

From: LGBTQ Technical Assistance Center
Subject: LGBTQ TA Center Newsletter - Summer 2018 - California Reducing Disparities Project
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Summer 2018 Newsletter

Dear LGBTQ grantees,

July is National Minority Mental Health Awareness Month! Addressing intersectionality is critical to the work you do to reduce mental health disparities among diverse LGBTQ Californians. This quarterly newsletter focuses on awareness month resources and tools to support racially and ethnically diverse LGBTQ communities.

We are also excited to share the recording of the TA Center's most recent webinar, which explored strategies for reducing health care disparities among people with disabilities.

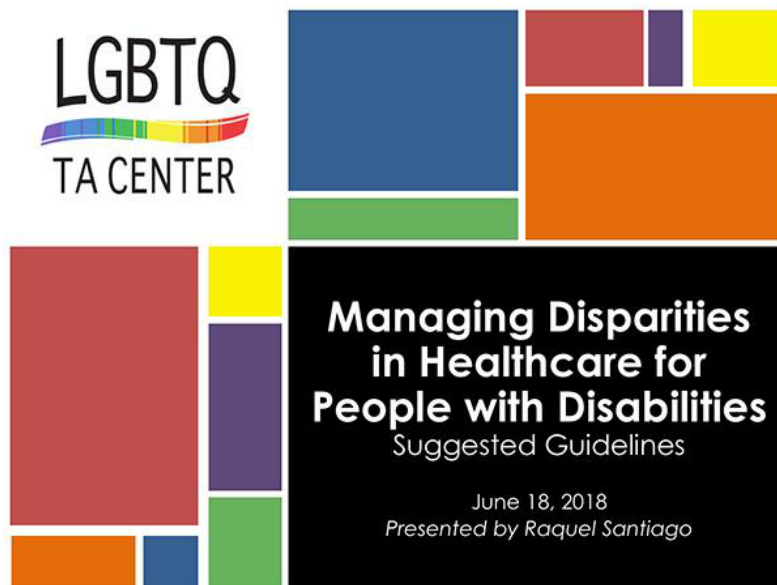
Save the Date!

2018 CRDP Annual Meeting

September 26-27, 2018 | Anaheim Majestic Garden Hotel

The CRDP Annual meeting brings together a multidisciplinary and collaborative team of IPPs, TA Providers, the Statewide Evaluator, and mental health professionals to strengthen partnerships and create opportunities for knowledge exchange. [View the evaluation report from last year's meeting.](#)

New TA Center Archived Webinar



Managing Disparities in Health Care for People with Disabilities

What does it mean to have a disability, how are they classified, and what can you do to better support people living with disabilities? This June 18 LGBTQ TA Center webinar provides guidelines and tips for helping to reduce disparities in health care access and outcomes for people with visible and invisible disabilities. It addresses sensory disabilities (auditory and visual), communication disabilities, cognitive and intellectual disabilities, mental health disabilities, and physical disabilities impacting mobility.

Supporting the Mental Health of LGBTQ People of Color

Awareness Month Resources



Resources from the Office of Minority Health (OMH)

Visit the OMH awareness month webpage for downloadable graphics, resources on health disparities, and links to federal mental and behavioral health tools.

National Minority Mental Health Awareness

Month Resources from NNED

The NNED (National Network to Eliminate Disparities in Behavioral Health) supports information sharing, training, and technical assistance among organizations and communities dedicated to the behavioral health and well-being of diverse communities. Their awareness month page includes social media resources, previous years' webinars and Twitter chats, and other resources.



NAMI: Minority Mental Health Awareness Month

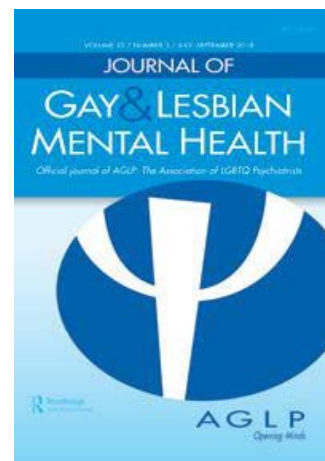
The National Alliance on Mental Illness's awareness month resource page includes links to NAMI's #CureStigma campaign resources and their Strength Over Silence documentary series of mental health in African-American and Latino communities. NAMI also developed an [infographic](#) to promote awareness of multicultural mental health.



More New Resources and Events

Mental Health and LGBTQ People of Color

This special issue of the Journal of Gay and Lesbian Mental Health presents a series of articles that were presented during the "Queerly Invisible: LGBTQ People of Color as Psychiatrists and Patients" panel at the American Psychiatric Association Annual Meeting. Topics include the impact of minority stress on mental health, special considerations for working with LGBTQ adolescents of color, power dynamics for LGBTQ people of color in clinical settings, and the challenges that older LGBTQ adults of color experience.



In My Mind: A People of Color Mental Health Conference

October 4-5, 2018 | New York City

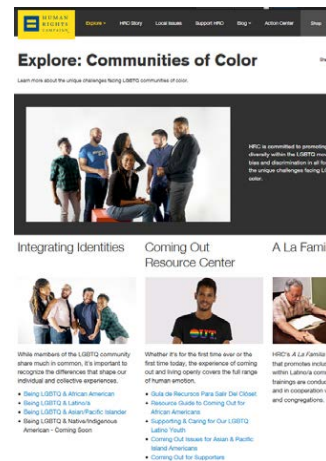
The 2018 In My Mind Conference, "My Identity Matters," will focus on how LGBTQ+ peoples of color see themselves and



how these perceptions influence and affect their mental health. The In My Mind conference brings together clinicians, consumers, academics, and advocates. Both days will begin with presentations to establish common starting points, which will be followed by concurrent single/stand-alone, small group workshops, and panel discussions, some geared for clinicians and others for community members.

Explore: Communities of Color

This resource center from the Human Rights Campaign includes an array of resources for LGBTQ individuals, researchers, and providers or supporters. These include "Coming Out" guides for communities of color and members of religious groups, as well as informational pages on "Being LGBTQ &..." a person of color.



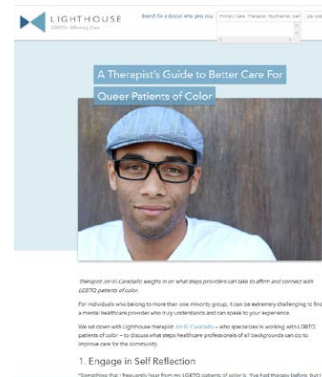
Supporting and Caring for our Latino LGBT Youth

This report, from the Human Rights Campaign and the League of United Latin American Citizens, explores the experiences of 2,000 LGBT youth who identify as Latino. In their own words, it describes the challenges they face, their sources of resilience, and their experiences in their homes and communities.



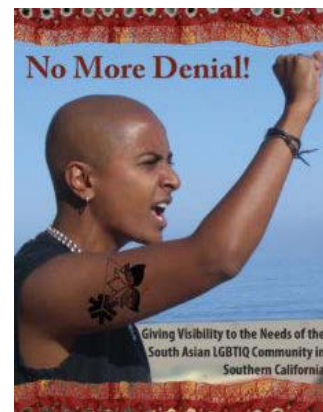
A Therapist's Guide to Better Care For Queer Patients of Color

For individuals who belong to more than one minority group, it can be extremely challenging to find a mental healthcare provider who truly understands and can speak to your experience. This article is based on an interview with a therapist who specializes in working with LGBTQ patients of color.



[Giving Visibility to the Needs of the South Asian LGBTIQ Community in Southern California](#)

This report includes results from the Southern California South Asian LGBTIQ Needs Assessment. It suggests specific ways for South Asian LGBTIQ individuals and their allies to maximize these skills and resources in order to empower individuals in this community and improve their safety, health, and well-being.



More LGBTQ News and Resources

Visit the [LGBTQ TA Center website](#), where Equity News announcements and searchable Resources are added every month!

[National News Article on Experiences of LGB and Transgender Immigrants](#)

The New York Times recently highlighted the experiences of migrants from Central and South America seeking asylum in the U.S. due to persecution for their sexual or gender identity. The report describes abuse and harassment from drug traffickers, immigration agents and ICE detention center personnel, and other migrants. The article included discussion of Southern California-based support centers.

[Addressing Opioid Use Disorder among LGBTQ Populations](#)

Opioid use disorder has reached an alarming rate in the United

States. As a population disproportionately affected by substance use disorders (SUDs), the LGBTQ community has not been spared from the opioid epidemic. This brief from the National LGBT Health Education Center discusses the impact that opioid use disorder has on the LGBTQ community. It highlights best practices, trauma-informed care, and behavioral health integration into primary care.



LGB High Schoolers More Likely to Feel Sad or Hopeless, or Attempt Suicide

In 2017, high school students who identified as lesbian, gay, and bisexual (LGB) were twice as likely as their straight peers to report feeling sad or hopeless-and four times as likely to have attempted suicide. Research from Child Trends suggests that schools can foster well-being among students who identify as LGBTQ by adopting evidence-based curricula, programs, and services that explicitly promote their health and well-being. This includes implementing activities such as gay-straight alliances and sexual education that address the needs of sexual minority youth.



Contact the LGBTQ TA Center:

<http://lgbtq-ta-center.org/contact-us/>
1-877-568-4227

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