

Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, Two-Spirit (LGBTQI2-S)

Clinical Mental Health Trainings for LGBTQ Youth (FY 2014-2015)

Four 2-day clinical trainings were conducted to educate and improve the therapeutic skills of licensed mental health clinicians who provide mental health services to LGBTQ youth. The trainings were offered in Service Areas 2, 4, 6, and 8. This project was implemented on October 1, 2015 and was completed on April 1, 2016.

Outcomes:

A total of 130 licensed mental health clinicians from 27 different agencies were successfully trained by the end of this project. Pre and post-test surveys were administered at each of the trainings to measure knowledge about LGBTQ concepts, terminology, and unique challenges and risks for this population. In total, 114 pre-test and 105 post-test surveys were collected. Post-test results indicated that participants had an improved understanding of what defines sexual orientation. Scores improved from 41% on the pre-test to 60% on the post-test. Participants showed improvement on the question related to how to create a LGBTQ-affirming environment, with an increase of 19% from pre to post-test. There was an 8% overall increase in knowledge across the four Service Areas (2, 4, 6, and 8) from pre-test to post-test. The highest increase was in SA 8 (17%).

LGBTQI2-S Survey (FY 2015-2016)

One of the recommendations of the LGBTQI2-S subcommittee was to develop a survey that could be sent out to the entire LACDMH workforce. On 3/24/2016, a survey was sent out to all DMH directly operated and contracted providers. The purpose of this survey included the following: to assess training needs for mental health staff (direct service providers, administration/managers, clerical/support) serving the LGBTQI2-S population in the County of Los Angeles, to help with the development of capacity building projects specific to the LGBTQI2-S community, and to inform the public mental health system of training needs. The survey was anonymous and voluntary.

Outcomes:

Survey respondents were allowed to choose as many of the potential training topics as they wanted. Of the 732 responses received, 77.3% (566) requested

training regarding Issues Specific to Transgender Clients/Families and 76.9% (563) requested training regarding “Coming Out” Issues. For the question: “Do you have groups or programs at your organization specifically for LGBTQI2-S consumers/families?” the possible responses for this question included YES or NO. Of the 1440 total respondents who responded to this question, 76.25% (1098) responded NO and 23.75% (342) responded YES. For the question: “In the past six months, have you received any training to help you effectively provide services to LGBTQI2-S consumers/families?” the possible responses for this question included YES or NO. Of the 1440 total respondents who responded to this question, 77.64% (1118) responded NO and 22.36% (322) responded YES. For the question: “Does your organization promote a safe space for staff and consumers who identify as LGBTQI2-S?” the possible responses for this question included YES or NO. Of the 1440 total respondents who responded to this question, 17.57% (253) responded NO and 82.43% (1187) responded YES.

Speak Your Mind Academy (FY 2016-2017)

The LGBTQI2-S Youth Speak Your Mind Academy Mental Health Outreach Project included two components: the training of 50 LGBTQI2-S Youth Advocates and, once trained, the Advocates would conduct two community mental health presentations. The LGBTQI2-S Youth Advocates were individuals who identify as LGBTQI2-S and who had limited or no experience with LACDMH mental health services. The Academy covered basic mental health education including common diagnoses and symptoms, the power of advocacy, storytelling and public speaking, crisis identification/resolution, and outreach and engagement in order to promote mental health services and empower those individuals to access mental health services for themselves. The objective of the LGBTQI2-S Youth Speak Your Mind Academy Mental Health Outreach Project was to engage, empower, enlist, and enlighten the LGBTQI2-S Youth community, as well as to promote mental health services, reduce stigma, and increase the capacity of the public mental health system in Los Angeles County.

Outcomes:

For the Academy, 33 youth were initially identified as participants. At the end of the Academy, 23 youth successfully graduated. For the community presentations, by this time in the project political issues impacting the safety of LGBTQI2-S youth came to the forefront and some of the graduated youth became more fearful and anxious regarding their acceptance in the community. They were offered

referrals to mental health recovery organizations and the Contract Manager checked in with them weekly to continue providing support. At the close of the project, there were 10 Youth Advocates who facilitated presentations, some far more than others. All Service Areas in Los Angeles County received at least 1 presentation. In total, 38 community mental health presentations were completed. For many of the presentations, evaluations and sign-in sheets were not collected by the Youth Advocates; however, based on sign-in sheets that were provided it is projected that at least 275 individuals attended presentations.

Community Mental Health Needs Assessment (FY 2016-2017)

The objective of the LGBTQI2-S Community Mental Health Needs Assessment Project was to outreach and engage people of color within the LGBTQI2-S population into a discussion regarding the needs of the community, as well as reduce stigma associated with mental health services. Additionally, this project aimed to increase awareness of the mental health needs of LGBTQI2-S individuals, increase connections with mental health providers, and provide opportunities to address concerns about mental health services. This project targeted both leaders and providers within the LGBTQI2-S community, as well as community members. The LGBTQI2-S Community Mental Health Needs Assessment Project was conducted in two phases: Phase I: Utilizing a mezzo approach the Consultant conducted a LGBTQI2-S Community Leaders Mental Health Forum made up of leaders and providers who will be brought together into a learning collaborative to discuss the needs of the community. Phase II: Utilizing a micro approach the Consultant outreached to people of color within the LGBTQI2-S community and engaged them in focus groups to assess the needs of LGBTQI2-S individuals, identify gaps in access to mental health services, and identify how to engage community members into mental health services provided by Los Angeles County Department of Mental Health.

Outcomes:

For the focus groups, the participants ranged in age from 18 to 60 and were representative of a broad gender spectrum. Seven focus groups were conducted with a combined total of 61 participants – 11 Iranian, 12 Asian Pacific Islander, 10 American Indian/Alaska Native, nine Latinx, nine Armenian, and 10 African-American participants. The forum had 20 attendees and consisted of a report back from TWLMP staff, a community leaders panel, insight from the Los Angeles

County Department of Mental Health, and a community conversation on steps to move forward with the conversation on mental health in our communities.

Media and Advertising Campaign (FY 2016-2017)

A media consultant was contracted to produce, develop, and broadcast one 30-second advertisement and one 15-second radio advertisement. This media and advertising campaign utilized a media company that owned multiple television networks and radio stations and took place over a period of eight weeks. The objective of this campaign was to provide training to the community about mental health services that are available, including signs and symptoms, and to reduce mental health discrepancies and gaps in service delivery for LGBTQI2-S community members.

Outcomes:

Exposure on six radio stations and the internet was able to provide a schedule with a strong reach and frequency on the various mediums. KAMP 97.1FM ran 136 commercials, KCBS 93.1FM ran 132 commercials, KNX 1070AM ran 161 commercials, KROQ 106.7FM ran 129 commercials, KRTH 101.1FM ran 136 commercials, and KTWV 94.7FM ran 184 commercials. The combined radio campaign reached an estimated 7,664,200 people. 73.8% of the Los Angeles County population was reached an average of 4.3 times. Total radio impressions were 32,244,000 (total number of times people were exposed to the commercials). The digital display banners on the companion websites to the radio stations delivered approximately 1,530,607 impressions and audio streaming commercials delivered an additional 1,000,576 impressions (2,531,183 digital impressions total). Additionally at no cost, an interview of a Psychiatric Social Worker II from LACDMH was conducted by Megan Holiday of the CBS Radio public service broadcast show Openline. The interview was approximately eight minutes long. The show was broadcast five times over the weekend of 5/20/17 to 5/21/17, one time each, on KTWV-Saturday at 6am, KRTH - Sunday at 5am, KROQ - Sunday at 6am, KAMP Sunday at 6am and KCBS FM Sun at 6am. The Openline program delivered an estimated 131,200 additional impressions. CBSLA.com posted articles providing content from LACDMH. These articles will be live on the CBSLA.com website indefinitely and can be found either in the "in feed" article listing randomly or when a web user types into the search box to locate information on mental health.

LGBTQ Iranian Outreach and Engagement Project (FY 2017-2018, In Progress)

A Consultant will be hired to develop and implement the LGBTQ Iranian Outreach and Engagement Project, which will include two Phases: Phase 1 will include health and wellness workshops, which provide outreach to Iranian LGBTQ community members and their families, as well as Iranian Student Clubs at local high schools and colleges; and Phase 2 will include a media campaign targeting Iranian LGBTQ and non LGBTQ community members through local Iranian talk shows, magazines, newspapers, and radio programs. The objective of the LGBTQ Iranian Outreach and Engagement Project is to engage, empower, enlist, and enlighten the LGBTQ and non LGBTQ Iranian community, as well as to promote mental health services, reduce stigma, and increase the capacity of the public mental health system in Los Angeles County. This will enable this often underserved and marginalized population to access mental health services for themselves and empower other community members to access mental health services as well.