

BI&POC N.E.O.² (Nurturing Each Other Online)

Team Members

Angelo Q. (He/They), Berri N. (He/Him), Jalen S. (He/Him), Juan Diego C. (He/Him)

*This strategy would not have been possible without Rashida, Sunshine, and Lucia along with our other peers

Our Mission Statement



To improve the mental health of BI&POC LGBTQIA2S+ youth by creating opportunities to discuss and process racial trauma, harm, and/or discrimination experienced virtually.

Team Values	Team Norms
Intersectionality Mutual Respect Patience Authenticity Leave room for Learning Critical Love	Allow this to be a learning space Boundary Setting Speak from your own experiences Avoid competition, invite compassion Listen to hear, not to respond Take space + make space

Our User Group



BI&POC LGBTQIA2S+ Youth Ages 18-21 in Metro/South/East Los Angeles

Issues Impacting Our User Group's mental health

- Increasing rates of suicidal ideation since the 2019 average (Mental Health America 2021)
- Loneliness or isolation are reported as top three things contributing to the individual's mental health concerns (MHA 2021)
- Black or AA screeners who screened “moderate to severe” for mental health conditions reported that racism was one of their top three concerns (MHA 2021)
- Depending on exact race/ethnicity, gender, and/or sexual orientation, 20% -54% have experienced online harm (Pewresearch 2021)

Our Strategy



Community and/or educational support spaces related to addressing and processing racially motivated online harm/harassment.

Importance: Validates BI&POC virtual experiences while creating a space that promotes safety and strategies for dealing with virtual harm

- Peer-led support & discussion virtual groups covering the following
 - Social Media Microaggressions
 - Racial Fetishization on Dating Apps
 - Building Safety Plans for Virtual Violence
 - Finding Affirming Virtual Spaces
- Virtual Group Sessions with BIPOC Mental Health Professional/Practitioner
- Potential partner/collaborators: **Reach LA, The Wall Las Memorias,**

Impact on User Group



Directly addressing online harm affecting BI&POC LGBTQIAS2+ youth mental health

- SAMHSA has outlined peer support as an evidence-based practice that...
- Targeting racism & xenophobia and other various harm/outlets decreases racial-traumatic events

What is your User Group's "buy-in?"

- Would you offer incentives? If so, what would they be?
 - \$15 gift cards to food delivery companies (grubhub, door dash, etc.), Target, and/or grocery stores

Our Prototype



What are some assumptions about our strategy?

- Tech Literacy and Usage, Interest, Willingness, Availability
- Ability and/or Comfortability and Need

Our prototype/test

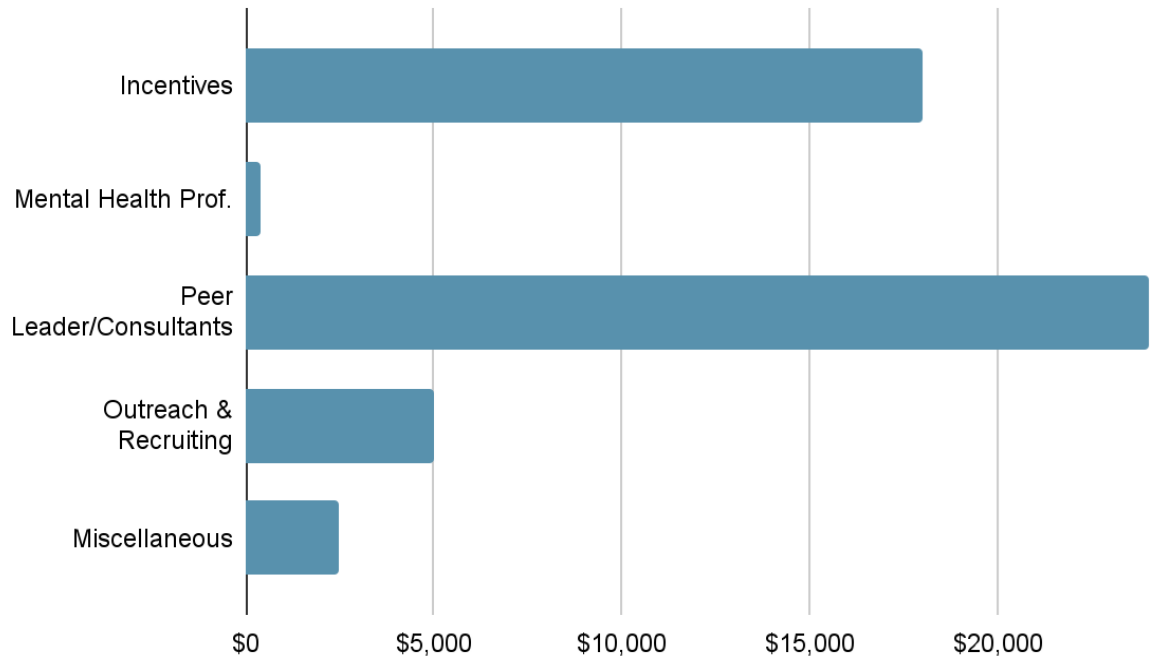
- How will you prototype/test that assumption? (Budget \$250)
 - Administering a pre/entry and post/exit survey to measure participant's level of ability and comfortability
 - Have users rate on a scale (Ex. 1 to 5) how comfortable they are with discussing the content in order to gauge how people feel about it
 - From there, can compare any changes that might've occurred in participants

Our Budget



Incentives (\$15 gift cards, projecting 75 participants in a year)	\$27,000
Mental Health Professional? Consultant (\$30 an hour, 18 hours in a year)	\$540
Peer Leaders/Community Consultants (10 Peer Leaders, 75 hours in a year @ \$20 an hour, \$1,500 each)	\$15,000
Outreach/Recruitment Materials	\$5000
Miscellaneous	\$2,460
Total	\$50,000


Budget Allocation



Future Funding

Applying to various grants from the following entities may fund future years:

- The Health Resources & Services Administration (HRSA)
- The Substance Abuse and Mental Health Services Administration (SAMHSA)
- The National Network to Eliminate Disparities in Behavioral Health (NNED)



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