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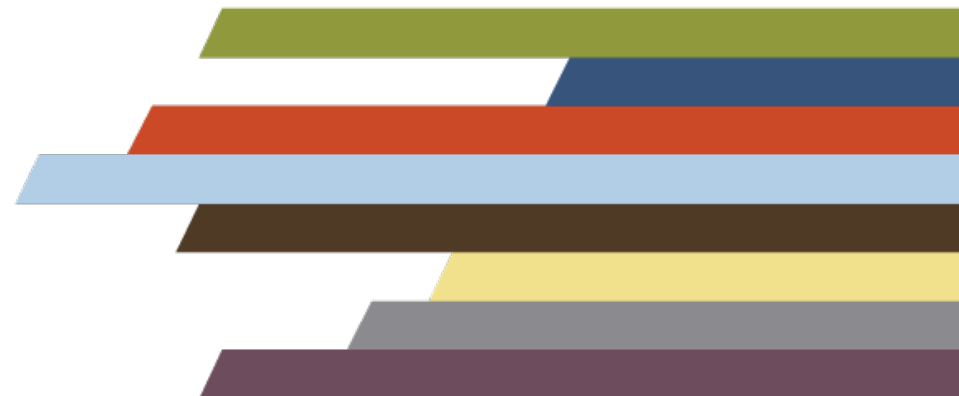
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Funded by Substance Abuse and Mental Health Services Administration

Sexual (Affectional) Identity

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Rutgers, School of Health Professions
Department of Psychiatric Rehabilitation and
Counseling Professions



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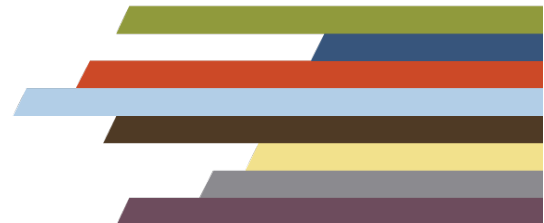
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Feedback

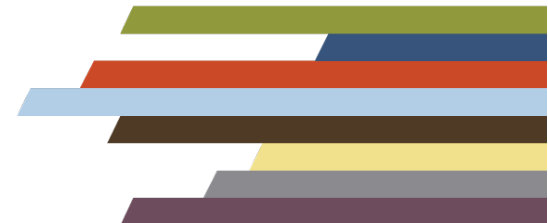
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.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

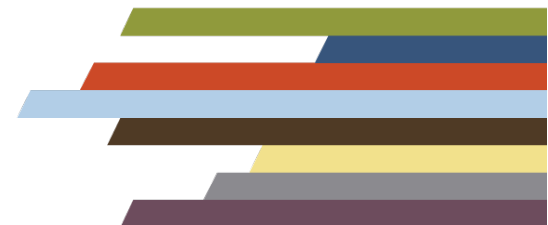
THANKS!



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Your Interactions with Us

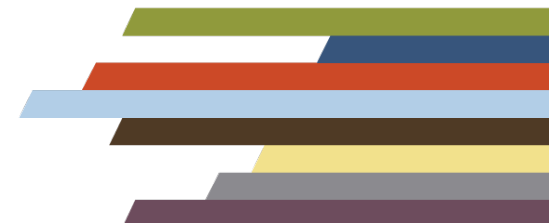
- Question and Answers
 - Q & A will occur at the end of the call.
 - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
 - Throughout the webinar, we will be asking for your input.
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Anthony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



Learning Objectives

- Distinguish between sexual (affectional) 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
- Discuss multiple factors to consider when working with sexual (affectional) diverse individuals
- Describe the positive psychology framework and apply this framework to working with sexual minorities
- Highlight guidelines for behavioral health care workers when working with sexual (affectional) diverse individuals

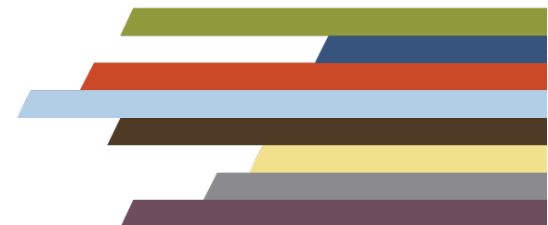


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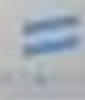
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Sexual (Affectional) Identity vs. Gender Identity

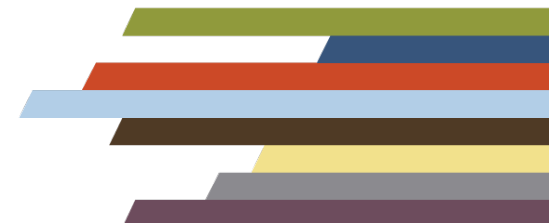
The difference between gender
identity & sexual orientation is
the difference between who
you are & whom you **love**.



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What we are NOT talking about...

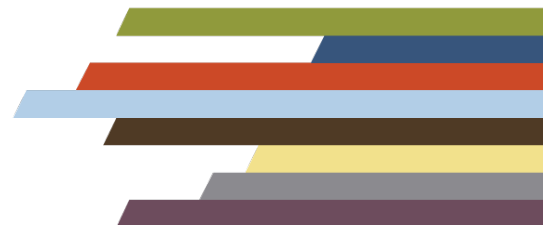
- Pronouns
- Gender
- Gender diversity
- Transgender
- Non-binary



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Sexual (Affectional) Identity



Affectional Identity/Variance

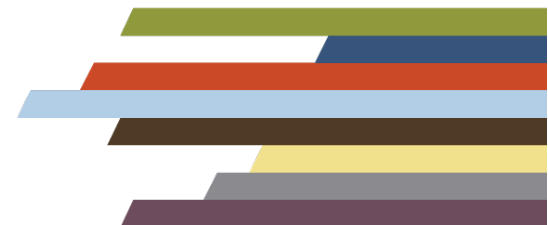
- Affectional Identity: Direction in which one is predisposed to bond emotionally, physically, sexually, psychologically, and spiritually with another.
- Affectional Variance: A term to describe the differences within affectional identities.



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Affectional Identity

Gay – Person who is predisposed to bond emotionally, physically, sexually, psychologically, and spiritually with someone of a similar sex or gender (typically referring to males)

Lesbian – Female-identified person who is predisposed to bond emotionally, physically, sexually, psychologically, and spiritually with other women.

Bisexual - ... to the traditional male and female gender.

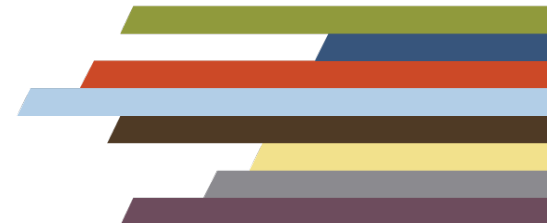
Pansexual - ... to all people, do not see gender.



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Affectional Identity

Asexual – an individual who does not experience sexual attraction.

Demisexual - ... only if there is a strong emotional connection with someone.

Omnisexual - ... to anyone regardless of gender and gender identities.

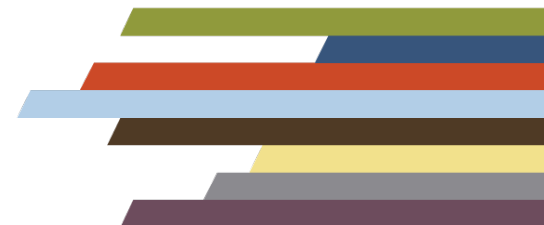
Sapiosexual - ... to someone based solely on intelligence.



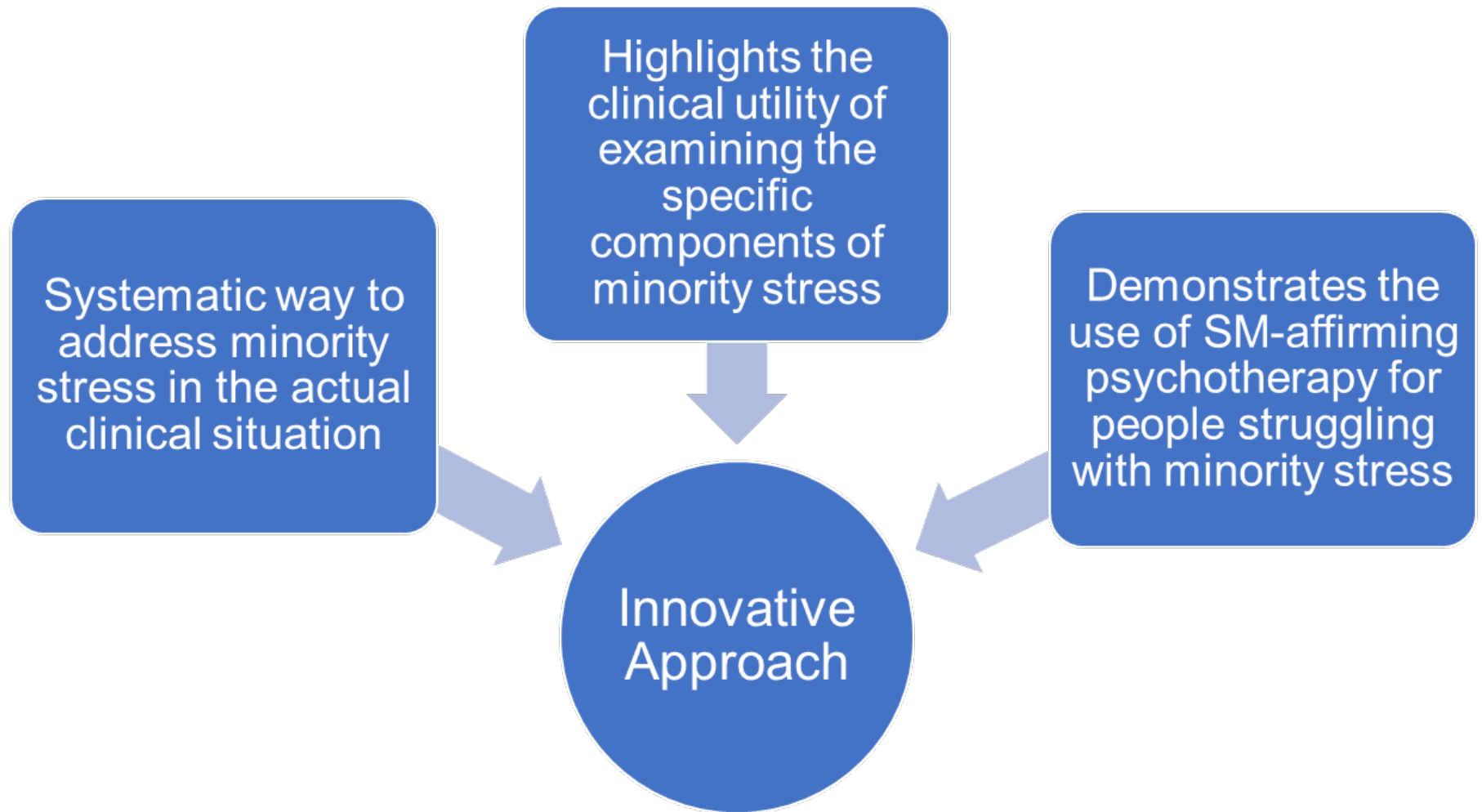
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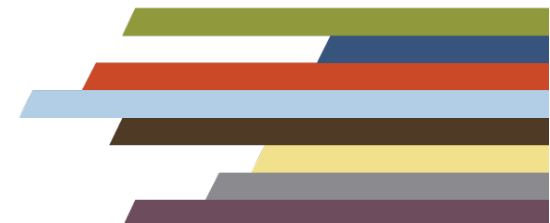
Minority Stress Model



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Factors to Consider

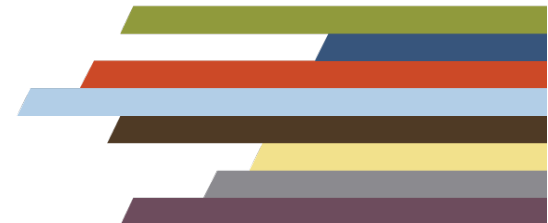
- Mental Health
- Mental Health Services
- Victimization
- Substance Use
- Suicide
- Medical Issues
- Relational Issues



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Mental Health and Mental Health Services



Increase need
for services



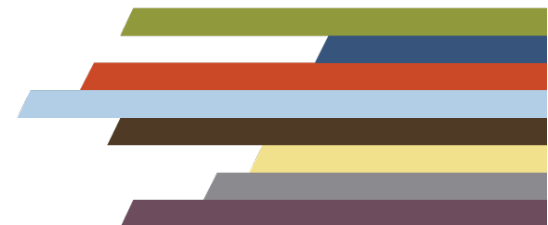
Underutilizing
services



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Substance Use



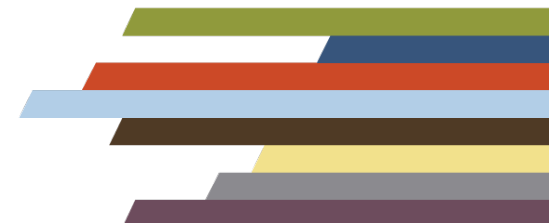
- Relational issues
 - Creation of common bond and identity
- Increase in risky sexual behavior
- Correlated with suicide



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Medical Issues Related to Substance Use

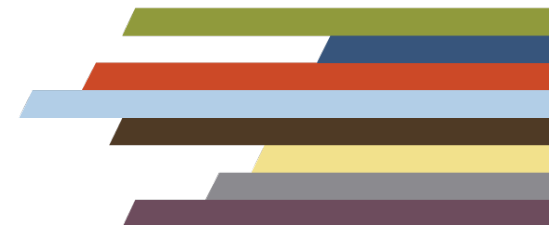
- HIV
 - HIV vs. AIDS
 - U=U
 - PREP
 - PEP
- Other STDs
- Increase in ER visits



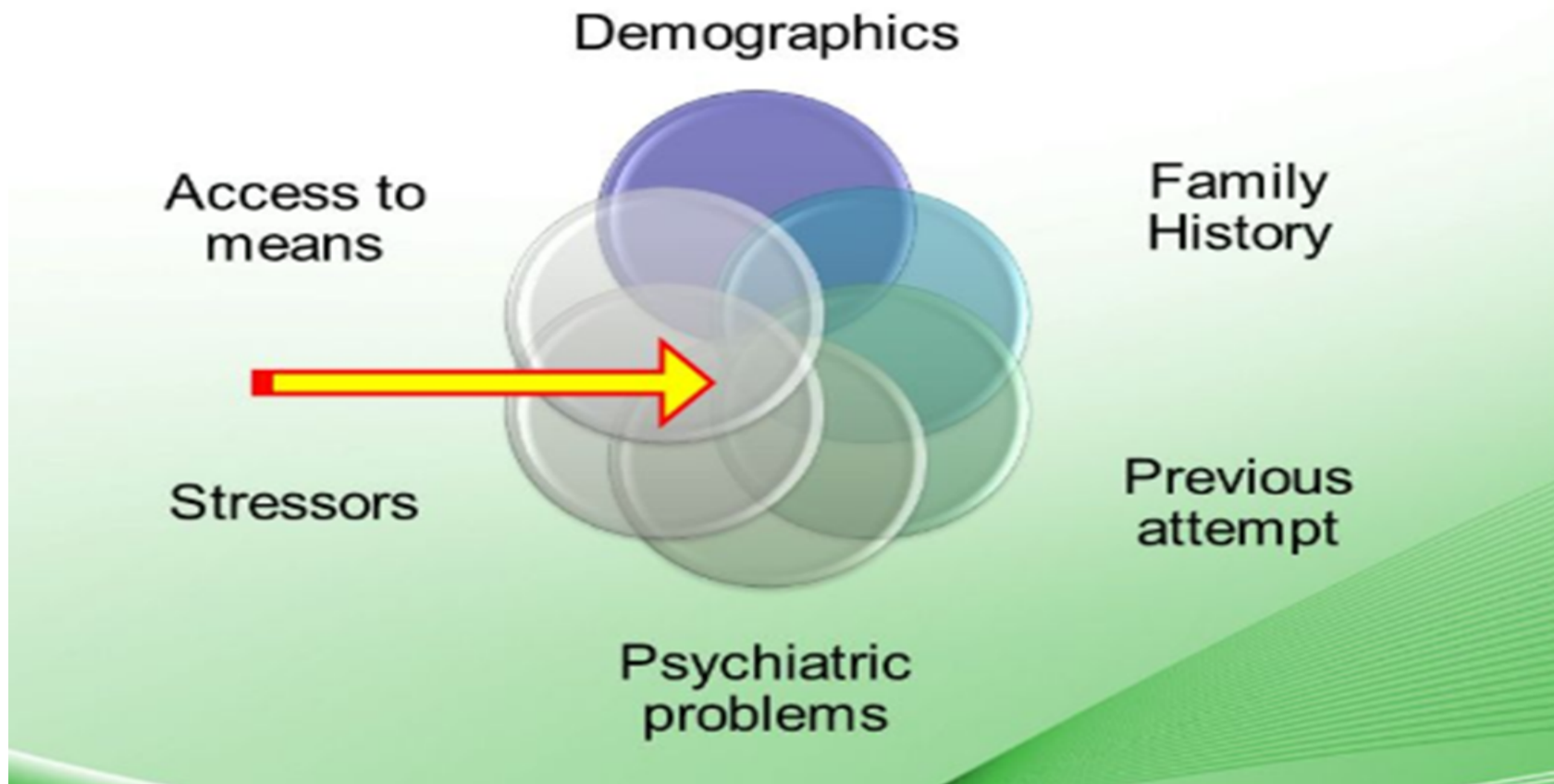
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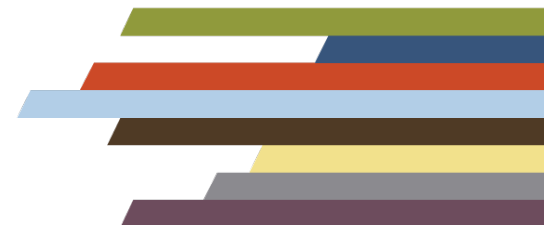
Suicide – Risk Factors



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Suicide – Warning Signs



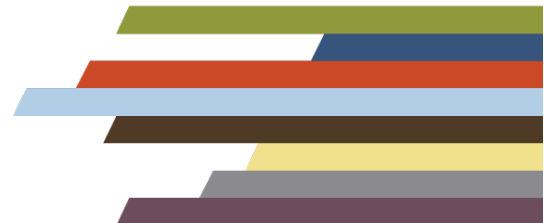
- F - Feelings
- A - Actions
- C - Changes
- T - Threats
- S - Situations



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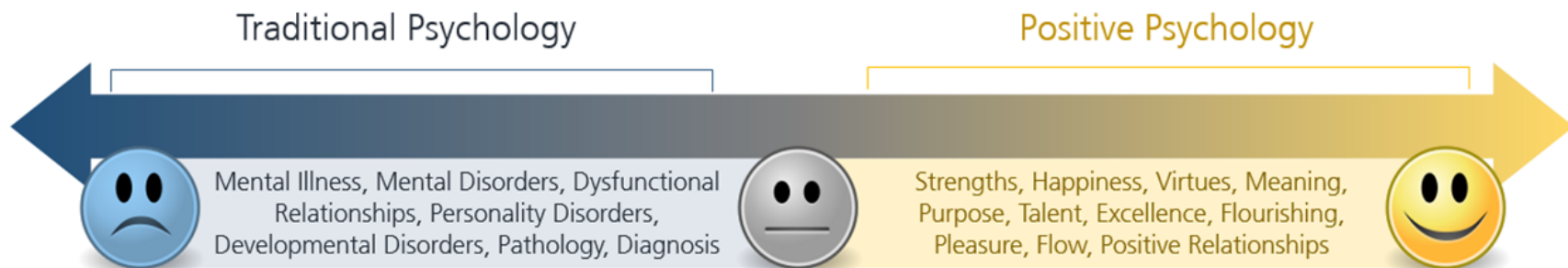
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Framework to Support Differences in Sexual (Affectional) Identity

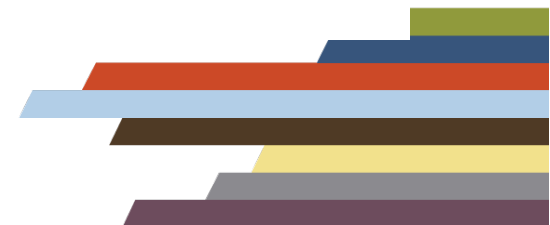
- Positive subjective experiences
 - Focus on activities and in-session experiences that actively support, nurture, and celebrate client's identities
- Character strengths in session
 - Focus on creativity; integrity and vitality; love; citizenship and fairness; gratitude; and spirituality



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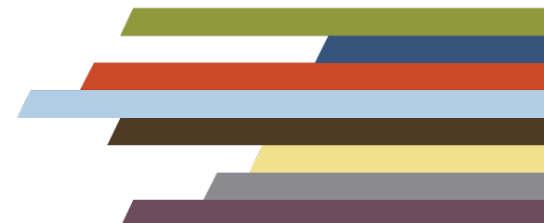
Positive Psychology – Character Strengths



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Guidelines for Behavioral Health Care Workers

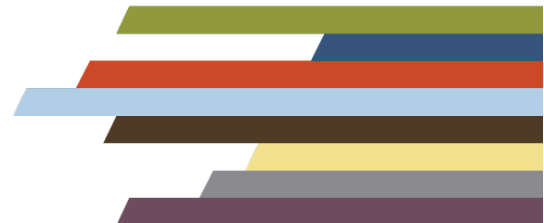
1. Ask about clients' sexual (affectional) identity just as you would any other questions about their lives or identity
2. Be comfortable with issues and terminology
3. Make your office space welcoming
4. Use language that does not implicitly assume the client's sexual (affectional) identity
5. Be aware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



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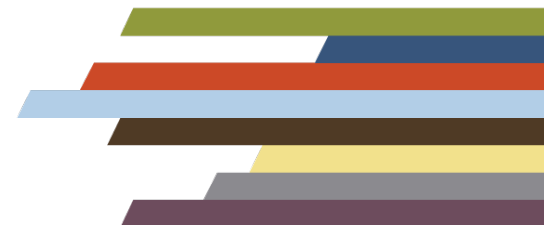
THANK YOU!



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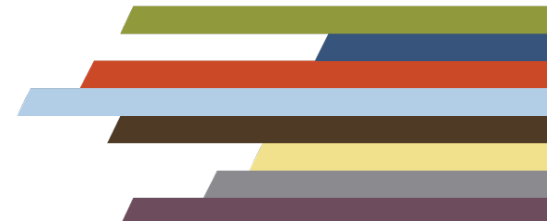
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Resources

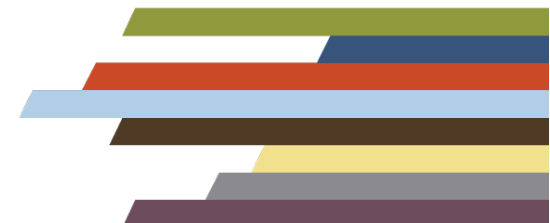
- Trevor Project: www.thetrevorproject.org
- National Suicide Prevention Hotline: 1-800-273-8255
- Gay & Lesbian Alliance Against Defamation: <https://www.glaad.org/resourcelist>
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