



2021 In My Mind LGBTQ+

People of Color Mental Health Conference

**“Youth Mental Wellness -
Resilience In Uncertainty”**

Oct 7 & 8

Virtual | FREE





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October 7, 2021

Conference Participants and Community Members,

WELCOME!

We gather for the seventh annual In My Mind LGBTQ+ People of Color Mental Health Conference. Often, we talk about our young community and we tell them what we think they should tell us, what we want to hear. With an entire young LGBTQ+ people of color Speaker Roster, we're bucking that practice; we're encouraging our young community members to take charge and to tell us what and how they are feeling, doing, coping, and their thoughts for the future. Keeping with our tradition, as we welcome you to this year's conference, our planning team members share their thoughts about this year's conference.

"Putting something together, as elaborate as this conference is, was, one of the most challenging, yet rewarding things I could have participated in. I have met so many amazing people and have learned so much during the process and I hope you will learn something new as well." – Christopher Sangiovanni Troche, Youth Men's Health Project, CAMBA

"I am truly honored to have been a member of the planning committee for the IMM conference for the past five years. This year's conference theme is near and dear to my heart; I worked with adolescents and young adults of color living with HIV for 15 years and witnessed their intersectional struggles, including with their HIV status, race, ethnicity, sexual orientation and gender identity, and mental health. Regardless of those issues, they always seem to find strength and ways to persevere, despite their adversities. This year we will hold space for our youth, hear their stories of resilience and allow them to pave the way for how they work towards mental wellness. Thank you to all the committee members, presenters, participants, and sponsors for helping to make this year's conference a continued success." – Lissette Marrero, MSW, LM Consulting; Voces Latinas

"In the context of all the chaos and hardship that has been going on in the world and how it all has been impacting queer people of color, planning this year's conference has been a welcome opportunity for me to actively work on building a better world by bringing my community together. This smart and dynamic team worked hard to make sure that the resources we present at this year's In My Mind Conference are those that can make a meaningful difference in the lives of our people. What a privilege to be part of that." - Darren J. Glenn, MSLIS, TEFL, Caribbean Equality Project

"This year's theme aligns with my organization's focus on youth and mental health, and more so with the onset of the COVID-19 pandemic. Being a planning committee member gave me the opportunity to contribute my time to an issue that reflects our mission to assist in the development of youth of color." – Nadine Etienne, MPH, Odo Achievement Center.

"Being part of this year's planning committee has been one for the books. I was able to express my various thoughts and come up with a theme that everyone loved, and it made me realize that resiliency should not be a permanent state of mind. Resiliency should be able to push one forward and onward with daily life; it should galvanize who you are and what you stand for. I have been able to reach out to many amazing people who are just as much a fighter as I am. I intend on doing more and doing my best because resiliency has taught to never look back, keep my loved ones close and to never stop believing in the impossible." - Cesar Julian Piña, SAG-AFTRA Actor/Performer.

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Conference Planning Team
2021 In My Mind

Preparations for the conference - Speaker/Presenter

- Mute your microphone
 - To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking.
 - Be mindful of background noise
 - When your microphone is unmuted, avoid activities that could create additional noise, such as shuffling papers.
- Position your camera properly
- If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible. Doing so helps create a more direct sense of engagement with other participants.
- Limit distractions
- You can make it easier to focus on the meeting by turning off notifications, closing or minimizing running apps, and muting your smartphone.
- Avoid multitasking
- You'll retain the discussion better if you refrain from replying to emails or text messages during the meeting and wait to work on that PowerPoint presentation until after the meeting ends.

Meeting Etiquette

These are some general courtesy rules for virtual (and in person) business meetings:

- Respect other participants and the presenter, even if you disagree with something they say.
- The Conference's General Sessions will be recorded and live-streamed. The Breakout sessions will not be recorded. Please DO NOT record in the breakout sessions and DO NOT take photographs or screenshots.
- Mute your mic when you join the video call, and only unmute if you are invited by the presenter to do so; share your comments or questions in the chat box.
- Toward the end of breakout sessions, in the 15 minutes for Q&A, an evaluation link will be shared with you in the chat box for you to complete and submit.
- If you can, hold off on eating during your meeting. Imagine how unappealing it is to watch someone up close slurping a plate of spaghetti on a big screen. If you can, chow down either before or when the conference is over.
- Even though it's tempting, try not to multitask too much. And if you're going to, at least mute your mic.
- You don't have to be overly prepared for a meeting you're not hosting, but try to be on time; glancing at the conference program so you know where we are.
- Refrain from private behavior – such as, scratching your armpits, your head or face, and picking your nose. We can see you!

LET'S ENJOY THIS OPPORTUNITY TO LEARN AND COLLABORATE, TO SHARE IDEAS AND PRACTICAL WAYS TO MAKE LIFE BETTER FOR LGBTQ+ PEOPLES OF COLOR LIVING WITH MENTAL HEALTH ISSUES.

CONTINUING EDUCATION UNITS/CREDIT (CEs)

Conference participants who are eligible can receive up to one (1) hour of Continuing Education Units/Credit CE(s) for full attendance at any of the qualifying presentations.

Requiring CE(s), you will need to provide the following information:

- Full Name
- Email Address to send evaluation and certificate (sending evaluation to participant is required; certificate will be awarded when evaluation completed and returned)
- Degree Type (e.g., LCSW or LMSW)
- New York State License Number
- Date of the Presentation
- Title of the Presentation
- Name of the Presenter

Please send this information in an email to info@inmymindconference.com as soon after the conference ends. Your email will be forwarded to Callen-Lorde who will evaluate your responses and issue the certificate of completion providing the CE.

Speakers' Biographies



Marcy Angeles is a Nednhi Apache and Guamares Band of Chichimeca Trans Woman Two-Spirit living with medically diagnosed complex PTSD, bipolar disorder, OCD, Seasonal Affective Disorder, and stress induced asthma. She is a writer, painter, musician, DJ, and freelance journalist from Southern New Mexico. Her main solo music project is “Western Obsidian”, an exploration of the traumas imposed on her Native Peoples for generations. Marcy composed music for her solo music projects “Blue Mountain Mescal”, “The Virgin Wash”, “Fleurish”, “Allophane”, “Burning Water”, “HERosion Decay”, and “Naki & Marcy Angeles”. Her paintings, articles and poetry have been featured in *Rest for Resistance Magazine*, *ReWire.News*, *War Resisters*, *Two Spirits Are Sacred Beings* and, in the fifth issue in 2017 of *Parallax Magazine*. From October 2019 to February 2020, she was the only Two-Spirit community member whose work was displayed at the Branigan Cultural Center and Museum in Las Cruces, NM. In the exhibition, she honored the work done at Stonewall by Queer Activists. Marcy designed a shirt for “Crushing Colonialism” and most recently was a part of the first-ever Indigenous Trans Panel hosted by Navajo Nation’s Dine Equality. As a child, Marcy began to do artwork; music came later. Her first solo band was TVOD, an industrial music project intended to give PTSD a sound - fearful, for a listener to understand and share in the experience of what PTSD feels like just by listening. Marcy advocates for LGBTQ2S rights and dignity and is one of the many Native American Two-Spirit community members working to restore their place by the Sacred Fire, and says, “It is one thing to be transgender and a whole other to be an Indigenous Two-Spirit Woman.”

Gage Perley is a Wolastoquiyik and Mi’kmaq from Tobique First Nation in New Brunswick, Canada. He holds a Bachelor of Arts degree, with a double major in Criminology and Indigenous Studies from St. Thomas University. For many years, he gathered experience working as an Indigenous youth advocate for Mental Health, Indigenous 2SLGBTQIA+ youth, Wellness and Self Expression, and is currently in his third year as a National Ambassador of Hope with “We Matter”. Through his Ambassadorial role, he strives to educate others on self-expression and self-acceptance along with providing a safe space for those in need. Gage is also an artist, whose work is in many different media, including, Fashion Design, Photography, Graphic Art, and Beading.



SPECIALTY BREAKOUT - Biographies

❖ **Bhavna Ram** was born on the island of Mauritius and moved to the United Kingdom where she studied Optometry, and for 10 years adapted to a new culture. After practicing for seven years, she realized that being an Optometrist wasn’t the only identity she could embody. She was drawn to yoga, which allowed her to be introspective and to be in the moment – a practice she aspires to inculcate in her life and to share with others. A creative at heart and an ardent advocate for self-love, Bhavna finds joy in being human; she believes in finding strength through vulnerability and in the embodiment of latent emotions to transform these, through movement, into power.

LGBT Kwanzaa Community of NYC was founded 45 years ago by **Imani Rashid**, who, in 2011 published a book on its origins, which included the Salsa Soul Sisters and Third World, consisting of Black and Latina lesbians. The organization expanded its purposes to including community members sharing same-sex identities, and with the support from prominent Black leaders, the late Dr. Joyce Duncan, and Thelma Ruffin Thomas and Tom Southern, members of the National Black Storytellers Association and the NY-based African Folk Heritage Circle volunteer with our youth storytellers. LGBT Kwanzaa Community of NYC also has a young member’s arm called, Kwanzaa Kids.

Kwanzaa is an African-American holiday, occurring annually for seven days from December 26 and is based on the Seven Principles of the NGUZU SABA, which suggests, “It is the culmination of the previous year’s work; a time to reflect on the successes and failures, a time to set new goals. Kwanzaa is the time we set aside to really listen to the voices of the Ancestors who guide us throughout the year.”

❖ **Cardio for Mental Health** presented by **Lyne LuvDance**, who is a choreographer, dance fitness instructor, music artist and entertainment host, and hails from the East Flatbush neighborhood in Brooklyn, NY. Since 2004, Lyne LuvDance has been hitting the stage as a professional multifaceted dancer and choreographer in genres with a beat. She gives life to the stage, and in her own way redefines the meaning of fitness, which results in a life changing experience for anyone who experiences her classes. Lyne LuvDance understands that adapting to new fitness habits is difficult and for many, often fail. Her goal is to help change views on fitness, so that it becomes part of a person's lifestyle. She strongly believes that practicing healthy habits will lead to healthy lifestyle.

Decolonizing Your Plate – presented by The James Beard Foundation

Moderator:

Colleen Vincent worked for the James Beard Foundation for more than 12 years and is a vocal champion for diverse leadership in all sectors of the hospitality industry. She has been featured on panels at the Food Book Fair and the Minority Chef Summit and represented the Foundation as a member of the High Road Restaurant Roundtable. She has been involved in the Iconoclast Dinner Experience, a fundraiser for Spelman College which celebrates notable chefs of color, since its inception. Colleen created a book drive to build a culinary library in Port-au-Prince, Haiti. She sat on the James Beard Foundation Food Conference Steering Committee and is presently a member of the House Programming Committee. She is a proud member of the West Indian Chefs Alliance. Colleen graduated from the University of Pennsylvania with a Bachelors of Arts in Communications and has almost two decades of experience in marketing, account services, and events. In her spare time, she reviews comic books for GodHatesGeeks.com and raises funds for the Hero Initiative, a nonprofit that assists comic book creators in need.



Panelists:



Ife Kilimanjaro, Soul Fire Farms, Richmond, VA

Ife Kilimanjaro (she/her), is a grandmother, author, researcher, educator, activist, traditional healer and spirit warrior whose life and work are informed by her deep commitment to healing, justice and co-creating a better world. Underlying her personal and professional accomplishments is a deep understanding that as we fight for and bring into being a better world for all, it is important to simultaneously make our inner worlds (i.e., mind-body-spirit) and relationships healthy and whole.

Dave Smoke-McCluskey, Mohawk, Indigenous Foods Educator and Co-Founder, Corn Mafia

Mohawk Chef Dave Smoke McCluskey served more than 35 years in the Food and Beverage Industry, and is the Executive Chef of Local Pop Catering, A local Chef's Collective. He is also co-founder of Akwe:kon- One Spoon Food Society and Creator of the recently formed Corn Mafia Hominy and Lyeing Mohawk Masa, a company devoted to producing the finest small batch hominy and dried masa from Indigenous and Heirloom Corns. Chef Dave travels the country speaking and teaching about Indigenous Foodways, and evangelizing about the Three Sisters Diet, and the importance of Nixtamalizing Corn. He leads teams of chefs in the Southeast for a traditional styled Cajun Boucherie; being one of the founders of The Augusta Boucherie. Follow him on Instagram as @codchef @cornmafia and @augustaboucherie, and on Facebook as Dave Smoke McCluskey.

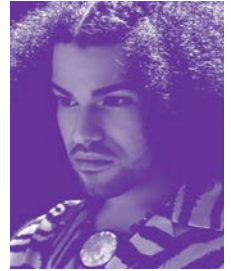


Dr. Kera Nyemb-Diop



Christopher Sangiovanni Troche is a dance fitness instructor and background actor. He recently entered the health and human services field, working as a Young Men who have Sex with Men Client Advocate with Brooklyn-based CAMBA. Christopher identifies his mission is to help spread love and positivity, wherever he is, no matter the circumstance, that to him, are examples of resilience.

Cesar J. Piña is a proud Nuyorican of Taino and Spanish descent, identifying as gay. He is a SAG-AFTRA actor, fitness instructor, dance teacher, dancer, and a model. Cesar is family oriented and plays a big role in the foundation of his extended family life. For him, resilience redefined him to handle trauma with a certain ease.



Leo Tate was born in Brooklyn, NY, and raised by her grandmother while her mom was incarcerated for several years. They attend a NYC-based Performing Arts High School and with love for music of all genres, play several instruments, which they recount as their main therapy while traveling through life and sharing their story. They will be attending Binghamton University in the Fall on a full four-year scholarship. They are an active youth advocate for the Osborne Association's Youth Action Council. Leo advocates for the rights of children affected by parental incarceration, with the slogan, "See Us and Support Us", always.

Noah Sanatkar is a graduate student attending UCLA pursuing a Master's degree in Social Work. They are a youth health and mental health advocate who works alongside those in the LGBTQ+ community.



Deion Pendleton, is a Youth Intervention Specialist who works with Action for a Better Community that is located in Rochester NY, and assists with guiding and leading youth through being able to access supportive and mental health services. He earned an Associate's Degree in Psychology from Monroe County Community College in Rochester NY.

Olusimbo Ige, MD, MPH is the Assistant Commissioner for Health Equity Capacity Building for NYC Department of Health, leading efforts to establish and maintain strategic partnerships for improving disparate health outcomes in underserved communities. In this role, she leads the community engagement for COVID-19 response and vaccination program. Dr. Ige works with many community and faith-based partners to identify, respond to, and advocate for change in the systemic forces shaping COVID-related health inequities.



Denise Balzer, LCSW (she, her, hers), has worked in the field of social work and human services for over 30 years. From beginnings in residential treatment for children and adolescents, managed care and yoga to NYS policy and planning. Currently, Denise is working with a team of state partners to implement a comprehensive crisis response system being led by NYS Office of Mental Health.

Katerina Gaylord, LMSW (she, her, hers), has spent the past 15 years of her career focusing on improving coordination and access to behavioral health services for adults and children living with mental health and/or substance use challenges. She has behavioral health experience in residential, inpatient, crisis, community rehabilitation, care coordination, and most recently, policy and planning. She is a member of the Office of Mental Health team working on the implementation of a comprehensive crisis response system in NYS.



Tony Enos, is an HIV-Positive 2Spirit Cherokee pop artist celebrating more than a decade as a singer/songwriter/producer/actor. The twice Native American Music Award nominee burst onto the pop music scene with his 2012 breakthrough album “The Heat.” His career-defining fourth studio album “POSI+IVE,” released in July 2020 on iTunes and all digital music platforms, brought Enos out publicly with his HIV status, and amplified the People Living With HIV experience. Additionally, Tony has 14 years of clinical and community-based organizational experience in public health, and serves as the content expert for the American Indian Community House’s Health Elders Network.



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[NYSLGBTQ.org/espanol](https://nyslgbtq.org/espanol)



Conference Program

Thursday, October 7 - DAY 1

Program Opening

Native American Ancestral Invocation: **Marcy Angeles**

“We Remember Our Own” - Memorial

Remembering, honoring, and celebrating community members who died by homicide, suicide or from the COVID-19 pandemic between October 2020 and October 2021.

Memorial accompanying music, “Lift Every Voice” also known as the African-American anthem, performed by students in the Juilliard’s Gluck Community Service Fellowship (GCSF). The GCSF brings performances to populations who may encounter geographical or financial barriers in accessing the arts. Each year, approximately 30 multidisciplinary ensembles in the Fellowship perform more than 400 interactive concerts at healthcare and assisted living facilities, and community centers. Navigating this new virtual world, Gluck Community Service Fellows perform live, either in person or virtually, and create pre-recorded video content for community sites. “We decided to participate in this year’s In My Mind conference because we realize the importance of mental health awareness especially for LGBTQ+/SGL peoples of color. It is our belief that organizations like this one are making the future a better place for countless people. We send our condolences to those who have lost someone in the In My Mind community this year and hope our performance will aid the memorial in a small way.”– The Juilliard, Gluck Program Ensemble: Michael Cantú - Cello, Gabrielle Couillard-Després - Violin, Umi Garrett - Piano, Carl Hallberg - Drama, and Jonathan Kajoba - Drama

Speaker: **Hope, Culture and Strength - presented by Gage Perley**

Gage Perley will present on “We Matter” and its mission for Indigenous Youth. He will begin from experience with depression, self-acceptance and growing up on the reservation as a 2SLGBTQIA+ person and his journey on how he connected with his culture and found strength self-acceptance. In his presentation, he will show videos from “We Matter” filmed by Indigenous Youth and share the resources and support offered to community members, their parents, community leaders, and teachers. “We Matter”, although based in Canada, has an international reach. “We Matter” video library: <https://wemattercampaign.org/campaigns/videos>

Speaker: **2021: Resilience Redefined - Sponsored by Jean Paul Gaultier**, presented by **Christopher Troche and Cesar Piña**

Christopher and Cesar will cover the issues they faced from COVID-19, focusing on LGBTQ+ youth mental health and wellness, and defining what it means to be resilient in today’s world as a queer youth. They will analyze Their own life experiences before and after 2020, as well as share their thoughts on how they were shaped by their resilience in 2021, “We believe this theme should be a focal point in the LGBTQ+ Community because trauma affects individuals and families on multiple levels. In a time where most is uncertain, we must adapt to an ever-changing social environment that is riddled with injustices, still plaguing our communities.”

Specialty Breakouts (SB):

- [SB1] **Guided Meditation and Yoga** presented by **Bhavna Ram**
- [SB2] **Drumming as Therapy** presented by **LGBT Kwanzaa Community of NYC**, with **Imani Rashid, Bernadette McGowan, Toni Roberts, ML, and Victoria Carter.**
- [SB3] **Cardio for Mental Health** presented by **Lyne LuvDance**

Panel Discussion (12:00 noon)

Lunchtime Presentation: “**Decolonizing Your Plate**”, presented by **The James Beard Foundation**

How does what we eat connect to community resilience? Join the James Beard Foundation’s VP of Community Colleen Vincent and a panel of industry professionals for a lively discussion on what it means—from farming, to the restaurant and hospitality sphere, to nutrition—to decolonize your plate.

Speaker: Children Affected by Parental Incarceration Matter, Too – Sponsored by the Osborne Association and presented by Leo Tate

This presentation will raise awareness of the mental health concerns of LGBTQ children with incarcerated parents, and identify emotional connections, physical helpers, and support for the youth in the community.

Friday, October 8 - DAY 2

Speaker: Our Voices - Our Journeys: Youth Resiliency in Uncertainty – Sponsored by the NYS AIDS Institute and presented by Noah Sanatkar and Deion Pendleton

Noah reflects on their life as a Trans-American Iranian navigating cultural sensitivity and acceptance, as well as reflecting on their mental health journey. Highlighting their hardships while emphasizing the importance of authenticity and working their way through the challenges they have faced, they discuss their love for the LGBTQ+ community, how their hardships have shaped their resiliency, and the work they want to pursue moving forward.

Deion will focus on mental wellness and awareness, with a focus on opening the eyes of those who are not in the field doing the groundwork. Through sharing the stories, from his work with Black, Indigenous and People of Color (BIPOC) LGBTQ youth, Deion will explore how youth feel, what they go through and share some experiences that may help when supporting and working with these communities.

Listening Sessions: Hearing our Hearts Together presented by: Frantz Fanon Lab at the New School for Social Research and DBGM

LS1 – Facilitated by Tyce Purvis and Prof. Daniel Jose Gaztambide Nunez, Psy. D.

LS2 – Facilitated by Zomorah Kennedy and Oumar Kenneh

Pandemic Update - Partnerships for COVID Vaccine Equity

Presented by **Olusimbo Ige, MD, MPH**, Assistant Commissioner, NYC Department of Health and Mental Hygiene

988: More Than A Number

Presented by **Denise Balzer, LCSW** and **Katerina Gaylord, LMSW** - NYS OMH/988 Implementation Advisory Committee

Formal Program Closing

Native American Invocation: **Tony Enos**

Entertainment/Performance Program Segment: “I’m An Artist - DAMNIT!”

@7:45 PM

3-prizes Ruffling laptops; 1st Prize receives additional MS Office Suite 1-year subscription.

Names will be chosen from those who attended the entire conference and this evening’s showcase.

THE MENTAL HEALTH PANDEMIC



SHANE MARK TULL LCSW-R PHD (S)
CLINICAL PSYCHOTHERAPIST

Conference Schedule

October 7, 2021 – Day 1

Time	Presentation Titles	Presenters
10:00am	Call to Order, Welcome, Introductions, Acknowledgements & Housekeeping Native American Two-Spirit Invocation	Planning Team Member Marcy Angeles, Nednhi Chiricahua Apache
	“We Remember Our Own” Hope, Culture and Strength	Darren J. Glenn, MLIS (CEP) Gage Perley, Wolastoquiyik and Mi’kmaq from Tobique First Nation (Neqotkuk)
Session I	BREAKOUT Session I [D1-S1]	BREAKOUT Session I
11:00am	[-B1] (CE) Prioritizing Black LGBTQ Youth Mental Health and Resiliency [-B2] Recognizing LGBT Youth Homelessness as Displacement	Myeshia N. Price, Ph.D., and Amy Green, Ph.D., Trevor Project Samuel Ritholtz

SPECIALTY BREAKS [SB]

■ [SB1 Guided Meditation & Yoga – Bhavna Ram

■ [SB2] Drumming – LGBT Kwanza Community of NYC

Drummers:

1. Cuchi Encarnacion

2. Victoria Carter

3. Bernadette McGowen

4. Imani Rashid

■ [SB3] Cardio for Mental Health – Lyne LuvDance

To	[-B3] (CE) No More Poison Candy: Disrupting The Tobacco Industry’s Hold on Our Black LGBTQ+ Youth	Gabriel Glissmeyer, LGBT Cancer Network
	[-B4] (CE) Crazy Loud Asian: A Sibling Duo’s Journey to Stop Asian Hate	Xiqiao Chen, The New School
	[-B5] Sustainability and Trauma Informed Leadership: What the Pandemic is Teaching Us	Darlene S. Torres, LMSW and Aditi Bhattacharya, LCSW, NYC AVP
12:00noon	[-B6] Healthy Relationships and Environments - Green Flags, Red Flags , and What You Need to Know about Domestic Violence and Human Trafficking	Kymberly McNair & Cristina Tanzola
12:00noon	LUNCHTIME- “Decolonizing Your Plate” James Beard Foundation	Moderator: Colleen Vincent; Panelsts: Ife Kilimanjaro, Soul Fire Farms Dave Smoke-McCluskey, Corn Mafia Dr. Kera Nyemb-Diop

Conference Schedule

October 7, 2021 – Day 1 (continued)

12:45pm	2021: Resilience Redefined	Christopher Sangiovanni Troche and Cesar Piña
Session II	BREAKOUT Session II [D1-S2]	BREAKOUT Session II
1:30pm	[-B1] (CE) Queer Academic Success: The Impact of Mental Health and Campus Climate	Maren Greathouse, Ph.D., Rutgers University
	[-B2] “Casa Frida”: transitory shelter in Mexico City for the LGBTQ+ community.	Jonathan Silva, Ph.D, and Hernandez Moises
To	[-B3] (CE) Sitting and Moving with what Arises	Nicolas Dumit Estevez
	[-B4] Gay Men of Color in the Mirror: The impact of sexual racism and the White (Gay) Male Gaze on self-perception	Anthony Boiardo, The New School
2:30pm	[-B5] Prejudice: A cause of mental illness among young gay Nigerians	Onyedikachi Precious, Asylum Task Force
2:30pm	Children Affected by Parental Incarceration Matter, Too	Leo Tate, Osborne Association
3:00pm	END - DAY 1	END - DAY 1

Conference Schedule

October 8, 2021 – Day 2

Time	Presentation Titles	Presenters
4:00pm	Call to Order, Welcome, Introductions, Acknowledgements & Housekeeping Our Voices - Our Journeys: Youth Resiliency in Uncertainty	Planning Team Member Noah Sanatkar and Deion Pendleton - NYS AIDS Institute
Session III 5:00pm	BREAKOUT Session III [D2-S3] [-B1] (CE) Long-Acting Injectable Treatment for HIV1 [-B2] My Brain In A Jailed Bird Cage	BREAKOUT Session III Rona Vail, MD, Callen-Lorde Esther “Star Angel” Pagan
HEARING OUR HEARTS TOGETHER		
Two Listening Sessions – a collaboration between DBGM and The Frantz Fanon Lab at The New School for Social Research for a study on Black gay/SGL men in NYC.		
Group A - LS1 – Facilitated by Tyce Purvis and Prof. Daniel Jose Gaztambide Nunez, Psy. D.		
<ul style="list-style-type: none">• What is a challenge LGBTQ+ BIPOC communities face today?• What do we need, as LGBTQ+ BIPOC peoples, not to survive, but thrive?		
Group B - LS2		
<ul style="list-style-type: none">• What kinds of changes do we need as a society to feel heard for our healing?• How can we come together in our communities to hear and heal with each other?		
To	[-B3] (CE) Access for Mood Disorders: An UNFAIR Race	Sandy Rao, University of Calgary
	[-B4] Shapeshifting Away from White Supremacy: A Story of Black Queer Resiliency and Faith	Sankofa Backwards-looking Princess
6:00pm	[-B5] (CE) Grinding out your Sexual Assumptions, Tindering your Sexual Imagination 988: More than a number Partnerships for COVID Vaccine Equity	Dashawn Ealey, The New School Denise Balzer, LCSW Katerina Gaylord, LMSW NYS Office of Mental Health Olusimbo Ige, MD, MPH; NYC DOHMH
6:30pm	Closing Invocation	Tony Enos, Echota-Cherokee
6:30pm	END DAY 2 - Formal Program	END DAY 2 - Formal Program



invites you to participate in the

2021 LGBTQ+ Community Survey for New York State

This needs assessment happens once every 5 years and is the most important way to inform government officials and providers throughout the state about what the community needs and why.

This survey is available to persons in the community who are 13 years and older. It is fully anonymous and no personal identifying information will be asked for.

Please understand that the survey will ask about your needs and experiences with behavioral health, physical health and other social services. All results will be compiled at the community level and no individual level results will be disclosed.



[NYSLGBTQ.org](https://nyslgbtq.org)



This project is being spearheaded by the New York State LGBT Health and Human Services Network ("The Network"). TRX Development Solutions has been contracted to implement the project.

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“I’m an Artist - DamnIt!”

Time		Performer
6:30pm	Opening/Welcome	Christopher Sangiovanni Troche & Queen Peachez
6:45pm		Agnes Senga Tyriesha Jones Juilliard Gluck Program Ensemble Samuel Eno islaya Sitanya Face Jesslyn Blue Yannick Eike Miriko Kalon (Black Sun) Billy Mick Robyn Banks Bashar Murad
7:45pm		Selecting & Drawing Raffle Vegas Valentine Zeta Jones
8:00pm		Gigi Cutina

Hostess: Queen Peachez

Peachez Iman Cummings is NYC’s newest and Juiciest rising star. The drag daughter of renowned activist and drag legend, Marti Gould Cummings, she is focused on using her platform to highlight Black queens in the city’s seemingly monochromatic nightlife scene. In addition to drag, she is on the Board of Directors of HelpNYC, and is passionately involved with local government and volunteers with multiple organizations throughout the city. Pairing high energy performance with a clear point of view; Peachez will feed your mind, body and soul. IG: @Peachez.NYC



The Pussy Poppin Diva and also known as the Indigenous Princess of Pittsburgh. You can catch her every Saturday as the co-host of Pour Me Another at The Yard in Shady Side, on top of catching her every Thursday for the Viewing Party 14 of RPDR: All Star 6. Her social media: Facebook: **Agnes Senga**, Instagram: Aggykween, Snapchat: itsvantes! Payment for Tipping: Venmo/Cash App: aggykween PayPal: ohnoitsagnes@gmail.com

Tyriesha Jones - is the stone queen of South Florida and the Broadway diva



ISLAYA (bio unavailable)



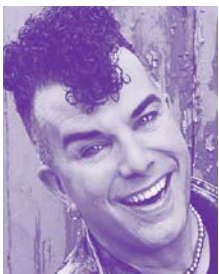
Sitanya Face is your Brooklyn poet ingénue queen with a love for theatrics. She’ll make you unafraid to feel and hopes you enjoy the original words she crafted. Sitanya Face, is currently hosting a drag night every Thursday at the Starr Bar in Brooklyn, and is currently selling her book of poetry “The Unicorn That Discovered Self-Love.”

JESSLYN BLUE is a multi-talented artist from Neptune, NJ, and holds a Bachelors of Arts in English from Rutgers University, Newark Campus. She provides freelance editing services to indie authors and produced creative writing workshops and slams under her brainchild, "Open Words". Her first published book of poems, "C'est La Vie: 2n Edition", is available on amazon.com. Currently, residing in New York City, she's an actress, model, and provides Tarot readings. Her poetry album, "Minding My Bees", will be release on all streaming platforms on Nov. 26th, 2021. Previous poetry performances include the Nuyorican Poets Cafe, the Jersey Shore Poetry Slam, and Word Play Cafe.



Kalon (Ka Black Sun) is a multidisciplinary performance artist, teacher, and curator. He is a graduate of both the Duke Ellington School of the Arts and Fordham University at Lincoln Center. He has performed throughout the United States, Africa, and Europe. Kalon uses movement, soul music, and theatre to explore sexuality and spirituality. His performance pieces were presented at The Brooklyn Arts Exchange, The Bronx Museum of the Arts, and Flux Factory. He serves as a teaching-artist and company member of F.U.S.H.A Dance Company (West and Congolese dance). He is currently doing an artist residency at the ARos museum in Aarhus, Denmark. Kalon is excited to release his music film project later this year.

Yannick Eike Mirko [They/He] is an Afro-Latine queer artist, writer, and musician. He used his works as an opportunity to live as a better activist, while recently being diagnosed inter-abled and re-learning life in a "newly wheel-chaired body and mind". Their artistry manifests itself in folk music, editorial writing, and mainly acting, always sure to involve change-making messages and intentions. Yan thanks you for your time, and hopes you're well. Portfolio: yannickmirko.com



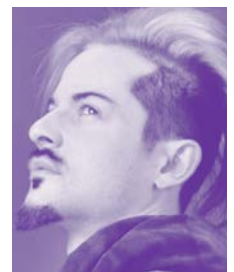
Billy Mick, a gay singer/songwriter out of Central Florida, is celebrating life, his community, family and friends in his music. He released his first studio album, "Just B.", last June during quarantine and recently released his second album, "Leveling Up", exclusively on Bandcamp.com Billy was honored to perform at Orlando's Miss Gay Days Pageant, Space Coast Pride, as well as, participated in several Virtual Pride events across the globe.

Robyn Banks is a drag queen from Harlem NYC and loves to make music and to make people laugh, Robyn has a new album due out this Winter so look out for that. For more info visit her official website and follow her on all social media accounts! www.robbynbanks.com and on social media at AyoRobynBanks.



Bashar Murad is a Palestinian singer, songwriter, and social activist based in East Jerusalem. His music addresses societal norms, the Israeli Occupation, and LGBT+ rights in the Middle East.

A performance artist often described as "the Book of Revelation meets Burning Man", **Vegas Valentine** racked up nominations and awards for his 2019 debut album NOCTURNE. While maintaining a cohesive body of work, his catalogue spans several genres, from electropop, to symphonic rock, hip hop, and even dubstep,. His newest piece "Fathoms", a kaiju-inspired metaphor for mental health, has been lauded by music critics and film festivals. Connect with Vegas at linktr.ee/vegasvalentinemusic



This New York Drag Kween, **Zeta Jones**, goes by all pronouns. She can be seen in shows at multiple venues, such as Rebar, Atlas Social Club, Fire Island, and many more places. She combines gender pop culture and beauty into a fun upbeat vibe that is exclusively hers. Follow her on Instagram @thezetajones. Let's give it up for Zeta Jones.

GIGI Cutina is a Westchester, NY native. She started her drag career eight years ago and describes herself as a Latina Comedy Show Girl, who is known for her high energy shows, hair flips, and always sparkling costumes. Performing around the TriState area, she creates the ensembles she wears, from hair to outfits, and dresses Drag Queens from NY to Florida, as well as on "RuPaul's Drag Race Queens."





Samuel Akinmoh Eno identifies as gender queer, with preferred pronouns They, Them, Theirs, and is an Ambivert, blending two personality types. He is from the Southern part of Nigeria, and is a graduate in Linguistics and Indigenous Nigerian languages. Currently, Samuel volunteers with a transgender-led organization.

Presentations' Descriptions

Thursday, October 7, 2021

[D1-S1] BREAKOUT - Session I - 11:00am

(CE) = LCSWs and LMSWs can receive a Credit Hour by attending an eligible presentation

[D1-S1-B1] (CE) Prioritizing Black LGBTQ Youth Mental Health and Resiliency

Presented by Myeshia N. Price, Ph.D., and Amy Green, Ph.D. – The Trevor Project

Little research has quantitatively explored mental health outcomes specific to Black LGBTQ youth. We use an intersectional lens to contribute to our understanding of the Black LGBTQ youth experience among a national sample of youth who participated in a quantitative cross-sectional online survey in 2020. Our findings will present data on rates of anxiety, depression, suicidal ideation, and suicide attempts among Black LGBTQ youth, and offer specific data-informed recommendations for solutions.

[D1-S1-B2] Recognizing LGBT Youth Homelessness as Displacement

Presented by Samuel Ritholtz

Rejected from their family and facing discrimination, LGBT youth leave home, but can their displacement be considered forced migration? In this presentation, the presenter advances I put forward a provocation that calls for the experience of LGBT youth homelessness to be considered a form of displacement in violation of international law. In conceptualizing homelessness as displacement, the presenter hopes to bring a new narrative to LGBT youth advocacy which can empower these youth to make new claims to the government.

[D1-S1-B3] (CE) No More Poison Candy: Disrupting The Tobacco Industry's Hold on Our Black LGBTQ+ Youth

Presented by Gabriel Glissmeyer, The LGBT Cancer Network

Did you know one out of every four queer youth are becoming addicted to nicotine via flavored e-cigarettes? It's been well documented that social stigma and discrimination have a negative impact on mental health, and the tobacco industry has capitalized on the oppression of Black LGBTQ+ people in the United States to push certain products like menthol. This presentation will examine more about the history of tobacco marketing and explore models to create support for Black LGBTQ+ youth.

[D1-S1-B4] (CE) Crazy Loud Asian: A Sibling Duo's Journey to Stop Asian Hate

Presented by Xiqiao Chen, MA - The New School

This multi-media presentation explores the vicissitudes, struggles, and triumphs of an Asian American brother and sister, as they navigate a beleaguered pandemic year filled with fear, hate, and isolation and organize a Stop Asian Hate Concert and Fundraiser. Drawing on art, music, songs, and poetry, this unique presentation is a personal reflection of the AAPI, LGBTQ immigrant youth experience, and a testament to the power of community organizing, advocacy, and art.

[D1-S1-B5] Sustainability and Trauma Informed Leadership: What the Pandemic is Teaching Us

Presented by Darlene S. Torres, LMSW, and Aditi Bhattacharya, LCSW – NYC Anti-Violence Project

A lot is being written about the profound impact that COVID-19 and the global lockdowns have had on us all as individuals, as members of community groups, and as a larger society. For LGBTQIA+ people, the rollercoaster of uncertainty, survival and belonging has been particularly traumatic given the state sanctioned xenophobia, anti-Black racism and hate violence of the last presidency, only to be tag-teamed with the colossal economic and social disruption through and because of the pandemic. This presentation will address what the pandemic has meant for how communities hold traumas and are resilient amidst a sea of uncertainty while giving comfort and grounding to the LGBTQIA+ survivors of violence being served.

[D1-S1-B6] Healthy Relationships and Environments - Green Flags, Red Flags , and What You Need to Know about Domestic Violence and Human Trafficking

Presented by Kymberly McNair and Cristina Tanzola, MA – My Sister’s Place

With two presenters, Kymberly McNair and Cristina Tanzola, who are leaders in our organization this presentation will be discussion on healthy relationships (red/green flags) as well as healthy work environments as it pertains to human trafficking. It is intended to be informative but very interactive, to spread knowledge, awareness, and resources on domestic violence and human trafficking.

[D1-S2] BREAKOUT Session II - 1:30pm

(CE) = LCSWs and LMSWs can receive a Credit Hour by attending an eligible presentation

[D1-S2-B1] (CE) Queer Academic Success: The Impact of Mental Health and Campus Climate

Presented by Maren Greathouse, Ph.D., Rutgers University

The mental health of queer-spectrum college students, and the campus climate they traverse, exert significant influence on the academic engagement, disengagement, and success for this population. Two-thirds of queer-spectrum college students reported a mental health condition, and these students had a more unfavorable perception of the campus climate for diversity than their mentally healthy queer spectrum peers. By attending this presentation, attendees will learn more about the impact of these two factors on the academic success of queer-spectrum college students.

[D1-S2-B3] “Casa Frida”: transitory shelter in Mexico City for the LGBTQ+ community.

Presented by Jonathan Silva, Ph.D., and Moises Hernandez – Mexico City, Mexico.

Casa Frida started its activities on May 2020 in Mexico City as a temporary shelter for LGBTQ+ people, especially youth, that lost their home during the COVID-19 pandemic. Today, after a year its staff received more than 130 people for an average of 50 to 70 days for support. From the psychosocial needs detected in the population, an integral model was developed and oriented towards personal and community empowerment to promote social inclusion; from vulnerability to empowerment. The work exposes the characteristics of the population that received support and the results obtained during the first year of operations.

[D1-S2-B3] (CE) Sitting and Moving with what Arises

Presented by Nicolas Dumit Estevez

A specific everyday object, a chair, is used as both platform and tool for the experience, which consists of simple yet powerful breathing exercises, movement, writing and recollection.

[D2-S3-B4] Gay Men of Color in the Mirror: The impact of sexual racism and the White (Gay) Male Gaze on self-perception

Presented by Anthony Boiardo, MA (Doctoral Candidate in Clinical Psychology) - The New School

Research on body shame has focused mainly on White gay men and only recently has research shifted to understanding the poor mental health outcomes of body dissatisfaction in gay men of color. This workshop presents analyzed findings from a subsample of 24 gay men of color that describes the intersecting influences of self-objectification, internalized homophobia, and sexual racism on body representation. The Mirror Paradigm is described and its value as a clinical assessment technique considered.

[D2-S2-B5] Prejudice: A cause of mental illness among young gay Nigerians

Presented by Onyedikachi Precious Nwogu, BSc. – LGBT Asylum Task Force

As a young gay Black man, for many different reasons, several times I questioned my identity. One question I asked myself was about prejudice. In Nigeria, as a Black gay man, I’m often seen in many ways, as an abomination, a curse, and an evil that would soon go away in death. Society rejects someone like me, the church and other religious groups, and in most cases, one’s family also participates in this rejection. It is easy to deal with other people or groups’ rejections but more difficult when it is from one’s family.

Society’s rejections receive legal support, as constitutionally, it is a criminal offense to be gay in Nigeria and results in as

much as 14 years in jail, to stoning to dealt in some parts of the country, or even what is termed honor killings (where a member of a person's family can kill a gay man because they believe he has brought dishonor to their family).

Friday, October 8, 2021

[D2-S3] BREAKOUT Session III - 5:00pm

(CE) = LCSWs and LMSWs can receive a Credit Hour by attending an eligible presentation

[D2-S3-B1] (CE) Long-Acting Injectable Treatment for HIV1

Presented by Rona Vail, MD – Callen-Lorde Community Health Center

For those who identify as LGBTQIA and are living with HIV infection, the added trauma and stress of medication management and the stigma that accompanies it has been exacerbated. As we move towards the future and the advancement in medication options, long acting injectables have become a possible alternative to daily oral treatment. This presentation will aim to provide the necessary information about use, challenges and benefits of the long-acting injectable medication cabotegravir/rilpivirine (Cabenuva).

[D1-S2-B2] My Brain In A Jailed Bird Cage

Presented by Esther “Star Angel” Pagan

My poem titled, “My Bodega Boxed Dream Of Matches,” is a poem I wrote in honor of my adult son who lives with mental illness. Part of my presentation is a mixed media art piece for bringing light and awareness in stopping the stigma against mental illness.

[D2-S3-B3] (CE) Access for Mood Disorders: An UNFAIR Race

Presented by Sandy Rao, MSW, RSW, RP, CLSSBB, (Doctoral Student), University of Calgary.

Access to health care, most specifically, mental health care challenges are a mainstay issue. Despite much discussion on the topic, and a focus on health care navigation as the sole issue, perceptions of access models from young adults with mood disorders have not been investigated. A planned study aims to address MHA system burdens which until now has had a compounding and iatrogenic effect on young adults with mood disorders.

[D2-S3-B4] Shapeshifting Away from White Supremacy: A Story of Black Queer Resiliency and Faith

Presented by Sankofa Backwards-looking Princess

This presentation will illustrate the profound effect of externally ascribed identities on one's mental health. Sankofa's story reveals how true identities – those agentively created or divinely intuited – are an endless source of food and replenishment for the soul. As a mental health service-user, Sankofa tells their story of embracing their true identities and overcoming misidentification to validate such processes for other service-users and self-identified mad folks and promote holism and anti-oppression in mental healthcare.

[D2-S3-B5] (CE) Grinding out your Sexual Assumptions, Tindering your Sexual Imagination

Presented by Dashawn Ealey, MEd; Anthony Boiardo, M.A. (Doctoral Candidate in Clinical Psychology); Daniel José Gaztambide Núñez, PsyD; Jeremy Kelleher, M.A.; Xiqiao Chen, M.A.

This interactive workshop will engage participants in critical reflection and skills-building designed to challenge sexual racism and sexual colorblindness within the LGBT communities. Participants will understand how they may be susceptible to, perpetuate, and fight against sexual racism. Presenters will draw on an anti-racist lens, grounded in the ethics of care, pleasure activism, and love, centering the process of shrinking our blind spots related to desirability by expanding our sexual imagination.

Hearing our Hearts Together – A Research Study Listening Session

Presented by DBGGM and the Frantz Fanon Lab at the New School for Social Research

Many traditions and contemporary science show that psychological and spiritual healing involves the experience of our needs being heard and responded to by others in the community. We invite community members to join one of two collaborative listening sessions to talk about our needs as LGBTQ+ Black, Indigenous and People of Color (BIPOC)

peoples and peoples of the Global South and explore the ways to meet those needs as a community. Discussion questions will be shared at the listening session to generate discussion, with facilitation by DBGGM members in collaboration with the Frantz Fanon Lab at the New School for Social Research. The discussion will serve to inform upcoming research and community events between DBGGM and the Frantz Fanon lab to better serve the community's needs. Attendees who join the listening session will similarly be encouraged to propose, participate, and take the lead on new ideas and initiatives.

Among the questions to be posed during the listening sessions, in two groups:

Group A - LS1

- What is a challenge LGBTQ+ BIPOC communities face today?
- What do we need, as LGBTQ+ BIPOC peoples, not to survive, but thrive?

Group B - LS2

- What kinds of changes do we need as a society to feel heard for our healing?
- How can we come together in our communities to hear and heal with each other?

Pressing Issues:

- **Partnerships for COVID-19 Equity** - Olusimbo Ige, MD, MPH, Assistant Commissioner, NYC DOHMH
- **988: More Than A Number** - Denise Balzer, LCSW and Katerina Gaylord, LMSW, NYS Office of Mental Health

Native American Invocation: Tony Enos – Echota-Cherokee

-END Formal Conference Program-

The logo for Claymont Digital Design features a large, blue, stylized letter 'C' on the left. To its right, the words 'Digital Design' are written in a blue, cursive-style font, positioned above the word 'Claymont' which is in a blue, serif font. The entire logo has a subtle drop shadow effect.

Claymont Digital Design is proud to support DBGGM and IMM Conference 2021. We applaud your work to support the mental health of LGBTQ+ People of Color. Thank you for this year's focus on LGBTQ+ Youth.

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Volunteer Note Takers:

Hollie Fitzhenry
Danny Blakeman
(with assistance from Prof. Monica Foust and
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BMCC, CUNY)

Artists' Gallery:

"The White Shirt Project"
(with the kind permission of the late Jose Ramon Medina's Estate and Albert Rodriguez)
"Portraits of PRIDE", by Ocean Morisset
"Transcend", by I AM
"#UNDOCQUEER", by Beto Soto
"Everything On Me", by Da XiX
"Genderswag" by Genderswag
"Sculpture - Mix Media", by Rafaelina Tineo
"Rainbow Attires", by Favour Akpan

Community Partners:

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Beyond Bold and Brave, Inc.
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Brooklyn Community Pride Center
CAMBA
Caribbean Equality Project
Echota-Cherokee Tribe
Harlem Pride
The LGBT Cancer Network
LGBT Kwanzaa Community of NYC
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Vibrant Emotional Health

Conference Website Update: The Hoopoe



Thanks you for your participation

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LGBTQ+ People of Color Mental Health Conference “Youth Mental Wellness - Resilience In Uncertainty”

DBGM is dedicated to recognizing and articulating LGBTQ+ people of the Black Diaspora mental health, and through the collective strengths and wisdom of professionals and supporters, to remove shame and stigma, and bring the concerns affecting these communities into the light for healing. (Revised March, 2016)

“If by what I’m doing, one Black gay man could be prevented from killing himself, then my job is done; his healing begins.”

- Antoine Craigwell, Founder and CEO

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