Managing Anxiety and Depression for LGBTQ populations in COVID 19
September 30th, 2020

DETAILS & LOGISTICS

Dates: September 30th,, 2020
Time: 1 PM—2:00 PM
Cost: FREE
Contact Hours: 1 NAADAC
REGISTER HERE

PRESENTATION

Kate Bishop, MSSA, Education Coordinator at the LGBT Health Resource Center of Chase Brexton, is a seasoned professional development trainer with expertise in working with LGBTQ populations, sexual and reproductive health care, adolescent development, intimate partner violence, and sexual trauma. She is certified as a trainer through GLSEN (Gay, Lesbian, and Straight Education Network) as well as SAGE (Services and Advocacy for GLBT Elders). Before joining the Chase Brexton team, she developed the capacity building program at the University of Maryland School of Medicine’s STAR TRACK Adolescent HIV program, providing cultural responsiveness trainings for agencies that serve sexual minority youth of color. Ms. Bishop holds a Bachelor of Arts in Gender Studies from Hiram College and a Masters in Social Work from Case Western Reserve University.

COURSE DESCRIPTION

The COVID-19 pandemic has increased stress, isolation, and worry for everyone. For LGBTQ people already dealing with unique challenges around anxiety and depression, the impact of these pressures can be devastating. This webinar will explore what makes LGBTQ people particularly at risk for anxiety and depression, as well as related outcomes like substance misuse and suicidality, and underline the ways that COVID-19 increases these vulnerabilities. Participants will explore warning signs, effective interventions, and community supports that help builds resilience for these populations.

LEARNING OBJECTIVES

- Explain the impact that prejudice, discrimination, family rejection, trauma, and stress-related illness has on anxiety and depression for Sexual and Gender Minority (SGM) populations
- Describe the dual epidemic of substance misuse and suicide among LGBTQ people, including prevalence, disparities, trends, psychosocial challenges, and help-seeking behaviors
- Identify community-targeted intervention strategies to support LGBT individuals struggling with depression or anxiety as well as individual resilience-building supports

Questions? Contact training@danyainstitute.org

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