

LGBTQI2-S Mental Health Conference 2018

Summary

The Lesbian, Gay, Bisexual, Transgender, Queer and Questioning, Intersex, Two-Spirit (LGBTQI2-S) Underserved Cultural Communities (UsCC) subcommittee was established under the Mental Health Services Act (MHSA), with the goals of reducing disparities and increasing mental health access for the LGBTQI2-S community in the County of Los Angeles. This group works closely with community partners and consumers in order to increase the capacity of the public mental health system to develop culturally relevant recovery oriented services, specific to the LGBTQI2-S community, and also to develop capacity building projects.

One of the recommendations of the LGBTQI2-S UsCC subcommittee was to plan and coordinate the 2018 LGBTQI2-S Mental Health Conference: “Unraveling the Rainbow – Embracing Our Diversity.” A survey was handed out to all participants at the start of the conference. The purpose of this survey was to assess whether participants, as a result of this conference, were: better informed of mental health issues unique to the LGBTQI2-S community, able to recognize when to refer an LGBTQI2-S community member for mental health services, provided with useful information on available mental health resources for LGBTQI2-S community members, and able to provide culturally appropriate mental health treatment to LGBTQI2-S consumers. The survey was anonymous and voluntary. In total, 303 individuals attended the conference. Of those, 168 completed surveys.

Survey Results

1. This conference made me more aware about mental health issues unique to the LGBTQI2-S community.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
94	62	10	0	1
56%	37%	6%	0%	1%

2. This conference improved my ability to recognize when to refer a LGBTQI2-S community member for mental health services.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
70	76	20	1	0
42%	45%	12%	1%	0%

3. I received useful information on mental health resources for LGBTQI2-S community members.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
94	59	11	3	1
56%	35%	6%	2%	1%

4. This conference improved my ability to provide culturally-appropriate mental health treatment to LGBTQI2-S consumers.

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	N/A
84	71	8	1	1	3
50%	42%	4%	1%	1%	2%

Please list any topics you would like to be included in future LGBTQI2-S Mental Health Conferences (actual quotes from conference participants):

Polyamorous/non-monogamous communities, intersectionality with BDSM subculture and teasing out that issue from intimate partner violence
HIV/STD Prevention/TX
I would like the transmasculine workshop to be more centrally located. That is one of the most invisible communities, and I would like for it to be more accessible/easy to find
More clinical implications for providers. Bi+ affirmative psycho tx was great!
Repeat workshops more-should be able to attend more than two sessions.
Spirituality and faith
Non-binary!
Perhaps more biological/neurological information if available.
Sexual addiction, sexual behavior, and the taboo of sexual liberation
Amazing topic choices!
TAY young/LGBT/panel
None
Coming out assistance
LGBTQI+ panel discussion-successful navigation across a lifespan featuring panelists representing youth, young adults, older adults.
Resource information is needed for clinicians to refer clients to.
What about the queer community?
Topics related to youth/teens
More interactive
Asian American LGBTQ clients, Polyamory, MTF & FTM issues
Navigating across various identities as gay or lesbian, panel with medical providers, healthcare workers
Possibly more topics on HIV/AIDS
Understanding more labels and mental health treatment for LGBTQI2-S depression, eating disorders, etc.
Incarceration impacts for both youth & adults-impacts in terms of trauma, sexuality, and the services that are offered (or not) to the LGBTQ community
Sexual dysfunction in the LGBTQ community. Faith & spirituality in the LGBTQ community. Family therapy which includes LGBT members. Legal issues surrounding the trans community. Queerlennials-the new generation of LGBTQ youth. Issues surrounding queer people of color.

I didn't attend all workshops of course but will like to see scenarios or role-play for providers to best serve folks
Emphasis on young children with the possibility of LGBT+ mental health necessities.
More info on specific therapeutic EBPs would be great!
Asexuality it is real it is valid please include in future conferences
Spirituality
Please speak more on the black women's experience, it's a necessity!
Aiding consumers with the double stigma of mental illness & living as an LGBTQI individual.
How to navigate working with a LGBTQI2-S person who does not wish to identify as LGBTQI2-S. Helping religious LGBTQI2-S-how to support. I think talking about religion and the negative impacts it has had on LGBTQI2-S can be difficult, but I feel to be inclusive to those LGBTQI2-S people who do
Spirituality & LGBTQ+
Assisting with caregiver's process/acceptance of LGBTQI child. Resources-LGBTQ affirming churches/centers.
Any-thank you!
Process of hormones, psychotherapy topics/issues w/ trans individuals, assessing trans youth, working w/ parents & families, helpful interventions to increase acceptance
Need specific LA County data on outcomes-successful interventions & services
Specific interventions, polyamory, asexual
History or/timeline of LGBTQI2-S, bringing these resources to skid row community (i.e. having a center), a discussion on how to make this happen
Families LGBT, ethnic specific, disability & LGBT issues
Addiction recovery (crystal meth)
LGBTQIA Affirmative Therapy
Domestic violence or intimate partner abuse and violence in LGBTQI2-S community
Within Central American spaces
Homeless youth, LGBTQ elders
Connection between biology/neurobio and mental health (reducing stigma)
Legalities on disabilities which concern LGBTQ community, verbal communication skills that every mental health professional should know in dealing with LGBTQ community including adolescents
Definitions/history of terms /diversity of terms, interventions, more information on transgender(i.e. therapist, MDs, case managers) talking about working with individuals and education about process.
Letter writing for transgender clients (i.e. how to write recommendation for HRT)
Supporting the trans population who need a letter to do a medical gender change in youth. Another topic is on diagnosis.
LGBT 101 for those who are newer and uninformed
Spiritual topic
Body-based creative art, clinical interactions

Minorities experiences and resources in LA area
Representation of immigrant experience in panels
Would like to see a younger age person on the panels. An international conference would be exciting to host.
The importance of parents involvement and what support and affirmation may look like
Working with children and youth
In the program, include a glossary with current terminology & comments about former terminology (i.e. what the I2-S means). More pages to take notes in the program. In the program include more education and something about history of the movement-maybe a fast facts or matching game or quiz. Next year see if you can get the speakers from this year's MH & spirituality conference who spoke about "will God still love me if I'm gay" and one of them was a pastor in the valley and the co-presenter was the director of LAUSD services for LGBTQ+ students. I like the dialogue on privilege and it would be neat/cool to have a table discussion on those questions. It might even be a good reflection exercise to have the questions printed in the program with space to write responses.

Additional Comments/Feedback:

I greatly appreciated both workshops I attended (Addison/Mimi)
Dr. Hoang is amazing
I loved Dr. Mimi Hoang's workshop. It was incredible and so informative
The registration process could have been more efficient (online). More detailed info about the actual event i.e. registration vs. actual start time, lunch provided. I registered through mail.
Bi+ workshop was amazing!
Wonderful!
Very informative and useful information. Hope to see more in the future.
I covered everything
Looking forward to next year
I have no knowledge about what he/she/her etc. means. Also I don't know how they want to be complimented! Have to communicate with them
Awesome conference!! Loved the workshops.
Loved it!
I will suggest to colleges next year they attend!
Good information
Gain resources needed for clients
Thank you for educating & enriching my knowledge base. The conference to me is a much needed one for community leaders & members.
Great conference, great workshops
I loved the speakers and presenters. Their stories and information were informative and inspiring
Great first annual conference-it would be helpful to invite DMH administration and explain what the LGBT community needs. Request an update each year on progress made.

Food was great
A little too long-dragged at the end
Whatever-inclusive-do not matter
Workshops were great, however provided tons of info on presentation slides
Conference was wonderful, thank you!
The workshops were very useful & very informative
Well organized for registered attendees, difficulty with initial registration submission/process. Awesome 1st conference-slightly less sitting time initially, long speeches in morning.
The conference was great
Great informational conference. I thought workshops attended had a lot of redundant information
Great!
Amazing day and very well put together
Thank you for having it at the Cal Endow. I really enjoyed this conference. This is a friendly comment: pride month is a celebration, but some of the speakers felt like they were emotionally charged (angry) and made the conversation more political.
Amazing and powerful first conference!
I appreciate the opportunity to learn more about the LGBTQI2-S community. Thank you for putting this together.
Very educational and increased my awareness of issues with this population
A lot of info on causes of possible discrimination and self-awareness of one's own privilege
Excellent, please continue the great work.
There was a presentation I went to that seemed to have misinformed beliefs about Catholicism practices; and presented certain beliefs as facts. It could be helpful to have more factual & inclusive information before presenting as fact.
Main room was kept very low temperature
Wonderful conference
Great conference, thank you!
Excellent conference! Thank you for getting this conference to come to fruition.
I would have loved to be able to attend more of the sessions. Maybe cutting out the morning panel discussion to allow one more session.
It would have been helpful to have a listing of resources for trans people. The specific workshop spent its time only on statistics which could have been printed!
Great conference
More info on people with physical disabilities & identify w/ LGBTQI2-S population
Hopefully this will be an annual conference
Honored to attend, provided additional contact info to confirm registration

Breakout sessions were a little too long
It was great
Phenomenal individuals; inspirational & educated
Possibly allow time for small groups after sessions to practice having diversity conversations at our orgs & systems in a safe space
I really really enjoyed Addison's presentation
The subject matter experts who spoke/presented/supported today's program were beyond wonderful!
More of this please!
Thank you, facility and food and drinks awesome
I really appreciate the extremely diverse panel of speakers-helps break down stereotypes & enlightening. Excellent guest speakers.
All workshops/sessions seem to be very interesting, too bad because they're concurrently happening. Maybe a 2-day conference next year?
Great conference
It would be helpful to provide seminars on interventions in working w/ LGBTQI2-S population
LGBTQI community organization member so neutral to #2
I enjoyed being part of the conference. I felt that some of the classes were too basic.
I would appreciate more practical tools in working with clients
Great conference!
Incorporate creative arts therapy, registration glitch was frustrating, larger facility to hold all participants comfortably, website w/ all conference info, enjoyed all
Self-awareness, how to fight discrimination
Great diversity, loved the intergenerational trauma session, wish there was more time to QA during plenary
Excellent speakers
I think that those sharing testimonials should meet together several times during the year preceding the next event to help develop their stories and work on defining what were the lessons learned/message, not just a historical narrative, but to really cull the message they want to impart to the audience. Maybe with some thought to what was helpful and what was unhelpful in their journey. Lylliam did a great job but the others more rambling. Lylliam's comment "it's like a group therapy" to speak publicly, it is. Please provide the support to the courageous individuals to work on their testimonials. I think the panelist Greg Wilson might be a good person to coordinate the dialogue for panelists/consumers who want to share their testimonials next year.