

IN
MY
MIND

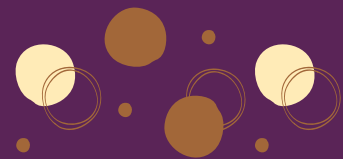
IMM

Conference 2022



TENACITY AND AGELESSNESS IN HEALING

CONSIDERING LGBTQ+
OLDER ADULTS OF COLOR
MENTAL HEALTH AND
WELLNESS.



OCT. 7, 2022



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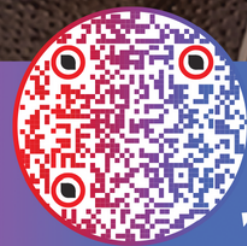
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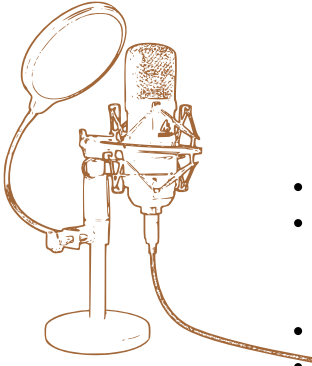


Medicaid

Stock photo with model

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

Let's enjoy this opportunity to learn and collaborate, to share ideas and practical ways to make life better for LGBTQ+ people of color living with mental health issues.

- 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.
 - Unless you're presenting, turn off your camera - it uses more bandwidth.
 - 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!

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CONTINUING EDUCATION UNITS/CREDIT (CEU)

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

- Requiring CEs, 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

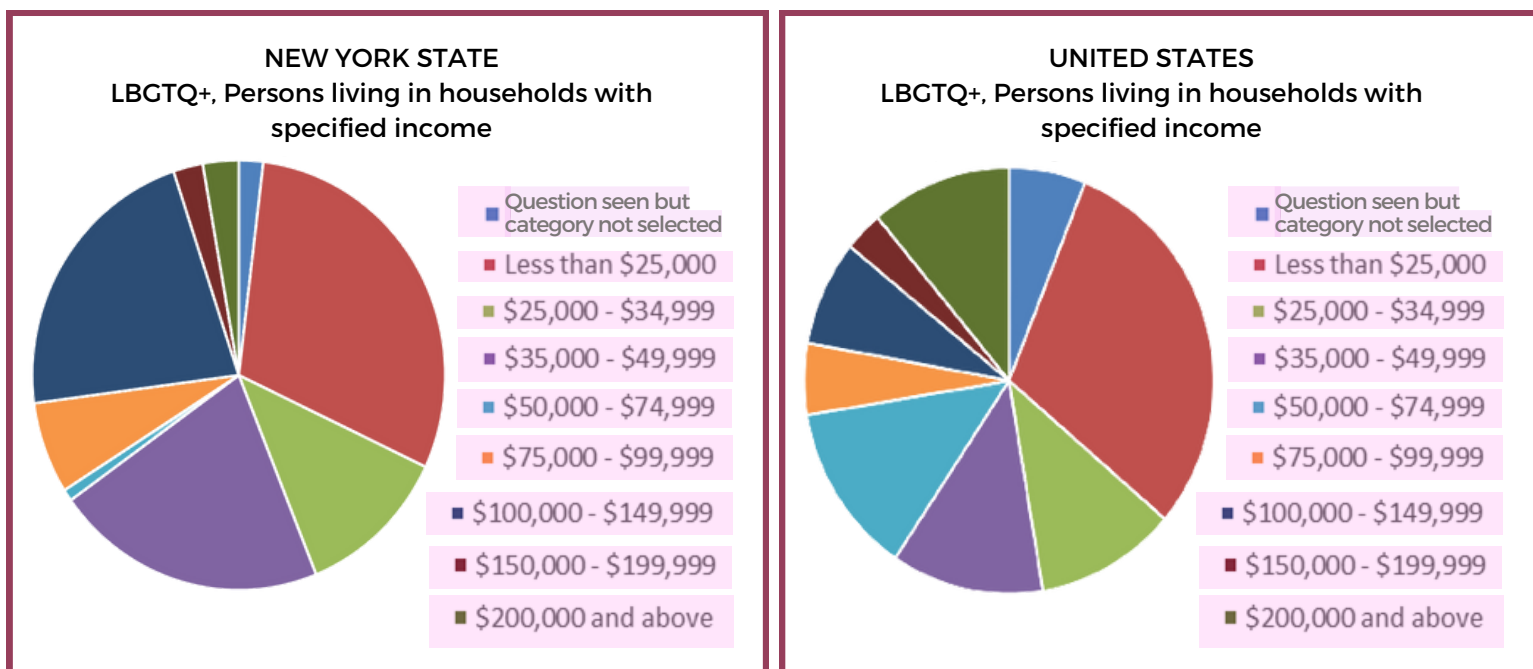


Please send this information in an email to info@inmymindconference.com as soon after the conference ends.

Your email will be forwarded to Callen-Lorde who will evaluate your responses and issue the certificate of completion providing the CE.



LGBTQ+ Older Adults' income disparities nationwide versus NY State.*



(*Data compiled from US Census Bureau and other sources by Steve Sconfienza, Ph.D., Chief Research Scientist, New York State Office for the Aging)

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WELCOME

Community Members

On this, our 8th annual In My Mind LGBTQ+ People of Color Mental Health Conference (IMM22), with a focus on older LGBTQ+ adults of color and their mental health, we, the planning team, extend a hearty WELCOME!

With our title, “**Tenacity and Agelessness in Healing**”, and the theme, “**Considering LGBTQ+ Older Adults of Color Mental Health and Wellness**”, suggest that this year, we’re focused on older LGBTQ+ people of color and their mental health. While we’re aware that many older community members exhibited remarkable resilience during this continuing COVID-19 pandemic, we cannot forget that with a seeming cultural development emphasizing a youth-focused world, that our community members appear to be shoved to society’s margins, relegated to memories, experiences, and stories of by-gone eras, isolated, abandoned, ostracized for their age; a cultural perception that once a person crosses a certain age, they are old, their thoughts, ideas are obsolete, and they are no longer relevant. We know that many in our communities struggle throughout their lives with their sense of self, their identity, who they are, and they long for acceptance in every sphere in which they exist; yet, this longing is often lacking, absent and when present, minimized (we were offered an opportunity to host a limited in-person as part of a hybrid conference at Manhattanville College, but during a site walkthrough, we discovered gender-binary segregated bathrooms on the ground floor at the Reid Castle, and when we asked to at least temporarily change the signs to be more inclusive, we were told, “NO”; for this reason, we withdrew from the College to host the conference online. We felt that we couldn’t subject our community members to an environment with conditions that were

unwelcoming and unacceptable. For many, being Black and or a person of color together with their sexual orientation and gender identity/expression, acceptance is vital. To enable older community members who struggle with technology (getting online and navigating software/websites), the Conference partners with several community-based organizations and New York city agencies to host the Conference at satellite locations across NYC and in Westchester.

At IMM22, we hope to highlight some of the issues with which our communities live. Our program will begin and end with an Indigenous Peoples/Native American Ancestral Invocation, we will hear from our Keynote Speaker, Prof. Kyaien O. Conner, Ph.D. who will set the tone for the day, experience three Breakout Sessions with concurrent presenters, sharing with us several different constructs impacting older LGBTQ+ people of color community members - parallel to these presentations, we will have a choice to step away for some self care and attend one of the four Specialty Breakouts focused on Meditation, Yoga, Drumming and a Healing Circle; and we will hear from NY State’s Commissioner of Health, Mary Bassett, MD. Toward the end of the day, we will learn about 988, the new mental health crisis and suicide prevention hotline, and from NYC’s DOHMH on COVID-19 and Monkeypox updates.

We continue to be grateful to our Sponsors and Community Partners who through their support, demonstrated their commitment to LGBTQ+ Black and peoples of color and the issues with which these communities live.

WELCOME!

*Conference Planning Team
2022 In My Mind
October 7, 2022*



Ashwin Vasan, MD, PhD
Commissioner

Gotham Center
42-09 28th St.
Long Island City, NY 11101

October 2022

Welcome to the In My Mind Conference 2022:
Tenacity and Agelessness in Healing!

This year, we turn our focus toward a group of people who are frequently overlooked and unacknowledged, beyond the ageism that defines our culture: older adults of color who identify as members of the LGBTQIA+ community. The City of New York and other jurisdictions have made important advances in policies and programs to support health, wellbeing, and social connection for older adults. But this unique population who, on top of the daily challenges of aging in place, face racism and discrimination based on sexual orientation and identity remain relatively underserved and marginalized among aging New Yorkers, including when it comes to meeting their mental health needs.

Adults 65 and over currently represent more than 15% of New York City, and the numbers are expected to rise significantly in the next two decades. Today’s older New Yorkers generally came of age in a time of strict parameters and limited discussion about gender and sexuality, and many have faced unique and chronic trauma that comes from secrecy, from being targets of ridicule and shame, from coming out or transitioning later in life, from living through the height of the AIDS crisis, from missed personal and financial opportunities, from family rejection, from medical neglect, and more. Add on top of this the additional indignity of racism, and for many it can be almost too much to bear.

As the former leader of Fountain House and now as a Health Commissioner who has publicly committed to combatting our city’s mental health

crisis as a top City and Department priority, I know three things very well. First -- that the systems we currently have in place to respond to the crisis are insufficient. Two – that strengthening mental health supports for aging LGBTQIA+ New Yorkers of color starts with building social connection, ending isolation and loneliness, and investing in social infrastructure. And lastly – that the passion, talents, brilliance, creativity, and dedication of my government colleagues and our nonprofit partners can revolutionize and strengthen these systems permanently, so no one faces aging alone.

As we develop new mental health policies and strategies for the Adams Administration, we vow to look out for and reach out to LGBTQIA+ older adults of color, and to consider their various mental and emotional health needs. We know that individuals from this population are represented in two of the priority areas in our mental health response – people with serious mental illness and people at risk of overdose from opioids or other drugs – and we will investigate ways to ensure that they are targeted for inclusion in the work we are developing for these broader populations.

And we will also take the mental health needs of LGBTQIA+ older adults of color into greater account across the Department’s efforts to better serve older New Yorkers, such as nursing home and elder care surveillance, social isolation research and intervention, chronic disease prevention, continued COVID-19 outreach and care, and more.

I look forward to learning more from all of you about how best to advocate for LGBTQIA+ older adults of color and for all New Yorkers. Thank you for everything you do, and best wishes for a wonderful and productive conference.

Sincerely,

Ashwin Vasan, MD, PhD
Commissioner
New York City Department of Health and Mental Hygiene

BIOGRAPHIES

INDIGENOUS/NATIVE AMERICAN INVOCATION:

Rebecca Crawford-Foster, Ph.D., (Blackfeet/Dakota) was born and raised on the Blackfeet Reservation, and spent summers with her grandparents on the Ft. Peck Reservation, in Northern Montana. She completed her Bachelors of Arts in Psychology (1982) at the University of Montana, Missoula, Montana, a Masters in Education Counseling (1985) at Montana State University, Bozeman, Montana, and a Doctorate in Psychology (1992) at Utah State University, Logan, Utah; she completed a Post- Doctoral Masters of Science in Clinical Psychopharmacology from Alliant International University's California School of Professional Psychology (2013). Dr. Crawford-Foster worked as an Associate Professor at the University of North Dakota, Grand Forks, as a Professor and Director of the Graduate Program in Human Services at Sinte Gleska University in Mission, SD, and as a therapist for Indian Health Service on the Blackfeet Reservation, Browning Montana and Rosebud Sioux Tribe, Rosebud South Dakota. She is a wife, Mother, Grandmother, Daughter, Grand Daughter, Sister and Sundancer in the Sisseton-Wahpeton Dakota and Amskapi Pikuni (Blackfeet) Traditions.



Daniel Foster, Ph. D., is a Western Band Cherokee, though Dakota/Lakota culturally, who grew up in the West. He was discharged from the Army in November of 1971, as a Sergeant, having entered in 1969. He completed his undergraduate work at Willamette University, Salem, Oregon, where he was a member of Psi Chi (Psychology Honor Society) and Omicron Delta Kappa (a National Honor Society), graduating with a Bachelors of Science in Psychology, Education and Social Science in 1975. He completed his Doctorate in Clinical Psychology at Baylor University, Waco, Texas, in 1980. In 2011, he completed a Postdoctoral Masters of .

Science in Psychopharmacology from Alliant International University's California School of Professional Psychology. A member of Willamette's Athletic Hall of Fame, he was a Collegiate and Elite International Athlete, competing as a Wrestler and Football player in college and on the US Team Handball National Team for 11 years. He was a member of multiple TH National Championship Teams, including the Collegiate Championship in 1974 and 1975, and the last one at Hofstra University in 2002, in the Elite Division. He worked for the Bureau of Prisons for 11 years, including serving as the first National Director, Drug Abuse Programs, and retired from IHS after 23 years in Browning MT and Rosebud SD, in 2017. He and his wife, Becky (Blackfeet/Dakota/Lakota), a Doctor of Clinical Psychology, have been blessed to raise many children and are still learning the privilege, responsibilities and humility inherent in parenting. Together, they belong to the Buffalo Lake Sundance Circle in South Dakota, work with Traditional Healers as well as with Western Medicine practitioners, and strongly support holistic Health Promotion and Wellness as a paradigm for Health Care. He currently works with Fort Belknap Tribes Integrated Behavioral Health, in Montana, on civil rights issues, and the Southeast Wise Women Conference speaker on Indigenous issues facing women today .

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BIOGRAPHIES

KEYNOTE SPEAKER



Kyaien Conner, Ph.D.
Associate Professor, Mental Health Law and Policy
University of South Florida.

Prof. Conner is a Licensed Clinical Social Worker. She received her Bachelor of Science in Psychology from the University of Pittsburgh, a Master's in Social Work, and a Master's in Public Health with a specialization in Minority Health and Health Disparities. She has a Doctorate in Social Work and with post-doctoral training in Community Psychiatry. Prof. Conner's research investigates the factors influencing disparities in health service utilization and treatment outcomes for racial and ethnic minorities,

and examines culturally meaningful approaches to improving behavioral health and reducing stigma among marginalized populations. She is a social justice advocate, and contributed to legislation which became law in Florida to restructure the Florida Office of Minority Health and Health Equity. She is the Chair of the Faculty Senate Council on Racial Justice, serves on the Diversity, Equity and Inclusion (DEI) Council, and as the Special Assistant to the Dean on DEI for the College of Behavioral and Community Sciences. Dr. Conner obtained funding for research on behavioral health disparities. She is published in more than 50 publications on the impact of her work, and made presentations at more than 45 scientific conferences nationally and internationally.



Mary Bassette, MD, MPH, Commissioner,
NY State Department of Health

Mary T. Bassett, M.D., M.P.H., was appointed Acting Commissioner of Health on December 1, 2021 and confirmed by the New York State Senate on January 20, 2022. She previously served as Director of the François-Xavier Bagnoud (FXB) Center for Health and Human Rights at Harvard University and FXB Professor of the Practice of Health and Human Rights in the department of Social and Behavioral Sciences at the Harvard T.H. Chan School of Public Health.

Prior to that, she served as Commissioner of the New York City Department of Health and Mental Hygiene, Director for the Doris Duke Charitable Foundation's African Health Initiative and Child Well-Being Prevention Program; and as Deputy Commissioner of Health Promotion and Disease Prevention at the New York City Department of Health and Mental Hygiene. Early in her career, Dr. Bassett served on the medical faculty at the University of Zimbabwe and went on to serve as Associate Director of Health Equity at the Rockefeller Foundation's Southern Africa Office. After returning to the United States, she served on the faculty of Columbia University, including as Associate Professor of Clinical Epidemiology in the Mailman School of Public Health. Dr. Bassett received a B.A. in History and Science from Harvard University, an M.D. from Columbia University's College of Physicians and Surgeons, and an M.P.H. from the University of Washington.



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PANEL DISCUSSION

"LIVING OUR BEST LIVES; GRACEFULLY AND SURVIVING."

Moderator: Wilhelmina Perry, Ph.D., holds a Master's in Social Work and a Doctorate in Human Behavior and Leadership. She was part of a Social Work faculty, administrator of non-profit institutions and community educator. For more than 30 years she worked with her partner, Dr. Antonia Pantoja, and created two major community development institutions: a free standing alternative educational institution that worked with community leaders from around the United States and Puerto Rico, and a community economic development organization that worked with community residents who lived in low income areas in rural Puerto Rico. Following Dr. Pantoja's death in 2002, she returned to her faith and became a member of The Riverside Church, and shortly thereafter become the Convener of Maranatha , the Church's LGBT Ministry. .

Dr. Perry was a co-founder and Vice President of the Interfaith Task Force for Homeless LGBT Youth, which facilitated opening three shelters in local churches. She is a fierce advocate for LGBT/Same-Gender Loving (SGL) people and for marriage equality. She held the position of Convener of the People of Color Roundtable, which was part of the Empire State Pride Agenda. In 2010, this group reformed itself as an independent organization and became the LGBT Faith Leaders of African Descent, in which Dr. Perry served as Administrative Coordinator until 2017; in 2018, she was elected Founder Emeritus by the Board. During her tenure with Faith Leaders, she was involved in the formation of the LGBT Circle of Life, an organization to honor those who have passed, and the Black and Latino LGBT Coalition, an organization of Black and Latino LGBT organizations in NYC. Dr. Perry received many honors and awards, including in 2013 from Harlem Pride; in 2014 a Purpose Prize Fellow, also in 2014, the Lifetime Achievement Award from LGBT Kwanzaa Community of NYC, Inc; in 2016, the Regina Shavers Legacy Award from the Griot Circle, Inc., the oldest organization for LGBT seniors; in 2017, from City and State New York, and an award from the NAACP Mid-Manhattan Branch. Dr. Perry was one of World Pride 2019's public faces. and also, in 2019 and 2020, was named one of the 100 Most Influential LGBT people by City and State magazine; additionally in 2019, she was one of the faces of Stonewall 50: World Pride NYC. She contributed many articles on LGBT youth, SGL families, "coming out", clergy and attitudes towards LGBT people, and President Obama's support of marriage equality. These articles have appeared in Caribbean Life, The NY Daily News, The NY Amsterdam News, the Huffington Post, and The Positive Community. Dr. Perry is still an LGBT and community activist. She maintains a blog, "The View from Here: Musings of a Sassy Sistah", and is a member of the TFAM House of Worship, Rivers, NY.



Panelist: Beatriz McConnie Zapater worked in community-based and alternative education since 1975. She began her career in education as an English-as-a-Second Language teacher to Latino adults in Boston's South End. Later she began her journey in creating, teaching, and expanding alternative pathways to graduation for students considered at risk-for dropping out of school, or who had actually dropped out. In 1993, Beatriz founded the Greater Egleston Community High School in Boston, and for 11 years served as its Director. She worked with the Center for Collaborative Education, where she directed the New England Small Schools Network and co-developed guides for Pilot Schools in order to share and replicate effective practices throughout Boston and other school districts around the country.

McConnie Zapater holds a Bachelors of Arts. in Fine Arts and Liberal Arts, and a Master of Education in Bilingual Education and Teaching ESOL, both from Boston University. From 2007 to 2009, she served as the Assistant Headmaster and Co-Head, and she was later appointed Head of School at Boston Day and Evening Academy. Along with her direct work with students and faculty, she was a leadership coach to non-profit organizations and educators, including District Superintendents, administrators, Principals and faculty. Through her consulting practice, Less is MORE, McConnie Zapater facilitates participatory processes whereby schools and organizations can focus on equity, to make strategic planning decisions to transform culture and climate, and ultimately, students' educational outcomes. She is the author of two children's books, "Fiesta!" and "Three Kings' Day". She also balances her work with health and fitness, making art, music, cooking, political action, and staying connected to nature, family, and community. Beatriz's profound belief is that the development of the whole person (body, mind and spirit) is an essential human right.

Panelist: Henry Williams, a retired Registered Nurse, holds a Bachelor of Science from Hunter College in the City University of New York. He worked for more than 25 years in medical nursing, with six years in Geriatrics and seven years in Mental Hygiene. His memberships include the Rainbow Coalition, Maranatha at The Riverside Church since 1994, and SAGE. Williams' worldview was shaped by missionary trips in 2004 to South Africa and in 2012 to the Holy Land in Israel.



Panelist: Reverend Yunus Coldman is an ordained Interfaith Minister. In 2010 he began seeking a path that included multiple spiritual walks in life and accepted becoming an Interfaith Minister to bring life and divine love to those who seek his counsel and services. In September 2013, Reverend Goldman made a life changing and life affirming decision to move forward in ministry with the process to transition and become a visible activist with the Transgender community. He is the Eastern Regional Minister of Trans Saints, a community of Transgender faith leaders involved in advocacy focused on the unique perspectives of the African-American Trans* community. He is a Minister and Board Member at Rivers of Living Waters NY of the UCC, and serves as Director of The Circle and the Co-Director of the Healing and Restoration Ministry. Reverend Yunus provides ministerial support on several committees with the National LGBT Task Force and chaplaincy services to the Trans community at Rikers Island. He served as a faith leader with then New York City's First Lady Chirlane McCray's Unity Project Faith Network Team, to address some of the unique challenges faced by young LGBTQI+ people. He is an active Board Member with LGBT Faith Leaders of African Descent and an Honorary Board Member with Harlem Pride, Inc. Additionally, Reverend Yunus participates in many panel discussions, that focus on the intersections of Transgender and faith experiences at religious and spiritual gatherings, medical groups, and LGBTQI+ causes. He is the CEO of Soulful Touch Services, a licensed NY Wedding Officiant providing ceremonial services throughout the New York Tri-State area and Long Island, and as a Certified Reiki Master Teacher offering Reiki healing practices, counsel and meditation.



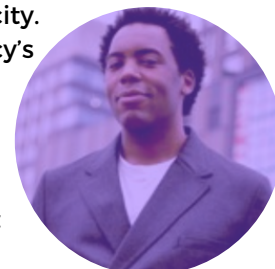
Johnell Lawrence is an Equity Consultant, Educator, Facilitator, and is the Director of Equity and Belonging with Vibrant Emotional Health. They serve as a consultant/coach with the Transgender Strategy Center, and their consulting framework and expertise addressing racist systems of oppression within organizations and systems of care by addressing inequitable processes that reinforce persistent harm and neglect caused through all forms of oppression.



Olusimbo Ige, MD, MPH, serves as an Assistant Commissioner at the Center for Health Equity and Community Wellness in the New York City Department of Health and Mental Hygiene where she guides the Division's place-based, health equity programs, and serves as a key liaison to community leaders across New York City. She leads Community Engagement efforts to advance COVID-19 vaccine equity and the City's Public Health Corps Initiative, a partnership with more than 80 Community-Based Organizations working to address COVID-19 health inequities in priority neighborhoods across New York City. She is the Co-Chair of the Vaccine Subcommittee of the Mayoral Taskforce for Racial Inclusion and Equity. She also chairs the Health Equity and Social Justice Taskforce of the National Association of County and City Health Officials. Dr. Ige is a public health doctor, with graduate degrees in Epidemiology, Biostatistics and Public Health.



Julian L. Watkins, MD, is an Internal Medicine-trained physician with the New York City Department of Health and Mental Hygiene. He is a Health Equity Advisor in the Center for Health Equity and Community Wellness, where he supports health equity efforts across the city. Dr. Watkins also works as a Community Engagement and Health Equity Liaison for the agency's emergency responses, supporting efforts to empower the community and city workers with information on the ongoing COVID pandemic, the monkeypox response, vaccines, and treatments. Dr. Watkins is a Culture of Health Leader, part of a national leadership program supported by the Robert Wood Johnson Foundation, which fosters collaboration—between people from all fields and professions that have an influence on people's health—to build just and thriving communities.



PROGRAM

OPENING

Native American Ancestral Invocation:

presented by **Rebecca Crawford-Foster, Ph.D.**, (Blackfeet/Dakota) & **Dan Foster, Ph. D.** (Western Band Cherokee)

“WE REMEMBER OUR OWN”

- A Memorial Remembering, honoring, and celebrating community members who died by homicide, suicide or from the COVID-19 pandemic between October 2021 and October 2022.

STRATEGIES TO ENHANCE THE MENTAL HEALTH OF BIPOC LGBTQ+ OLDER ADULTS

presented by **Kyaïen O. Conner, PhD, LSW, MPH**, Special Assistant to the Dean on Diversity and Inclusion Chair, Faculty Senate Council on Racial Justice; Associate Professor, Department of Mental Health Law and Policy, College of Behavioral and Community Sciences, Louis de la Parte Florida Mental Health Institute, University of South Florida

Description: Older adults who identify as LGBTQ+ and are also Black, Indigenous People of Color (BIPOC) face unique challenges that can have a salient impact on their mental health. In this presentation, Prof. Conner will discuss some of the challenges to these communities' resilience and will identify evidence-based strategies to enhance BIPOC LGBTQ+ older adults' mental health and emotional well-being. Some of these strategies result from novel research conducted with older LGBTQ+ adults, and from community members' narratives.

SPECIALTY BREAKOUTS (SB)

[SB-1] Guided Meditation (10:25am EDT) **facilitated by Kali**, who invites you to join her for a 75-minute journey to prepare the body and calm the mind so the self is ready to land in a meditative space. This practice will include breathwork, sounding, and movement with pockets of stillness to equip you with resources that can be used off-screen, so meditation can be implemented in one's lifestyle. Can you awaken the body-mind connection for stillness?

[SB-2] Body Love Yoga (2:15pm)- a 30-minute workshop **facilitated by Adjoa Osei, Psy.D**
A gentle yoga flow with mindful and deliberate movement guided by a love ethic. It will consist of breathwork, meditation, and grounding poses to strive toward achieving a union between our minds and bodies in a relaxed environment. This Specialty Breakout will be accessible for beginners and newer students and introduce the eight limbs of yoga. Participants are expected to have a yoga mat, any props such as yoga blocks, and water to hydrate.

[SB3] Healing Circle **presented by Ciara Dennis-Morgan, Ph.D., Prophet. N. Anyanwu Cox, M.Ed.**, Ordained/Licensed Minister, Holistic Practitioner and RN (MO Licensed)

[SB4] Drumming **presented by The Drum Three - Winston (Jeggae) Hoppie, Mboya Wood, Akoyaw Rudder**

LUNCHTIME PRESENTATION (12:00 NOON)

presented by **Mary Bassett, MD**, Commissioner, New York State Department of Health

PANEL DISCUSSION:

LIVING OUR BEST LIVES: GRACEFULLY AND SURVIVING.

Moderated by Wilhelmina Perry, MSW, Ph.D, with Panelists: Beatriz McConnie Zapater, BA, M.Ed; Henry Williams, BSN; Rev. Yunus Coldman, Ordained. InterFaith Minister.

A panel of senior Black and people of color from the LGBTQ+ community who will discuss their experiences and the resources that they utilized to live through the pandemic. They will discuss how these personal and social resources continue to support them. The pandemic greatly impacted seniors' lives, particularly people of color, which led to severe illness and death. While many have not survived the pandemic, others were able to maintain their physical and mental health even when they struggled with isolation, abandonment, and their fears.

SCHEDULE

TIME	PRESENTATION TITLES	PRESENTERS
8:00 AM	Set Up - Planning Team and Tech Check in	Planning Team and Tech Check In
9:00 AM	Call to Order	Planning Team Member
	Native American Two-Spirit Invocation	Rebecca Crawford-Foster, Ph.D., (Blackfeet/Dakota) & Dan Foster, Ph. D. (Western Band Cherokee)
9:15 AM	“Pronouns”, Welcome, Introductions, Acknowledgements & Housekeeping	Planning Team Member
9:20 AM	“We Remember Our Own”	A Memorial
9:25 AM	Strategies to Enhance the Mental Health of BIPOC LGBTQ+ Older Adults	Kyaien O. Conner, PhD, LSW, MPH (Univ. South Florida)
10:10 AM	Wellness BREAK	Wellness BREAK
SPECIALTY BREAKOUT SESSION		
SESSION I	BREAKOUT Session	BREAKOUT Session I
10:25 AM	Taking Charge of Your Mental Health While Living With HIV	George Bouldin Gates
	(CE) Black, Gray, and Gay: The Challenges of Aging LGBTQ+ Older Adults of Color	Harold Abrams
SPECIALTY BREAKOUT (SB) [SB-1] Guided Meditation (10:25am EDT) facilitated by Kali.	Born this way, experiences of a gay Swati man: An Auto-ethnographic approach	Wandile Tsabedze, Ph.D.
	(CE) Becoming Elders: Black Gay Men’s Tenacity and Resilience from the HIV Epidemic to the COVID Pandemic	Joshua Stell, BA, MA (Student), Daniel Gaztambide, PsyD, Melvin Julius Owens, MSW, LCSW, CCM; Dashawn Ealey, MS Ed, MA; and Julia Machina, BA, MA(Student)
	(CE) Combating LGBTQ+ Social Isolation In the Aging Community: Why Lonely Voices Matter	Matthew Alvarez, LMSW, CASAC-T
	11:40 AM	The LGBTQ+ Nigerians Trapped In An Opposite Sex Marriage and Methods To Be Considered In Bringing Healing To Them
	Wellness BREAK	Wellness BREAK
12:00 noon	LUNCHTIME Presentation	Mary T. Bassett, M.D., M.P.H.
12:45 PM	Call to Order (Afternoon Program)	
12:50pm to 2:05pm	Living Our Best Lives: Gracefully and Surviving.	Modertor Wilhelmina Perry, MSW, Ph.D; Panelists: Beatriz McConnie Zapater, BA, M.Ed; Henry Williams, BSN; Rev. Yunus Coldman, Ord. InF Min.
2:05 to 2:15pm	BREAK	BREAK

SCHEDULE

SESSION II	BREAKOUT Session II	BREAKOUT Session II
2:15 PM	Queerly Obsolete: A Review of the Lack of Representation of the Older Generation within Dating Apps	T.yrell Collins, (Cand) Ph.D., and Vernon T. Scott, Ed. D
SPECIALTY BREAKOUT (SB) [SB-2] Body Love to Yoga (2:15pm EDT)- a 30-minute workshop facilitated by Adjoa Osei, Psy.D	(CE) The Evolving Chair Practice: A Mindfulness and Embodies Animist Approach for LGBTQIA+ Elders	Leonard Arviusu Cruz, PhD
	Empowering Our Elders: A Multigenerational LGBTQ+ Older Adults of Color Discussion Panel	Simon Chartrand and Nicole Teyuca
	Agelessness Through Attachment Security	Neera R. Martin and Netta P. Keesom
	(CE) The legacy of everlasting love: Live your purpose in mind-body-spirit	Devan Nambiar, Master of Science, Dipl
	I just don't do doctors": Understanding the Health Needs of Aging Black Lesbians	Mary Anne Adams, MSW
3:30 PM TO 3:45 PM	BREAK	BREAK
SESSION III	BREAKOUT Session III	BREAKOUT Session III
3:45 PM	(CE) Africentric Perspectives on Mental Health among Black LGBTQ+ Elders	Kaston D. Anderson-Carpenter, PhD, MPH, BCBA-D, LBA (Mich State Univ)
SPECIALTY BREAKOUT (SB) [SB3] Healing Circle (3:45pm) presented by Ciara Dennis-Morgan, Ph.D., Prophet. N. Anyanwu Cox, M.Ed, Ordained/Licensed Minister, Holistic Practitioner and RN (MO Licensed) [SB4] Drumming (3:45pm) presented by The Drum Three - Winston (Jeggae) Hoppie, Mboya Wood, Akoyaw Rudder	Taking on the role of family caregiver	Charles Louis Nero Tarver "Chuck"
	(CE)What's A.G. E Got to Do with LGBTQ +? Everything!	Gary Bailey, DHL, MSW, ACSW (Simmons College)
	Freedom Fighter	Letsweletse Motshidiemang (Botswana)
	Discovering Resilience	Pradeep Solanki
5:00 PM	Intersectionality, the Resilience Thief	John-Martin Green, EdD, and Chad Franklin, MA
5:00 PM TO 5:25 PM	988 Implementation	Johnell Lawrence, Vibrant Emotional Health
5:25 PM to 5:50pm	COVID-19 and Monkey Pox Update	Olusimbe Ige, MD and Julian Watkins, MD, NYC DOHMH
5:50 PM	Native American Closing Invocation	Monika Ponton Arrington, Ph.D.
6:00pm	END	END

DESCRIPTIONS

[S.I] BREAKOUT - Session I - 10:25am

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

[S.I-B1] Taking Charge of Your Mental Health While Living With HIV

presented by **George Bouldin Gates (Gilead)**

This presentation is intended to encourage People Living With HIV (PLWH) to take good care of their mental health and to share ideas, tools and resources that will help them establish strong treatment routines for their HIV as well as any mental health difficulties they may have. In the presentation, we will discuss some of the mental health challenges PLWH may encounter, why they may happen, and how to deal with them.

[S.I-B2] (CE) Black, Gray, and Gay: The Challenges of Aging LGBTQ+ Older Adults of Color

presented by **Harold Abrams (The LGBT Cancer Network)**

For many LGBTQ+ elders of color, their golden years' dreams of spirited card games and sipping lemonade on the front porch with partners and friends becomes a stark contrast to their reality. LGBTQ+ elders of colors experience higher levels of physical and mental health disparities due to being part of two marginalized groups. This presentation will discuss this significant population's experiences and highlight resources to help LGBTQ+ elders of color live safe and healthy lives.

[S.I-B3] Born this way, experiences of a gay Swati man: An Auto-ethnographic approach

presented by **Wandile Fundo Tsabedze, Ph.D. (North West University, South Africa)**

The presentation is about a young man who shares his experiences of being gay in a country where gay rights are not included in the Constitution. Culture in the country sees being gay as an abomination. The author uses an auto-ethnographic method to share his experiences. He unpacks the psychological trauma he went through. He further highlights the importance of family support, which helped him to be resilient.

[S.I-B4] (CE.) Becoming Elders: Black Gay Men's Tenacity and Resilience from the HIV Epidemic to the COVID-19 Pandemic

presented by **Joshua Stell, BA, MA (Student), Daniel Gaztambide, Psy.D., Dashawn Ealy, Ms.Ed, MA, Julia Machina, BA, MA (Student) (The New School); and Melvin Julius Owens, MSW, LCSW, CCM, DBGN, Inc.** In this presentation, preliminary findings from a qualitative study on older Black Gay men's tenacity and resilience from the HIV epidemic to the COVID pandemic will be presented, along with an experiential activity to promote community reflection. The presentation and exercise will generate discussion on how to draw on the wisdom of Black gay male elders for younger generations, and how community resources can best facilitate the transition into the position of becoming an elder.

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DESCRIPTIONS

[S.I-B5] (CE) Combating LGBTQ+ Social Isolation in the Aging Community: Why Lonely Voices Matter

presented by Matthew Alvarez, LMSW, CASAC-T (SAGE USA)

To support the mental health of LGBTQ+ older adults of color, it is imperative to take on an intersectional framework. Among many LGBTQ+ older people, 59 percent report feeling a lack of companionship and 53 percent report feeling isolated. Utilizing two social work models, Cultural Humility and the Location of Self, this presentation explores interviewed personal narratives from LGBTQ+ older adults which will center their voices on how professionals can competently address and help combat their social isolation.

[S.I-B6] The LGBTQ+ Nigerians Trapped In An Opposite Sex Marriage and Methods To Be Considered In Bringing Healing To Them

presented by Oyas Vincent Ade (Nigeria)

In January 2014, then Nigerian President Good Luck E Jonathan signed into law the Same-Sex Marriage Prohibition Act, which criminalized the country's same-sex citizens. This harsh law, with up to 14 years of imprisonment for those caught in the act, many older LGBTQ+ live in fear and have no choice but to marry the opposite sex and are trapped in these marriages. This presentation is intended to raise and discuss the mental health challenges confronting older LGBTQ + Nigerians trapped in heterosexual marriages, and the effects on their psychological wellbeing.

WELLNESS BREAK

[S.II] Session II - 2:15pm

[S.II-B1] Queerly Obsolete: A Review of the Lack of Representation of the Older Generation within Dating Apps

presented by Tyrell Collins, (Cand) Ph.D., and Vernon T. Scott, Ed. D.

Social networking on dating apps for older LGBTQ+ people of color can be an arduous endeavor. Feelings of isolation and disregard compounded by sexual racism, fetishization, and even the COVID-19 pandemic have made more older queer folks of color invisible on online dating spaces. When marketing, why don't dating apps make older queer people visible in their advertisements? Why is age seen as a decaying factor of intimate connections?

[S.II-B2] (CE) The Evolving Chair Practice: A Mindfulness and Embodied Animist Approach for LGBTQQA+ Elders

presented by Leonard Arviusu Cruz, Ph. D.

The aim of this interactive-mindfulness and embodied workshop is to provide LGBTQQA+ Elders with an animist framework for a corporal practice that will enable transformative experiences. Inspired by Filipino Indigenous Culture and the Animist Philosophy; "The Evolving Chair Practice," is designed for LGBTQQA+ Elders to acknowledge one's ancestors and all living things and beings, to deepen awareness, and insight while fostering other ways of knowing and being. This workshop is meant to uplift our Elders by acknowledging their wisdom through life-long creativity, storytelling, embodiment, and empowerment.

DESCRIPTIONS

[S.II-B3] Empowering Our Elders: A Multigenerational LGBTQ+ Older Adults of Color Discussion Panel

presented by Simon Chartrand and Nicole Teyuca (TransLatina Network)

This multigenerational panel discussion will provide an overview of the current mental health climate experienced by our LGBTQ+ Older Adults of Color in regard to access, visibility, and community building through an empowerment-focused lens. This panel will feature speakers from three generations of LGBTQ+ advocates of color and will address the intergenerational experiences and perceptions of wellness and aging throughout the community, as well as how mental health and wellness supports legacy movement building.

[S.II-B4] Agelessness Through Attachment Security

presented by Neera R. Martin and Netta P. Keesom

As a result of living at the intersection of sexual orientation-, race-, and age-based stigma, older LGB people of color (LGB-POC) are at risk for poor mental and physical health. Our research focuses on attachment security as a buffer against the negative health consequences of stigmatization. We aim to contribute insight on how attachment security serves as a protective mechanism for the older LGB-POC community and how it may offer opportunities for healing and growth.

[S.II-B5] (CE) The Legacy of Everlasting Love: Live Your Purpose in Mind-Body-Spirit

presented by Devan Nambiar, MSc.

The presenter weaves a narrative of his queer HIV-positive self of 33 years, across continents, with cultural humility, lightness, and healing to communities infected by HIV, and affected by discrimination, loss, and abandonment. Through his journey of losing his partner, he traveled many paths finding meaning in his existence, spiritual searches, meditations, and conversations with mystical and spiritual teachers in the Himalayas to find purpose and contributions as a queer South Asian HIV-positive person.

[S.II-B6] "I Just Don't Do Doctors": Understanding the Health Need of Aging Black Lesbians

presented by Mary Adams, MSW (ZAMI NOBLA (National Organization of Black Lesbians on Aging))

Older Black lesbians constitute a woefully understudied population in the United States. While there is a small and growing body of knowledge about LGBT health and aging, people of color are often invisible in this literature. In our review of published health literature, we were unable to find any studies on aging that considered the intersections of age, race, sex, and sexual orientation on health, nor any studies that explicitly centered the health priorities of the Black lesbians.

WELLNESS BREAK

[[S.III] BREAKOUT - Session III - 3:45pm

[S.III-B1] (CE) Africentric Perspectives on Mental Health among Black LGBTQ+ Elders

presented by Kaston Anderson-Carpenter, Ph.D., MPH, BCBA-D, LBA (Michigan State University)

This presentation reviews the theoretical underpinnings of existing mental health interventions for older Black LGBTQ+ adults and introduces an alternative framework for mitigating the mental health disparity gap experienced by this priority population.

DESCRIPTIONS

[S.III-B2] Taking on the role of family caregiver

presented by Charles “Chuck” Louis Nero Tarver

Chuck Tarver assumed the role of caregiver for his 97-year-old-mother. As the second of six sons, he understood that he was the one best prepared and suited to take on the role. Chuck is a Black gay man, married to a woman and together raised three sons along with two grandchildren. During August 2020, he retired from his communications position with YWCA Delaware to move home to care for his mother. He has served in a variety of communication roles including managing two university radio stations and serving as a communicator for two non-profits.

[S.III-B3] (CE) What's A.G.E. Got to DO with LGBTQ+? Everything!

presented by Gary Bailey, DHL, MSW, ACSW (Simmons College, Boston, MA)

Many older people of color have experienced not only violence and discrimination, but also live with symptoms of trauma, and have an increased likelihood of developing health related problems because of this exposure. The physical violence or threat of violence leads to trauma, which leads to poor health outcomes for people of color. This presentation will provide a framework through which participants can explore the intersection of trauma, racism and oppression that is experienced by individuals of color across their lifespan.

[S.III-B4] Freedom Fighter

presented by Letsweletse Motshidiemang (Botswana)

This presentation is intended to make people realize that lack of love, acceptance and tolerance for gay men is the major cause of mental illness. Failed marriages are also a result of lack of tolerance for homosexuals who marry to impress their families and the society. In this presentation, there will be a short video of an older gay man, who shares his story of the challenges he faces, and which are affecting him mentally.

[S.III-B5] Discovering Resilience

presented by Pradeep Solanki (pre-recorded video)

As a gay man, an immigrant, and racialized person, it took a near-death experience to discover that there was a way out of the foundation of past pain and trauma. I discovered, at the core, we are all resilient. I learned that through using proper observation techniques and guided listening to the mind, it is possible for anyone to discover their resiliency core. We can use our pain as a stepladder to be stronger, more compassionate, and more at peace.

[S.III-B6] Intersectionality, the Resiliency Thief!

presented by John-Martin Green, EdD, and Chad Franklin, MA

A pair of health educators, John-Martin Green, Ed.D., and Chad Franklin, MA; will lead participants through an exploration of Intersectionality as a disempowering social dynamic, which can block same-gender loving, queer, gay, Trans, bisexual and gender non-conforming elders' capacity for resilience and will propose strategies for countering its debilitating health effects.

PRESSING ISSUES:

- Partnerships for COVID-19 and Monkeypox - **Olusimbo Ige, MD, MPH**, Assistant Commissioner, and **Julian Watkins, MD** (NYC DOHMH)
- 988 Implementation - **Johnnel Lawrence** (Vibrant Emotional Health)



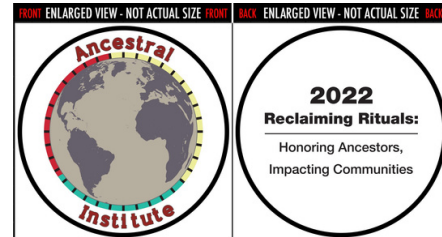
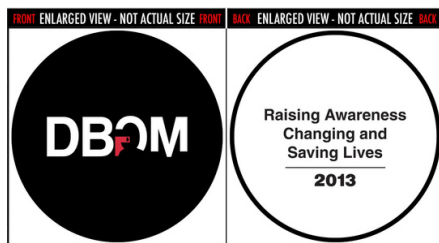
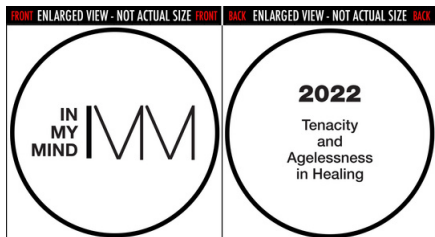
The ToLive! Project is a Twelve6 Strategies Inc. comprehensive program to support people who are working on rebuilding their lives following their suicide attempt. The program consists of a curriculum and workbook, website, app, support group guidance, and culturally specific coins to celebrate a life lived after a suicide attempt. This project is informed by the lived experiences from its creator, Iden Campbell, and suicide attempt survivors throughout the US, many who also work in suicide prevention. The coins will focus on cultural, community connections, and demographic groups with shared lived experience. While the website is being built, visit www.twelve6.org to learn more about Twelve6 Strategies Inc. and the annual Suicide Prevention Summit.

DBGM partners with Iden Campbell and the ToLive! Project to offer commemorative coins/tokens, which will be available on the DBGM, IMM22, and AI Websites. These coins/tokens will be souvenirs/collectibles to honor and commemorate DBGM's 10th Anniversary in 2023 (with the logo and tagline), the In My Mind Conference's eight years (there will be a token for each Conference year with the respective logo and theme), and the inaugural Ancestral Institute (logo and theme). Initially, these tokens as keepsakes, will be offered on a first come-first served basis and can be obtained by ordering them online; then, they will be on sale, with funds raised going toward assisting with community members scholarships to attend IMM or AI.



Over the years, did you attend one of DBGM's events, the In My Mind Conference - which year, and or the inaugural Ancestral Institute, and would you like a souvenir to remember your experience? Look out for the link to order on the respective Websites and make sure you get your collectible.

(Token images. NOTE: the images below are mock-ups and colors will be added on production.)
AI and DBGM tokens



SPECIALTY BREAKOUT BIOGRAPHIES

Adjoa Osei, Psy.D., is a Certified Yoga Teacher and a Licensed Clinical Psychologist based in New York. In her practice on and off the yoga mat, she utilizes a trauma-informed lens and thinks about the impact of systems of oppression on our bodies. With intentional movement and connection to breath, she strives to create a healing, nonjudgmental space for people with marginalized identities to feel seen, affirmed, and freer within their bodies.



Kali is originally from the island of Mauritius. She studied in the UK, graduating with a Master's in Optometry. Her self-enquiry journey began while she worked in a standard day job as a healthcare professional. What started as a fitness fix quickly grew into a holistic passion for all things yoga-related including meditation, breathwork, yoga philosophy. With more than seven years of practice, she completed 800-hours Yoga Alliance teacher training across a variety of styles, including Hot Yoga, Classical Hatha, Ashtanga and Kundalini. Her love of yoga is complemented by an interest in psychology, energy healing, contemporary embodiment theory and somatic practices; recently completed Somatic Attachment Therapy. She also delved into subtle body practices such as an Ayurveda course and Reiki in India, which were valuable for maintaining a healthy lifestyle. With time, her journey evolved from mindfulness to meeting her sensual side, which brought her to Spain for a month-long training at The Sensual Arts School to create sacred space and facilitate journeys into Intimacy and Eros. Kali believes in coalescing purpose and community - aspects working side by side and striving to bring them to life.



Ciara Dennis-Morgan, Ph.D., obtained her Bachelors in Family and Child Development and Psychology from the University of Akron, her Master of Arts. in Pastoral Clinical Counseling from Ashland University, and a doctorate in Clinical Psychology from Fielding Graduate University. Her current research is in cultural competency, spirituality, trauma, eating disorders, and African-centered theory and treatment. While completing her American Psychological Association accredited internship at the Louis Stokes Cleveland Veterans Affairs Medical Center in Cleveland, Ohio she developed an interest in Process Addictions and Gambling Disorder Treatment. Dr. Dennis-Morgan serves as the Clinical Director for the Minority Behavioral Health Group in Akron, Ohio, and focuses on understanding the impact of systematic oppression in connection to mental health while providing culturally specific treatment and prevention services. As a certified yoga instructor, she emphasizes wellness within mind, body, and spirit. Dr. Dennis-Morgan's intention through Clinical Psychology is to guide others in adopting a more optimal worldview and healthy lifestyle, enhancing quality of life and relationships with Higher Power, self, and others.



Prophet N. Anyanwu Cox R.N. M.Ed. graduated from Wayne State University at Detroit, Michigan. She is a Licensed Registered Nurse with more than 40 years' experience, specializing in mental health, HIV/AIDS, complementary, alternative, and Integrative Therapies; addictions, trauma reduction support, death, dying and life transitions' support. As a nurse, she served as Director of a federal pilot program for addicted mothers, focusing on early education intervention for their drug exposed babies; served in the Emergency Room at a major trauma center in Detroit; managed an EPSDT clinic program; provided high tech in-home infusions; supervised detox and rehabilitation units; provided community health education; and received a two-year fellowship in California to study HIV/AIDS in the African American population. She is an ordained minister and a Holistic Practitioner with more than 30 years providing service, engagement, advocacy, education, and Life Skills Coaching to diverse ages, ethnicities, socio-economic backgrounds, and gender populations in communities primarily across the United States, and engages with communities in India, UK, Africa, Jamaica, Haiti, Canada, and African refugees fleeing Ukraine. She is a Trainer and Lead Facilitator for the Sawubona Healing Circles™, created by the Association of Black Psychologist, Inc (ABPsi); a trained Facilitator for the UBUNTU Healing Circles as well as a trained licensed facilitator for the Emotional Emancipation Healing Circles™, created by the Community Healing Network, Inc, and the Association of Black Psychologist, Inc. Each Healing Circle offers culturally specific intergenerational healing circles for persons of African Ancestry. Prophet Cox is an Enstooled Elder on The African-American Council of Elders-Wichita/South Central Kansas, Inc., and the National Black Council of Elders' Steering Committee. She serves on the ABPsi SHCTM Planning Committee and is the 2022 Co-Lead for the Education and Outreach subcommittee with the International Civil Society Working Group for the Permanent Forum on People of African Descent. She serves on the National Coalition of Blacks for Reparations in America - Health Commission-Delaware Chapter, and was appointed to the 400 Years of African American History Commission pursuant to Public Law 115-102, www.400yaahc.gov.



988 FAQ



What is 988?



988 is the new three-digit number that connects people to the National Suicide Prevention Lifeline. **This service is for anyone who is:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress

988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline network. Moving to 988 does not mean the 1-800-273-8255 number goes away. Using either number will get people to the same services.

Why do we need 988?



Mental health is just as important as physical health. Now there is a three-digit number for mental health emergencies that's easy to remember! **988 helps New York:**

- Connect with people who are struggling with behavioral health (mental health and/or substance use) concerns as soon as possible, 24/7.
- Reduce unnecessary use of law enforcement and other safety resources in crisis responses.
- Meet the growing need for crisis intervention where it's needed most.
- Shift the mindset about people who struggle with their mental health.
- Reduce healthcare spending with more cost-effective early intervention.

Will services be offered in other languages?



The Lifeline currently provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages.

Does it cost money to use 988?

Contacting 988 is a free service.

Who can contact 988?



988 is for everyone and it's more than a 'suicide' line. **Contact 988 if you are:**

- suicidal
- experiencing a mental health or substance use-related crisis
- experiencing any kind of emotional distress
- worried about someone in distress.

988 is for people of all ages, genders, sexes, ethnicities, races, religions, sexual orientations, and socioeconomic statuses. If you are a Veteran or Spanish speaker, 988 has dedicated lines for you.

What happens when I contact 988?



When contacting 988, you will first be routed to a local Lifeline crisis center based on your area code. A trained crisis counselor will answer and listen to how your problem is affecting you. They then provide support and share resources if needed. If a local crisis center is unable to take the call, you will be automatically routed to a national backup crisis center. All contact with 988 is voluntary.

What is the difference between 988 and 911?



988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources. This is different from 911, where the focus is on dispatching Emergency Medical Services, fire, and police as needed. The goal of 988 is to meet the growing suicide and mental health-related crisis care needs.

Learn more about 988:



To request translations of this document:



SPECIALTY BREAKOUT BIOGRAPHIES

THE DRUM THREE

Winston (Jeggae) Hoppie, a self-taught musician, popularly known as "Jeggae", has been playing drums, keyboard, the harmonica, reciting poetry and performing story-telling for more than 46 years. He contributes to the annual African Liberation Ceremonies, Guyana Folk Festival and released five CDs, "Spirit Drums", "Revival Drums", "Gospel Drums", "Praise Drums", a compilation of drums, poetry and popular gospel music, and "Folk Kwe Drums", a collection of Guyanese Folk and Kwe Kwe (Queh Queh) songs. Hoppie graduated in 1997 from Queens College in the City University of New York with a Masters in Urban Studies and after 31 years, retired as the Deputy Director of Contracts with the New York City Human Resources Administration.



Mboya Wood, is from Buxton, one of the earliest villages established after the abolition of slavery, on the East Coast of Demerara in Guyana. He is currently a high school science teacher in the Bronx, and is well schooled in Guyana's folklore and traditional African customs.



Akoyaw Rudder, a Master Drummer, hails from Den Amstel on the West Coast of Demerara in Guyana. He was the lead drummer for the Guyana National Dance School, a member of the famous Yoruba Singers Band, and represented Guyana at Carifesta (a Caribbean Festival of Arts, celebrating 50 years) in Jamaica and Cuba. Rudder is currently a drummer with Guyanese and West Indian Spiritual Baptist Churches.

TENACITY AND AGELESSNESS IN HEALING
"CONSIDERING LGBTQ+ OLDER ADULTS OF COLOR MENTAL HEALTH AND WELLNESS."





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BLKOUT UK invites those with an interest in mental health and wellness as experienced by older LGBTQ+ People of Colour in England, to contribute to a podcast.

The podcast will explore insights for UK practice gained from listening to the conference recordings

Visit BLKOUTUK.COM for further information or to register interest.

We look forward to sharing IMM conference speakers' wisdom on our side of the Atlantic, and to ongoing dialogue

The 'BLKOUT' logo is set against a horizontal rainbow gradient. Below the text, there are several small, semi-transparent images of diverse people's faces.

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ESSAY

EXPERIENCES OF VIOLENCE AND MENTAL HEALTH CONCERNS AMONG SEXUAL MINORITY(LGBTQI+) ADULTS IN NIGERIA

written by Olubiyi Oludipe BSc Social Work,
Improved Sexual Health and Rights Advocacy Initiative (ISHRAI), Nigeria.

People identifying as sexual minorities, for example, LGBTQI+, encounter systemic discrimination and grave human rights violations throughout Nigeria and other sub-Saharan African nations. There is little research on the possible negative consequences such experiences may have on these community members' mental health. In this study, LGBTQI+ adults in Nigeria were asked to describe their experiences with violence, social support, and mental health.

From October 2020 to April 2022, members of a local LGBTQI+ community-based group in Nigeria using a variety of community outreach techniques collected survey data from 527 LGBTQI+ participants. In this cross-sectional study, participants answered questions about their mental health and other psychosocial aspects. Multiple linear regression analyses were performed to examine the potential moderating role of social support in these relationships between experiences of violence - sexual minority (SM) - violence and intimate partner violence [IPV]), and mental health outcomes (depressive symptoms and post-traumatic stress symptoms [PTSSs]). Study participants, who had experienced IPV and/or violence based on their sexual

orientation, gender identity, or gender expression (sexual minority violence) reported significantly greater levels of depressive symptoms and PTSSs compared to those who had never experienced violence. Support on an emotional level was linked to reduced PTSS levels. The association between sexual minority violence and mental health symptoms was not moderated by social support.

These results imply that there might be a link between violent events and poor mental health among Nigerians who identify as sexual minorities. More research is required to better understand the risk factors for poor mental health among sexual minority Nigerian, who identify as LGBTQI+, as well as, the kinds of interventions or therapies that might be able to address these issues.



*Celebrating those who make a
difference in the community.*



Since 1893, Helen Keller Services (HKS) has been committed to improving the lives of individuals who are blind, DeafBlind, have vision loss, or have combined hearing and vision loss.

HKS is comprised of Helen Keller Services for the Blind, a regional division serving the New York City/Long Island area, and the Helen Keller National Center for DeafBlind Youth and Adults, a national division headquartered in Sands Point, New York, with a network of 11 regional offices that extends HKS' reach across the United States.

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Mental Health Association in New York State, Inc.

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ACKNOWLEDGEMENTS

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Selections from "The White Shirt Project"
*(with the kind permission of the late Jose Ramon Medina's Estate and his husband
 Albert Rodriguez)*

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WITH THE
COMMUNITY

GILEAD IS A PROUD
SPONSOR OF
IN MY MIND
CONFERENCE

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At Vibrant Emotional Health we believe that everyone can achieve emotional wellbeing with dignity and respect.



Get support for yourself or others, and help make wellness possible for all at vibrant.org/pride.

V!brant
Emotional Health

**Hope
Happens
Here.**