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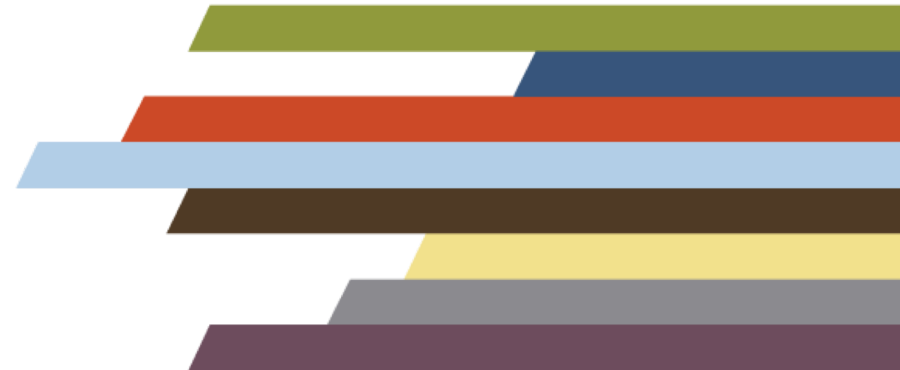
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# Meeting the Behavioral Health Needs of Sexual Minorities – Part 1

Anthony Zazzarino, PhD, LPC, ACS

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and Counseling Professions



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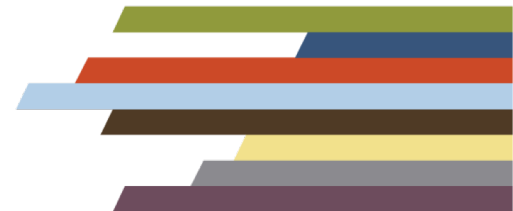
- Provides 5 years (2018 – 2023) of funding to:
  - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
  - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
  - Train related workforces (police/first responders, primary care providers, vocational services, etc.) to provide effective services to people with mental illnesses



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# Feedback

- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**

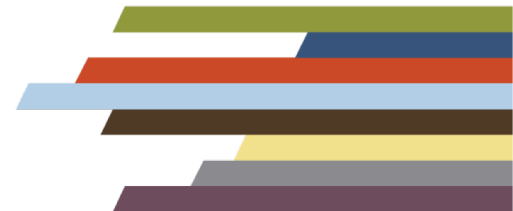


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# Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

THANKS!

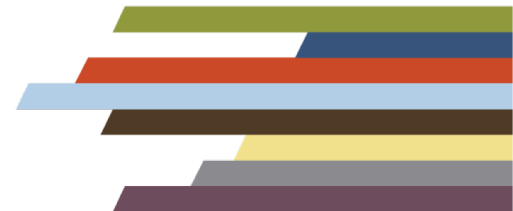


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# Your Interactions with Us

- Question and Answers
  - Q & A will occur at the end of the call.
  - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
  - Throughout the webinar, we will be asking for your input.
  - Please use the Chat or Poll features in Zoom located on the task bar.

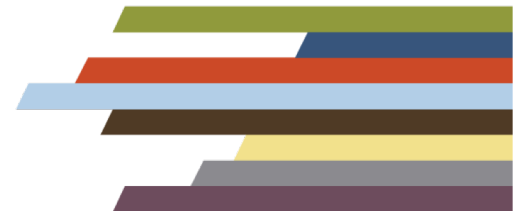


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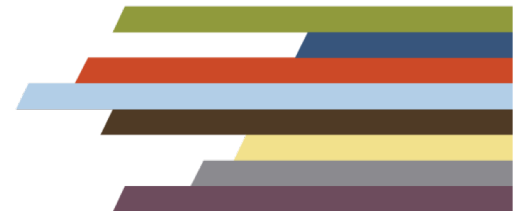
# Anthony Zazzarino, PhD, LPC, ACS, CPRP



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# Learning Objectives

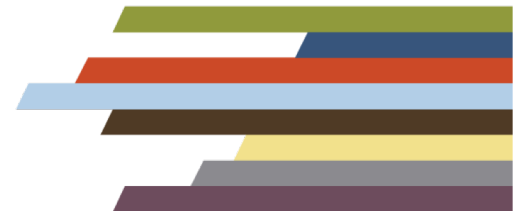
- Define the term sexual minority
- Identify different sexual orientations
- Distinguish between sexual and gender identity
- Explain the importance of the minority stress model
- Discuss the increase in mental health needs of sexual minorities
- Illustrate the reasons for an underutilization of services



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# Speaking the Same Language

Ratts (2017) indicated the importance of dismissing umbrella terms such as LGBT to encompass multiple groups as these terms exclude the importance of certain sub groups, leading to conflation and misinterpretation of the multilayered experiences of these groups.

Failure to make the distinction between lesbian, gay, and bisexual (LGB) individuals as sexual minorities and transgender persons as gender minorities is a misidentification that invalidates the unique experiences of each identity (Salisbury & Dentato, 2016).

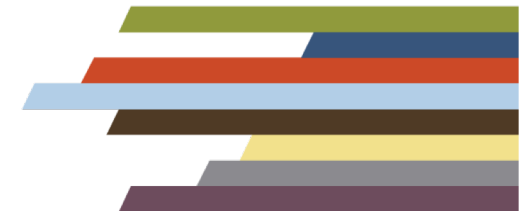


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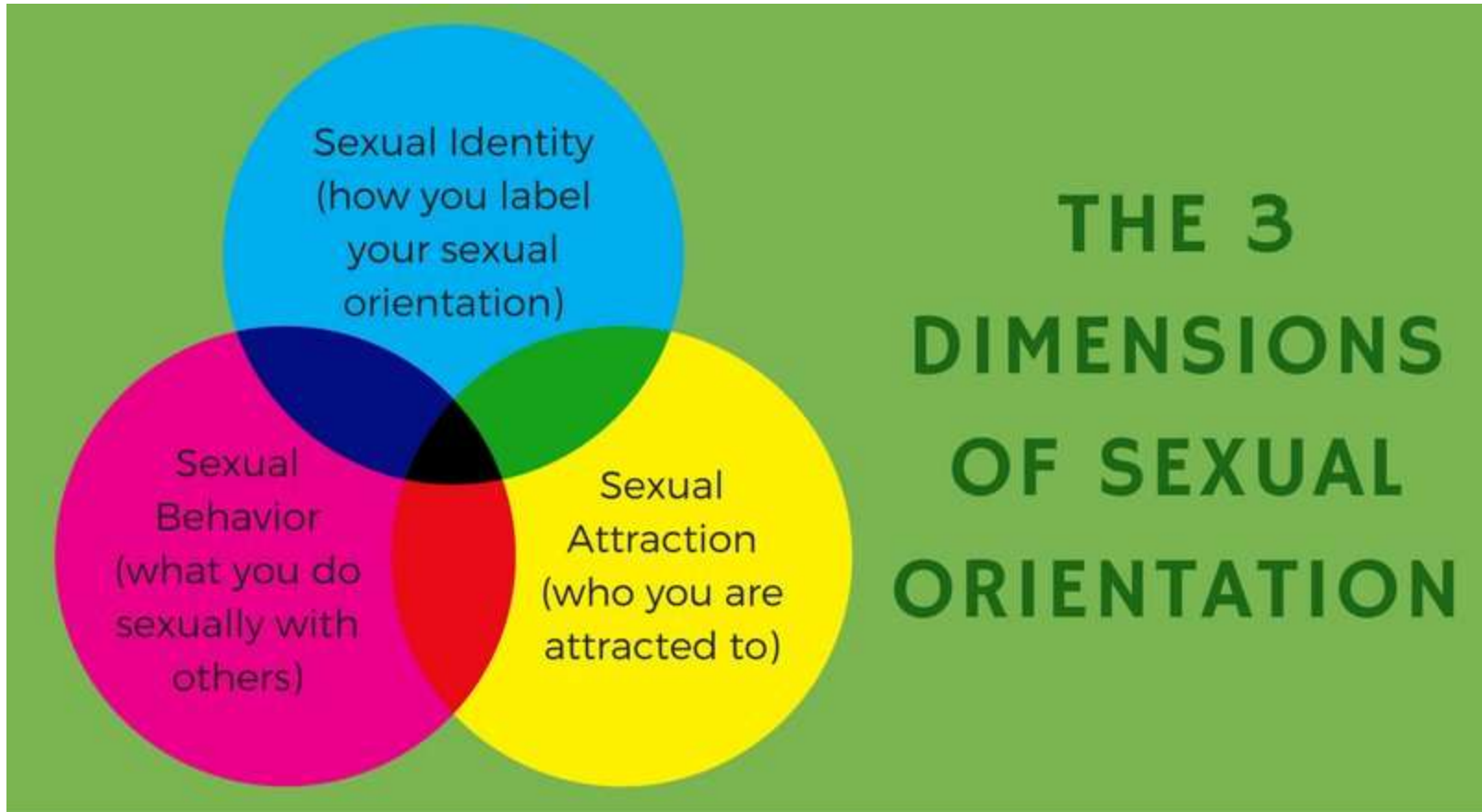
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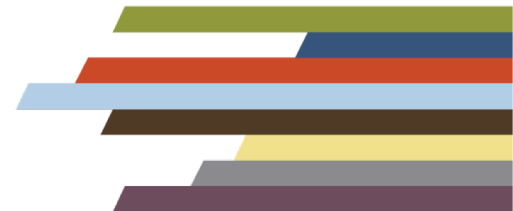
# What is Sexual Orientation?



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# Different Sexual Orientations

Gay

Lesbian

Bisexual

Pansexual

Asexual

Demisexual

Omnisexual

Autosexual

Sapiosexual

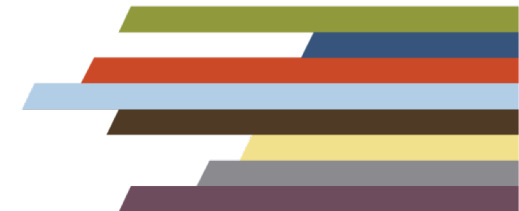
(“Sexual orientation and gender identity”, 2019)



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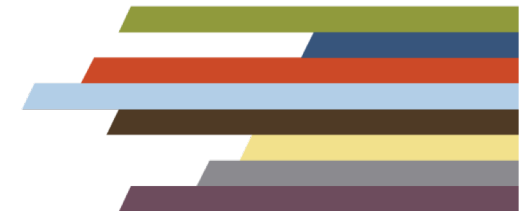
# Sexual Orientation Flag Activity



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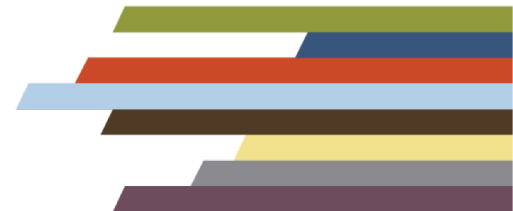
# Let's Hear from You



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# Sexual Orientation Flag Activity #1

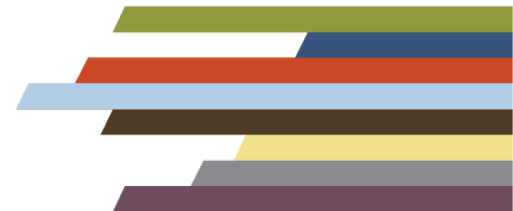
- Omnisexual
- Bisexual
- Gay
- Sapiosexual
- Lesbian
- Demisexual
- Pansexual
- Asexual



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# Sexual Orientation Flag Activity #2



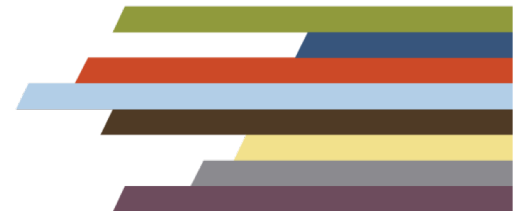
- Omnisexual
- Bisexual
- Gay
- Sapiosexual
- Lesbian
- Demisexual
- Pansexual
- Asexual



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# Sexual Orientation Flag Activity #3

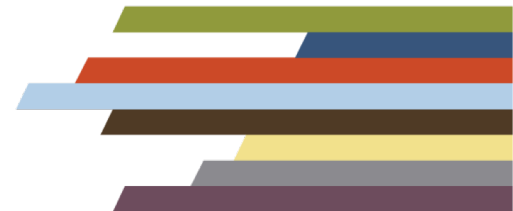
- Omnisexual
- Bisexual
- Gay
- Sapiosexual
- Lesbian
- Demisexual
- Pansexual
- Asexual



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# Sexual Orientation Flag Activity #4



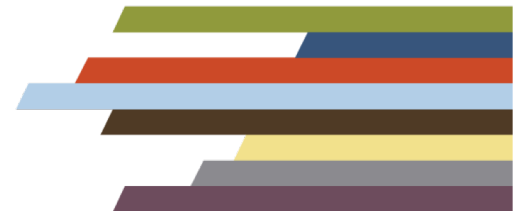
- Omnisexual
- Bisexual
- Gay
- Sapiosexual
- Lesbian
- Demisexual
- Pansexual
- Asexual



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# Sexual Orientation Flag Activity #5

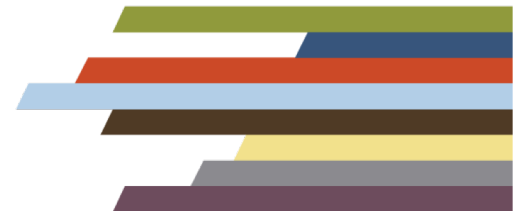
- Omnisexual
- Bisexual
- Gay
- Sapiosexual
- Lesbian
- Demisexual
- Pansexual
- Asexual



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# Sexual Identity vs. Gender Identity

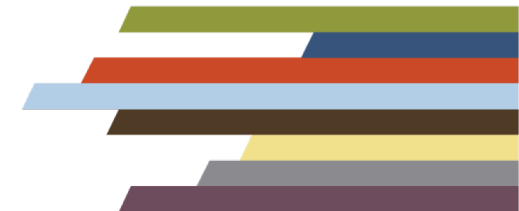
The difference between gender identity & sexual orientation is the difference between who you are & whom you **love**.



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# What are we NOT talking about...

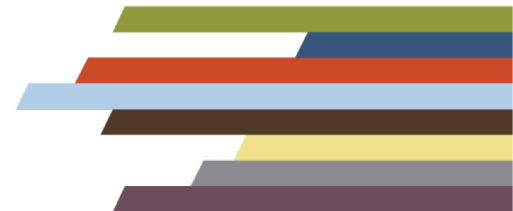
- Pronouns
- Non-binary
- Gender diverse
- FTM
- MTF



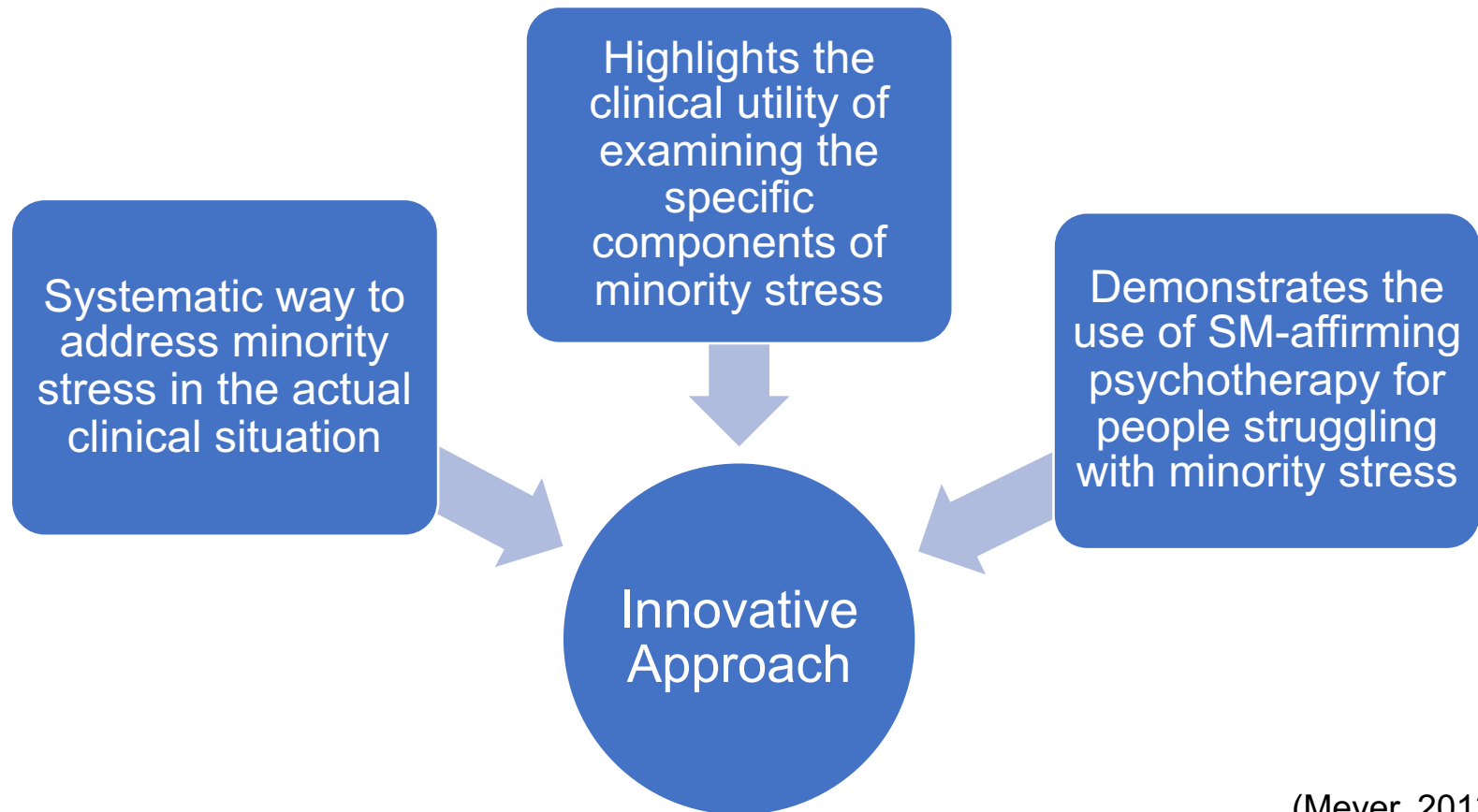
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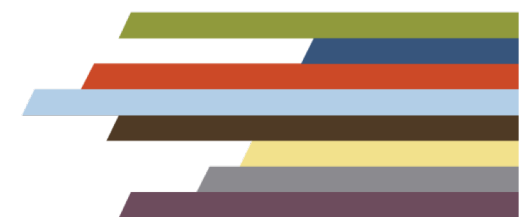
# Minority Stress Model



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# Factors to Consider

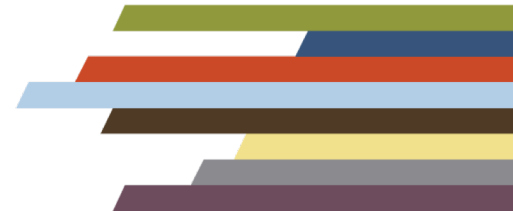
- Mental Health
- Mental Health Services
- Relational Problems
- Victimization
- Suicide
- Substance Use
- Medical Issues
- Legal System Issues



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# Mental Health

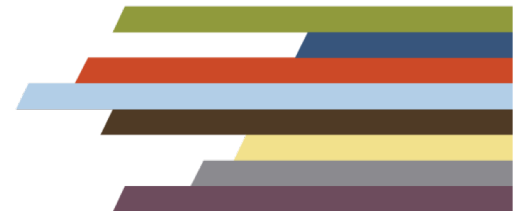
- **Classification of homosexuality as a mental disorder** (Hellman, Klein, Huygen, Chew, & Uttaro, 2010)
- **Higher rates of mental health issues** (Meyer, 2013; Rutherford, McIntyre, Daley, & Ross, 2012)
- **Expectations of rejection and experiences of heterosexism → reduced quality of life** (Sutter & Perrin, 2016)



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# SM with a Serious Mental Illness

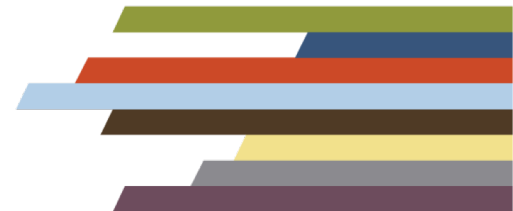
- Prevalence and needs are multifaceted (Scott et al., 2016)
- Experience the greatest level of discrimination (Hellman et al., 2010)
- Face multiple barriers (Mizock, Harrison, & Russinova, 2014)



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# SM with a Serious Mental Illness



- Experience more stigma and negative outcomes
- Report a lack of respect
- Lack of services leads to more negative physical and mental health outcomes

(Borden, 2014; Holley, Tavassoli, & Stromwall, 2016 )

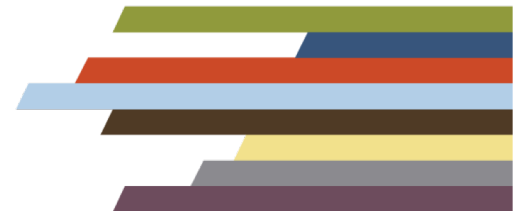


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# Internal Homophobia

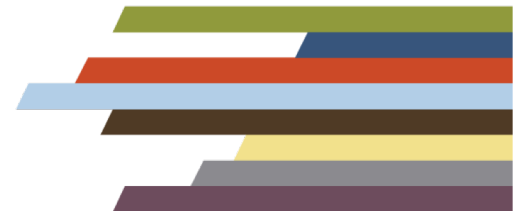
- Concealment of sexual orientation
  - Internal conflict
  - Higher levels of stress and anxiety
  - Impede social interactions
  - Experience shame and guilt



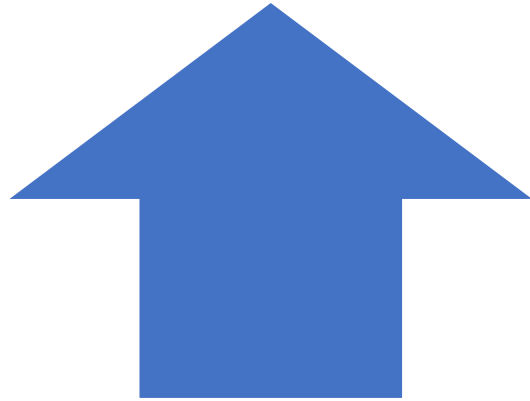
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# Mental Health Services



Increase need  
for services



Underutilizing  
services

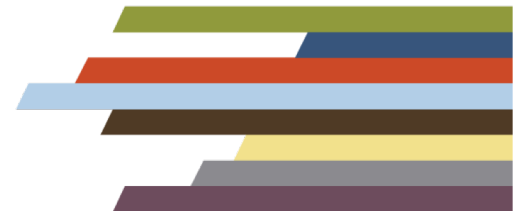


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# Why the Underutilization?

- Negative experiences
- Counselor/Staff competency
- Environment



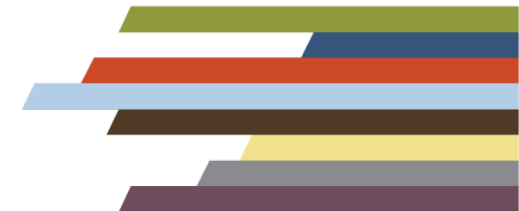
(Mizock et al., 2014; Zazzarino & Bridges, 2019)



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# Future Topics – Part 2

- Relational Issues
- Victimization
- Suicide
- Substance Use
  - Medical impact
- Legal Ramifications
- Theoretical Framework
  - Positive Psychology
- Case Study

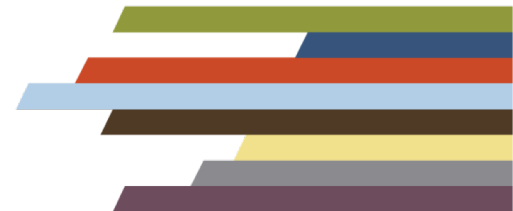


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Q&A

The image features three-dimensional, blocky letters arranged horizontally. From left to right, they are a red 'Q', a green ampersand '&', and a blue 'A'. Each letter has a slight shadow cast beneath it, suggesting a light source from above. The background is plain white.

# References

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