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LGBTQ TA CENTER Newsletter

Summer 2020



Image from the Gender Spectrum Collection

July is BIPOC (Black, Indigenous, and People of Color) Mental Health Month

The continued use of “minority or marginalized” sets up BIPOC communities in terms of their quantity instead of their quality . . . and can make BIPOC feel as though “minority” is synonymous with inferiority. Though “minority” and “marginalized” may continue to be used in academic spaces, **the words the mental health community uses need to change** in order to help communities understand how these terms create and perpetuate negative images and stereotypes of individuals that identify as BIPOC. - [MHA](#)

In recognition of BIPOC Mental Health Month, this newsletter focuses on resources for anti-racist and inclusive mental health practice in support of QTBIPOC (queer and trans BIPOC).

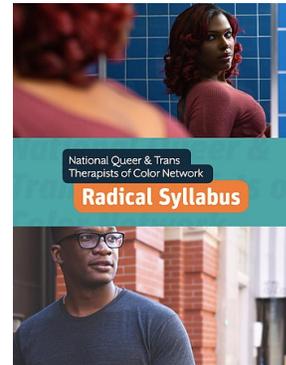
The LGBTQ TA Center joins organizations such as [HRC](#) and Mental Health America in the call to rename what was formerly known as National Minority Mental Health Month.

Visit the [LGBTQ TA Center Website](#)

New and Noteworthy QTBIPOC Resources

[National Queer and Trans Therapists of Color Network \(NQTTCN\)](#)

NQTTCN is a healing justice organization committed to transforming mental health for queer and trans people of color. In addition to a mental health provider directory, NQTTCN hosts [resources](#) such as a *Radical Syllabus for QTPoC Mental Health Practitioners* and *COVID-19 Guidelines for QTPoC Mental Health Practitioners*.



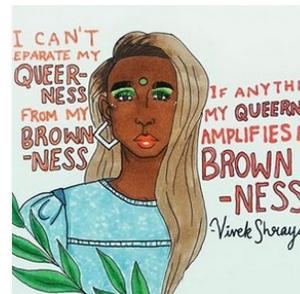
[Inclusive Therapists](#)

Therapist directory that celebrates "all identities and abilities in all bodies," with learning resources for providers. Example: [Tending to Racial Trauma During Crisis](#) online training (3.0 CEUs).



QTPOC Mental Health Resources

QTPOC Mental Health is a grassroots trans-led organization that "creat[es] online and offline spaces for trans & queer people of color to practice being their whole selves," include a private Facebook Group ([Healing Spaces](#)) and an Instagram account with inspirational messages ([Rest for Resistance](#)).



[Personal Stories - PRIDE: QTIBOC Voices Series](#)

In June and July, Harvey Milk Festival is sharing queer+ and trans BIPOC voices in a vlog series to amplify their voices and visibility. Folx share their experiences within their marginalized identities--i.e., their experience as a Trans/or Queer+ BIPOC.

Harvey Milk Festival is also livestreaming art and spoken word events, July 23-August 1, hosted as



Lifting LGBTQIA Voices of Color: Racism Among Gender & Sexual Minorities

This 1 CE podcast panel interview from Clearly Clinical explores the impact of marginalization and discrimination at the intersection of racism, xenophobia, queerphobia, and transphobia. The course covers themes about what it means to straddle multiple minority identities, and provides an overview of some of the differences between the various populations under the LGBTQIA umbrella. This course also covers some steps therapists can personally take to build therapeutic safety and trust for QTPoC clients.



Where We Call Home: LGBT People of Color in Rural America

This new report from the National Black Justice Coalition explores the unique experiences of Black LGBT, Latinx LGBT, Native American LGBT and Two-Spirit, and Asian and Pacific Islander LGBT people in rural America, including California. It discusses the structural differences in rural regions that make these individuals more vulnerable to discrimination.



Webinar: Care for LGBTQIA+ People of Color

In this talk from the 2020 Advancing Excellence in Sexual and Gender Minority Health conference, Dr. Darrell Wheeler identifies challenges and solutions for supporting the health of LGBTQIA+ people of color. The presentation includes information on data collection, key health factors, and actionable steps to improve routine engagement in clinical practice.

Virtual Events

Suicide Prevention and COVID-19: Safety Planning and Other Resources During a Pandemic

Pacific Southwest Mental Health Technology Transfer Center (PS MHTTC)

July 31 | 3-5 p.m. PT

This webinar addresses evidence-based strategies for suicide prevention within the unique context of shelter-in-place orders. Presenter Heliana Ramirez, PhD, LISW, will pay particular attention to social determinants of health related to elevated suicide rates among LGBTQ people, Veterans, Native Americans, and Latina youth and young adults.

[Click to register for the Suicide Prevention webinar](#)

July 31 | 7-8 p.m. PT

The Vancouver Pride Society and Vancouver Symphony Orchestra have teamed up to create Symphonic Pride, a free, livestreamed variety show featuring local performers accompanied by members of the VSO and selections by queer composers through the ages. VPS has committed to booking and paying as many Queer and Trans BIPOC artists and performers as possible, in order to uplift and center these voices.

[Click to visit the Symphonic Pride website](#)

Rainbow Families 2020 Virtual Family Conference

August 8-9

The Rainbow Families Family Conference is designed for LGBTQ families, prospective LGBTQ families, and allies. Workshops address pathways to parenthood; supportive parenting; race, anti-racism, and trans-racial adoption; legal information and financial planning; and related topics.

[Click to register for Rainbow Families](#)

MHA Annual Conference: COVID-19, Mental Health, and the Need for Equity

September 3-4

The mental health effects of COVID-19 are as important to address as are the physical health effects, and not everyone has equal access to care. BIPOC are also disproportionately negatively impacted by COVID-19 and are dying at much higher rates. Adding to that the systemic racism that so many people of color bear every day, the trauma and mental health implications are significant. The 2020 MHA Conference will discuss all aspects of the "new normal," from increased anxiety to workplace accommodations to systemic racism and more.

[Click to register for the MHA conference](#)

38th Annual GLMA Conference on LGBTQ Health

September 23-26

This event is open to healthcare providers of all disciplines, researchers, academics, health administrators, policy experts, advocates, and all LGBTQ health supporters. The 2020 conference theme, Developing LGBTQ Health Leadership, will focus on strategies to strengthen the ability and influence of leaders to improve outcomes in LGBTQ healthcare, health education, and policy making at every opportunity.

[Click to register for the GLMA Conference](#)

2020 Transforming Care Virtual Conference on LGBTQ+ & HIV Health Equity

October 14-16

This virtual event will feature over 30 presentations including live plenary speakers and breakout sessions that address the gaps in health and social service provision for lesbians, bi & pansexual people, trans men and women, non-binary people, LGBTQ+

people living with disability or mental illness, queer people of color, asexual people, and Black and Latina cis women. CEUs available.

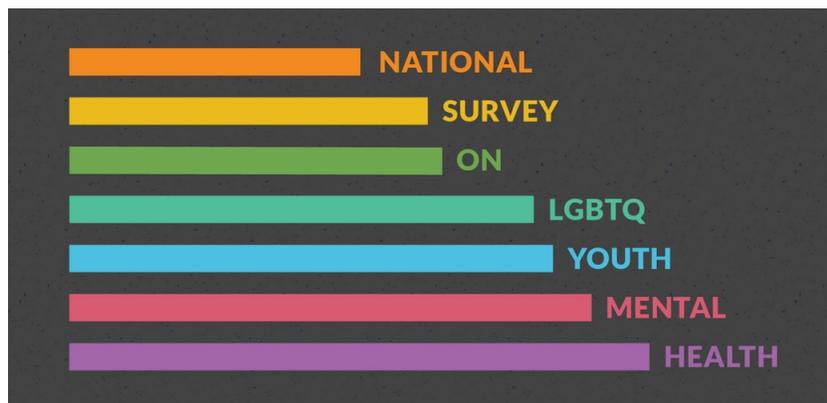
[Click to register for Transforming Care](#)

2020 Advancing Excellence in Transgender Health Conference October 17-19

The Fenway Institute's conference is designed to train the whole health care team in providing responsive and confident gender-affirming health care. The conference is appropriate for all members of health care teams, including physicians, behavioral health care providers, physician assistants, nurses, and other staff. A half-day pre-conference October 16 is also offered for those who would like a review of the basics of transgender and gender-diverse health care, terminology, and health disparities.

[Click to register for the Advancing Excellence conference](#)

More News & Resources



The Trevor Project 2020 Survey on LGBTQ Youth Mental Health

Building on the findings of their inaugural survey, the second annual *National Survey on LGBTQ Youth Mental Health* provides critical insights around LGBTQ youth mental health disparities, discrimination, housing instability, barriers to affirming health care, subjection to conversion therapy, and suicide. The survey also highlights how safe spaces and social support positively impact the well-being of LGBTQ youth. Representing the experiences of over 40,000 LGBTQ youth ages 13-24 across the U.S., it is the largest survey of LGBTQ youth mental health ever conducted.

[Click to view the survey report](#)

News: California Legislation to Expand Access to PrEP and PEP

HIV and AIDS disproportionately impact LGBTQ BIPOC. This article describes unequal access to Pre-exposure prophylaxis (PrEP) and Post-exposure prophylaxis (PEP) medication and recent California policy changes to address this disparity.

[Click to learn more about the legislation](#)

Research: COVID-19 Creating First-Time Anxiety and Depression for LGBTQ People

Looking at LGBTQ mental health data collected since the pandemic began, researchers at the University of California, San Francisco, found that COVID-19 was causing the greatest increases in anxiety among people who weren't previously anxious. Researchers used data from more than 2,300 respondents to the PRIDE (Population Research in Identity and Disparities for Equality) 2019 questionnaire and COVID-19 impact survey.

"As time goes on, the sustained social distancing, economic impacts, and personal illness, grief and loss will likely have more and different effects on mental health," study author Annesa Flentje said.

[Click to learn more](#)



Contact Our Team:

[http://lgbtq-ta-center.org/
contact-us](http://lgbtq-ta-center.org/contact-us)

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