

Mental Health Toolkit Workshop



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Disclosure Statement

Nathaniel Fores and Shannon Turchan-Meeks, presenters for this educational session, have no relevant financial relationship(s) with ineligible companies to disclose.

None of the planners for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Welcome



What we'll discuss this afternoon

- Welcome & Intros
- Definition Activity
- Breakout Discussion
- Regroup & Share
- Wrap-Up

Objectives

1

All participants will work collaboratively, while centering LGBTQ lived experience to form working definitions of safety, competency, and affirming care.



Objectives

2

LGBTQ community will increase their knowledge of LGBTQ affirming providers and develop language and skills to better navigate mental health and healthcare systems.



Objectives

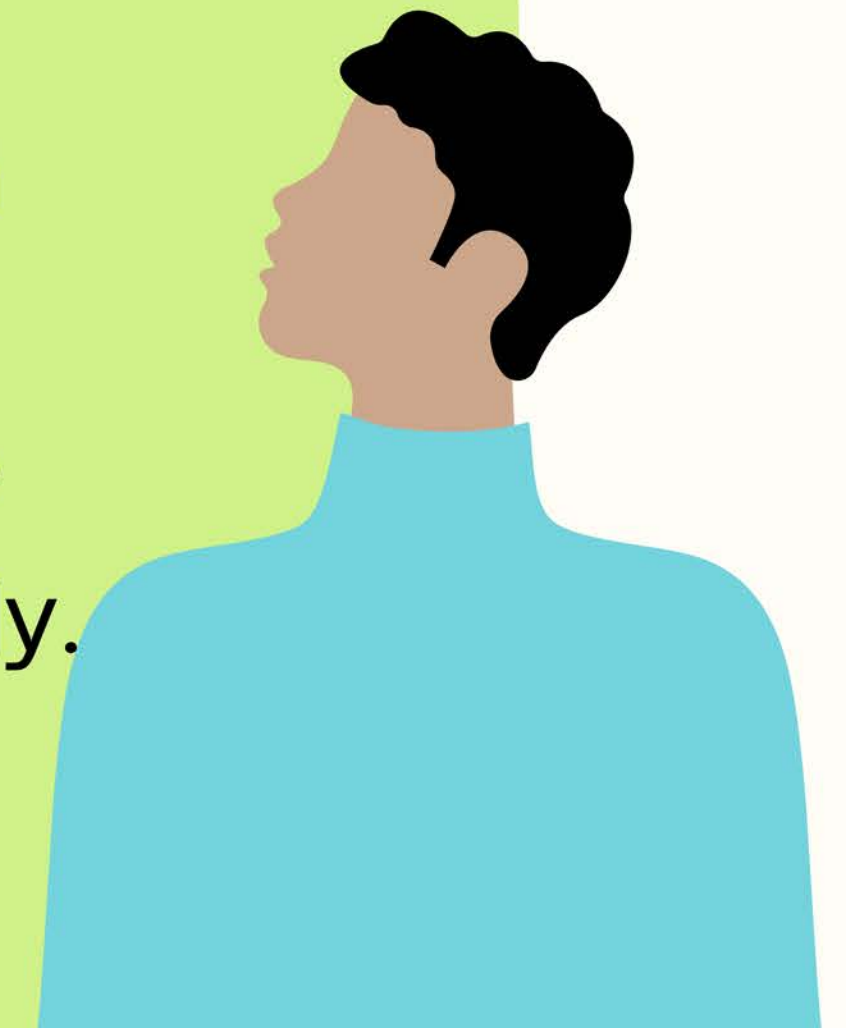
3

Providers and aspiring allies will listen with humility, and with the understanding that safety, competence, and affirming care can only be defined BY queer and trans people.

They will increase their understanding of what LGBTQ people are looking for in their providers and will share knowledge from their respective fields to help LGBTQ people better navigate mental health and healthcare systems.

Ground Rules & Getting to Know Each Other

This workshop is designed to be an interactive space for knowledge sharing and relies on our collective ability to participate and share safely.



Activity!

- 1 Get into small groups.
- 2 Hand out supplies.
- 3 Instructions



Prompt:

For each word or word or phrase at the top of your paper, write any words, ideas, messages, stories, behaviors that come to mind, etc. Think about what it looks, sounds, or feels like. Think of the good, the bad, the ugly. In this activity, we are NOT looking for “right” answers.

Feeling stuck?

- Feel free to emphasize or elaborate on comments that have already been made.
- If you're having trouble you can also give examples what the word is NOT (just be sure to clearly indicate when you're giving an opposite example).

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Switch!

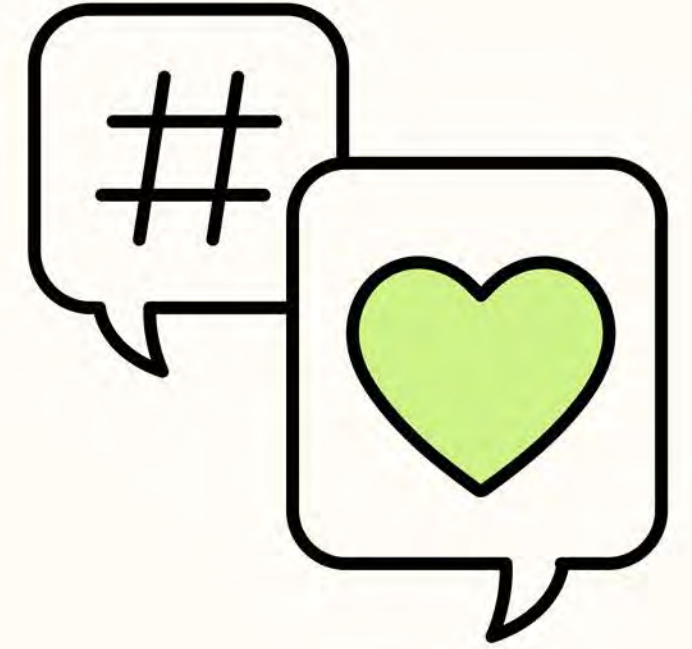
Regroup

- 1 Return sheets and markers to front of room.
- 2 Go over sheets as a group.
- 3 Any additional conversation or clarification needed?





Discussion



What themes or differences do you notice from these lists?

Was there anything that was new or surprising to you?


What challenges did you experience in this activity?





What makes it so difficult to find and access affirming care?

A lot of providers claim to provide services to the LGBTQ community, but many of them do not provide the quality care they say they do.

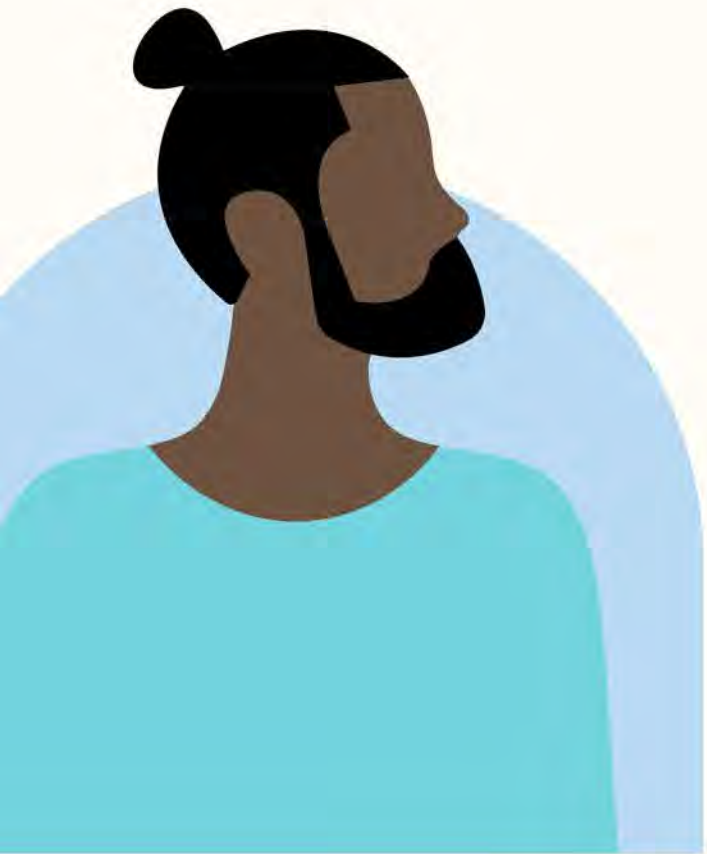
- Performative allyship
- Lack of awareness or commitment to ongoing education
- Harmful practices such as “conversion therapy”



What makes it so difficult to find and access affirming care?



There are sometimes champions for LGBTQ affirming care within healthcare systems, but it is rare to have an entire team or system where all staff are on board.



What makes it so difficult to find and access affirming care?

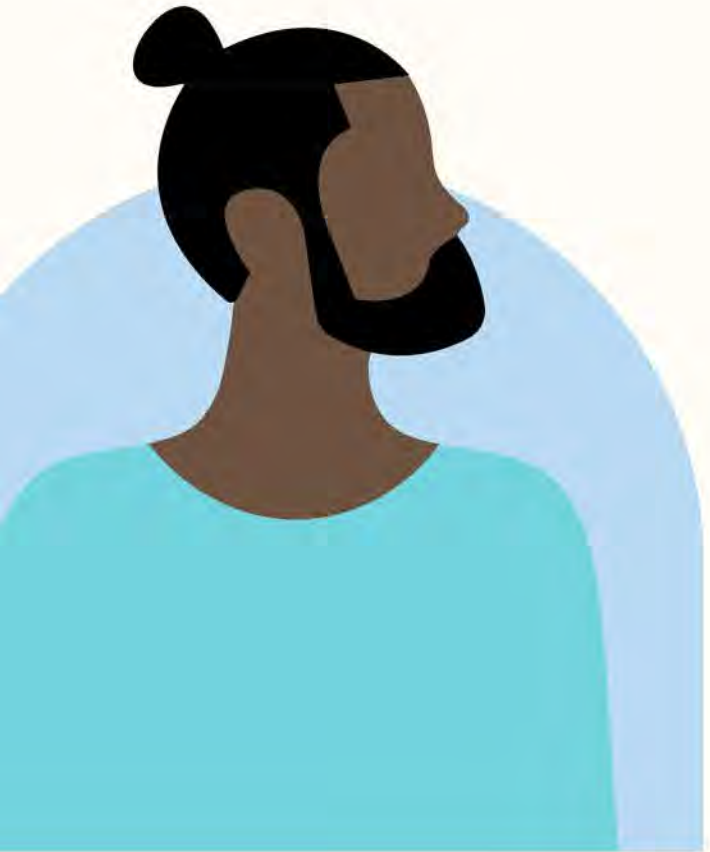
LGBTQ individuals may disengage from accessing care before even meeting a clinician or physician due to the many barriers that precede.

- Front facing staff
- Insurance
- Past harm/fear of further harm

What makes it so difficult to find and access affirming care?

There are always negative experiences, even from providers who are commonly referred to because they are known to deliver LGBTQ-affirming services.

- Anyone is capable of causing harm.
- A small handful of affirming providers treat a majority of LGBTQ patients seeking services, increasing wait times and diminishing their ability to provide timely and quality care.



Breakout Discussion Groups

Individually, decide whether you want to participate in small group conversation from the perspective of someone seeking care or providing care. Form small discussion groups accordingly.



Breakout Discussion

- 1 Refer to handouts for prompts.
- 2 Have a volunteer take notes for your group.
Plan to share highlights with the full group. As a group, decide on 1-2 people to report back.
- 3

You get to decide where to take the conversation. You may discuss questions in any order, and if you don't get to them all, that's ok!

Regroup & Share!



Closing Messages



To LGBTQ folks & supportive parents:

Use the points raised today as tools to better navigate health and mental health care systems.

To providers:

Remember to THANK the LGBTQ people in the space for sharing their knowledge. You all came here today to learn more about gender affirming care and the queer and trans folks in the room just gave you the playbook!

To all:

LGBTQ communities already have the answers and solutions we need. And it will require the help of safe and accessible affirming-care providers to help make these solutions a reality!