

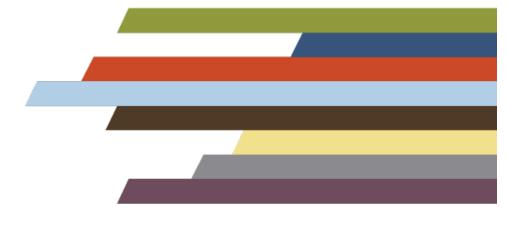
Sexual (Affectional) Identity

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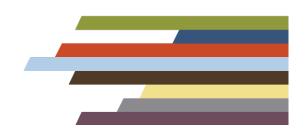


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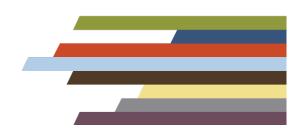




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 Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND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



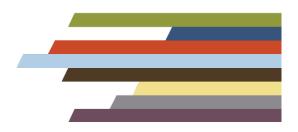


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THANKS!

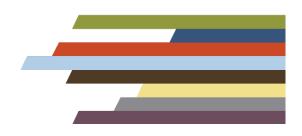




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 - Q & A will occur at the end of the call.
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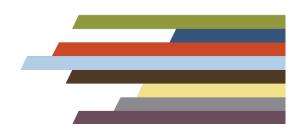
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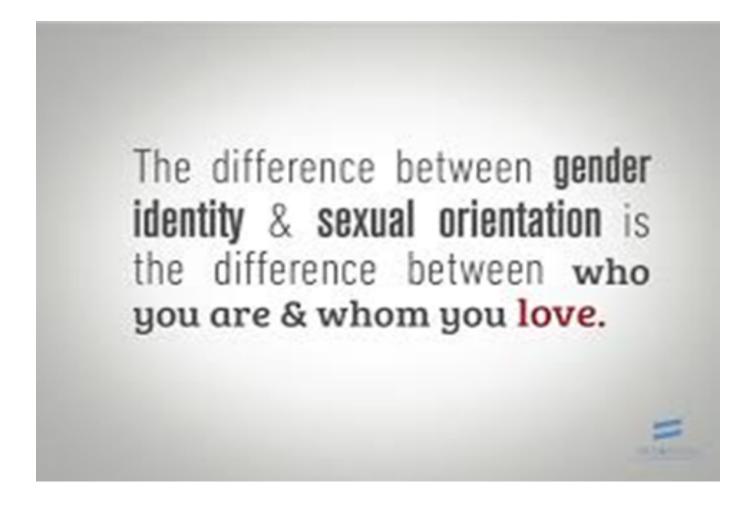
Learning Objectives

- 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

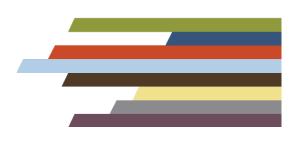




Sexual (Affectional) Identity vs. Gender Identity



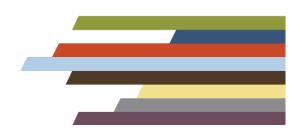




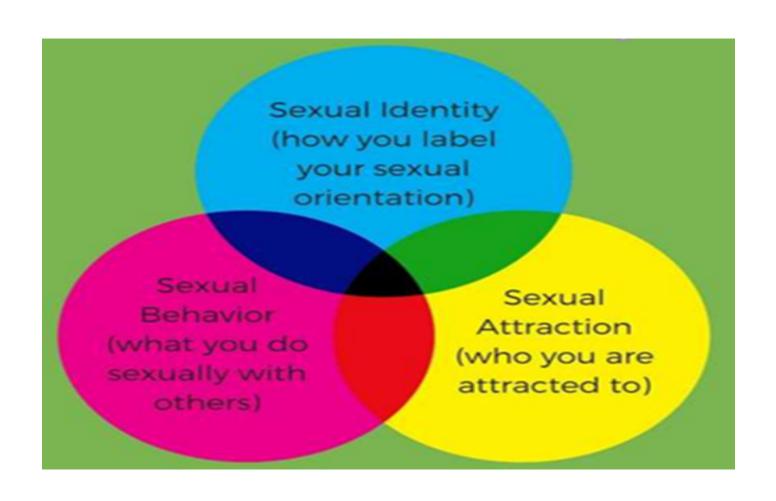
What we are NOT talking about...

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





Sexual (Affectional) Identity

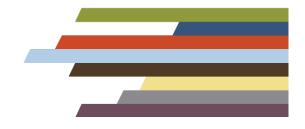


Affectional Identity/Variance

- 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.







Affectional Identity

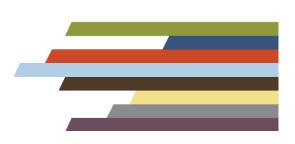
Gay – Person who is predisposed to bond emotionally, physically, sexually, psychologically, and spiritually with someone of a similar sex or gender (typically referring to males)

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.





Affectional Identity

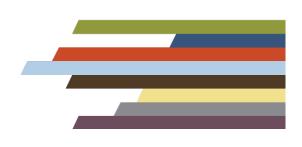
Asexual – an individual who does not experience sexual attraction.

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.





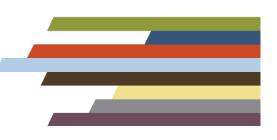
Minority Stress Model

Systematic way to address minority stress in the actual clinical situation

Highlights the clinical utility of examining the specific components of minority stress

Innovative Approach Demonstrates the use of SM-affirming psychotherapy for people struggling with minority stress





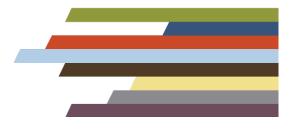
Factors to Consider

- Mental Health
- Mental Health Services
- Victimization

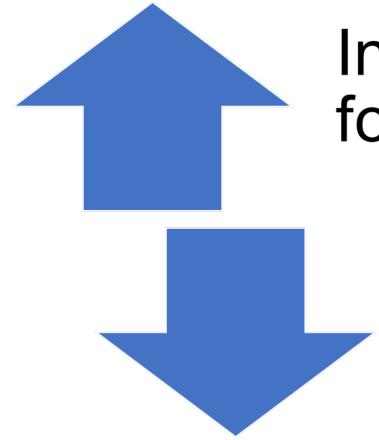
- Substance Use
- Suicide
- Medical Issues
- Relational Issues







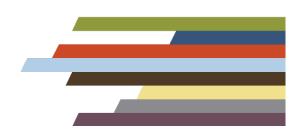
Mental Health and Mental Health Services



Increase need for services

Underutilizing services





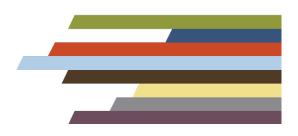
Substance Use



Let's talk openly about your use of substances.

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



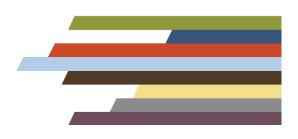


Medical Issues Related to Substance Use

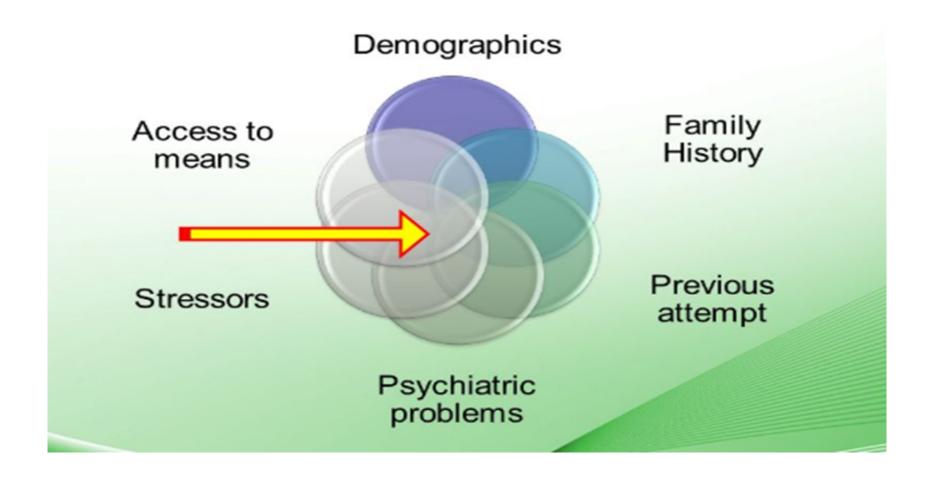
- HIV
 - HIV vs. AIDS
 - U=U
 - PREP
 - PEP
- Other STDs
- Increase is ER visits



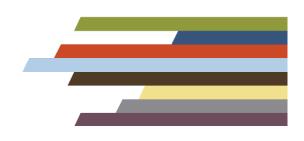




Suicide - Risk Factors





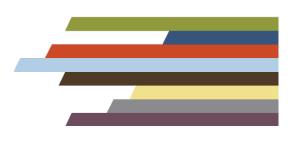


Suicide – Warning Signs



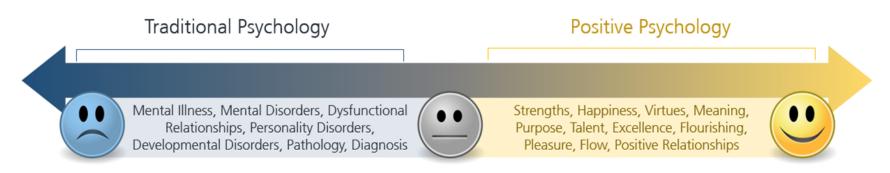
- F Feelings
- A Actions
- C Changes
- T Threats
- S Situations



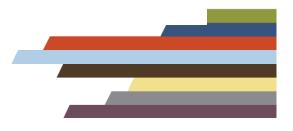


Framework to Support Differences in Sexual (Affectional) Identity

- 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







Positive Psychology -**Character Strengths**

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 thermelves; not regarding oneself as more special than one is

PRUDENCE

Being a careful about one's choices; not taking 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

24The Character Strengths

From Character Strengths and Virtues: A Handbook and Classification

> by Prof Chris Peterson and Prof Martin Seligman

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

wisdom

CREATIVITY

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

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

CURSOSITY

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

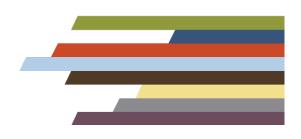




Guidelines for Behavioral Health Care Workers

- 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

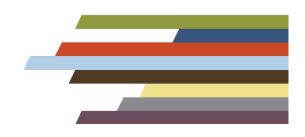






THANK YOU!





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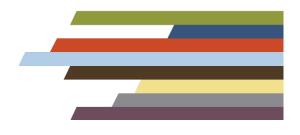
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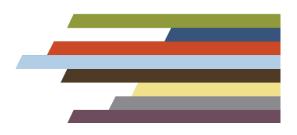




Resources

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