LGBTQ TA CENTER
Equity News

February 2020

*The **Equity Newsflash** is a monthly announcement featuring news and upcoming events related to supporting the health and wellness of diverse LGBTQ Californians.*

February is Black History Month

In February, we seek to *acknowledge* the health disparities that impact Black LGBTQ and same-gender loving people; *elevate* their voices and needs in the mental health system; and *uplift* their mental health and well-being by promoting services that are culturally responsive, trauma-
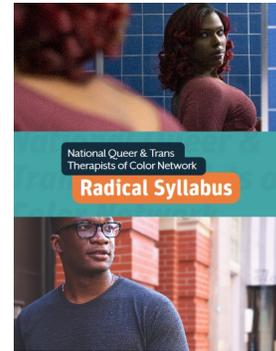
informed, and healing justice-engaged.

Explore the resources below to find strategies for supporting Black queer mental health. And read more about Black LGBTQ and same-gender loving pioneers **here** (GLAAD) and **here** (The Root).
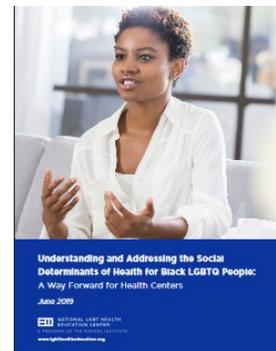
Resources for Service Providers:

National Queer & Trans Therapists of Color Network: Radical Syllabus

The Radical Syllabus for QTPOC Mental Health Practitioners is a living document rooted in healing justice to help mental health practitioners better support queer and trans people of color (QTPOC). The Radical Syllabus includes peer-reviewed academic articles, fiction and nonfiction books, podcasts, movies, and documentaries. Many of the resources were gathered by asking QTPOC, "What would you want your therapist to have read before working with you?"
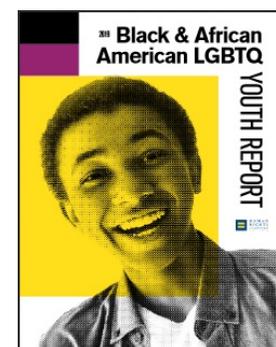
Understanding and Addressing the Social Determinants of Health for Black LGBTQ People: A Way Forward for Health Centers

This June 2019 guide from the National LGBT Helath Education Center describes a "way forward in justly serving Black LGBTQ people at the intersection of numerous marginalizing experiences." Although it's written for health services contexts, the lessons and strategies can be easily applied to community-based and other organizations.

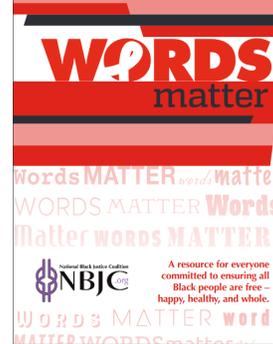### Black & African American LGBTQ Youth Report

This Human Rights Campaign (HRC) report explores data and responses from more than 1,600 Black LGBTQ youth survey respondents. The report includes key takeaways for supporting Black LGBTQ youth by disrupting both white supremacy and homophobia.

Words Matter HIV Stigma Toolkit (2020)
Words Matter Gender Justice Toolkit (2019)

The National Black Justice Coalition (NBJC) developed the Words Matter Campaign to facilitate conversations that may be

uncomfortable or difficult, but that can save lives. The HIV Stigma toolkit provides language and strategies for naming and fighting HIV stigma that impacts the Black community. The Gender Justice toolkit is designed to work toward dismantling gender injustice against Black women and girls (cisgender, transgender, and gender-nonconforming).

Why I See a Black Queer Therapist

In this article for *them.*, Steven W. Thrasher explores his personal experiences with minority stress, trauma, and therapy at the intersections of his Black and queer identity: *"Over the course of my own treatment in therapy, I've discovered that the reasons I initially sought it did not, of course, fully explain why I needed it. There were all kinds of deeper things I needed to process. But I don't know if I'd ever have gotten to a place to talk about these things with a therapist who wasn't also Black and queer."*

Resources for Community Members and Allies:

The Safe Place App

The Safe Place is a mental health app specifically geared towards the Black community. It includes self-care tips, self-assessment questions, inspirational quotes, descriptions of mental illness, and more. Mental health providers are also encouraged to access the app to better understand their Black patients. Available on **Google Play** and the **App Store**.

Black Youth Project: Gender and Sexuality

The Black Youth Project (BYP) amplifies the voices and perspectives of young, urban, Black millennials. Their *Gender and Sexuality* archive shares news and perspectives on a wide range of topics,

such as Black biphobia and coping with trauma from sexual assault. **Mental Health** is also a key area for BYP. Check out their latest article on **Black mental health history and innovative new therapies**.
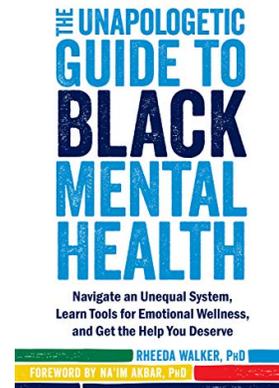
A Resource Guide to Coming Out for African Americans

The Human Rights Campaign (HRC) Coming Out Project created this guide to help Black LGBTQ and same-gender loving people with the process of coming out. *"We must find a way to show our peers that you don't have to just pick one identity - we can be both black and gay and be successful members of society. We have to be honest with ourselves and embrace all the parts of ourselves, because that's when we're at our strongest."*

The Unapologetic Guide to Black Mental Health

This forthcoming (May 1, 2020) book by psychologist and Black mental health expert Rheeda L. Walker, PhD, is designed to help readers recognize mental health symptoms, combat stigma, practice emotional wellness, and get the best possible care in spite of systemic bias.

News & Resources

LGBTQ youth 4 times as likely to attempt suicide

A new report from The Trevor Project compares mental health and suicidality data among LGB youth and young adults (18-25), finding that disparities in youth persist into adulthood.

Learn More

New framework for LGBTQ health promotion

Researchers have developed a new Health Equity Promotion Model oriented toward helping LGBTQ people reach their full mental and physical health potential. The Framework considers both positive and adverse health-related circumstances.

Learn More

Utah is 19th state to ban conversion therapy

In what is being called a "watershed moment," Utah has just become the latest state to ban conversion therapy. Eighteen other states, Washington, DC, and more than 60 municipalities have adopted similar bans.

Learn More

Upcoming Events

Events in California and beyond

Advancing Excellence in Sexual and Gender Minority Health
March 20-22 | Boston, MA
Register

This conference from Fenway Health is designed to train the whole health care team in providing competent, confident and affirmative health care, grounded in research evidence and best clinical practices. Session topics include trauma-informed care, care for LGBTQ people of color, fertility care, health disparities, and more.

Association of LGBTQ+ Psychiatrists (AGLP) Annual Conference
April 24-28 | Philadelphia, PA
Register

The AGLP annual meeting of will feature more than 20 educational sessions on topics such as transgender-affirming care, supporting intersex children and adults, conversion therapy, psychiatric activism, and more. Open to members and non-members.

#MeTooLGBTQ Conference

May 2 | San Diego, CA
Register

The goal of the #MeTooLGBTQ conference is to increase culturally competent services for LGBTQ victims/survivors of sexual violence and relationship violence. Registration is open to victims/survivors of sexual violence, interested community members, mental health professionals, members of the clergy, and service providers who are looking to create change.

9th Annual LGBTQ Healthcare Conference: Let's Get Better Together AZ
June 25-26 | Phoenix, AZ
Register

Join the LGBTQ Behavioral Health Coalition of Southern Arizona and the Queer Resource Collective Let's Get Better Together Arizona. This year, the summit will focus on eliminating barriers for LGBTQ+ health equity.

Save the Date - 38th Annual GLMA Annual Conference on LGBTQ Health
September 23-26 | Fort Lauderdale, FL
Register

The GLMA Annual Conference on LGBTQ Health features innovative healthcare breakthroughs, interventions, and research. The conference is open to healthcare providers of all disciplines, researchers, academics, health administrators, policy experts, advocates, and all LGBTQ health supporters.

Contact the LGBTQ TA Center:

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