

Cultural Competency

## Understanding Mental Health Among the Gen Z LGBTQIA2-S+ Communities

**DATE & TIME:**

**May 22<sup>nd</sup> and 23<sup>rd</sup>, 2024**

**1:00pm 4:00pm**

*All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted. Partial credit will not be provided. Participation in both dates is mandatory for full credit.*

The training will address how mental illness within the LGBTQIA2-S+ Gen Z community is often stigmatized, especially among communities of color. This stigma often results in members of the LGBTQIA2-S+ Gen Z community struggling to find culturally responsive mental health support with clinicians who understand their unique cultural backgrounds and concerns. A lack of mental health support within the LGBTQIA2-S+ Gen Z communities elevates the risk of mental health related symptoms and decreases quality of life. This training will address how mental health service providers can create affirming environments for the LGBTQIA2-S+ Gen Z community and will also discuss interventions that mental health professionals can utilize in assisting members of the LGBTQIA2-S+ Gen Z community.

**TARGET AUDIENCE: DMH/DMH contracted staff.**

**OBJECTIVES:** As a result of attending this training, participants should be able to:

1. Identify stigmas that exist within the LGBTQIA2-S+ Gen Z community.
2. Identify two ways service providers can create affirming environments for the LGBTQIA2-S+ Gen Z community.
3. Describe challenges associated with being a Gen Z LGBTQIA2-S+ person struggling with mental health issues.
4. Identify effective initial contact and engagement strategies for LGBTQIA2-S+ Gen Z community.
5. Describe language and practices that ensure cultural expertise to all LGBTQIA2-S+ Gen Z community members who seek mental health services.
6. Describe interventions that mental health professionals can utilize in assisting LGBTQIA2-S+ Gen Z individuals seeking mental health support.

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**DEADLINE:** When capacity is reached

**CONTINUING EDUCATION:** NONE

**COST:** NONE

DMH Employees register at: <https://eventshub.dmh.lacounty.gov/>