



CALIFORNIA
LGBTQ
HEALTH AND HUMAN
SERVICES **NETWORK**

LGBTQ+ Mental Health

Introductions

.

Amanda Wallner, MPP (she/her)

Network Director, activist, wife, dog mom, hiker

Mandy Taylor, MSW (she/her)

#Out4MentalHealth, educator, advocate, intersectional queer, mom to two cats and a teen, feminist fiction aficionado





The California LGBTQ Health & Human Services Network is an LGBTQ-specific program of Health Access, bringing together more than 60 non-profit providers, community centers, and researchers to advocate collectively for state level policies and resources that will advance LGBTQ health.

The Network seeks to:

- **Advocate for policies advancing the health of LGBTQ communities**
- **Expand coverage and improve access to quality health care**
- **Strengthen programs and build capacity for member organizations**
- **Increase funding to LGBTQ health and human services organizations**

Agenda

- ▶ Mental Health of Queer and Trans Californians
- ▶ Task Forces and Local Advocacy Methods
- ▶ Coalitions and State Advocacy Methods
- ▶ Tools and Strategies
- ▶ Questions and Answers





Mental Health of Queer and Trans Californians





Out4MentalHealth

#Out4MentalHealth is a statewide project that engages LGBTQ people throughout California to develop a mental health equity agenda and offer tools and resources that address these disparities and make our shared goals a reality.

www.out4mentalhealth.org



2019 LGBTQ Community Survey



Distributed in Spanish & English

Over 2700 CA respondents



Timely Access to Primary Care Providers

State regulation: Max 10 Business Days
for Non-Urgent Appts.

35% waited > 10 business days

18% waited > 15 business days

Timely Access to Specialists

State regulation: 15 Business Days
for Non-Urgent Appt.

40% waited > 15 days

Trans-specific Care



"You have to go over the mountain to get HRT [Hormone Replacement Therapy]."

SFV Town Hall



Travel Times for Transition-Related Care

State Regulation: Access to a PCP or a hospital within 15 miles or 30 minutes from where enrollees live or work

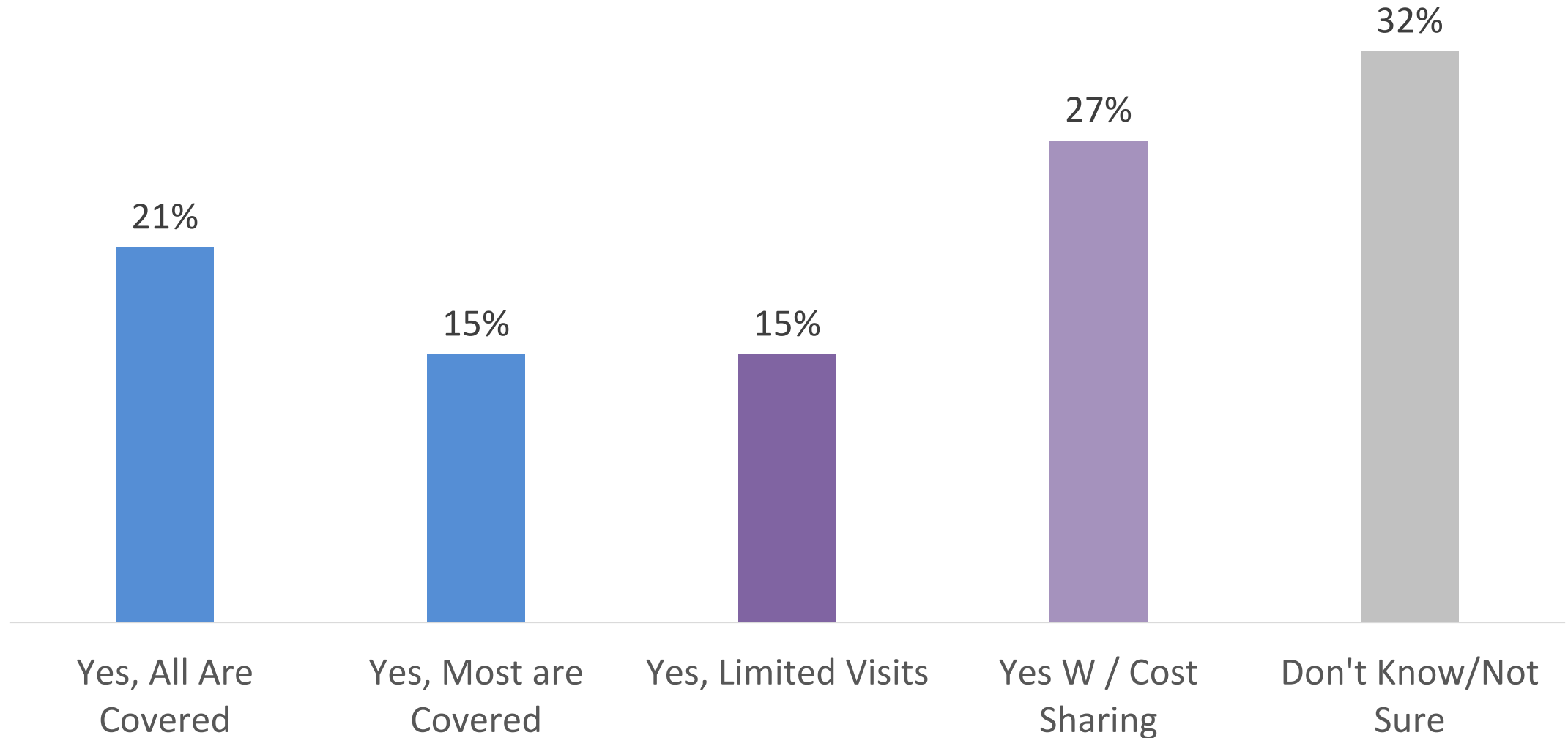
44% traveled > 30 minutes to see their Primary Care Provider

Travel distances ranged from 31 minutes, to trips requiring an overnight stay

Within the past year, have you
wanted Mental Health services?

YES: 73%

Does your insurance cover mental health services?





Timely Access to Mental Health Providers

State Regulation: 10 Business Days
Non-Urgent Appointments

Mental Health Provider
50% waited > 10 days

Seeking ≠ Receiving

I needed/wanted ... but did not receive

Ethnic/Community specific services = 77%

Couples/Family Counseling = 75%

Therapy...related to gender transition = 68%

12-17 year olds = 87%

Non-Western medical intervention = 64%

LGBTQ Problems with Mental Health Providers

Gender Identity Concerns = 40%

Youth & GQNB = 54%

Significant Other concerns = 38%

Intersecting identities = 33%

Pronouns and/or name = 25%

Transgender / GQNB = 37%

Suicide thoughts among LGBTQ Californians

Question	Percent who answered "Yes"
Have you considered suicide in the past year?	57%
Have you made a suicide plan in the past year?	24%
Have you attempted suicide in the past year?	17%



Task Forces and Local Advocacy Methods



Current Task Force Leads

- # **NorCal OUTreach Project**, Shasta County
- # **Positive Images**, Sonoma County
- # **LGBTQ Connection**, Sonoma County
- # **EOC LGBTQ+ Resource Center**, Fresno County
- # **Gala Pride and Diversity Center**, San Luis Obispo County
- # **Transitions-Mental Health Association**, San Luis Obispo County
- # **Still Bisexual**, San Fernando Valley
- # **Strength United**, San Fernando Valley



Local Task Forces

- # All Task Forces have completed the following activities:
Community Engagement Plan, County Policy Matrix, Identified policy objective for advocacy, Power Mapping, Action Plan, Attended public mental health meetings (Board of Supervisors, Behavioral/Mental Health Boards, MHSA Committees, Cultural Competency Committees, School Board), Provided presentations and/or public comments during meetings, Met with decision makers, Created a county specific fact sheet, Assessed their county's mental health LGBTQ system of support, Attended and/or presented at the state convening, and Actively engaged in capacity building meetings and events
- # All Task Forces have received support that included leadership training, in depth technical assistance, connection to resources, capacity building skills workshops, and program and policy research support.



#Out4MentalHealth

County Mental Health LGBTQ System Support Score Card

The #Out4MentalHealth Project is assessing LGBTQ affirming *policies, practices, and programs* in each task force county's department of behavioral/mental health. The goal of the score card is to identify and **celebrate** the sustainable ways in which counties address LGBTQ mental health, identify ways in which our project can **offer support** or **technical assistance**, and identify potential **barriers** to culturally competent care.

Questions	Yes	In Process	Would Consider	No	Details
Does the County Behavioral Health Budget fund:					
- LGBTQ specific staff positions and/or programs					
- LGBTQ specific organizations					
- LGBTQ specific training					
Does the county (DBH) have an LGBTQ training policy for					
- County (DBH) employees					
- Grantees/Contracted CBOs					

Yes: Specific policy, attached funding, and responsible staff

In Process: Specifics and estimated date of implementation

Would Consider: Specific follow up plan

No: Reason

Cycle 2 Preview

- # July 1, 2020 – June 30, 2023
- # 1 State Convening → 3 State Convenings
Extended from two to three days, Added Advocacy Day, and Expanded attendance support
- # 10 Town Halls → 15 Local Convenings
Full Day with workshops, listening session, and resources
- # 5 Task Forces → 15 Task Forces
Additional Capacity Building and Statewide Collaboration
- # Annual Statewide LGBTQ Mental Health Priorities
Based on survey, listening sessions, and advocacy day



Cycle 2 Task Forces

Cohort 1

NorCal OUTreach Project (Shasta County)

Oakland LGBTQ Community Center

(Alameda County)

Still Bisexual (Los Angeles County)

Gender Justice LA (Los Angeles County)

Imperial Valley LGBT Center (Imperial County)

Cohort 2

Tri-County Alliance (Amador, Tuolumne, and Calaveras Counties)

Monterey Peninsula Pride (Monterey County)

The Source LGBTQ+ Center (Tulare County)

Trans Latin@ Coalition (Los Angeles County)

Trans Community Project (Riverside County)

Cohort 3

Outer Space Arcata (Humboldt County)

San Joaquin Pride Center (San Joaquin County)

Fresno Economic Opportunity Commission,
LGBTQ+ Resource Center (Fresno County)

Radiant Health Centers - **Trans Awareness Project** (Orange County)

La Jolla Band of Luiseño Indians Avellaka Program - **Rainbow of Truth Circle** (San Diego County)



Advocacy Example:

In order to support the health and well-being of LGBTQ+ youth, the Shasta County #Out4MentalHealth Task Force is advocating that the Shasta Union High School District clarify their district policies to ensure that anti-bullying and anti-discrimination policies explicitly list protections for gender identity, gender expression, and sexual orientation.

Policy Support:

AB 1266 School Success and Opportunity Act

AB 537 California Student Safety and Violence Protection Act

AB 9 “Seth’s Law” Anti-bullying requirements for CA public schools

AB 2246 Youth Suicide Prevent

Strategy:

Request administrative directive from Shasta Unified School District Superintendent



Advocacy Example:

Advocate to have the Sonoma County Behavioral Health Department mandate that all BHD staff (including front office staff, case managers, clinicians, managers, and directors) AND contracted CBOs to complete LGBTQ Mental Health training upon new hire and then once per year.

Policy Support:

CA Welfare and Institution Codes 5813.5(d), 5830(a), 5866, 5868(b), and 5878.1(a)
<https://tinyurl.com/MHSAcomponents>

Strategy:

Meet with county MHSA Coordinator, request a meeting with the BH Director, advocate for training funds in the next county budget at committee and board meetings, find a champion on the BH Board and/or Board of Supervisors





Coalitions and State Advocacy Methods



State Coalitions

- Behavioral Health Equity Coalition
- Trans Equity Access Coalition
- Stakeholder Advocacy Coalition
- Prop 64 Stakeholder Advisory Coalition



Advocacy Example: AB 512 (Ting)

Advocate that counties, in collaboration with stakeholders, report on additional criteria in their cultural competency plans and require DHCS to annually review and monitor mental health disparities reduction. Advocate that counties, DHCS, OHE, and stakeholders work together to develop performance targets that reduce disparities and improve mental health quality, transforming the public mental health system to focus on outcomes rather than solely utilization.

Policy Support:

CA Welfare and Institution Codes 14684, 14717.5, 5813.5(d)(3), 5868(b), and 5878.1(a)

Strategy:

Form a coalition from diverse cultural communities; meet with the Office of Health Equity, Mental Health Services Oversight and Accountability Commission, and Department of Health Care Services to discuss ways in which the state systems can best support counties in effectively developing and utilizing MHSA mandated Cultural Competency Plans; find and work with an author to propose these system changes; work with budget committees, Department of Finance, and Assembly Member Ting's office to develop an appropriate budget ask; get the budget ask agendized on budget committee agendas in both houses





Tools and Strategies



#Out4MentalHealth Resources

Webpage Resources (www.out4mentalhealth.org)

- Fact Sheets
- Training Information
- LGBTQ Mental Health Reports

Advocacy Toolkit (<https://californialgbtqhealth.org/advocacy-toolkit/>)

- Webinars on Public Mental Health Advocacy
- Mental Health Fact Sheets
- Knowledge and Skill Building



Next Steps

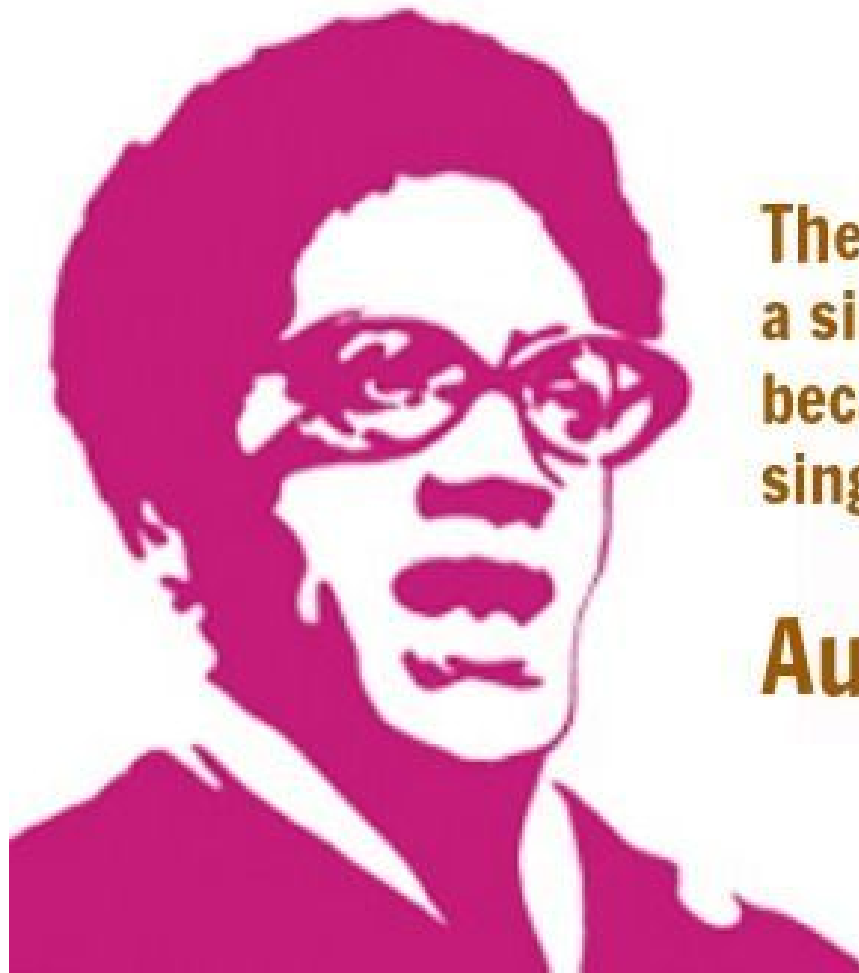
1. Request a training in your local area
2. Join a local #Out4MentalHealth task force (California)
3. Get to know your decision makers
4. Request technical assistance
5. Sign up to receive the Network's monthly newsletter
6. Join Network web conferences on the first Thursday of every month





Questions and Answers





**There is no such thing as
a single-issue struggle
because we do not live
single-issue lives.**

Audre Lorde





Thank you for joining us today!

#Out4MentalHealth Questions
mtaylor@health-access.org

Health and Human Services Policy Questions
awallner@health-access.org

Request Materials
<https://tinyurl.com/o4mhmaterials>

National Council for Behavioral Health
MichaelC@thenationalcouncil.org

In-Person Meeting at NatCon20

Of note is a special networking and learning session at **NatCon20** in Austin, Texas, to be held on **Monday, April 6th from 1:00-2:00pm CST** located at the Convention Center: Mezzanine Office 7



Learn more by visiting www.natcon20.org