

EMBRACING DIFFERENCES

Uplifting LGBTQIA+ Black and People of Color Disability Communities

THURSDAY, OCTOBER 12, 2023
Hofstra University, Hempstead, NY

IMM23 SPEAKERS:

India Harville

Founder, Embraced Body

Mark Travis Rivera

Professional Storyteller and Disabled Choreographer

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Department
of Health

Medicaid

Welcome

October 12, 2023

Community Members,

On this, our 9th annual In My Mind LGBTQ+ People of Color Mental Health Conference, with a focus on LGBTQ+ disabled communities, we, the planning team, extend a hearty WELCOME!

With our title, “Embracing Differences’, and the theme, “Uplifting LGBTQIA+ Black and Peoples of Color Disability Communities”, we’re focused this year on LGBTQIA+ Black and peoples of color disability communities and their mental health . Our planning team, who gathered online since last December, meeting every two weeks, share their thoughts about what planning this conference means:

“As a longstanding member of the conference planning committee, I am most proud of the ongoing work we have done to address mental health within the LGBTQIA+ Peoples of Color communities. This year’s conference is focusing on unpacking the multi-layered intersectional approach of embracing differences by uplifting those in the community who are disabled. The evolution of the space we have created and the topics we are addressing, in most cases, are the first time these conversations are happening, and I am honored to be part of those groundbreaking and impactful moments.” — **Lissette Marrero**, MSW – Director of Operations, Voces Latinas, Queens, NY (Social Worker).

“I can bring community and information to my students and provide them with an engaging experience. And I think that we can also share in partnership with the resources and knowledge we have at Hofstra to really help contribute to this being a successful event.” — **Andrea Nerlich**, Ph.D., Director, Rehabilitation Counseling Programs, Hofstra University.

“This conference is just really important for all the students here to kind of get a different perspective on working with potential clients and talking about how all these different areas of life kind of intersect; how they all relate to the bigger picture, to what people have going on, and hopefully, people can come and learn and get something out of it, including being more experienced, understanding of different cultures and different people’s

possessions, and more out of their individual clients, for their internships, or their jobs.” — **Brandon Gilmore**, President, Chi Sigma Iota Honor Society for Counseling Students in the Hofstra University’s Graduate Programs.

“Since we’ve joined together with this conference, and as I’ve talked to different people about it within the university and outside of the university, I think it’s going to be an amazing event. And I’m so honored that we’re getting the opportunity to join with a conference that’s been running for nine years, as an opportunity to further educate the community and broaden the community’s understanding about the BIPOC community in combination with LGBTQ-plus communities, understanding the role mental health and disability plays, and how all of those pieces come together for an individual’s life. The opportunity to participate in the conference and to hear the stories through the workshops, can be very meaningful and hopefully promote change in mindset. I love participating in experiences like this, where you can see a change of mindset, attitude, and behavior.” — **Jamie Mitus**, Ph.D., Associate Professor, Certified Rehabilitation Counselor and Licensed Mental Health Counselor - in New York State and Illinois, and Rehabilitation Psychologist; Hofstra University.

“It is so important to me to ensure that marginalized communities have quality access to mental health services. My role as a regional representative from Helen Keller National Center is to ensure that individuals with combined vision and hearing loss have access to the materials and my presentation is geared to build mental health services capacity for the DeafBlind community.” — **Eleanor Coley-Brody**, MSW, LCSW; Regional Representative, Helen Keller National Center.

WELCOME!

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Conference Planning Team
 2023 In My Mind

BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE



Irina Gelman, DPM, MPH, PhD
Commissioner of Health

Carolyn McCummings, MPH, PhD
Director

NASSAU COUNTY DEPARTMENT OF HEALTH
OFFICE OF HEALTH EQUITY

September 29, 2023

At the Office of Health Equity, we firmly believe in the power of inclusion, diversity, and compassion. This conference serves as a platform to amplify voices, share knowledge, and foster collaboration to advance health equity for all. Together, we can break down barriers, challenge stereotypes, and create a more just and inclusive healthcare landscape.

We encourage you to engage actively in the discussions, learn from one another, and leave the conference inspired and motivated to make a positive impact in your communities.

Let's work together to ensure that everyone, regardless of their background, identity, or ability, can lead a healthy and fulfilling life.

Sincerely,

Carolyn V. McCummings, MPH, PhD

Carolyn V. McCummings MPH, PhD
Director of the Office of Health Equity
EEO Officer



200 COUNTY SEAT DRIVE, MINEOLA, NEW YORK 11501
Phone: 516-227-9500 Fax: 516-227-9696





HOFSTRA UNIVERSITY®

SCHOOL OF HEALTH PROFESSIONS AND HUMAN SERVICES

October 2023

Dear Conference Attendees,

Hofstra University has a long history of fostering inclusivity and providing welcoming and accessible spaces. The School of Health Professions and Human Services (HPHS) at Hofstra has a strong dedication to promoting disability justice and establishing a culture of belonging for the disability community. Thus, HPHS and Hofstra are natural co-hosts for this conference.

It is critical to recognize and address the intersecting needs between ethnic minority status and LGBTQIA+ membership within the disability community. I wholeheartedly appreciate the conference's emphasis on embracing diversity and empowering all individuals within society.

Sincerely,

Reginald J. Alston, Ph.D

Reginald Alston, PhD

Dean and Professor

School of Health Professions and Human Services

Hofstra University

Preparations for the Conference

ABOUT THE CONFERENCE SPACE

Hofstra University, Thursday, October 12, 2023

The University provided us with access to:

- The Sondra and David Mack Student Center
- Outside the Multipurpose Room – Registration/Check in
- The Multipurpose Room – part exhibition/tabling; part food – breakfast and lunch
- Student Center Bathroom facilities are gender inclusive
- The SC Theater
- The Student Lounge
- Classrooms 141 to 145
- Room 145 designated a **Quiet Room**
- Plaza West

Identification

All conference attendees are required to wear their conference badge, which will contain their name, preferred pronoun, and conference statuses, such as Attendee, Exhibitor, Presenter, Speaker, Volunteer, or Planning Team Member.

Photography

We would like to capture in photography and video formats, significant moments at the Conference. As attendees, you're invited to take photos and video tape **ONLY** in the main/general sessions.

Knowing we're in the digital age of the instant photo, there are two items to consider:

1. While the conference organizers and the conference space encourage attendees to take photographs, everyone at the conference may not be comfortable or want their photos taken. If a person wishes to take a photograph, and there are others in the picture, please ask those other people for permission to take their photograph or ask them to step out of the way. In the event a person wants to take a photograph of a workshop in a breakout room or a general session in the Community Room, all crowd/group photographs must be taken from the back/behind, where no one's face is visible, except for the presenter(s) at the front of the room.
2. Presenters and Speakers are aware that by accepting to present and or speak at the conference, that they consent to photographs being taken, and which can or will be used for publicity/marketing/promotional purposes by the Conference and Hofstra University.

Preparations for the Conference (continued)

Security

- As a conference attendee, **YOU ARE NOT A SECURITY OFFICER. DO NOT ASSUME** you know what to do. You are encouraged to be aware of your surroundings at all times. In the event of a security issue or threat, quietly and without fuss, alert a member of the University's **SECURITY IMMEDIATELY.**
- If someone is being aggressive, behaving in a threatening manner, using offensive language,
 - **DO NOT ENGAGE. STEP BACK** and notify a volunteer or one of the conference organizers.
 - **DO NOT** touch the aggressor
 - **DO NOT** shout, raise your voice, or in any way antagonize the person

If you see anything that is unsafe or hazardous, inform a volunteer or conference organizer **IMMEDIATELY.**

If you see any inappropriate behavior, inform a volunteer or one of the conference organizers, **IMMEDIATELY.**

Your Surroundings

We ask you to assist us with keeping the conference space clean. If you see trash on the floor, or there is a liquid spill, please bring it to the attention of a volunteer or conference organizer **IMMEDIATELY**, who will notify the University's janitorial services. Please pay attention to your surroundings: if you see anything on the floor pick it up, if you see a spill, if there is a problem in any of the bathrooms, inform a volunteer or a conference organizer, who will notify the College's janitorial services.

Interaction with other Conference Attendees

If you should encounter, witness or be involved in a disagreement with another conference attendee, to keep the spirit of the conference, you are asked to take the "higher road" and work to de-escalate the situation. In the event your efforts don't seem to be working, please contact a volunteer or a conference organizer.

Remember that many in our community may have experienced verbal, emotional or physical assault because of their sexual orientation or gender expression at various times in their lives, and this may have caused many to be extremely angry, defensive or combative. Trauma for many may have occurred in schools, from family, at work, on city streets, from their governments, and from the LGBTQ+ community. This conference should be viewed as a SAFE place where a person does not need to worry about discrimination (or even verbal or physical assault) from anyone: conference organizers, speakers, presenters, volunteers or participants.

Preparations for the Conference (continued)

Meeting Etiquette

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

- For our in-person attendees' health and safety and recognizing COVID-19 variants/strains rising in our communities, we will maintain physical distancing measures and insist on protective masks covering one's mouth and nostrils in all rooms, corridors, and spaces where community members gather throughout the conference, with exceptions for eating or drinking.
- 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 it 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.

Preparations for the Conference (continued)

Continuing Education Units/Credit (CE)

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@dbgm.org 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.

Schedule

OCTOBER 12, 2023

Time	Presentation Titles Presenter(s)	Locations/Rooms
7:00 AM	Set Up - Planning Team and Tech Check in; Registration	Lobby
8:00 AM	BREAKFAST/Exhibitor Set up	Multipurpose Room
9:00 AM	Call to Order Planning Team Member	SC Theater
9:05 AM	Indigenous Two-Spirit Invocation Jason Hansana-Cofield (Shinnecock Indian Nation)	SC Theater
9:10 AM	“Pronouns”, Welcome, Introductions, Acknowledgements (volunteers) & Housekeeping Planning Team Member	SC Theater
(9:15 AM)	“We Remember Our Own” Memorial - Community Members lost to homicide, suicide and other means	SC Theater
9:20 AM	Welcome: Nassau County & Hofstra University Dr. Carolyn McCummings, Director of Health Equity, Nassau County Department of Health, Reginald Alston, PhD, Dean and Professor, School of Health Professions and Human Services, Hofstra University	SC Theater
(9:30 AM)	Thriving at the Intersections of BIPOC + LGBTQ + Disability Mark Travis Rivera	SC Theater
10:15 AM	Wellness BREAK & Travel Time/Exhibition	Student Center/ Multipurpose Room
10:25 AM	BREAKOUT Session 1	Various Rooms
	B1-A (CE) - <i>Access to Mental Health Services for Individuals with Combined Vision and Hearing Loss</i> Eleanor Coley-Brody MSW, LCSW (Helen Keller)	SC Theater
	B1-B - <i>Healing Together: Parental PTSD and Family Resilience</i> Janique “Jay” Cofield and Jason Hansana-Cofield (Shinnecock Indian Nation)	Room 143
to	B1-C - <i>Disability Ally Initiative- Reconfiguring Communities for LGBTQIA+ and POC</i> Evalessé Segarra (PCCS)	Room 142
	B1-D (CE) - <i>The Evolving Yoga Chair Practice</i> Leonardo Cruz, Ph.D.	Room 141
	B1-E (CE) - <i>The straw that breaks: A framework for taking systemic inequities into consideration in disaster psychiatry response with the Chronic Cyclical Disaster Model</i> Lindsay Mixer, MA, MEd, ABD; Hye-Won Yoon (Vibrant Emotional Health)	Plaza West
11:40 AM	B1-F - <i>Quiet Room: Silence/Meditation</i>	Room 145
11:45 AM	LUNCH	Multipurpose Room
12:15 PM	LUNCH & Learn: <i>“Get what’s yours: free accessible reading materials, talking book players, accessible tech coaching, accessible making, and more from the NLS libraries.”</i> Jill Rothstein, Chancey Fleet (NYPL - Andrew Heiskell Braille and Talking Book Library)	SC Theater
12:45 PM	Call to Order (Afternoon Program): <i>Welcome, Introductions, Acknowledgements (volunteers) & Housekeeping</i> Planning Team Member	SC Theater
1:00 PM	Embracing All Of Us: Making Space For Disabled QTBIPOC In Our Communities India Harville, MA (Embraced Body)	SC Theater
1:45 PM	The Traumatic Impact of Mental Health Crisis Responses in Communities of Color and in the LGBTQIA+ Community, and a Proposal for Transforming the Responses. Ruth Lowenkron, NYLPI	SC Theater

Schedule (continued)

OCTOBER 12, 2023		
Time	Presentation Titles Presenter(s)	Locations/Rooms
2:15 PM	NYS OASAS: An Agency Overview Janeth “Jet” Quintero and Nirmala Brodman, NYS OASAS	SC Theater
2:30 PM to 2:45 PM	BREAK & Travel Time/Exhibition	Student Center/ Multipurpose Room
2:45 PM	BREAKOUT Session 2	
	B2 A (CE) - Crafting More Inclusive Spaces: Amplifying Disabled QTBIPOC Wisdom India Harville, MA (Embraced Body)	SC Theater
	B2- B - Getting Through The Storm, Greeting The Rainbow Nathan James	Room 143
to	B2-C - Climate, Community, and Care: Exploring Intersectionality Within Climate Change and Mental Health Christina Johnson, MA (Brightside Bahamas)	Room 142
	B2-D - Healthy-ass Parenting for a Different Child Sharde’ O’Rourke, LPC, LMFT, LSATP, CCTP, PAI, SAP	Room 141
	B2- E - Quiet Room: Silence/Meditation	Room 145
4:00 PM	B2-F (CE) - The Little Boy That She Is Not: Raising A Transgendered Child In A Trauma-Filled Environment Rafaelina Tineo	Plaza West
4:00 PM	BREAK & Travel Time/Exhibition	Student Center/ Multipurpose Room
4:15 PM	BREAKOUT Session 3	
	B3-A (CE) - Redefining ‘Burden’: Understanding Informal Caregiver Experiences Savanna M. Daquila, B.S.	Rm 142
	B3-B - Unlocking the Power of Inclusion: Paving the Way for a Diverse Workforce Jay Marquez, Dylan Valic, Kelli Fisher (Spectrum Designs)	Plaza West
to	B3-C - The “S” is Silent Khalil Bleux	SC Theater
	B3-D (CE) - True Healing -What it looks like in Practice Jose Cotto, LCSW	Room 143
	B3-E (CE) - Leveling Up: Using Role Playing Games to Teach Social Skills Jack Cummings	Room 141
5:30 PM	B3-F - Quiet Room: Silence/Meditation	Room 145
5:30 PM	BREAK & Travel Time/Exhibition	
5:45 PM	Reconvene Acknowledgements (volunteers)	SC Theater
5:50 PM	Indigenous Peoples Closing Invocation Jason Hansana-Cofield (Shinnecock Indian Nation)	SC Theater
6:00 PM	END	

Conference Program

PROGRAM OPENING

Native American Ancestral Invocation

presented by **Jason Hansana-Cofield** (Shinnecock Indian Nation)

“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 2022 and October 2023.

GREETINGS & WELCOME

Nassau County Representative

Carolyn McCummings, MPH, Ph.D., Director of Health Equity, Nassau County Department of Health

Hofstra University Representatives

Reginald Alston, PhD, Dean and Professor, School of Health Professions and Human Services, Hofstra University

Speaker - Thriving at the Intersections of BIPOC + LGBTQ + Disability

presented by **Mark Travis Rivera**

While belonging to multiple marginalized communities may compound our experiences of shame and our sense of belonging— our intersectional experiences also allow us to thrive and not simply survive. It is up to all of us to end the stigma associated with disability and mental health—to create a future where every one of us can thrive and live authentically.

Speaker - Embracing All Of Us: Making Space For Disabled QTBIPOC In Our Communities

presented by **India Harville** (Embraced Body)

India Harville (she/her) shares her experiences and insights on the importance of creating inclusive spaces for disabled Queer, Trans, Black, Indigenous, and People of Color (QTBIPOC) communities. As someone living at multiple intersections of oppression, she will share stories from her own experience to illustrate the importance of creating spaces that allow people to bring all of themselves into the room, including practical strategies for creating more accessible and welcoming spaces for all members of our communities. India will help attendees understand some of the historical roots and causes of ableism to decolonize our bodies and minds, and to help us dismantle and address internalized and systemic ableism.

Conference Program (continued)

SPECIAL PRESENTATIONS

Get what's yours: free accessible reading materials, talking book players, accessible tech coaching, accessible making, and more from the NLS libraries.

*presented by **Jill Rothstein**, Chief Librarian, and Chancey Fleet, Assistive Technology Coordinator - New York Public Library - Andrew Heiskell Braille and Talking Book Library*

Do you have trouble reading standard print? Learn about the free talking books program which provides talking book players, talking books, audio magazines, and more, mailed to your door, downloadable from a computer or available on an App, along with accessible programming and Braille. If you have declining vision or a disability, are you curious about the ways accessible technology can help you make the most of the world? Find out about the technology our library offers, including free tech coaching to build your skills, helpful Apps for reading, traveling, independent living, and fun.

The Traumatic Impact of Mental Health Crisis Responses in Communities of Color and in the LGBTQIA+ Community, and a Proposal for Transforming the Responses.

*presented by **Ruth Lowenkron**, Director, Disability Justice Program, New York Lawyers for the Public Interest, and Christina Sparrock, CPA*

The presenters will discuss the state of mental health crisis responses in New York and nationally, which are primarily undertaken by police, and will share relevant statistics; one of the presenters will share their lived experiences. The presentation's focus will be on the impact of the current crisis response system in communities of color and by extension, LGBTQIA+ Black and peoples of color communities. The presenters will also share a proposal for transforming the way municipalities respond to mental health crises, outline the advocacy efforts underway to make the proposal a reality, and suggest ways attendees can support advocacy efforts.

OASAS - an Agency Overview

*presented by **Janeth "Jet" Quintero** and **Nirmala Brodman**, NYS OASAS*

New York State OASAS representatives will provide a brief overview of the agency, its various divisions along with the services available to the community. Furthermore, presenters will discuss the creation of the Office of Justice, Equity, Diversity, and Inclusion, known as JEDI. The presenters are members of the JEDI division and can expand on the work that has been done since its inception. An address of the distribution of medication disposal bags and Narcan kits will also be provided.

Breakout Session Descriptions

(CE) = LCSWs and LMSWs can receive Credit Units/Hours (CEUs or CRCs) for attending an eligible presentation; **MUST** attend the presentation for the entire 75-minutes.

BREAKOUT Session 1 (Various Rooms) – 10:25 AM

- B1-A (CE)** **Access to Mental Health Services for Individuals with Combined Vision and Hearing Loss – SC Theater**
presented by Eleanor Coley-Brody MSW, LCSW (Helen Keller National Center)
 This workshop will educate participants on how they can increase access and build inclusion in their service provisions for Deaf-Blind communities.
- B1-B** **Healing Together: Parental PTSD and Family Resilience – Room 143**
presented by Janique “Jay” Cofield and Jason Hansana-Cofield (Shinnecock Indian Nation)
 In this presentation, a Shinnecock Indian Nation Father and his Two-Spirit Daughter will share their experiences using speech and storytelling; the daughter describes growing up with a father, a US military veteran, who struggles with PTSD. Although this presentation will be led by the daughter, the father will assist with providing context and support, including his own storytelling, and it will contain PTSD definitions, how it manifests in First Peoples who are and living with a veteran, and will be accompanied by images and short video clips. The daughter will also describe experiences living as an LGBTQIA+ Black and First Nation person in these communities.
- B1-C** **Disability Ally Initiative - Reconfiguring Communities for LGBTQIA+ and POC – Room 142**
presented by Evalessé Segarra (PCCS)
 Disability Ally Initiative is a customizable, interactive workshop/training provided to businesses, schools, and community-based organizations to learn inclusion and integration methods for LGBTQIA+ Black and People of Color disability communities. Through open fora, information sessions, videos and interactive exercises, participants learn accessibility, communication, and respectful techniques on being an ally.
- B1-D (CE)** **The Evolving Yoga Chair Practice – Room 141**
presented by Leonardo Cruz, Ph.D.
 This workshop will begin with “the evolving yoga chair practice” which will consist of a seated mindfulness meditation, that leads to seated yoga postures, and leads to a mindfulness writing exercise to inspire participants to creatively explore through storytelling sharing their stories in a performative journal. At the end of this workshop participants will have learned storytelling through expressive arts, animist approach to mindfulness meditation, and yoga.
- B1-E (CE)** **The straw that breaks: A framework for taking systemic inequities into consideration in disaster psychiatry response with the Chronic Cyclical Disaster Model – Plaza West**
presented by Lindsay Mixer, MA, MEd, ABD; Hye-Won Yoon (Vibrant Emotional Health)
 When it comes to disaster response, the effects systemic injustice and inequity have on a community is rarely taken into consideration, especially for disabled communities, who are often made silent and invisible. The Chronic Cyclical Disaster Model provides a framework to conceptualize a community’s place in a disaster response matrix focused on emotional health resource allocation, addressing inequities head-on so that when disasters occur, there can be community-built resources to increase resilience and growth.

Breakout Session Descriptions (continued)

B1-F Quiet Room - Silence/Meditation — Room 145

LUNCH (Multipurpose Room) — 11:45 AM

12:15 PM LUNCH & Learn: Get what's yours: free accessible reading materials, talking book players, accessible tech coaching, accessible making, and more from the NLS libraries.
— SC Theater

presented by Jill Rothstein, Chancey Fleet (NYPL - Andrew Heiskell Braille and Talking Book Library)

Do you have trouble reading standard print? Learn about the free talking books program, which provides talking book players, talking books, audio magazines, and more, and can be mailed to your door, are downloadable from a computer or available on an App, along with accessible programming and Braille. If you have declining vision or a disability, are you curious about all the ways accessible technology can help you make the most of the world? Find out about the technology that our library offers, build your skills with free tech coaching, and helpful Apps for reading, traveling, independent living, and fun.

12:45 PM Call to Order (Afternoon Program): Welcome, Introductions, Acknowledgements (volunteers) & Housekeeping — SC Theater

presented by Planning Team Member

1:00 PM Embracing All Of Us: Making Space For Disabled QTBIPOC In Our Communities
— SC Theater

presented by India Harville, MA (Embraced Body)

1:45 PM The Traumatic Impact of Mental Health Crisis Responses in Communities of Color and in the LGBTQIA+ Community, and a Proposal for Transforming the Responses.
— SC Theater

presented by Ruth Lowenkron, NYLPI

The presenters will discuss the state of mental health crisis responses in New York and nationally, which are primarily undertaken by police, and will share relevant statistics; one of the presenters will share their lived experiences. The presentation's focus will be on the impact of the current crisis response system in communities of color and by extension, LGBTQIA+ Black and peoples of color communities. The presenters will also share a proposal for transforming the way municipalities respond to mental health crises, outline the advocacy efforts underway to make the proposal a reality, and suggest ways attendees can support advocacy efforts.

2:15 PM NYS OASAS - An Agency Overview — SC Theater

presented by Janeth "Jet" Quintero and Nirmala Brodman, NYS OASAS

New York State OASAS representatives will provide a brief overview of the agency, its various divisions along with the services available to the community. Furthermore, presenters will discuss the creation of the Office of Justice, Equity, Diversity, and Inclusion, known as JEDI. The presenters are members of the JEDI division and can expand on the work that has been done since its inception. An address of the distribution of medication disposal bags and Narcan kits will also be provided.

Breakout Session Descriptions (continued)

BREAKOUT Session 2 (Various Rooms) — 2:45 PM

- B2 A (CE)** **Crafting More Inclusive Spaces: Amplifying Disabled QTBIPOC Wisdom — SC Theater**
presented by India Harville, MA (Embraced Body)
- In this workshop, we will explore the unique experiences and insights of disabled Queer, Trans, Black Indigenous People of Color (QTBIPOC). Through dialogue, interactive activities, and shared stories, we will examine ways to not only challenge ableism, racism, homophobia, and transphobia; we deepen our analysis of how living at the intersections of multiple systems of oppression compounds the impact of these systems, discover practical strategies to unpack ableism to increase accessibility and inclusion.
- B2-B** **Getting Through The Storm, Greeting The Rainbow — Room 143**
presented by Nathan James
- My lived experience at the intersection of disability and homosexuality presents challenges and obstacles that few people who haven't experienced these firsthand can describe in terms that truly do the ordeals justice. In a society that still vilifies LGBTQ people individually and collectively and relegates its physically or emotionally disabled members—gay or straight—to second, or even third-tier status in our social hierarchy, dealing with life as a person of color with these adversities, can be a daunting, even devastating set of circumstances.
- B2-C** **Climate, Community, and Care: Exploring Intersectionality Within Climate Change and Mental Health — Room 142**
presented by Christina Johnson, MA (Brightside Bahamas)
- As the planet faces unprecedented environmental challenges, marginalized communities, including those identifying as LGBTQIA+ and those with disabilities often bear a disproportionate burden. Intersectional considerations present unique mental health challenges, ranging from eco-anxiety and climate grief, to increased vulnerability and discrimination. Recognizing and addressing these intersections is crucial for promoting inclusive responses to effectively support these communities, ensuring equitable access to mental health support, and fostering resilience within these communities.
- B2-D** **Healthy-ass Parenting for a Different Child — Room 141**
presented by Sharde' O'Rourke, LPC, LMFT, LSATP, CCTP, PAI, SAP
- In the book, "Healthy Parenting Tips: 18 tips to figuring this shit out," I focus on teaching basic parenting skills. This workshop looks at considering cultural factors, gender and sexuality and being accepting and communicative when raising Black LGBTQ children. It will challenge attendees to identify their barriers and their ability to be open.
- B2-E** **Quiet Room - Silence/Meditation — Room 145**

Breakout Session Descriptions (continued)

B2-F (CE) **The Little Boy That She Is Not: Raising A Transgendered Child in A Trauma-Filled Environment — Plaza West**

presented by Rafaelina Tineo

This workshop will highlight the personal journey of a young Dominican mother single-handedly raising a family after escaping an abusive relationship, and attempting to come to terms with a gender non-conforming child in the home. It is a story of resilience and understanding, navigating a complex trauma-filled world of preconceived notions and perceptions of a reconfigured identity.

BREAKOUT Session 3 — 4:15 PM

B3-A (CE) **Redefining ‘Burden’: Understanding Informal Caregiver Experiences — Room 142**

presented by Savanna M. Daquila, B.S.

Discussing informal caregiver experiences, overall health, and perceived ‘burden’ with regards to demographic factors that have been previously observed to moderate caregiver outcomes and experiences globally, which include factors such as race, gender and financial mobility.

B3-B **Unlocking the Power of Inclusion: Paving the Way for a Diverse Workforce
— Plaza West**

presented by Jay Marquez and Dylan Valic (Spectrum Designs)

Spectrum Designs Foundation is a full-service apparel customization shop with the mission to create meaningful and inclusive employment opportunities. With over 74 employees, 60% disclosed some form of different ability; our unique model proved successful. Our team members share about the importance of small accommodations in the workplace which lead to exceptional career progression and help to foster an environment where people of all abilities can thrive.

B3-C **The “S” is Silent — SC Theater**

presented by Khalil Bleux

Join us for a suicide prevention workshop that is focused on supporting LGBTQIA+ Black and People of Color communities. This workshop will explore the intersections of identity and mental health, employ art, interactive discussions, and a comprehensive PowerPoint presentation. In it, the presenter will raise and discuss the detrimental effects of shame, silence and stigma, and to foster a brave space for understanding and skills-building; together, let’s break down barriers and create better conditions for care.

B3-D (CE) **True Healing -What it looks like in Practice — Room 143**

presented by Jose Cotto, LCSW

Healing looks differently; it requires looking at aspects of one’s identity and how that person created their story. This knowledge, combined with culturally aware evidence-based practices, addresses mental illness, produces meaningful outcomes, and provides better healing for LGBTQIA+ folks and People of Color; healing that can lead to growth in areas of a person’s life.

Breakout Session Descriptions (continued)

B3-E (CE) Leveling Up: Using Role Playing Games to Teach Social Skills — Room 141
presented by Jack Cummings

With 13 years' experience using games to teach leadership skills to queer youth, they share what they've learned about the growing research showing how Role-Playing Games are uniquely suited to address the social, emotional, and physical needs faced by many disabled LGBTQ+ peoples of color.

B3-F Quiet Room - Silence/Meditation — Room 145

BREAK & Travel Time/Exhibition — 5:30 PM

Indigenous Peoples Closing Invocation — SC Theater
presented by Jason Hansana-Cofield (Shinnecock Indian Nation)
(description to come)

END — 6:00 PM

**ADULTS WITH DISABILITIES REPORT
FREQUENT MENTAL DISTRESS
ALMOST 5 TIMES AS OFTEN AS
ADULTS WITHOUT DISABILITIES**

Screen patients for mental health concerns

CDC.GOV bit.ly/MMWRMentalDistress MMWR

E NY STATE LGBT NETWORK COMMUNITY SURVEY - 2021: RESPONDENTS WITH DISABILITIES

Respondents reported the following levels of disabilities:

- Sensory (blindness, deafness)–3%
- Cognitive or developmental–6%
- Physical–15%
- Multiple disabilities–6%
- No disability–70%

Of the 640 respondents who reported disabilities, Figure 39 shows that almost half reported physical disabilities. Table 27 shows the distribution of disabilities by age. Respondents under 36 years of age reported the highest prevalence of disabilities, with the exception of physical disabilities, which were most likely to be reported by older respondents. Almost half of those ages 13–35 reported multiple disabilities. This level of disability contributes to the higher levels of “poor + fair” SRH reported by younger respondents.

Figure 39. Percent of respondents with disabilities (n=640)

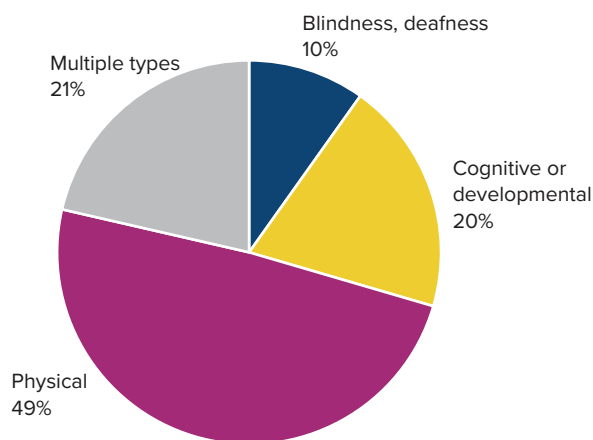


Table 27. Disabilities, by age (n=2,134)***

	13–34	35–49	50+	Total
Blindness, deafness	51%	14%	35%	100%
Cognitive or developmental	75%	19%	6%	100%
Physical	25%	22%	52%	100%
Multiple types	46%	21%	33%	100%
No disability	46%	28%	27%	100%
Total	45%	25%	30%	100%

1 Disabilities and measures of health and life quality

Table 28 shows how disabilities track with medical mistrust and intersectional discrimination. While having any disability was moderately associated with an increase in medical mistrust, having cognitive or multiple disabilities increased respondents’ discrimination index factor by 100% to 200%. In other words, having cognitive or multiple disabilities was related to reporting 1 to 2 more forms of discrimination, which was shown earlier in the report to be highly associated with the need

and access to services. This is similar to the impact of race, mental health, and substance use stigma on the Intersectional Discrimination Index of a respondent, because disability was also one of the types of discrimination measured. Table 29 shows that having any disability was associated with lower SRH and quality of life, with multiple disabilities accounting for a drop in SRH and quality of life of a full point on the five-point scale.

Table 28. Mistrust Index and multiple types of discrimination, by respondents with disabilities

Lower values indicate less mistrust and fewer types of discrimination experienced.

Disabilities	Mistrust Index***	Multiple types of discrimination***
Physical	3.35	2.99
Blindness	3.46	2.37
Cognitive	3.62	3.31
Multiple	3.67	4.42
No disability	3.24	2.06
Total	3.32	2.43

Table 29. Self-reported health and life quality, by respondents with disabilities

Higher values indicate better overall health and life quality.

Disabilities	Self-Reported Health***	Life Quality***
Physical	2.72	3.31
Blindness	3.13	3.29
Cognitive	3.04	3.12
Multiple	2.43	2.93
No disability	3.62	3.76
Total	3.36	3.59

2 How disabilities affect daily life and access to care

a. Service areas

The experience of disabilities was statistically significantly correlated with a lack of access to services for chronic conditions, job-related issues, environmental health issues, family or relationship abuse, reproductive health, and mental health ($p < 0.001$)—but not for major health events or substance use services.

b. COVID-19 pandemic

Respondents with disabilities were asked how the COVID-19 Pandemic affected their access to care. On average, 40% of respondents with disabilities found services more difficult to access during the pandemic, while only 23% reported no change. Table 30 provides the breakdown by age, showing

how older and younger respondents differed in their assessment of how the pandemic affected access to care, with older respondents on balance reporting a higher level of difficulty.

c. Impact of disabilities on daily life

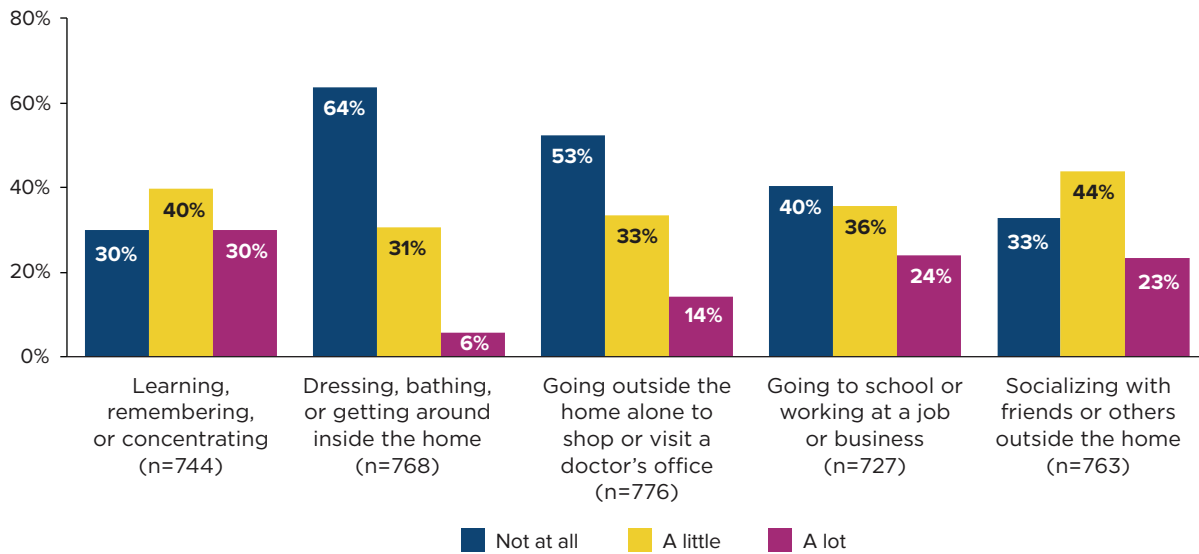
Respondents with disabilities ($n=620$) and those who reported that they were unsure if they had a disability ($n=160$) were asked how disabilities affect different activities of daily life. Figure 40 provides the results, showing that most respondents found that disabilities had some effect on daily life activities, with the largest impacts being on “learning, remembering, or concentrating” and “socializing with friends or others outside the home.”

Table 30. Impact of the COVID-19 pandemic on respondents with disabilities

Question: How did COVID-19 affect your access to care?

	13–34	35–49	50+	Total
Made things harder to access	93 (38%)	40 (16%)	111 (45%)	244 (100%)
Made some things harder and some things easier to access	99 (46%)	61 (28%)	56 (26%)	216 (100%)
Made things easier to access	13 (62%)	6 (29%)	2 (10%)	21 (100%)
It did not affect my access to care	56 (38%)	24 (16%)	66 (45%)	146 (100%)
Total	261 (42%)	131 (21%)	235 (37%)	627 (100%)

Figure 40. Disabilities and daily life



How to Interact with disabled people?



Interacting with disabled people should be approached with the same respect, empathy, and courtesy as with anyone else.



Tips for Interactions



Speak Directly: When engaging with a person with a disability, speak directly to them, not through a companion or interpreter unless requested otherwise.

Avoid Making Assumptions: It's essential to avoid making assumptions about their capabilities or needs. Treat everyone as an individual, acknowledging their strengths and abilities.

Learn what language people prefer: people first language or identity-first language. Embraced Body prefers identity-first language!

Best practice for talking about people's disability identity will be as follows: "This is _____ who identifies as _____."

Speakers' Biographies

INDIGENOUS/NATIVE AMERICAN INVOCATION

Jason Hansana-Cofield, Executive Director of Tribal Operations, Shinnecock Culture Bearer, Language Bearer, Seed Keeper, Storyteller, Grandfather



Jason Hansana-Cofield is an enrolled citizen of the Shinnecock Indian Nation, where he resides. He is a husband and father of four, and a proud veteran of the United States Air Force. He serves the Shinnecock Nation as Executive Director of Tribal Operations, where he manages and directs the Shinnecock Nation's administrative departments, with 77 employees, programs and services. Jason plans, coordinates and manages the daily operations of the Tribal Departments through department directors and managers, establishes current and long-range goals, objectives, plans and policies; dispenses advice, guidance, direction, and authorization to carry out major plans, guidelines and procedures; meet with department directors and managers to ensure operations are executed in accordance with the Nation's policies; establishes and maintain an effective system of communication throughout the organization; represent the organization when coordinating with Federal, State and Local governments; and oversees and ensures compliance with more than \$20M in Federal and State grants. Jason has been an active participant in his Shinnecock culture since birth. He has danced throughout Indian Country representing his Eastern Woodland Indigenous Culture. He is known all over Turtle Island for his beadwork and regalia making, taught to him by his grandmother and Shinnecock elders. Shinnecock elders and elders throughout Indian Country have passed on stories and oral history that he now shares with his children, grandchildren and Sister Tribes. Jason takes pride in his service to his Nation teaching and passing on culture to the youth in his community through language, plant and medicine identification, planting and harvesting, hunting and gathering, fishing, beading and regalia techniques, drumming and singing, storytelling and oral history. Jason previously worked for the Shinnecock Nation as the Coordinator of Good Health and Wellness in Indian Country and was the Coordinator for the Diabetes Prevention Recognition Program. In 2021 he received the Local Impact Award from The National Indian Health Board, for his work during the COVID-19 Pandemic. Jason has worked in the fitness industry for over 30 years, and was featured by many multi-media outlets including Channel 12 News Long Island, ABC Network's 20/20, SELF Magazine, HAMPTON'S Magazine, Southampton Press, and other publications and speaking engagements. He is a respected fitness professional, author, former fitness center owner, and creator of both EvoFit Method and the Mamoweenene Challenge Workout.

“WE REMEMBER OUR OWN”

A memorial remembering LGBTQIA+ Black and Peoples of color who lost their lives between October 2022 and October 2023.

Speakers' Biographies (continued)

NASSAU COUNTY REPRESENTATIVE

Carolyn McCummings, MPH, Ph.D., Director, Health Equity, Nassau County Department of Health

Carolyn McCummings is a highly accomplished public health professional dedicated to improving community health and well-being. With a MPH and Ph.D. in Public Health she brings a strong academic background and extensive practical experience. Dr. McCummings has held leadership positions in government and academia, including as Commissioner of the Nassau County Department of Human Services. She has successfully managed countywide services, addressing aging, mental health, and developmental disabilities. Her strategic approach and management skills have led to positive outcomes. Recognized for her contributions, Dr. McCummings has received awards such as the Nassau County Office of Minority Affairs Outstanding Achievement in Public Health. She actively engages in research, teaching, and mentoring, sharing her expertise with future healthcare professionals. Dr. McCummings is known for her expertise, leadership, and dedication to public health. Her work continues to have a significant impact, improving the lives of communities of color and underserved populations by promoting community well-being.

HOFSTRA UNIVERSITY REPRESENTATIVE

Reginald Alston, PhD, Director of Health Equity, Director, Health Equity, Nassau County Department of Health

Reginald J. Alston, Ph.D., is the former Associate Dean for Academic Affairs in the College of Applied Health Sciences and a Professor of Rehabilitation Sciences and Community Health in the Department of Kinesiology and Community Health at the University of Illinois at Urbana-Champaign. He also served as Associate Chancellor for Faculty Affairs for nearly five years at Illinois. His research focuses primarily on disparities in rehabilitation outcomes for ethnic minorities with disabilities, particularly African Americans. Dr. Alston has published extensively in leading rehabilitation journals and successfully managed research projects as a Principal Investigator, Co-Investigator, or Coordinator with funding from NSF, NIH, and NIDRR. He received the James F. Garrett Award for a Distinguished Career in Rehabilitation Research from the American Rehabilitation Counseling Association in 2007. He taught a variety of courses, including Disability Policy in American society, Medical Aspects of Disability, Psychosocial Aspects of Disability, and Research Methods in Health Sciences. In 2005, he received the King James McCristal Distinguished Scholar Award from the College of Applied Health Sciences at Illinois, and he was the recipient of the Award for Excellence in Graduate and Professional Teaching from the College of Applied Health Sciences in 2006. Also in 2006, Dr. Alston was selected by the College of Medicine at Illinois as the Medical Scholars Program Outstanding Advisor of the Year. He is a former Editor of the Journal of Applied Rehabilitation Counseling and a former executive board member for the American Rehabilitation Counseling Association (ARCA) and the Council on Rehabilitation Education (CORE). In 2008-09, he worked on Capitol Hill in the Office of Senator Tom Harkin (D -Iowa) as a Robert Wood Johnson Health Policy Fellow studying disability policy. Dr. Alston is a former board member of the Unit #4 school district in Champaign, Illinois and the Francis Nelson Federally Qualified Health Center in Champaign. For his engagement work with groups in the community, he received the 2009 Campus Award for Excellence in Public Engagement. From 2018 to 2022, Dr. Alston was the Interim Director of the Chez Veterans Center at the University of Illinois.

Speakers' Biographies (continued)

Mark Travis Rivera



Telling stories is at the core of Mark Travis Rivera's purpose in life. He is an award-winning creative—founder, lead storyteller, and consultant of The Professional Storyteller. As a writer, Mark's bylines included *The Bergen Record*, *Herald News*, *The Star-Ledger*, *Fox News Latino*, and *The Huffington Post*. He was also a contributing author in the anthology, "Crisis and Care: Queer Activist Responses to a Global Pandemic" (PM Press, 2022), edited by Adrian Shanker. His debut collection, "Drafts: An Imperfect Collection of Writing", was published in August 2017. He was also a contributing writer for "Imagining: A Gibney Journal", where he shared his experience as a disabled choreographer and dancer. As a stubborn and determined 17-year-old, Rivera founded Marked Dance Project (2009-2019), becoming the youngest person in the United States to create and lead an integrated dance company for disabled and non-disabled dancers. Inspired by his desire to dance as a person with cerebral palsy, he went on to help disabled and non-disabled dancers find their voice as a dancer. He was also one of just a handful of artistic directors of color in the disability dance field. As an independent disabled choreographer, Mark is determined to build bridges between the main dance field and disability dance. As a speaker, he has addressed audiences at various institutions of higher learning, including Harvard, MIT, Rutgers, and NYU. As a diversity, equity, and inclusion consultant and facilitator, he has spoken to corporate audiences virtually in the UK, Canada, Mexico, Latin America, Israel, China, and India. His TEDx Talk, "Embracing Yourself, Embracing Your Potential," was a smash hit in 2014 at Bergen Community College. A graduate of William Paterson University, he earned a Bachelor's degree in Women's and Gender Studies, and a minor in Public Relations. In 2013, Mark received the Student Government Association's Lifetime Achievement Award for his commitment to the William Paterson community. That same year, he was honored with the Campus Pride Voice & Action Award for his work with the LGBTQ community, and with the Creativeness Award by DBGGM, Inc. More recently, he won the Audre Lorde Award for Social Justice from John Jay College of Criminal Justice at the City University of New York, and the Lavender Legacy Award from William Paterson. Mark is represented as a speaker by Hummingbird Speaks and is a member of the WE CREATE SPACE global collective of LGBTQ+ leaders. He was raised a Jersey boy, lived in New York City and the Bay Area, but now calls Atlanta, GA, home.

Speakers' Biographies (continued)

India Harville, Founder of Embraced Body



India Harville (she/her), Founder of Embraced Body, is an African-American, disabled, queer disability justice activist, politicized healer, and artist. Her work centers reclaiming the body as an often-underestimated pathway to decolonizing ourselves to foster social justice, equity, and inclusion. Her offerings center Disability Justice as a framework and embodied praxis for the liberation of those most impacted by oppression, which liberates everyone. India holds a Bachelor of Arts in Psychology from New College of Florida and a Masters in Arts in Integrative Health Studies from the California Institute of Integral Studies. To learn more about her work, please visit www.embracedbody.com.



NYC Health + Hospitals is proud to sponsor the In My Mind LGBTQIA+ People of Color Mental Health Conference.

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Special Presenters Biographies

Jill Rothstein worked with the New York Public Library for 20 years, as the Chief Librarian of the Andrew Heiskell Braille and Talking Book Library in NYC for 10 years, was a member of the NYPL Accessibility Working Group, received the LEAD Emerging Leader Award, and a core team member and mentor with the Innovation Project. She presented at the National Library Service for the Blind and Print Disabled conference, Metro Libraries conference, American Library Association, and Harvard's World Heritage Strategy Forum. Before that she sang and did silly dances for toddlers as a children's librarian and when she was a neighborhood branch manager, did not sing as much.

Chancey Fleet is a Brooklyn-based tech educator and activist who identifies as Blind. Chancey is the Assistive Technology Coordinator at the New York Public Library (NYPL). In that role, she curates accessible technology in the branch, collaborates across the NYPL system to improve equity and access, and coordinates a diverse team of staff and volunteers who provide one-to-one tech coaching and group workshops, free of charge and open to all. Through a 2017 NYPL Innovation grant, she founded and maintained the Dimensions Project, a free open lab for the exploration and creation of accessible images, models and data representations through tactile graphics, 3D models and nonvisual approaches to coding, CAD and "visual" arts. Chancey is a 2018-19 Data and Society Fellow, and is the Affiliate-in-Residence whose writing, organizing and advocacy aims to catalyze critical inquiry into how cloud-connected accessibility tools benefit and harm, empower and expose disability communities. She was recognized in 2017 as a Library Journal Mover and Shaker. She serves as president of the NFB's Assistive Technology Trainers' Division, a board member of the LightHouse for the Blind and Visually Impaired, and a member of New York State's Regents' Advisory Council on Libraries.

Ruth Lowenkron is the Director of the Disability Justice Program at New York Lawyers for the Public Interest. She has been active in the field of disability law since 1981, having previously worked at Untapped Resources, Inc. (New York), the Community Health Law Project (New Jersey), the Education Law Center (New Jersey), and Disability Rights New Jersey. Through her work in impact litigation, legislative advocacy, and community outreach, Ruth assisted many people with physical, mental, and other disabilities. She taught Disability Law at Seton Hall Law School in New Jersey, and at the City University of New York (CUNY) Law School in New York City and is a special education hearing officer for the New York State Department of Education. Ruth received her bachelor's degree from Cornell University and her Juris Doctorate in CUNY Law School's inaugural class. Honors she received include Volunteer Lawyers for Justice's Champion of Change Award, the Essex County Bar Association's Special Merit Award, the Hofstra University School of Law Public Justice Foundation Commitment to Public Service Award, the New Jersey Association for Advancement of the Mentally Handicapped Award, the ARC of New York State's Robert Hodgson/August Jacobs Law Award, the New York Association for Psychiatric Rehabilitation Services' Public Policy Leadership Award, and was being listed as a Crain's New York Business Notable Women in Law.

DISABILITY AND CRIMINAL JUSTICE* STATISTICS

- A quarter of people in jail and 14% of people in prison have a serious mental illness, compared to about 6% of all adults. Based on the 2021 incarcerated population, that means that over 330 people with serious mental illness are behind bars today.
- Once incarcerated, people with serious mental illness are also 1.7 times more likely to spend extended time in solitary confinement, and 7.4 times more likely to die by suicide. We see these same patterns when you look at those who become involved or entangled with police.
- While people with serious mental illness make up only about 6% of the population, they are involved in as many as 10% of all police calls, make up 17% of all uses of force, and 20% of people injured in police interaction. Even more disturbing, since 2015, about 25% of all people killed by police have been people experiencing mental health issues.

* *US DOJ “Addressing the Criminalization of People with Disabilities” forum on July 25, 2023, presented by Kristen Clark, assistant attorney general for the civil rights division at the U.S. Department of Justice, Celebrating the 33rd anniversary of the Americans with Disabilities Act.*

Person Centered Care Services is a not for profit organization creating social change within communities by supporting people with disabilities on their search for identity and acceptance.

Our Core Values

suPPort

Our responsibility as human beings is to support ourselves and one another.

eQuity

To participate in community is to have active citizenship. To be a participating citizen, one must have opportunities which are equitable; which accommodate the differences all human beings have.

aCCeptance

One of the most vital components of having a quality of life is love. It's okay to tell someone you love them; more importantly, it's okay to show them. To accept another for who they are and what makes them human can be a most validating experience; it is self-empowering.

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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:



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Vaughn Constable (TwistByVee)

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ARTISTS' GALLERY:

Selections from "The White Shirt Project"

(exhibited with the kind generosity and permission from Connie Pacheco/Recoveries R Us, the Estate of the late Jose Ramon Medina, and his husband Albert Rodriguez)

Acknowledgements (continued)

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- Shinnecock Indian Nation
- Vibrant Emotional Health

CONFERENCE WEBSITE 2023 UPDATE:
Vaughn Constable (TwistByVee)

GRAPHIC DESIGN:
Erick Taylor Woodby



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- Case Management (in-home or telehealth)
- Wellness Workshops
- Support Groups
- Medication Management
- Primary Care
- Sexual Health

Do I need insurance to receive CONNECT services?

No. CONNECT serves all eligible individuals regardless of immigration and insurance status.

Contact

East New York

Housing Works, ENY Community Health Center
2640 Pitkin Avenue
Brooklyn, NY 11208
(718) 277-0386

Natalia Louis
Program Manager
Community Strategy
n.louis@housingworks.org
(718) 219-9464



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