

LGBTQI2-S Mental Health Conference 2019

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 2019 LGBTQI2-S Mental Health Conference: “Reclaiming & Restoring – Telling Our Stories.” 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, 334 individuals attended the conference. Of those, 166 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
110	46	5	3	2
66.2%	27.7%	3%	1.8%	1.2%

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
86	55	18	5	2
51.8%	33.1%	10.8%	3%	1.2%

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

Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
92	57	12	4	1
55.4%	34.3%	7.2%	2.4%	.6%

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
95	52	11	2	0	6
57.2%	31.3%	6.6%	1.2%	0%	3.6%

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

I found the panels to be informative, culturally knowledgeable and relatable. This was the most impactful portion of the conference for me.
Appreciate how intersectional this conference was.
Very inclusive! They listened to feedback from last year.
It would be great to have evaluations for the specific workshops. I attended the storytelling and intersex workshops. The storytelling workshop lacked any contextualization and practice.
Have more vegan/plant-based options for breakfast and lunch please.
Enjoyed TIC info and will use in my employment.
More community resources.
Very informative and validates identities of those who aren't as visible.
I really enjoyed the panelists and the discussions. It was very well organized.
Please make the intersex panel something everyone attends! Providers need this.
It was great.
More disabled seating accommodations and microphones in workshops.
The ageing group was very valuable.
Great to see DMH acknowledging LGBTQ issues and identity.
Good venue. Great panel. Access to contact info if presenters are comfortable sharing.
The diverse panels were awesome! The panelists were great!!
The panels really work well for this topic. I found it very helpful connecting stories to people and hearing it from them really makes an impact and brings the point home.
Please label each session room. There were no ? People were confused.
Check out the "Beyond the Frame Project" out of Portland, OR.
Excellent conference! I am a licensed clinician and it would be great if CEUs could be provided for future conferences.
Was an amazing conference, very informative, would love to attend again.
Great conference.
Great conference.
Bigger need for further resources, perhaps more resource tables are always great!
Would be excited to see some advanced.

Excellent workshops.
Keep up the work in the community.
Great panel on non-binary! Trauma informed session was great!
Very well organized event. I enjoyed the workshops, very informative. Storytelling workshops was awesome!!
More of these + CEUs.
Great workshops!! Addison's and Ana's workshops were so powerful. Thank you for this conference.
Dr. Yamonte's presentation was excellent! His transdisciplinary approach/understanding was informative.
Great conference. I would like to learn more to help this community. Great topic on LGBTQI2-S within indigenous population.
The indigenous panel was great. Wish there was more representation.
I appreciate that this conference was so POC beautiful.
Great panel diversity.
The two-spirit panel was so informative and moving!
I really enjoyed and got a lot of information from the two workshops I attended-both specific to culture. I would have liked to see the panels for all utilize time for all attendees by presenting topics that people may not already be familiar with. As someone who feels pretty aware of MH challenges/factors etc. specific to the LGBTQI2-S community, I would have preferred more foundational topics to be optional (and perhaps "*suggested for..."). The culturally specific workshops that I attended seemed to be missing some diversity. (Dr. Cooper's presentation needed to be seen by everyone!)
Thank you for the conference, I would like to come back next year, good location, food/snacks, and workshops.
I would've loved to see some workshops specifically for NB community.
Mental health is all over because rejections from our church, communities, and families. Divine love heals it all.
Need more conferences like this.
Was very informative for me.
Provide way for professionals to help, volunteer, and/or work with population. Training certification opportunities for professionals needed.
Learned many new terms that I was unaware of. Great topics and excellent platform.
Wish there was a session dedicated to specific resources available in LA County to different groups in the LGBTQI2-S community.
Do not use the Sheraton again, please. I found some of the staff to be rude and disrespectful. Some even laughed at a trans speaker as they walked away.
I loved the panels (diversity) and workshops.
A nicely balanced program.
Beneficial training, especially the two-spirit section. Thank you.

Thank you for creating this amazing conference to prepare us to provide the best services we can to the LGBTQI2-S community.
Fewer acronyms would be helpful. Too many to follow when in learning mode.
Loved the panel presentations.
I really appreciate the education provided today. Very informative conference.
Very informative sessions. I learned a lot and am very glad I came. :)
We need these types of conferences! Thanks!!
The conference overall felt like it was designed for straight white people. I feel like most of the topics just scratched the surface. Also, the meals provided were not inclusive. They lacked labels and gluten free/dairy free options.
Great conference all around-can't wait for next years!
Name badge printed to ? the registration list.
Enjoyed the afternoon panel.
Wonderful training!
Include in the description that "A Queer Peer Perspective" is essentially LGBTQ+ 101. This is essential to the person like myself who is ignorant to the terminology and gaining knowledge on the topic.
Would like more on Christianity.
Great conference, great panel discussions and explanation of clinical concepts.
The information was great and very relevant; definitely not the usual 101.
I really enjoyed the workshops I participated in.
Loved the land acknowledgement.
The level of maturity, insight, and ability to articulate ? speakers was impressive. The stories were much more thoughtful and well developed. Each year as the conference matures, on so many levels, the growth is evident and the annual LGBTQI2-S conference continues to blossom. I wish the program would list useful terms/lexicon of the LGBTQI2-S community with links to more specific topics, a mini-dictionary of sorts in the program. I was touched by expression of a need for mentors and also the use of the phrase, "If I could tell my younger self."
Great conference.
TIC Presenter should focus on providing vital info, rather make grown ups to participate in activities that weren't needed for learning purposes. It was boring and felt as being in an elementary school.
Need more mental health resources! More spiritual/faith based.
Maybe provide guide/online resources for reference. Really great speakers/presenters. Not a ton of resources from County offered.
Ask evaluation questions about comfort with issues.
I enjoyed the conference and want to thank all the speakers for sharing their stories.
Enjoyed the wealth of information provided and panels were very enjoyable.

Congratulations!! I hope to have access to more resources and ? in a very near future and father!!
It was very educational for me to obtain updated information regarding this population.
Thank you for including discussions on LGBTQ seniors-they're often forgotten!
Elders and TIC for Trans clients were great talks. Ask Addison to come back! Also would be helpful to have labels on trainings for beginner vs. advanced levels of talks. Often time is spent on basic vocabulary (pronouns, identities, etc.) which is well known to some clinicians who may want to get deeper. Also maybe labeling groups/talks as micro vs. macro. I loved the Elders talk but I expected more strategies to disrupt self isolation but i was more of a policy and history overview.
Really enjoyed the diversity in the panels, MCs, speakers, etc.!
MH treatment for LGBTQI2-S in detail.
More indigenous representation.
Y'all did awesome!
Please offer CEUs, parking was too expensive, provide list of "words" (safe words) to use working with LGBT. Ana Bernal was a great panel speaker (afternoon session). Food was good. Lack of panelists who are Asian Pacific Islander. Lack of resource in back page for API agencies. Sessions on specifics, mixing LGBTQI2-S as "same" group was difficult to follow and understand. Share updated research on LGBT in different ethnic groups; age groups.
I really liked all of the presentations and breakout sessions. You all did a great job.
The breakout rooms needed to be numbered-it was confusing.
Great!
Thank you for celebrating QPOC! So important!
Please put the "A" in LGBTQIA2-S to recognize asexual folks. The people in the check in table misgendered me multiple times and policed what bathroom my friend and I could use. I'm not sure who they worked for, but it would be great if someone talked to them about it/trained them before the conference.
Excellent!
Please have vegan options available that is clearly labeled. There are more vegans in the queer community than the general population.
Sharing stories (personal lived experience) is not only powerful, it also impacts awareness and action that each person can do. This conference is also healing.
Dr. Yamonte Cooper did an outstanding job. He healed and elevated my mind.
Amazing panels!
First time I've ever seen a panel & moderator self identify as non-binary-Wow! Thank you!
Dr. Yamonte Cooper opened my eyes to reality and truth. His presentation was based on fact and reality. The two-spirit Natives workshop was also very informative and inspiring.
I think the sessions could have tied more into how they (cultures, experiences, etc.) affect the mental health of individuals.
I do think this conference is so needed for providers that may be less aware/informed than me due to experience.

Great successful LGBTQI2-S conference.

Great lectures. Google maps for the conference location wrong.

The faith and spirituality session in particular was absolutely illuminating. Thank you! Thank you for an incredible conference!

Wish we could get printouts of presentations.

Additional Comments/Feedback:

It would be helpful if the workshops were labeled as 101 when it is basic knowledge, so that people can choose discussions based on what they already know or where their gaps in knowledge are.

Need to make materials accessible.

More cultural competency workshops if possible.

How to partner with other government agencies (i.e. DMH, DCFS).

I would like to know more about the TAY population and LGBTQ issues.

Intersectional feminism. LGBTQI2-s issues in the Latinx community.

More on decolonization and black and other POC specific mental health issues.

More workshops on non-binary identities.

BDSM + kink, disability justice, LGBTQIA2-S+ parenthood.

HIV & ageing.

Co-occurring and mental health issues for LGBTQ+ populations.

Incarcerated people and LGBTQ re-entry.

LGBTQI2-S issues in the criminal justice system.

Workshop on legal issues that come up with the LGBT+ community that we don't usually think of as a heterosexual person.

Foster care and LGBT youth.

I'm encouraged to see a TransWomen contingent in the Women's March. Would be interesting to have a workshop on the history/present day Trans Female role in the Women's Movement (realize historically they may have been marginalized in the Movement).

Enhancing sex positivity in the community; psychotropics and transitioning

Trauma Informed Care (TIC) and Decolonizing Mental Health Two-Spirit Native American was a great workshop!!

Advanced theory of techniques working with the LGBTQI2-S community.

More specialized homelessness resources.

Children/toddlers who identify as LGBTQI2-S at a young age; toddlers who identify as transgender.

Meds, harm reduction, undocumented.

Non-binary and gender non-conforming matters and treatment as a workshop topic.
How to support LGBTQI2-S family members.
Issues related to immigration/migration.
More culturally specific workshops-working with Latinx families, machismo, connection to incarceration, something specific to advocacy/macro.
Session for clinicians on appropriate questions to ask in the clinical interview-when to ask them, what to ask for gender identity, sexual orientation, how culture and other identities intersect and impact health/mental health. Perhaps a panel of patients/clients.
Latino, interventions, policy making, social justice, challenges with psychiatry.
The faith vs. religion.
Needs a deeper understanding of "Trans."
More on aging, issues with living=AIDS in society now.
More indigenous teachings.
More workshops like the one titled "Beyond Safe Spaces." I found the interventions very helpful to take back to use with my clients.
How to deal with other entities that are not supportive of LGBTQ.
Everything!
More focus on suicide prevention.
How the DMH is used as a tool of oppression and how to offer care that does not center on pathologizing experiences.
In the future I would like to see workshops for those who are already working with LGBT people. The workshops can also be different and inclusive for both (such as 101 & 201) to allow all to benefit from it.
LGBTQI2-S accessibility.
LGBTQ+ 101.
Christian denominations.
Resources for family (parents having difficulty embracing their loved ones).
Undocu-queer identities.
Navigating housing process, navigating mental health process starting with clinical evaluation/psychiatrist/therapy through community resources, non-profit, DMH, etc.
Two-spirit, Native American, Indigenous.
Developing an honor code/personal code of honor about respectful love among/across/in/ intimate relationships as young peoples sexuality begins to emerge and young people explore who they are and how they are being called to love, to guide loving respectful choices. More on spirituality and LGBTQI2-S. Loved the panels! It made possible, more speakers of different perspectives in the same amount of time. So rich!
Make it more informative and interest. Wasn't very educational.

Advocacy in schools (support and services in schools), clinical skills (English and Spanish) to use with clients/population.
Process of coming out stories and coming out in middle age.
Crisis intervention in counseling, navigating racism in mental health services.
Intimate partner abuse and violence (domestic violence) through an intersectional and LGBTQI+ lens- this issues affects a large proportion of the population, especially LGBTQIA+ folks (and seniors and POC and immigrants etc.). I would like more attention to LGBTQIA+ across the lifespan (I came out to myself at 60). 1 workshop is great, presence on panels would be better. What about coming out as an older adult? For spiritual workshops, would benefit from Buddhist view, Jewish view, and Muslim view (this is not meant as criticism, but as an additional idea). I missed (any significant) discussion of trauma treatment ? as a workshop.
None that I could think of.
More in depth conversations about bridging the gap with LGBTQI2-S and faith based communities.
I strongly believe that Carolyn Carothers, the co-director of the MAP Program LGBTQ+ specialization of Antioch University Los Angeles can be a great informative guest speaker. She can bring a ? light to the understanding of LGBTQ community perspectives and beautiful spectrum of identities.
Inclusion of Intersex population into LGBTQ population, addiction within LGBTQ population.
Substance use.
More clinical focused trainings/CEUs for LCSWs.
Focus on the LGBTQI2-S foster youth population in LA.
Mental health interventions/techniques in detail that can be used in sessions.
Coming out process and ? in MHS.
Spirituality and community.
Queer & parenting/family planning, queer relationships.
How to work with parents, resources for family members, adding cultural competent MH services, please include working with Asian Pacific Islander population, how to educate clergy, how to come out to your church community (as youth, as parent). For future, invite more providers to present, invite DCFS to share working with LGBT foster youth, help providers and family members to be aware of signs and symptoms of their LGBT client/family member-prevention-depression, suicidality. Panel by family/parents. Affirming therapy vs. reparative therapy.
I would like to have a breakout session on how to work with family members/parents after their child comes out.
Latinx/undocu-queer health, asylum process for queer migrants.
Asexuality, polyamory, sexual abuse and the queer community.
Asexuality/aromantic, polyamory/nonmonogamy, working with parents/caregivers of trans/nonbinary youth, SA/IPV/DV in queer relationships.
More evidence based interventions workshops. The queer perspective one filled up quickly.
The role of peer and family supporters with lived experiences that can help LGBTQI2-S and their loved ones.

Sex work, black in America!

Bisexuality, disability, black, neurodiversity, queer youth, trans youth, intersex.

Please continue with more info, exposure on how to be an ally to our LGBTQI+ population.

Cisgender gay and lesbian workshop to examine where this population stands amidst rapid changes and progress within the LGBTQI2-S community.

How can the community/general population help destigmatize mental health in order to better help the mental health community?

Life after gender confirmation surgery, "A" agender to add to the LGBTQIA2-S.

Mediation around identity.

I would love to see a space for LGBTQIAS2+ service providers to connect with one another to network, share resources and heal!

Navigating through healthcare and how to work with clients going through hormonal therapy (what to expect from physical, emotional, medical effects from symptoms of hormone therapy while offering therapeutic services/therapy).