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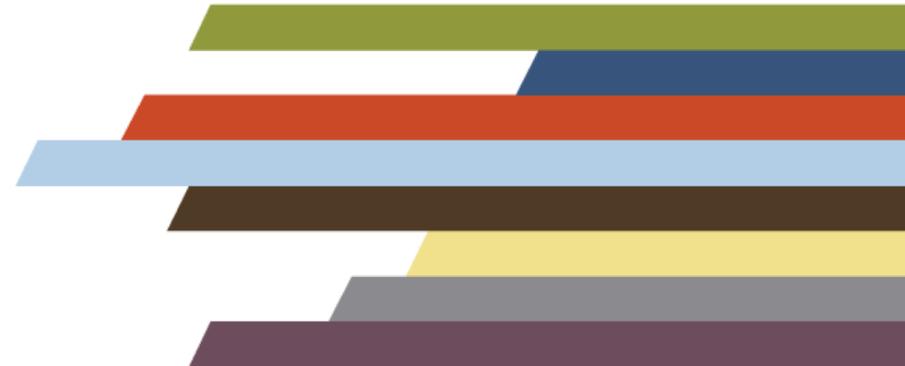
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Funded by Substance Abuse and Mental Health Services Administration

Meeting the Behavioral Health Needs of Sexual Minorities – Part 2

Anthony Zazzarino, PhD, LPC, ACS

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and Counseling Professions



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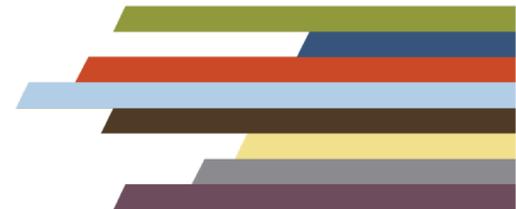
- Provides 5 years (2018 – 2023) of funding to:
 - Enhance capacity of behavioral health workforce to deliver evidence-based and promising practices to individuals with mental illnesses
 - Address full continuum of services spanning mental illness prevention, treatment, and recovery supports
 - Train 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

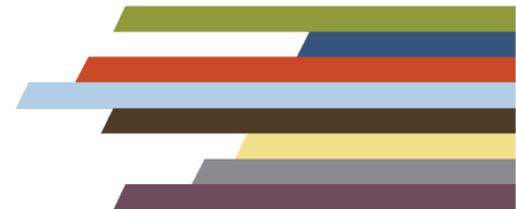
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. 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!

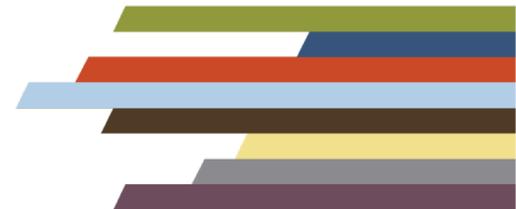


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Your Interactions with Us

- 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.

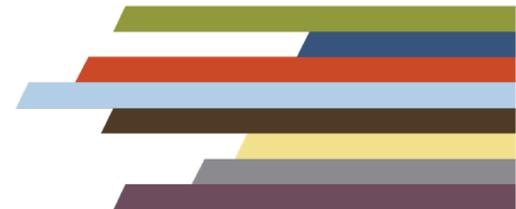


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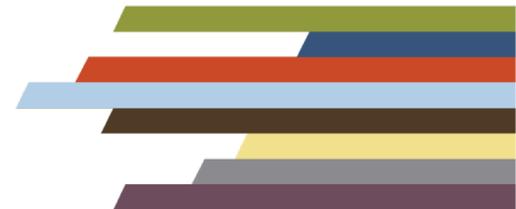
Anthony Zazzarino, PhD, LPC, ACS, CPRP



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Learning Objectives

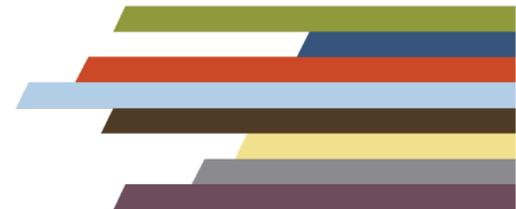
- Identify additional factors that may contribute to increased mental health needs
- Discuss risk factors and warning signs of suicide
- Describe the positive psychology framework and apply this framework to working with sexual minorities



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Review from Part 1



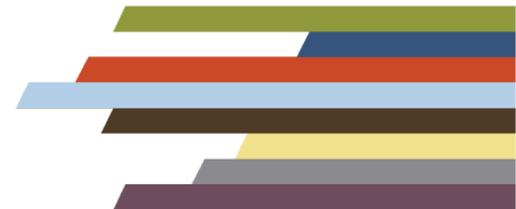
- Different sexual orientations
- Minority stress model
- Increase in mental health needs
- Decrease in utilization



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Factors Influencing Behavioral Healthcare Needs

- Victimization
- Substance Use
 - Medical Issues
- Relational Issues
- Suicide

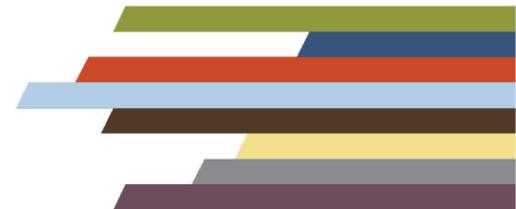


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Victimization

- Starts during adolescence – susceptible to revictimization
- Highly underreported
- Highest rates of sexual victimization in jails/prisons & inpatient mental health settings
 - Resistance to participate in rehabilitative services in prisons and mental health services

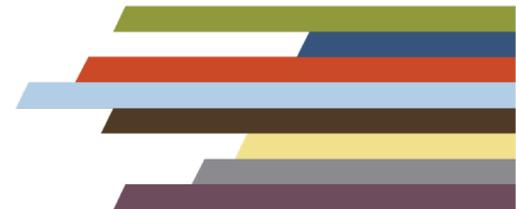
(Stacey, Averett, & Knox, 2018; Beck, Berzofsky, Caspar, & Kreps, 2013; Maschi, Rees, & Klein, 2016)



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Substance Use

- \$151.4B annually in lost productivity, physical, and property damage
- Potential increase in risky sexual behaviors & higher rates of HIV infection
- + Correlated with suicide
- Creation of a common bond & identity, community



(Talley, Tomko, Littlefield, Trull, & Sher, 2011; Goldback, Tanner-Smith, Bagewell, & Dunlap, 2014; Parsons, Leluti-Winberger, Botsko, & Golub, 2014; Eisenberg & Resnick, 2006; McKay, McDavitt, George, & Mutchler, 2012)

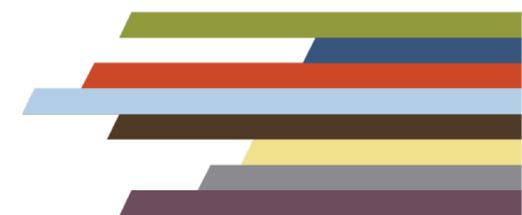


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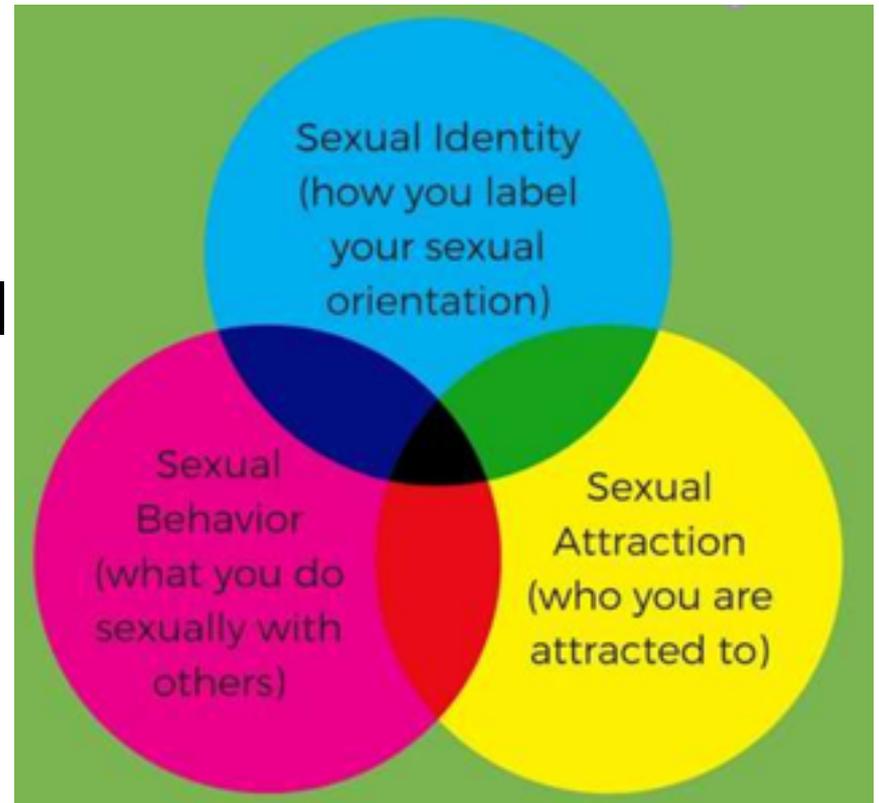
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Substance Use

- Exploring the 3 dimensions of sexual orientation
- Correlation among sexual attraction and sexual experience and substance use

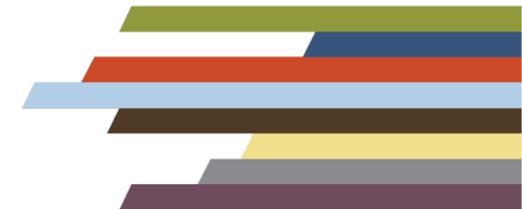
(Brewster & Tillman, 2012)



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**What Does This
Mean?**

Medical Issues Related to Substance Use

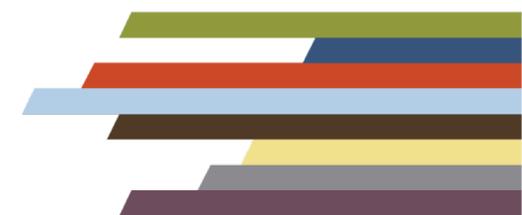
- HIV
 - 73% of new infections among 13-24 year old males in the US (Parsons et a., 2014)
 - HIV vs. AIDS
 - U=U
 - PREP/PEP
- Other STDs
- Increase is ER visits



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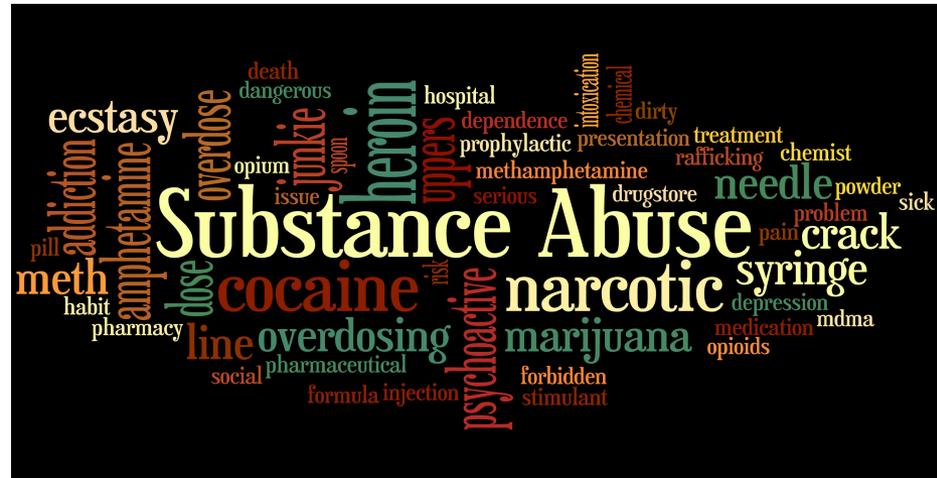
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What Types of Substances

- Marijuana
- Cocaine
- Ecstasy/Molly
- Methamphetamine/Tina/T
- Prescription drug misuse

(Kacojevic, Corliss, & Lanckenau, 2015)

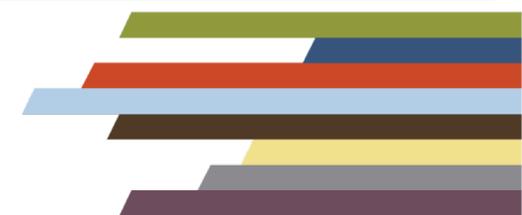


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Relational Issues

- Increase in relationship challenges
 - Minority stress
 - Lack of validation, nurturing, & celebration
- Lack of social connections
 - Lower sense of belonging → increase in loneliness
→ feelings of shame

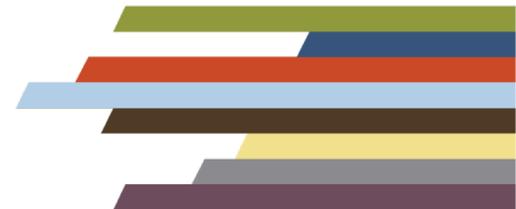
(Gamarel, Reisner, Laurenceau, Nemoto, & Operario, 2014; Mereish & Poteat, 2015)



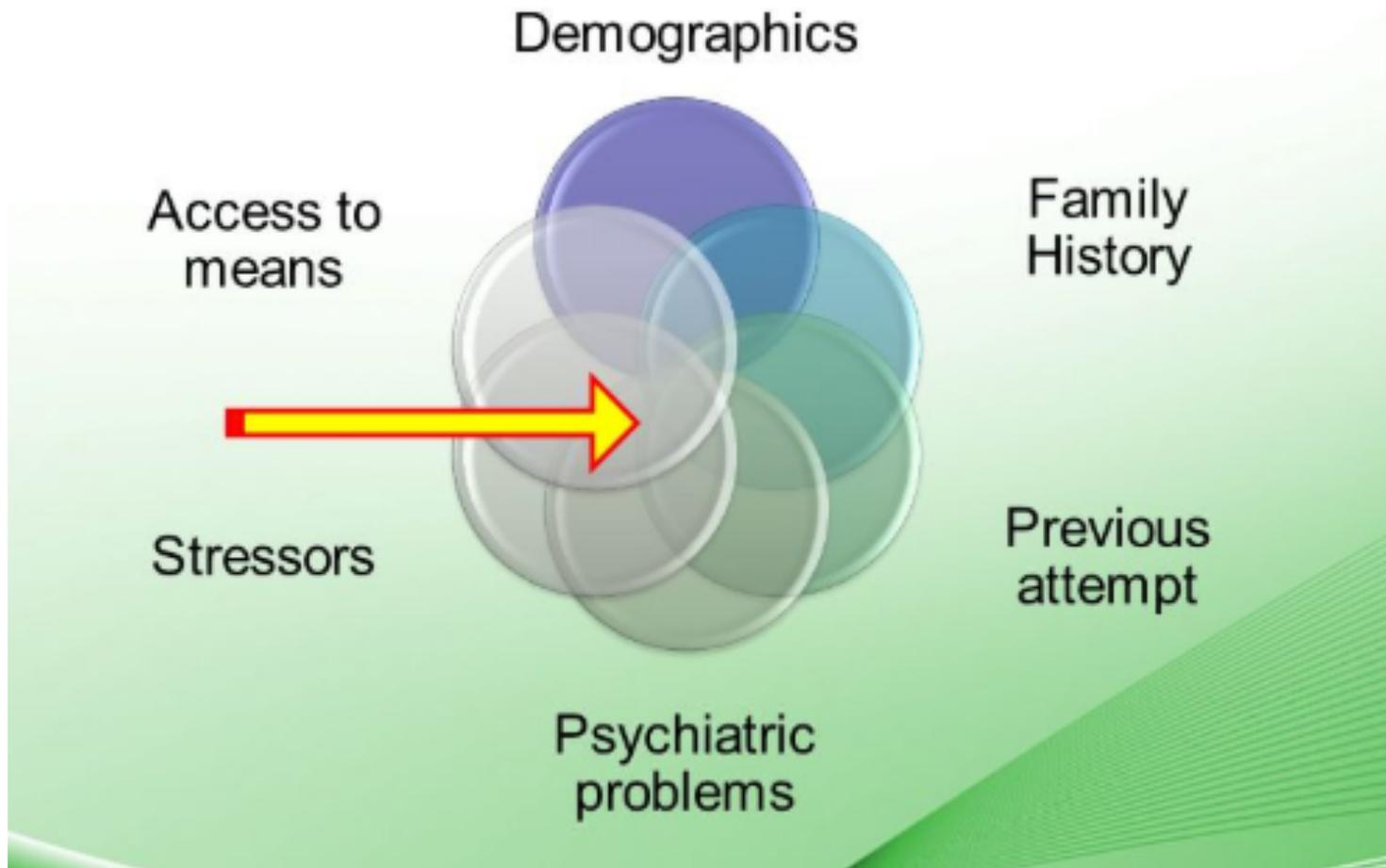
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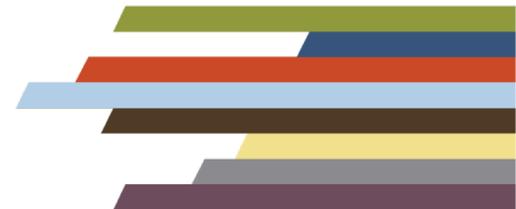
Suicide – Risk Factors



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Suicide

- Sexual minority youth are at a greater risk for suicidal behaviors
 - Increase of 20-53% in suicide attempts
- Factors that contribute to the increase
 - Depression
 - Threats/victimization
 - Lower social/family support

(Mustanski & Liu, 2013)

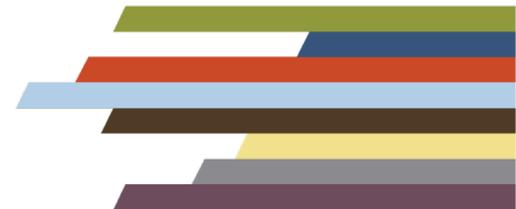


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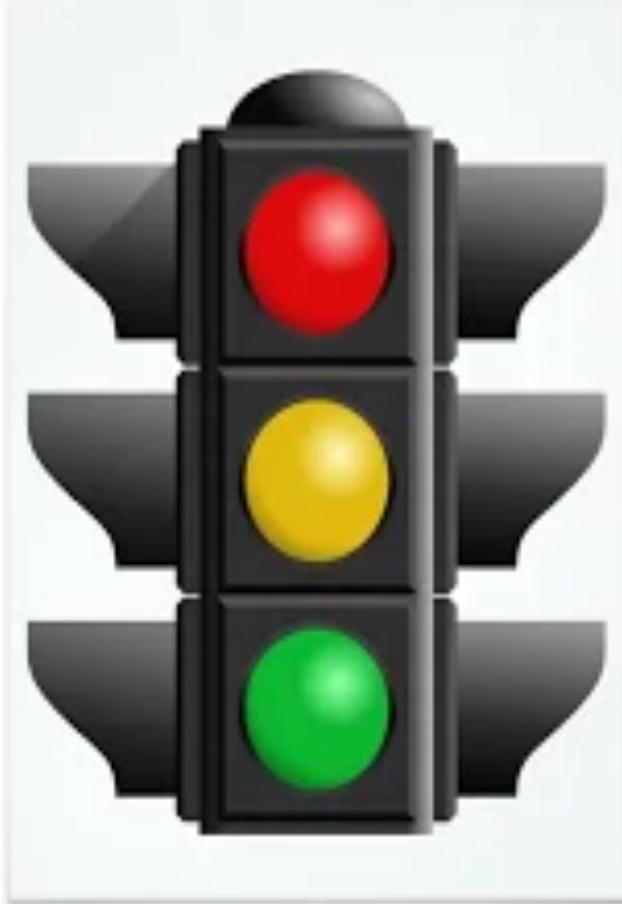
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Suicide – Warning Signs



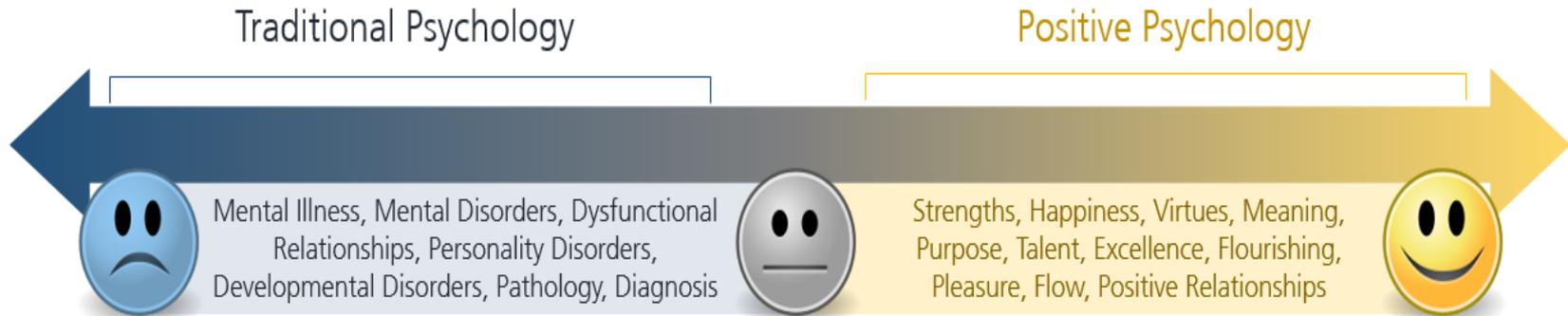
- F - Feelings
- A - Actions
- C - Changes
- T - Threats
- S - Situations



Tell Me More



Framework to Support SM



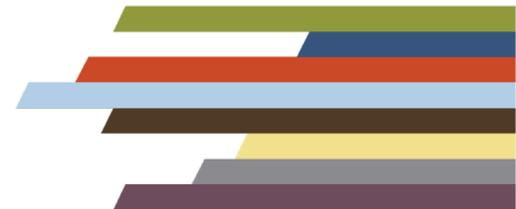
- **Subjective Level**
Valued subjective experiences
- **Individual Level**
Positive individual traits
- **Group Level**
Civic virtues



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Five Pillars of Positive Psychology



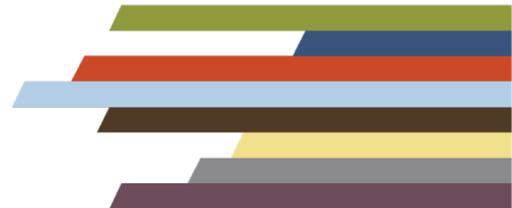
(Seligman, 2011)



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Interventions

- Positive subjective experiences
 - Activities and in-session experiences that support, nurture, and celebrate client's identities
- Character strengths in session
 - Creativity, integrity and vitality, love, citizenship and fairness, gratitude, and spirituality

(Lytle, Vaughn, Rodriguez, & Shmerler, 2014; Vaughn & Rodriguez, 2014)

Character Strengths

The 24 Character Strengths

From *Character Strengths and Virtues: A Handbook and Classification*
by Prof Chris Peterson and Prof Martin Seligman

transcendence

APPRECIATION OF BEAUTY & EXCELLENCE
Appreciating beauty, excellence, and/or skilled performance in various domains of life

SPIRITUALITY
Having coherent beliefs about the higher purpose, the meaning of life and the meaning of the universe

GRATITUDE
Being aware of and thankful of the good things that happen; taking time to express thanks

HOPE
Expecting the best in the future and working to achieve it

HUMOUR
Liking to laugh and tease; bringing smiles to other people; seeing the light side

temperance

FORGIVENESS & MERCY
Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

HUMILITY & MODESTY
Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is

PRUDENCE
Being a careful about one's choices; not taking on undue risks; not saying or doing things that might later be regretted

SELF-REGULATION
Regulating what one feels and does; being disciplined; controlling one's appetites and emotions

justice

CITIZENSHIP
Working well as a member of a group or team; being loyal to the group

FAIRNESS
Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others

LEADERSHIP
Encouraging a group of which one is a member to get things done and at the same time maintain good relations within the group

humanity

LOVE
Valuing close relations with others, in particular those in which sharing and caring are reciprocated

KINDNESS
Doing favours and good deeds for others

SOCIAL INTELLIGENCE
Being aware of the motives and feelings of other people and oneself

courage

BRAVERY
Not shrinking from threat, challenge, difficulty or pain, acting on convictions even if unpopular

PERSISTENCE
Finishing what one starts; persisting in a course of action in spite of obstacles

INTEGRITY
Presenting oneself in a genuine way; taking responsibility for one's feeling and actions

VITALITY
Approaching life with excitement and energy; feeling alive and activated

wisdom

CREATIVITY
Thinking of novel and productive ways to conceptualize and to do things

CURIOSITY
Taking an interest in ongoing experiences for its own sake; exploring and discovering

OPEN-MINDEDNESS
Thinking things through and examining them from all sides; weighing all evidence fairly

LOVE OF LEARNING
Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

PERSPECTIVE
Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to others

(Peterson & Seligman, 2006)

Creativity, Integrity, and Vitality

- May reduce/eliminate negative impacts of proximal stresses
- Expressions of integrity linked to overall level of positive affect
- Expressions of enthusiasm, joy, and celebration of their identities should be validated and celebrated

(Lytle et al., 2014; Vaughn & Rodriguez, 2014)

Love

- Strong consistent social support from others indicates the character strength of love
- Explore how to value/deepen healthy relationships with supportive others

(Lytle et al., 2014; Vaughn & Rodriguez, 2014)



Citizenship and Fairness

- Sense of devotion/duty to similar others
- High levels of affiliation with SM's among youth linked to lower internalized homonegativity
- Builds courage and fosters positive subjective experiences of resilience
- Encourage efforts to belong to and connect with similar others

(Lytle et al., 2014; Vaughn & Rodriguez, 2014)

Gratitude

- Likely someone with whom the individual has had little direct contact
- Encourage gratitude visits, gratitude journals, or daily reflection
- May be helpful to use with SM individuals
 - Particularly those who struggle to identify positive experiences due to internalized stigma and/or chronic experiences of marginalization and oppression

(Lytle et al., 2014; Vaughn & Rodriguez, 2014)

Spirituality

- Supporting beliefs about higher purpose/meaning and one's place within the universe (Lytle et al., 2014; Vaughn & Rodriguez, 2014)



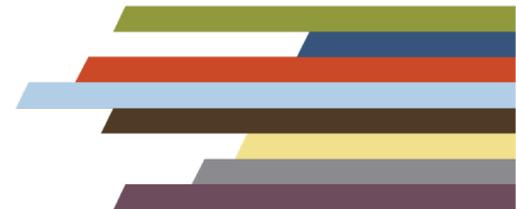
Positive Psychology Activity



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Guidelines for Behavioral Health Care Workers

1. Ask about clients' sexual orientation just as you would any other questions about their lives or identity
2. Be comfortable with issues and terminology
3. Make your office space welcoming
4. Use language that does not implicitly assume the client's sexual orientation
5. Be aware of assumptions
6. Develop systems of record-keeping that are respectful of SM clients
7. Model respect for the client and their identity

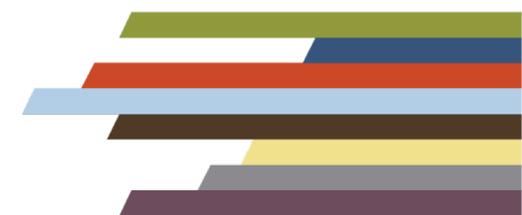


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Q&A

The image features three large, 3D-rendered characters: a red 'Q', a green '&', and a blue 'A'. The characters are positioned on a white surface, casting soft shadows. The 'Q' is on the left, the '&' is in the middle, and the 'A' is on the right. The characters have a thick, blocky appearance with a slight bevel on their edges.

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