Exploring and Experiencing a Positive Mental Health Promotion Program for LGBT2Q+ Youth

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Agenda

• Introductions
• Group Guidelines
• Program Development and Focus
• Program Overview: Dotmocracy
• Sample Activities: Session #2, #4, and #12
• HRP for LGBT2Q+ Youth Resources
• Questions
Name, Noise, Fun!

• Name

• Pronouns (Optional)
  • (e.g., They/them/their; she/they; he/him/his; she/her/hers, no pronouns, etc.)

• Favorite noise and when it’s made

Group Guidelines

What would help:

• make this workshop a safe and supportive place to discuss LGBT2Q+ topics and issues?

• create an environment where you feel comfortable attending and participating?

* ASK * CONFIDENTIALITY * MINDFUL * BEST INTENTIONS *
HRP for LGBT2Q+ Youth

Program Development
• Adapted from the Healthy Relationship Plus Program (HRPP)
  - Evidence-informed, small group universal prevention program

Program Focus
• Affirms, validates, and celebrates LGBT2Q+ identities, expressions, and experiences
• Builds a caring and supportive community
• Explores stressors unique to LGBT2Q+ youth
• Promotes healthy coping strategies
• Encourages student-led dialogue

HRP for LGBT2Q+ Youth (2nd ed.)

SESSION 1: I HAVE A VOICE: Introduction to the Program
SESSION 2: MINE TO NAME: Identities/Ways of Being
SESSION 3: RECOGNIZE AND RESPECT: Values and Boundaries
SESSION 4: MY JOURNEY: Coming Out
SESSION 5: MY MIND MATTERS: Mental Health and Well-Being (Part 1)
SESSION 6: MY MIND MATTERS: Mental Health and Well-Being (Part 2)
SESSION 7: THINKING AHEAD: Making Safer Choices About Substance Use
SESSION 8: I BELONG: Communities and Connections
SESSION 9: MY SUPER-POWER: Coping with Challenges
SESSION 10: WE ALL HAVE A SAY: Rights/Responsibilities/Consent
SESSION 11: MY VOICE, YOUR VOICE: Active Listening and Communication
SESSION 12: RIGHT AND TRUE: Communication Styles
SESSION 13: WORDS AND ACTIONS: Communicating Through Conflict
SESSION 14: SHIPS: Healthy and Unhealthy Relationships
SESSION 15: (RE)BUILDING TIES: Addressing Relationship Violence
SESSION 16: MY SAFETY: Exits and Safety Plans
SESSION 17: ALLIES: Being There for Others
SESSION 18: CONCLUDING CIRCLE: Share and Celebrate
Session #5

MY MIND MATTERS: MENTAL HEALTH AND WELL-BEING

**Affirmation:** I AM NOT STUCK; MENTAL HEALTH CAN CHANGE OVER TIME

**Skill:** I understand that mental health exists on a grid and I can identify and access supports that can help me

**Practice:** Locating your mental health on the mental health grid; learning about mental health resources in my community

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Getting to Know the Program Dotmocracy

• Place your stickers on program sessions that you are most interested in delivering to youth in your care
Session #2

MINE TO NAME: IDENTITIES/WAYS OF BEING

Affirmation: MY IDENTITY IS REAL, VALID, AND MINE TO NAME

Skill: I am aware of the many identities/ways of being, and expressions in communities

Practice: Reflecting on my ways of being

Graffiti Activity

• Six pieces of chart paper
  • Sexual Orientation
  • Romantic Orientation
  • Assigned Sex at Birth
  • Gender Identity
  • Gender Expression
  • Identities/Ways of Being

• In small groups, brainstorm and record words, symbols, and images that represent each concept

• Rotate

• Repeat
Session #4

MY JOURNEY: COMING OUT

Affirmation: MY JOURNEY, MY WAY, MY TIME

Skill: Recognize that coming out is a process that looks and feels different to different people

Practice: Creating your own coming out affirmation

My Journey: Coming Out

• Opening Circle
  • Name
  • Pronouns
  • What does coming out mean to you?

• Coming Out Activity
  • Affirmative messages about coming out

• Closing Circle
  • Share your best piece of advice for coming out
Session #12

RIGHT AND TRUE: COMMUNICATION STYLES

**Affirmation:** I have the communication tools to do what is right and true for me

**Skill:** I know different communication styles for dealing with difficult situations

**Practice:** Using the assertive communication style in low-pressure situations

Communication Styles Video

**Passive, Assertive, and Aggressive**

• Student asks a teacher not to use the name on the attendance
Poster, Overview, and FAQ

- [https://youthrelationships.org/hrpp](https://youthrelationships.org/hrpp)

*Healthy Relationships Program for LGBT2Q+ (Lesbian, Gay, Bisexual, Trans, Two-Spirit, Queer/Questioning) Youth* - an adapted version of HRPP, appropriate for gender, sexual, and romantic minority youth.

- Program Poster
- Program Overview
- Frequently Asked Questions (FAQs)

Publications

**Published**


**Submitted**
