:

- ✚ Masculinity/Femininity/gender expression – sexuality and sexual orientation
- ✚ Homophobia/transphobia in faith communities
- ✚ Aging – Baby Boomers – ageism
- ✚ Youth – Millennials, Generation X, Y
- ✚ Illnesses, access to healthcare, mental health care
- ✚ Family rejection/Acceptance
- ✚ HIV and mental health

Wellness, innovations, treatment options/choices:

- ✚ Culturally competent primary care professionals, mental health professionals
- ✚ Activism/changing the system as a healing force
- ✚ Healing through communities of faith
- ✚ Meditation/Wellness/Mindfulness
- ✚ Exercise, art and mental health – including fine art, dance, artistic expression
- ✚ Sexuality as a healing force
- ✚ Making connections – creating, recreating networks, finding community, belonging
- ✚ HIV/Undetectable status for healing

Please see http://dbgm.org/wp-content/uploads/2015/06/Collection_Logos.jpg for the collection of the logos of organizations, part of last year’s conference.

Click here to register for the 2016 conference: <http://bit.ly/1Tp0BrO>

Conference Planning Core Committee:

Antoine Craigwell (DBGM), Liz Margolies, LCSW (National LGBT Cancer Network), Kristin Wolf, LCSW (Bridging Access to Care/Brooklyn Men Konnect), Chris Adams, LMSW (DBGM), Geneva Musgrave, Lambda Legal, and Angelica Ramirez, MPH, US Department of HHS, Region II, with the captains and deputies of sub-committees.



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In My Mind: A LGBT People of Color Mental Health Conference

Overview

Depressed Black Gay Men (DBGM) Inc., a 501(c)(3) organization, will host a conference to focus on topics surrounding the mental health of the LGBT people of color community. The title of the conference is **"In My Mind: A LGBT People of Color Mental Health Conference"** with the theme: **"Recognizing, Articulating and Meeting Our Needs"**. The conference will be a highly collaborative, conducive and an inclusive event for stakeholders and the wider community to become informed about academic, health, psycho-social, and overall public policy issues impacting LGBT people of color.

Origin and Purpose

The Conference is intended as a vehicle to help engage various communities, specifically within urban environments, and to bring awareness of the effects and impact of mental health and illness affecting LGBT people of color. In October 2014, a summit was held at the Newark Campus of Rutgers University in New Jersey. This forum was, with a small team, planned and hosted by DBGM, and arose primarily out of the interviews in the documentary, **"You Are Not Alone"**. While touring the country screening this compelling, acclaimed documentary, the need emerged for in-depth discussions of the mental health of LGBT people of color.

The summit was followed on October 8, 2015, by the first-ever **"In My Mind: A LGBT Peoples of Color Mental Health Conference – Examining Our Challenges, Healing for Our Strengths"**, (<http://dbgm.org/2015-conference/>) held in partnership with the Diversity Council of Mt. Sinai Beth Israel and in collaboration with seven core and nine organizations at the Mt. Sinai Beth Israel Phillips Ambulatory Care Center, Friedman Conference Center, in Union Square, NYC. Participant spaces were sold out two weeks in advance of the conference, and on the day, more than 125 people attended. The one-day conference was divided into two parts: in the morning – with a presentation, workshops and panel discussions – looked at the mental health issues facing LGBT people of color; in the afternoon – with the same format as the morning repeated – attendees looked at therapeutic and healing methods/mechanisms for LGBT peoples of color struggling with mental health conditions. At the end of the day, there was a "Community Speak Out" where participants were able to share their thoughts on the mental health issues facing LGBT peoples of color communities and of the conference.

Conference Areas of Focus

The Conference will address mental health issues through recognizing and acknowledging the challenges of lived realities and therapeutic intervention, education, and public policies as these relate to those persons who identify as lesbian, gay, bisexual, and transgender. It is designed to raise awareness of the many underlying issues and to identify ways of effectively addressing symptomatology to help to provide efficient and comprehensive solutions and tools, coping skills, and connecting the LGBT community to support services, so that each person could begin to recognize and strive to achieve his/her potential.

Audience

The intended audience for this conference will include high school senior and college level students, faculty and administration, community stakeholders, local municipalities, county and state wide governments' Departments of Health, K-12 administrators, teachers and social workers/counselors, private practice and public therapists, licensed clinical social workers, counselors, and case managers, and all interested parties from the surrounding New York Tri State area, and from further afield, such as from across the country and internationally.

Last year's conference attracted students, academics and clinicians from as far as the University of California at Irvine, and internationally, from Ecuador, Ghana, Montreal, Canada, and Bolivia.