Technical Information

SAMHSA
Substance Abuse and Mental Health
Services Administration

This training was developed under the Substance Abuse and Mental Health Services Administration's Addiction and Prevention Technology Transfer Center task orders.

For training use only.

LIVE

This webinar is now live.

It is being recorded.

Please remain muted.

Central East (HHS Region 3)
ATTC

Central East (HHS Region 3)
PTTC

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Welcome

Central East ATTC and PTTC Webinar

Liberation Approaches in LGBTQ Behavioral Health and the Crossroads of Racial and Sexual/Gender Identity

THE DANYA INSTITUTE

The Central East ATTC, MHTTC, and PTTC are housed at the Danya Institute in Silver Spring, MD

Oscar Morgan
Executive Director

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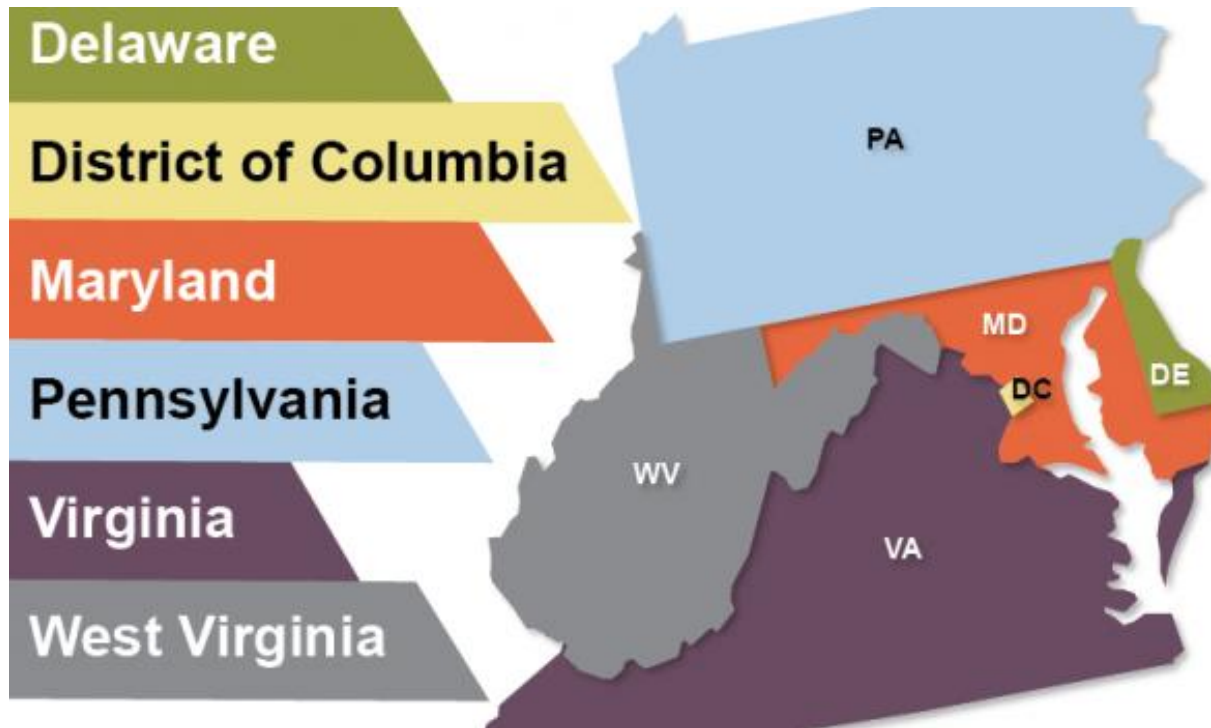## Each TTC Network includes 13 centers.

Network Coordinating Office

National American Indian and Alaska Native Center

National Hispanic and Latino Center

10 Regional Centers (aligned with HHS regions)

Central East Region

HHS REGION 3

Delaware
District of Columbia
Maryland
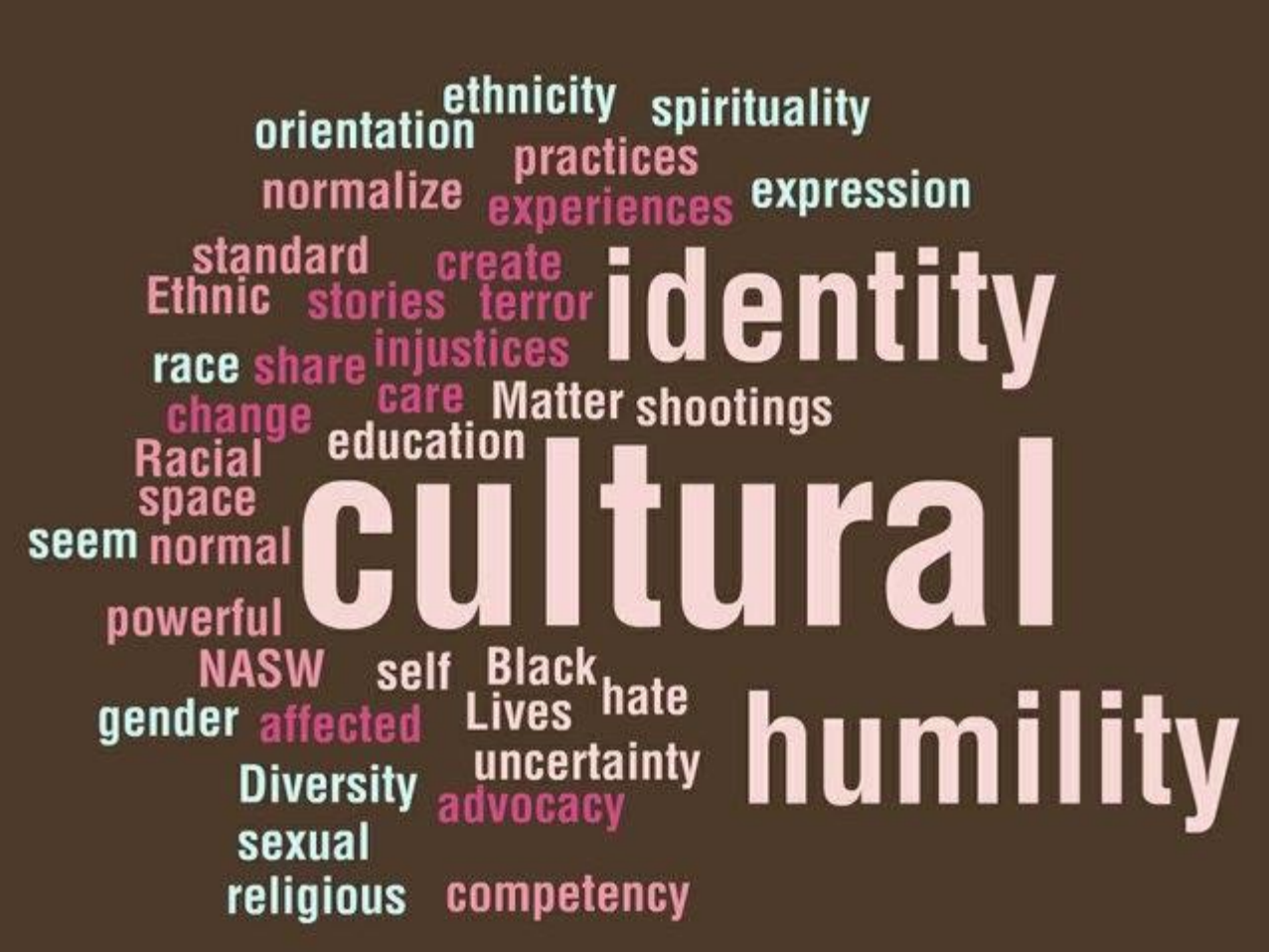Pennsylvania
Virginia
West Virginia

PA
MD
DC
DE
WV
VA

The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.

Eligibility

Behavioral health and health care providers, consumers, families, state and local public health systems and other stakeholders

Consistent with Regional, State and Local Needs

No cost

Data Driven

EBPs provided by Subject Matter Experts

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Liberation Approaches in LGBTQ Behavioral Health and the Crossroads of Racial and Sexual/Gender Identity

Randall Leonard, LCSW-C
Behavioral Health Therapist & LGBTQ Health Equity Trainer
Kate Bishop, MSSA
Education Coordinator
The Center for LGBTQ Health Equity of Chase Brexton Health Care

April 5, 2023

Presenters

Randall Leonard, LCSW-C

Behavioral Health Therapist and Trainer
The Center for LGBTQ Health Equity
Chase Brexton Health Care, Baltimore MD

Licensed Clinical Social Worker (LCSW-C)
specializing in the care of LGBTQ communities.

Provides:
• Individual therapy
• Assessments for gender-affirming surgery
• "Identity Talk" support group for Black trans
  and gender-diverse people

Additional Clinical Work Experience:
Behavioral Specialist --
• Emergency Department, Union Memorial
  Hospital
• Survivors of Intimate Partner Violence –
  Family and Children's Services
• People with Severe and Persistent Mental
  Illness – Sheppard Pratt Health Systems

Education: Masters of Social Work
University of Maryland School of Social Work

Kate Bishop, MSSA

Education Coordinator
Center for LGBTQ Health Equity
Chase Brexton Health Care, Baltimore MD

Expertise in working with LGBTQ+ populations,
HIV/AIDS, reproductive health, intimate partner
violence, sexual trauma

25 years of training adult learners

LGBTQ Educator training:
• GLSEN (Gay, Lesbian and Straight
  Education Network)
• National LGBT Cancer Network
• Maryland Department of Health and
  Human Services
• SAGE (Services and Advocacy for GLBT
  Elders)

Education:
BA: Gender Studies, Hiram College
MA: Social Work, Case Western Reserve
     University

Chase Brexton Health Care
Because everyone's health matters.
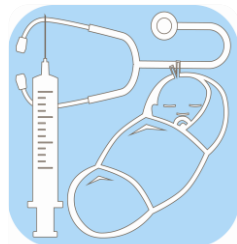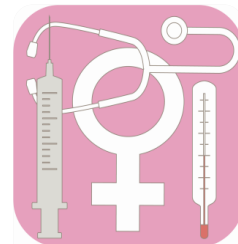
Adult Medical Care

HIV Medical Care

Pediatrics

Ob/Gyn

Behavioral Health

Dentistry

Pharmacy

Case Management

Center for LGBTQ Health Equity Initiatives:

- ElderPride
- Gender JOY (Journeys of Youth)
- Health Equity Training Team
- LGBTQ+ focused Behavioral Health

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Learning Outcomes

- Apply a liberation framework to creative outreach strategies and prevention messaging.

- Examine the role of behavioral health providers and systems in maintaining oppressive care structures and apply new models to substance use treatment.

- Locate substance use as an adaptive tool for managing minority stress.

- Develop a liberation framework analysis of current treatment options available to BIPOC LGBTQ people.

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Remember...

I don't have all the answers

Topics are extremely complex

Use of real-life scenarios

Potential for trauma reactions and negative responses

LGBTQ Essentials

Image: Swerv Magazine, June 2020

Queer Means "Invent and Create"

As bell hooks defined:

"Queer not as being about who you're having sex with (that can be a dimension of it);

but queer as being about the **self that is at odds with everything around it** and has to invent and create and find a place to speak and to thrive and to live."

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LGBTQ Residents in the DC Area

DC

- *At 9.8%, DC has the highest population percentage of LGBTQ individuals in the country.*

Surrounding States:

- *Delaware has 4.5%*
- *Maryland has 4.2%*
- *Pennsylvania has 4.1%*
- *West Virginia has 4.0%*
- *Virginia has 3.9%*

Gen Z's Rainbow Wave

- The increase has been driven by younger Americans, according to Gallup, with 21% of Generation-Z adults identifying as LGBT in the survey, almost double the rate of Millennials, five times that of Generation X and eight times the rate of Baby Boomers.

- The rate of Millennials identifying as LGBT has also ticked up in recent years—from 5.8% in 2012 to 7.8% in 2017 to 10.5% today—while the number of Generation-X and Baby Boomers remains steady.

- Of the Americans who identify as LGBT, more than half (57%) indicated in the survey they were bisexual, a figure that roughly translates to about 4% of all adults in the U.S.

- About one in five LGBT Americans said they were gay, while 14% identified as lesbian and 10% indicated they were transgender and 4% something else (those figures each account for less than 2% of the total population).

Porterfield, C. (2022, April 14). *Gen-z drives surge of more Americans identifying as LGBT*. Forbes.

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Gen Z Embraces Ambiguity and Fluidity

Lil Nas X, 23
(Montero Lamar Hill)

Image Credit: Rachel Luna/Getty Images

"Just cuz I'm gay don't mean I'm gay."
"deadass thought I made it obvious."

Willow Smith, 20

Image Credit: Getty Images

"I love men and women equally and so I would definitely want one man, one woman. I feel like I could be polyfidelitous with those two people.

Jojo Siwa, 19

Image Credit: Jojo Siwa YouTube

"I like queer…Technically I would say that I am pansexual, because that's how I have always been my whole life is just like, my human is my human."

Labels and Terms

HELLO
MY PRONOUNS ARE

Important BIPOC Terms

** DO NOT ASSUME THESE TERMS, some may carry derogatory meanings or may change over time. It's important to know their meanings, and let your clients define themselves

- Asexual: experiencing little to no sexual attraction to others and/or a lack of sexual interest. AKA "Ace"
- BIPOC – "Black and Indigenous People of Color"
- Butch – a person who identifies themselves as masculine, originally used as a derogatory term towards lesbians (reclaimed)
- Demisexual: little or no capacity to experience sexual attraction until a strong romantic connection is established. AKA "Demi"
- "Down Low": individuals who identify as heterosexual but who secretly have sex with other people of the same gender. Originated in communities of color.
- Femme: Someone who identifies as feminine physically, mentally, or emotionally
- Fluidity: describes an identity that may change or shift between or within the mix of options available
- Pansexual: experiences sexual, romantic, physical, and/or spiritual attraction for members of all gender identities and expressions

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Important BIPOC Terms (cont.)

- Polyamorous (Poly or Polyam) : desire and practice for having ethical, honest, and consensual non-monogamous relationships

- QPOC – "Queer People of Color"

- Queer – Umbrella term for non-heterosexual and/or gender diverse individuals. May not be embraced by all LGBTQ people depending on historical context

- Same Gender Loving (SGL): often utilized in African American and Black community to describe non-heterosexual orientations without utilizing terms of European descent

- Stealth: a trans person who is not "out" as trans and is perceived by others as cisgender

- Stud: most commonly used to indicate a Black/African-American and/or Latina masculine-presenting lesbian or queer woman

- Two-Spirit: umbrella term traditionally utilized within Indigenous American communities to recognize individuals who possess qualities or fulfill roles of both feminine and masculine genders

Killermann, S. (2013). *Defining LGBTQ+ - ❤ it's pronounced metrosexual.* It's Pronounced Metrosexual. Retrieved March 21, 2023, from https://www.itspronouncedmetrosexual.com/books/defining-lgbtq/

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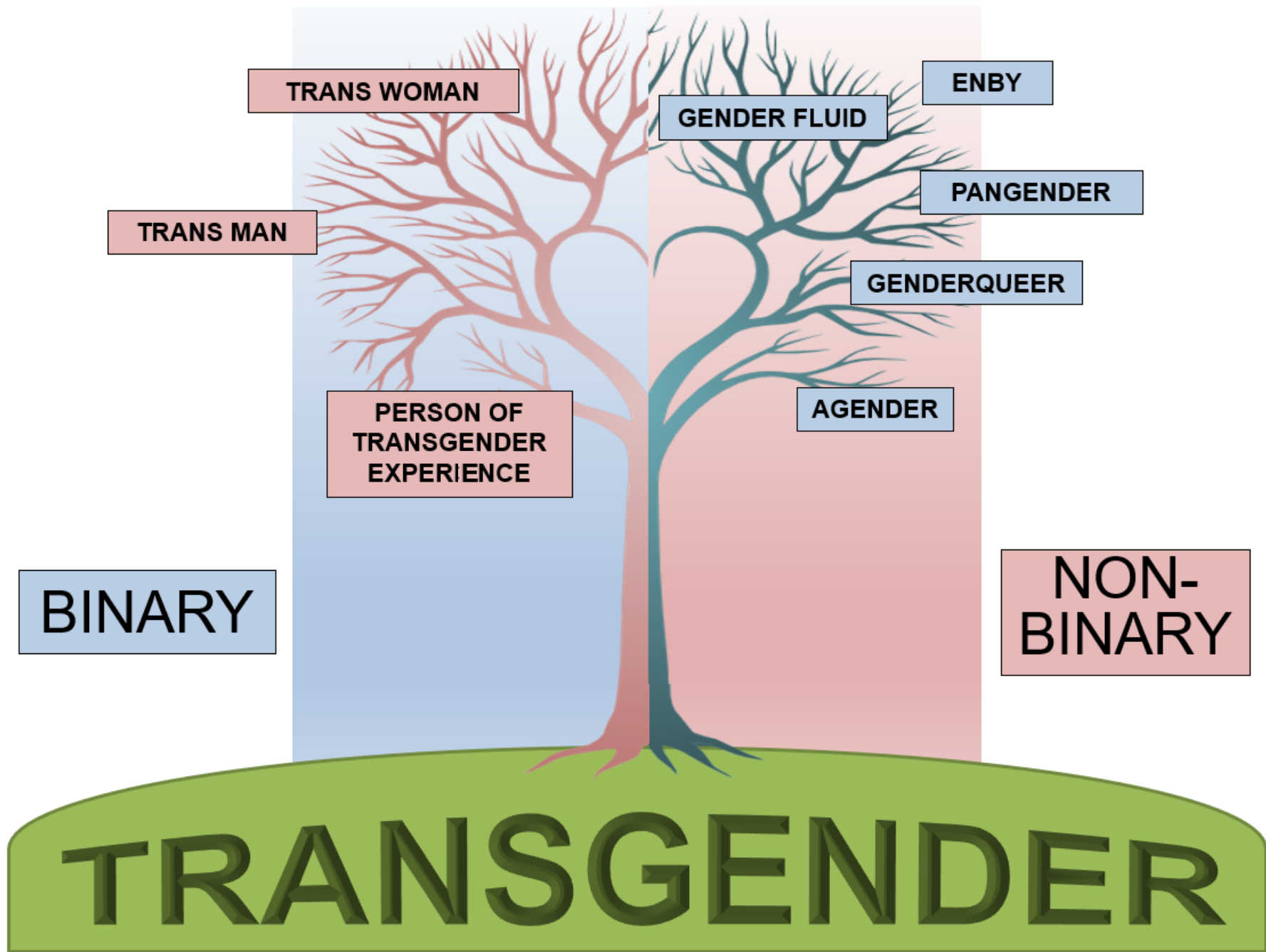Central East (HHS Region 3) PTTC

"Coming Out" or "Inviting In"?

It's a BOY

People whose **gender identity** remains the same as their **sex assigned at birth** are **cisgender**.

("CIS" = "on the same side")

It's a BOY

People whose **gender identity** differs from their **sex assigned at birth** are **transgender**.

("TRANS" = "across or beyond")

TRANS WOMAN

ENBY

GENDER FLUID

PANGENDER

TRANS MAN

GENDERQUEER

PERSON OF
TRANSGENDER
EXPERIENCE

AGENDER

BINARY

NON-
BINARY

TRANSGENDER

Nonbinary Identities

- Generational culture shift away from fixed identity labels toward embracing ambiguity and fluidity

- With sophisticated language evolution, individuals are better able to describe their lived experiences

Emerging Terms:
- Gender Fluid
- Non-Binary (ENBY)
- Genderqueer
- Agender
- Pansexual (Sexual Orientation)

Photo: Alok Vaid Menon

Transition

The process of changing external gender presentation to align with one's internal sense of authentic self

- Transition can be social, legal, medical (HRT) and/or surgical

- Clinician's role is to eliminate dysphoria, following the patient's lead about their needs

- Non-binary individuals may seek some physical changes but avoid others

- May be a goal that is achieved and complete, or a lifelong process of living authentically day to day
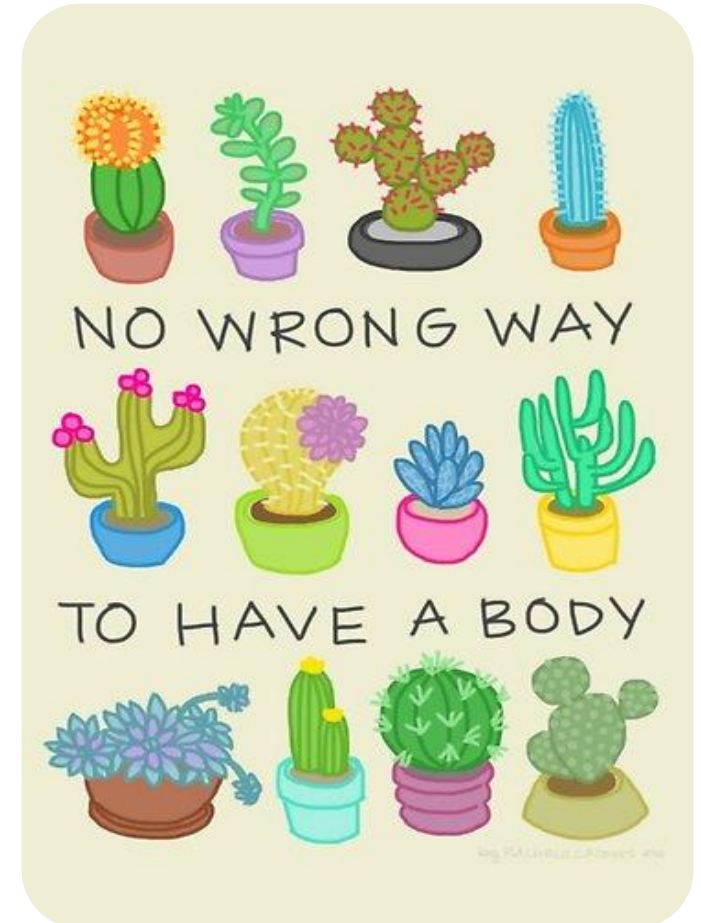

NO WRONG WAY TO HAVE A BODY

Image: Rachele Cateyes

When You Say Nonbinary Is Not A Real Gender…

Nonbinary People Can Hear You.

Image credit: original art by Chucha Marquez for BuzzFeed News

When You Say Nonbinary Is Not A Real Gender…

Nonbinary People Can Hear You.

Image credit: original art by Chucha Marquez for BuzzFeed News

Chosen Name Use & Mental Health

Adolescent health brief

Chosen Name Use Is Linked to Reduced Depressive Symptoms, Suicidal Ideation, and Suicidal Behavior Among Transgender Youth

Stephen T. Russell, Ph.D. [a,*], Amanda M. Pollitt, Ph.D. [a], Gu Li, Ph.D. [b], and Arnold H. Grossman, Ph.D. [c]

[a] University of Texas at Austin, Austin, Texas
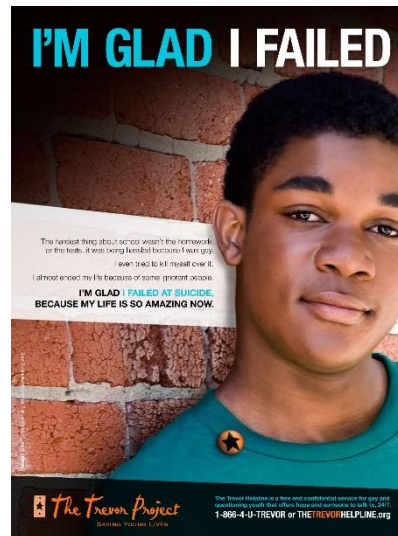[b] University of British Columbia, Vancouver, British Columbia, Canada
[c] New York University, New York, New York

The Trevor Project

- Suicide prevention for LGBTQ people <25 yo
- Founded in 1988
- Crisis intervention via phone, text, IM, virtual hang outs
- Research, education and training, media prevention campaigns

I'M GLAD I FAILED

Crisis Intervention & Suicide Prevention Services

TREVOR LIFELINE
24/7/365 | 866.488.7386

TREVOR CHAT
Everyday | 12pm-7pm PT
3pm-10pm ET

TREVOR TEXT
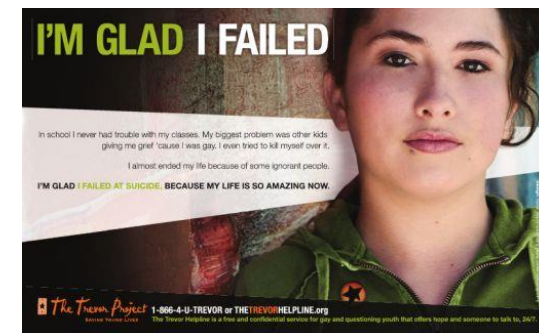M-F 12-7pm PT, 3-10pm ET
text "Trevor" to
1.202.304.1200

TREVORSPACE
24/7/365 | trevorspace.org
a social networking site for
LGBTQ youth & allies.

THE TREVOR RESOURCE CENTER
thetrevorproject.org/resources
General info & FAQ.

www.thetrevorproject.org

The Trevor Project stands with LGBTQ+ youth against the Trump administration's executive order.
#LicenseToDiscriminate | thetrevorproject.org

I'M GLAD I FAILED

I'M GLAD I FAILED

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Intersex Identities

- Intersex can be defined as having biological traits including chromosomes, anatomy, or hormones that differ from strict binary categorization

- May or may not identify as cisgender, nonbinary, or transgender

- Also experiences lack of representation and reports negative experiences in healthcare settings

- Can you see the nuances in identity in the following video?

Hawn, T. (2021). *The gender identity guide for parents: Compassionate advice to help your child be their most authentic self*. Rockridge Press

What defines "Support"?

- Two studies on LGBTQ+ social support networks found that participants defined support as:

  – socializing

  – having access to LGBTQ+-related information, including comprehensive sexual health education

  – being introduced into the community by others

(Nesmith, Burton, & Cosgrove, 1999) and (D'Augelli et al., 2005; Elizur & Ziv, 2001).

Barriers to Receiving "Support"

- Being "Out" is not always possible for many, many reasons

- Geographic location can limit access

- Online support can be an entryway for those who aren't "out" or for people with specific cultural identities.

How could you help a client navigate access to online support?

"They are too young to know their gender!"

... said no one ever to cisgender kids who express their gender.

Image credit: original art by Sophie Labelle

Let's Talk About Pronouns!

Gender-binary pronouns:

- ***She, Her, Hers***
  - (Alex ate ***her*** food because ***she*** was hungry.)

- ***He, Him, His***
  - (Alex ate ***his*** food because ***he*** was hungry.)

Gender-neutral pronouns:

- ***They, Them, Theirs***
  - (Alex ate ***their*** food because ***they*** were hungry.)

- ***Ze, Hir***
  - (Alex ate ***hir*** food because ***ze*** was hungry.)

- Just use **my name**!
  - (Alex ate **Alex**'s food because **Alex** was hungry)

Image credit: Original Art by Alice Che

Misgendering and "Deadnaming"

- Can "out" someone and make them emotionally or physically unsafe

- Feels humiliating and disrespectful

- Cumulative impact of daily misgendering increases depression and anxiety, degrades well-being

- Damages your rapport, makes the person wonder if you are clueless or cruel

- These mistakes can contribute to someone being so uncomfortable they do not get the care they need

LANGUAGE MATTERS. SHOW RESPECT FOR TRANSGENDER PEOPLE BY USING PROPER PRONOUNS-- THEIR PRONOUNS.

Image: Original art by Sam Moss

Mistakes Will Happen...

- Apologize if you misgender someone and support staff in correcting each other. If you make a mistake, briefly correct yourself and then move on.

- If someone else makes a mistake, correct them. It is polite to provide a correction, whether or not the person whose pronoun was misused is present.
    - This means saying something like "Alex uses the pronoun she," and then keep it moving.

Image credit: original art by Sophie Labelle

Conceptual Frameworks

Slide credit: Aya Shuman, Executive Director of the Institute for Equity, Diversity & Inclusion of Chase Brexton Health Care

Slide credit: Aya Shuman, Executive Director of the Institute for Equity, Diversity & Inclusion of Chase Brexton Health Care

Equality

Slide credit: Aya Shuman, Executive Director of the Institute for Equity, Diversity & Inclusion of Chase Brexton Health Care

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Slide credit: Aya Shuman, Executive Director of the Institute for Equity, Diversity & Inclusion of Chase Brexton Health Care

Slide credit: Aya Shuman, Executive Director of the Institute for Equity, Diversity & Inclusion of Chase Brexton Health Care

Effects of Colonization

The cognitive needs of capitalism include *"measurement, quantification, externalization (or objectification)… so as to control the relations among people and nature… in particular the property in means of production"*.

- Colonizing transformed Indigenous people, Indigenous cultural practices, and Indigenous land into "property"

- World population was differentiated into two groups: superior and inferior

- Colonizing brought "Euro-centered" ideals to cultures
  - Result has been the erasure of many cultural gender identities

Dr. Maria Lugones, The Coloniality of Gender

African American Psychology

AFRICAN AMERICAN PSYCHOLOGY. Table I. European American–centered vs. African-centered ideals

European American–Centered Ideals	African-Centered Ideals
Individualism: The focus is on the individual—her or his interpretation of events and reaction to changing situations. The individual is the unit of analysis in research	*Collectivism:* The focus is on the collective or the "tribe." One cannot understand an individual's functioning in a way that is divorced from the group. The unit of analysis in research is the group
Materialism: An emphasis is placed on material reality, and the acquisition of material goods. Material reality is that which is observed, manipulated, and quantified	*Spiritualism:* An emphasis is placed on spiritual reality, and the development of spiritual congruence with the Creator. The most important aspects of human existence are unseen, unobservable, and nonquantifiable
Control of nature: An emphasis is placed on controlling nature—through science and development	*Harmony with nature:* An emphasis is placed on harmonizing with nature, through a spiritual connection with the things of the world
Objective: An emphasis is placed on purporting to be "value free" and "unbiased" in fact finding	*Subjective:* An emphasis is placed on acknowledging values and biases and using these to bring about the liberation of African people

Fairchild, Halford. (2000). African American Psychology.

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What is Cultural Humility?

- Other-centered interpersonal approach

- Ethical orientation of service delivery

- A commitment to understanding power dynamics

- Requires us to take responsibility for our interactions

- Acknowledges the limitations of our own cultural perspective

- "Borrow the client's glasses"

Cultural Humility Framework:
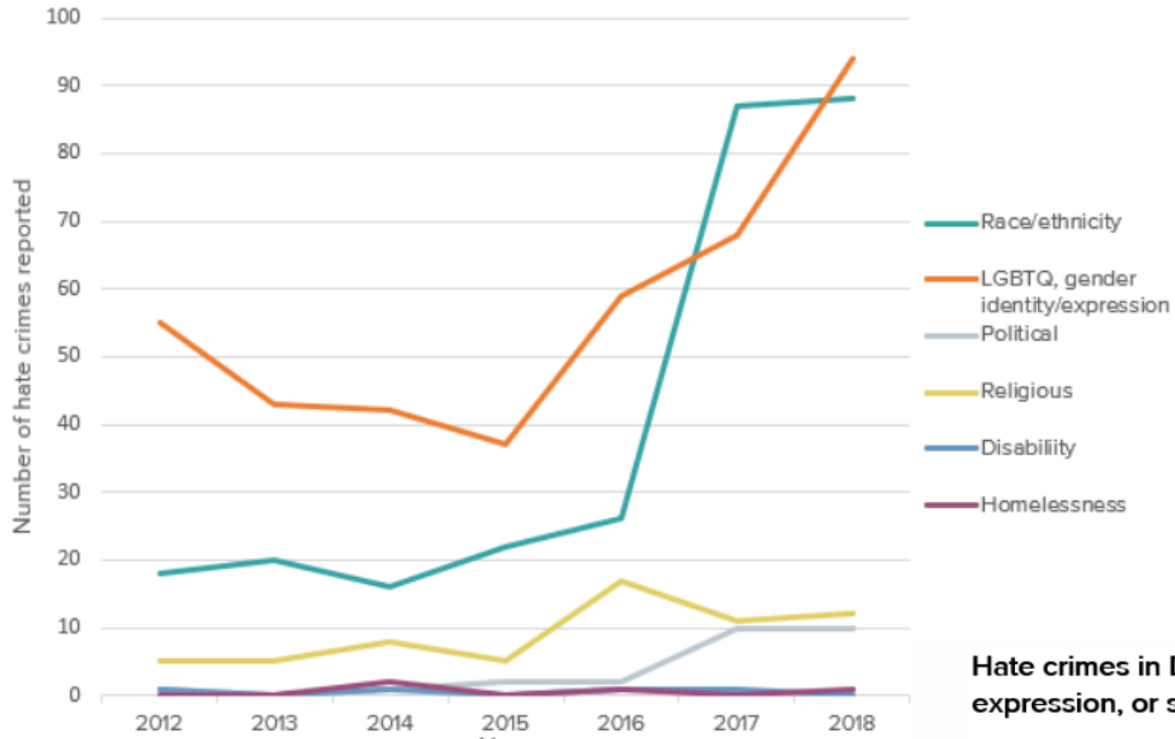# Melanie Tervalon and Jann Murray-Garcia

Jann Murray-Garcia, MD, MPH

Melanie Tervalon, MD, MPH

A lifelong commitment to self-evaluation and self-critique

Redressing power imbalances in the patient-provider relationship

Developing mutually beneficial and non-paternalistic clinical and advocacy partnerships with communities

Advocating and maintaining institutional accountability the principles of cultural humility
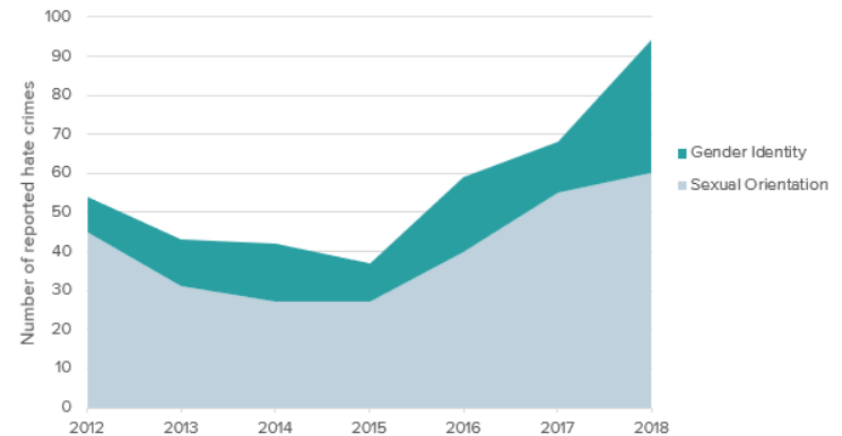
Tervalon M, Murray-Garcia J: "Cultural humility versus cultural competence: a critical distinction in defining physician training outcomes in multicultural education, "Journal of Health Care for the Poor and Underserved 1998; 9(2):117-124

Reported hate crimes in D.C. (2012-2018) by type of hate bias

D.C. Hate Crimes

Legend:
- Race/ethnicity
- LGBTQ, gender identity/expression
- Political
- Religious
- Disability
- Homelessness

Source: Hate Crimes Open Data File, MPD.

D.C. Policy Center | dcpolicycenter.org

Hate crimes in D.C.: Bias against sex, gender identity or expression, or sexual orientation (2012-2018)

Legend:
- Gender Identity
- Sexual Orientation

Community Concept: Safety

- For LGBTQ victims, "safety" is more than protective orders or safety plans

- Focus groups suggest that those "safety" measures rate lower than **the ability to feel safe to be oneself**
  - To feel believed
  - To be authentic
  - To feel unafraid of homophobic, heterosexist responses and attitudes of service providers

Adapted from the YWCA of Greater Cincinnati/Northern Kentucky
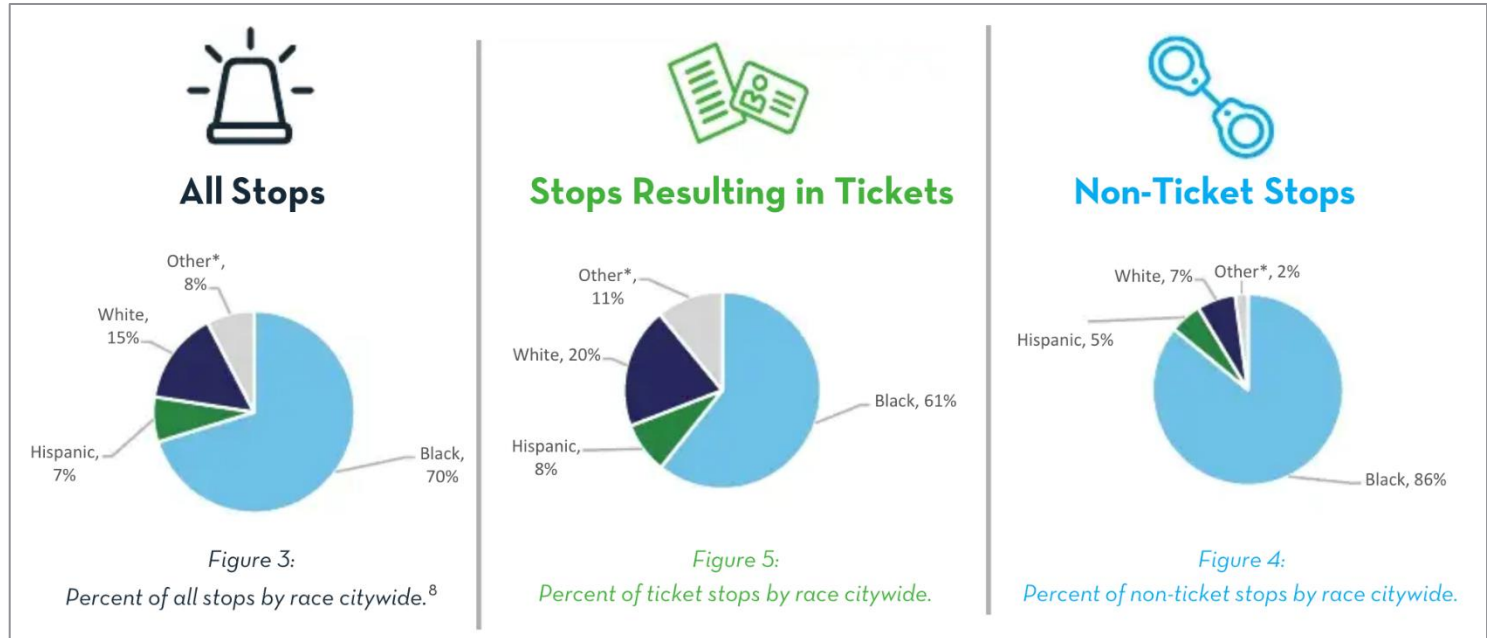
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Eric Flack, Jordan Fischer, WUSA9, 6/15/20

DC Police search and frisk black people 6 times more often during stops, data shows

MPD's most recent police stop data indicates little has changed with the racial imbalance of stop and frisk in the District.

All Stops

- Other*, 8%
- White, 15%
- Hispanic, 7%
- Black, 70%

Figure 3:
Percent of all stops by race citywide. [8]

Stops Resulting in Tickets

- Other*, 11%
- White, 20%
- Hispanic, 8%
- Black, 61%

Figure 5:
Percent of ticket stops by race citywide.

Non-Ticket Stops

- White, 7%
- Other*, 2%
- Hispanic, 5%
- Black, 86%

Figure 4:
Percent of non-ticket stops by race citywide.

- D.C. is only 47% African American, but Black people make up 70% of all police stops.
- Between 2013-2019, 16 Black people were killed by DC police.
- Police homicide rate is 11.1 times higher for Black than for white residents

Source: Metropolitan Police Department

Community Concept: Police

LGBTQ victims of violence may be extremely reluctant to involve police, due to:

- Deep-rooted belief that police are typically homo/bi/transphobic
- Fear of police misjudging primary aggressor, or minimizing intimate partner violence to problems between "two friends" or "roommates"
- Fear of not being believed that their danger is real
- Uncertainty that LGBTQ intimate partner violence qualifies under legal definition of "domestic violence"
- Awareness of the over-incarceration of LGB and (especially) T folks, heighted for Black and Latinx people
- Concerns about police brutality, particularly when one or both partners are people of color

Adapted from the YWCA of Greater Cincinnati/Northern Kentucky

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Community Concept: Seeking Help

» People from a **dominant** (heterosexual, cisgender) culture tend to assume that if they were a victim, they would have an automatic right to help

» If you are a person from a **subdominant** (LGBTQ) culture, you may not have experienced agencies as helpful in the past, so you may not believe that help is available to you and you may not seek out help

Adapted from the YWCA of Greater Cincinnati/Northern Kentucky

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Community Concept: Service Providers

Agency assurances that services are for everyone may not mean much to a LGBTQ person.

- LGBTQ people tend to assume service providers will be unwelcoming or hostile until proven otherwise

- LGBTQ people often believe services do not include their concerns unless explicitly targeted toward them

- LGBTQ people historically have been offered "help" to become "normal", may automatically be suspicious of help from any institutional representative

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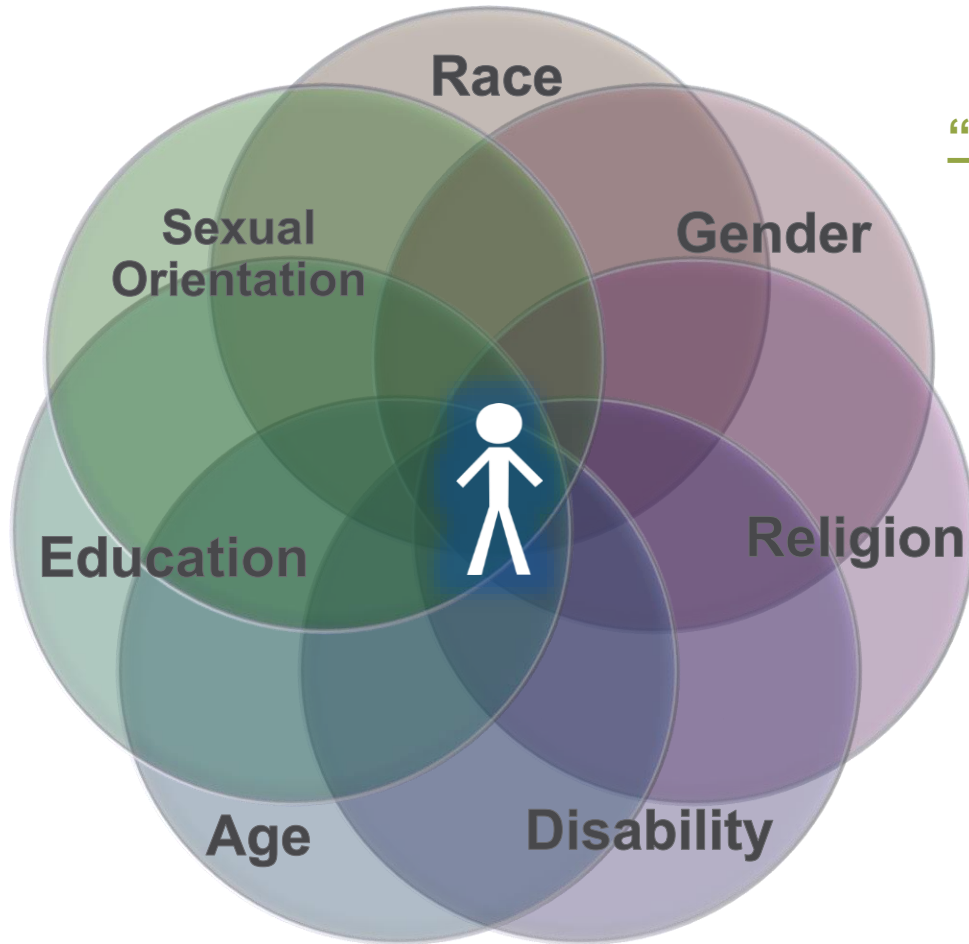
Dr. Maria Lugones, The Coloniality of Gender

Intersectional Lives, Intersectional Needs

"Intersectionality"

Dr. Kimberle Crenshaw, 1989

- Helps us describe relative personal and structural power

- "We live at the crossroads of our identities."

- Multiple marginalization = compound discrimination

- Cultural Humility approach can help bridge rapport across power dynamics

Intersectionality & "Coping"

- Cisnormativity: the expectation that a majority or all individuals are cisgender and look through a cisgender lens

- Heteronormativity: the expectation that a majority of all individuals are heterosexual and view the world through a heterosexual lens

- Gender Expectations: Nonbinary people often discuss the effects of stereotypical cultural norms on finding their identity authenticity

Intersectionality & "Coping"

- Concepts of "Eldership" within ENBY culture: Intersection between biological age and lived experience as authentic gender identity

Socially-Engineered Trauma

- Traumatic events rooted in social forces of oppression and inequality

- Examples include cisgender-heteropatriarcy, or legal, economic, and social power held by heterosexual cisgender males

- Therapy with gender diverse individuals can focus on actual oppression rather than just suffering caused by it

(Shaia et. al 2019)

DR. MARÍA LUGONES
PROF. OF COMP. LITERATURE ~ SUNY BINGHAMTON

The Coloniality of Gender

https://globalstudies.trinity.duke.edu/sites/globalstudies.trinity.duke.edu/files/file-attachments/v2d2_Lugones.pdf

Socially-Engineered Trauma and a New Social Work Pedagogy: Socioeducation as a Critical Foundation of Social Work Practice

Shaia, Wendy & Avruch, David & Green, Katherine & Godsey, Geneen. (2019). Socially-Engineered Trauma and a New Social Work Pedagogy: Socioeducation as a Critical Foundation of Social Work Practice. Smith College Studies in Social Work. 1-26. 10.1080/00377317.2019.1704146.
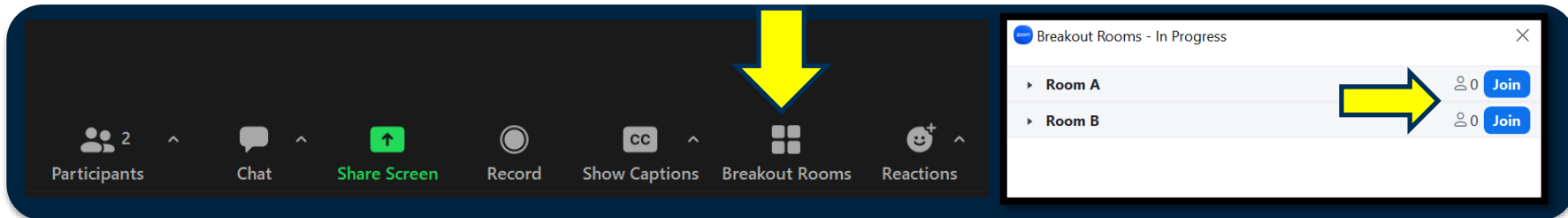
Small Group Discussion

Choose the appropriate breakout room for a caucus (affinity group) conversation.

BIPOC group is only open to people of color.

White group will center conversation among white people but is open to all.

Not sure which to choose? Follow your intuition about where you can contribute most authentically.

BIPOC - What are we liberating ourselves from? What tools and resources do we have? Who is already doing this work?

White – How can we assess and name our unearned advantages? How do we broker our power and access to create change?

Effective Interventions

RECOGNIZING MENTAL HEALTH WITH SHAWNA MURRAY-BROWNE

Shawna Murray-Browne, LCSW-C

- Decolonizing Black Thought in Therapy

- Provides "liberation focused" counseling and classes steeped in cultural awareness

- "Kindred Wellness" located in Baltimore, MD

Socioeducation Interventions

- Socioeducation – process of "demystifying" socially engineered trauma through raising awareness of oppressive macro systems (Shaia et. al 2019)

- Examples

  – Connecting clients with grassroots social justice movements

  – Providing education on economies or political movements

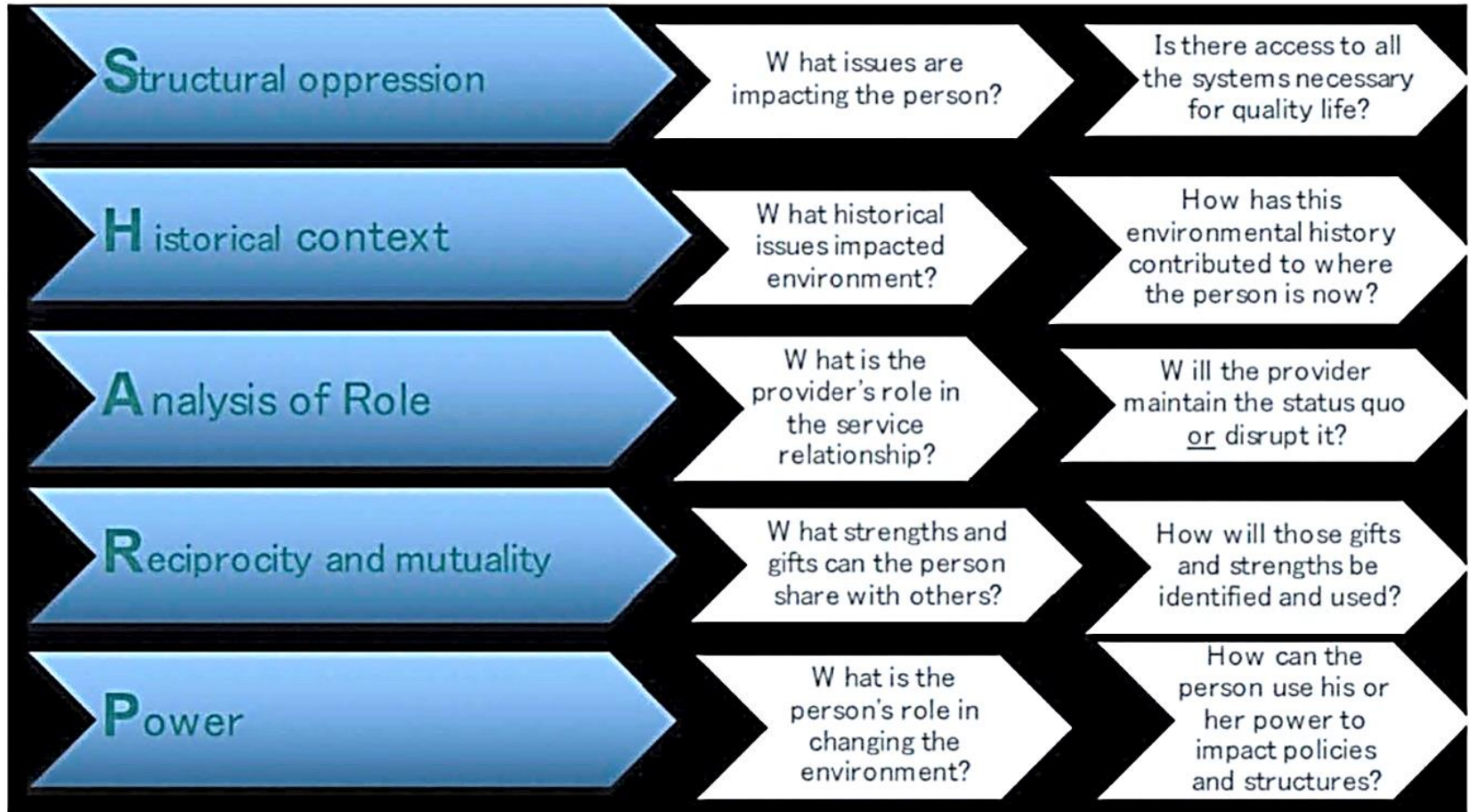 – Referring to area advocacy groups

SHARP Framework

Figure 1. The SHARP framework (Shaia, 2019).

Structural oppression — What issues are impacting the person? — Is there access to all the systems necessary for quality life?

Historical context — What historical issues impacted environment? — How has this environmental history contributed to where the person is now?

Analysis of Role — What is the provider's role in the service relationship? — Will the provider maintain the status quo or disrupt it?

Reciprocity and mutuality — What strengths and gifts can the person share with others? — How will those gifts and strengths be identified and used?

Power — What is the person's role in changing the environment? — How can the person use his or her power to impact policies and structures?

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Emotionally Focused Therapy (EFT)

- Originally designed for short-term treatment in relationship therapy

- Focuses on underlying thoughts, feelings, and unmet attachment needs within relationship bonding in the present moment

- EFT allows LGBT individuals to process internal shame, as well as providing psychoeducation on uses of emotions.

- "Pride is Anger aligned with Joy"

Validate Disenfranchised Grief

- LGBTQ people who have lost a partner/spouse or other loved one often do not have the same types of support as non-LGBTQ people

- LGBTQ people may feel they cannot openly acknowledge or publicly mourn a partner, or may find that others minimize their loss–a problem often referred to as disenfranchised grief

- Such disenfranchised grief is common among those who survived the HIV/AIDS crisis but lost so many of their peers

- Losing a loved one from suicide further disenfranchises grief because of the stigma associated with mental illness and suicide

- In addition, disenfranchised grief itself may be a risk factor for suicide

Alex Keuroghlian, 2018 Suicide Risk and Prevention for LGBTQ People, Webinar for The Fenway Institute

Acceptance and Commitment Therapy (ACT)

- Encourages individuals to "accept" thoughts, feelings, and predicaments outside of their control, rather than feeling shamed

- Encourages individuals to "commit" themselves to their personal values or aspirations to provide motivation for approaching problems the client can control

- Combines with mindfulness activities to calm central nervous system and increase cognitive flexibility

Liberation Care Practices

Key Concepts:

- Understand the historical context you are connected to

- Worldview – all ideas are subjective. They are related to the individual's worldview and expectations of "common knowledge". Recognize dominant worldview messages

- Dominant vs Non-dominant culture determines which humans are objects and which are subjects. Do you have the authority, or does the world act upon you?

- Liberation starts in your own mind, by deconstructing and transforming internalized dominant worldviews. Who planted this belief in your mind? Who benefits from your labor? From your guilt?

- Introduce new information by visioning. "What would it be like if…?"

- Rescue the historical memory of change

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference.* Recorded virtual webinar.
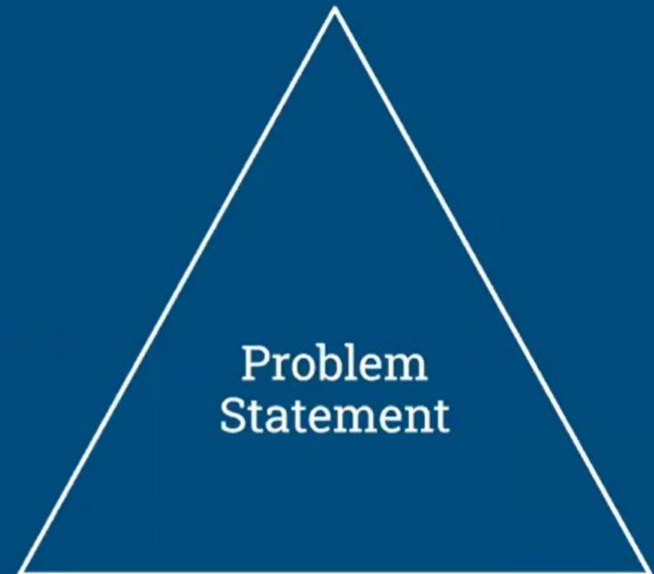
Liberation Health Method - The Four Steps

LIBERATION HEALTH TRIANGLE

Personal Factors:

Action Steps:

Problem Statement

Institutional Factors:
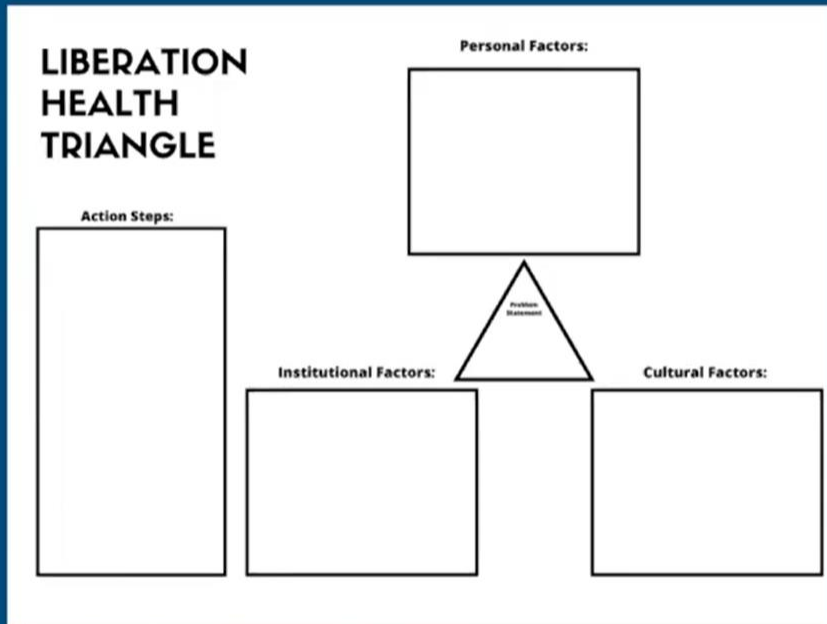
Cultural Factors:

1. **Define** the problem and see it in its totality

1. **Analyze** the personal, cultural, and institutional factors contributing to problem. Deconstruct dominant worldview messages.

1. **Rescue** the historical memory of change

1. **Develop** an action plan

Belkin Martinez, 2014

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference.* Recorded virtual webinar.

Step 1: Define the Problem

- Individuals / families are asked to make a list of the problems that are getting in the way of optimal functioning
- Participatory group activities/research to understand the problem in as well as life outside of the problem
- Problems are externalized

Belkin Martinez, 2014

Problem Statement

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice.*
International Social Work Action Conference. Recorded virtual webinar.

Step 2: Analysis with Liberation Health Triangle

Personal factors: individual or developmental history, loss, trauma, illness, interpersonal / family conflict affecting the shared problem
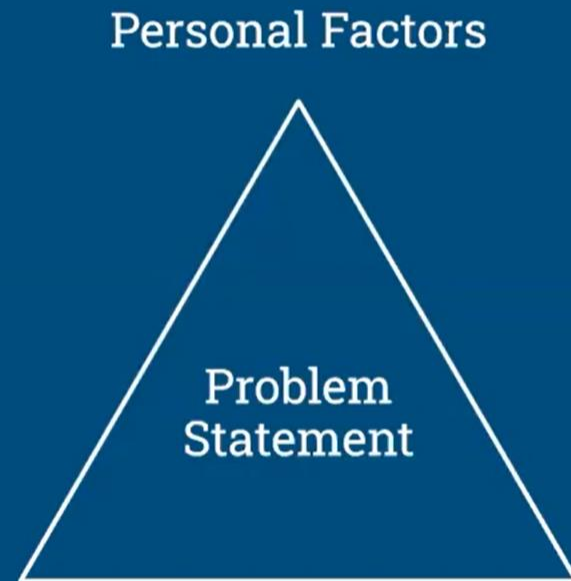
Personal Factors

Problem
Statement

5

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference*. Recorded virtual webinar.
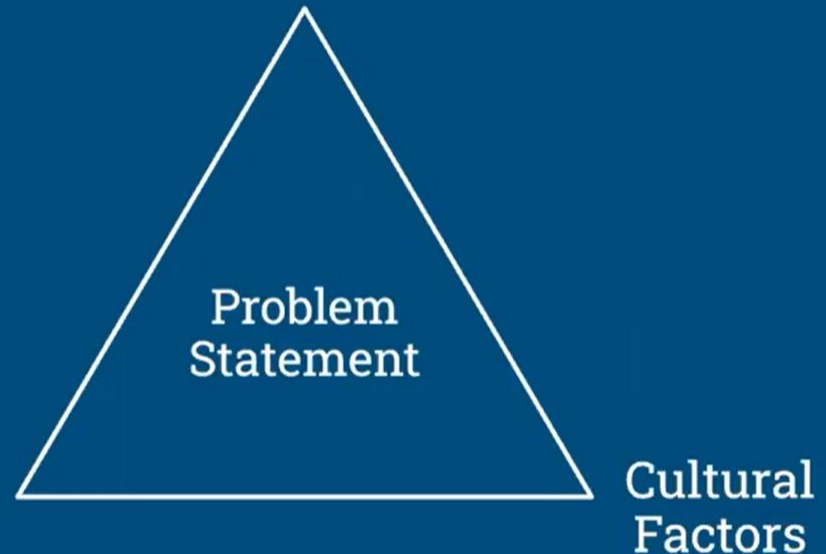
Step 2: Analysis with Liberation Health Triangle

Cultural factors: messages around race, gender, class, individualism, competition, sexual orientation, ableism, consumerism, stigma affecting the shared problem

Problem Statement
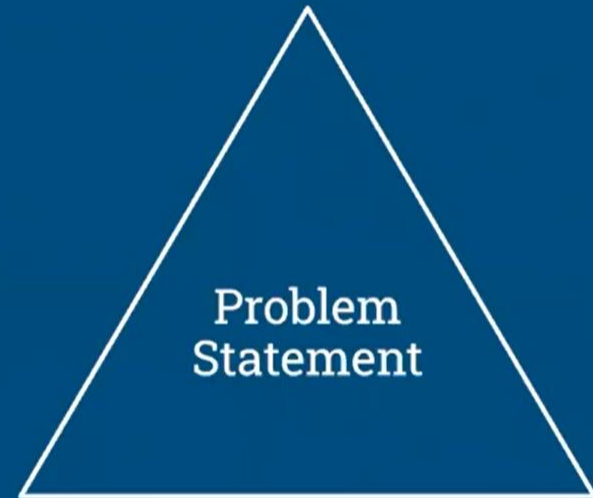
Cultural Factors

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Step 2: Analysis with Liberation Health Triangle

Institutional factors: healthcare system, education system, housing system, carcel state affecting the shared problem

Institutional Factors

Problem Statement

7

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference.* Recorded virtual webinar.
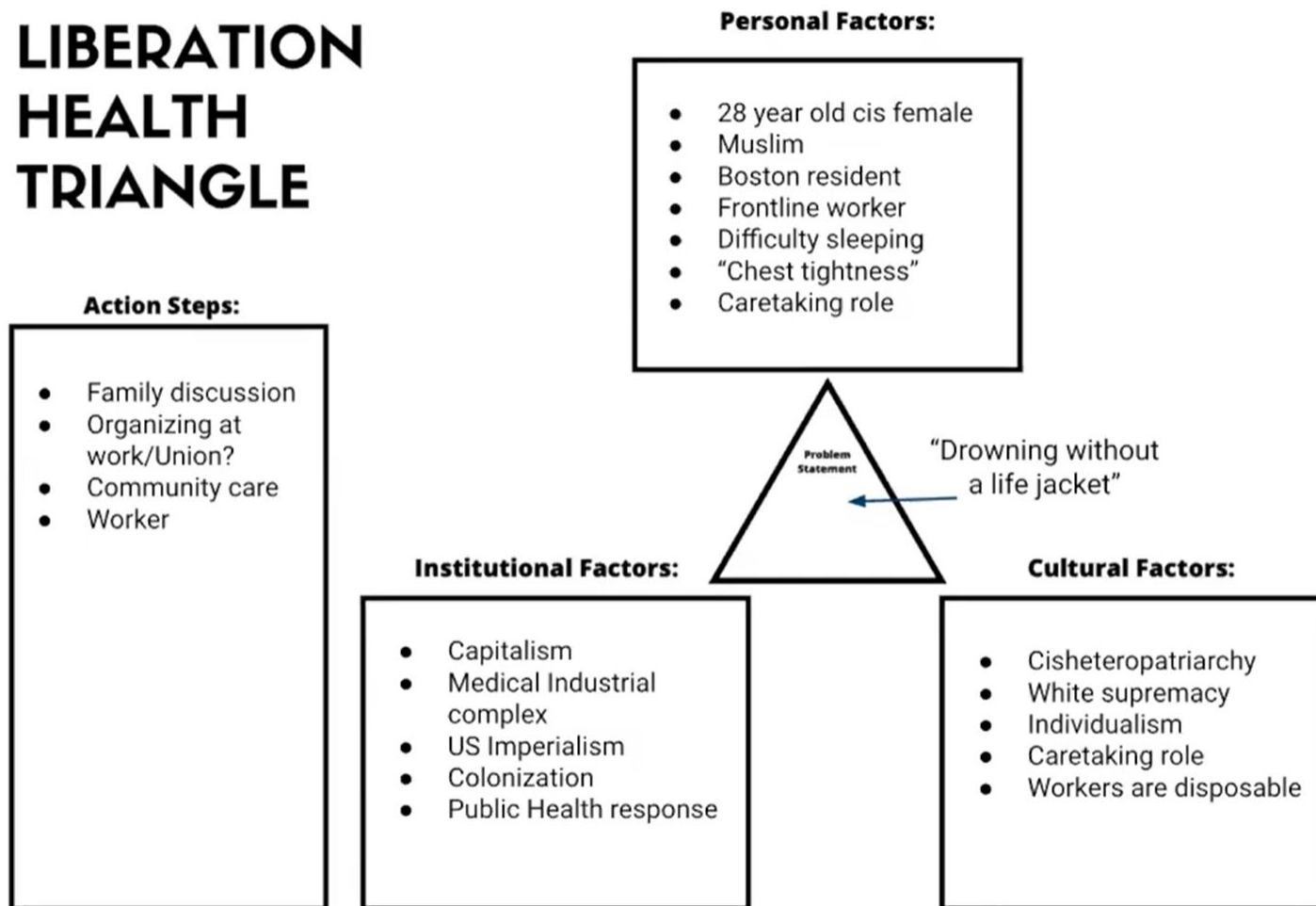
LIBERATION HEALTH TRIANGLE

Personal Factors:

- 28 year old cis female
- Muslim
- Boston resident
- Frontline worker
- Difficulty sleeping
- "Chest tightness"
- Caretaking role

Action Steps:

- Family discussion
- Organizing at work/Union?
- Community care
- Worker

Problem Statement

"Drowning without a life jacket"

Institutional Factors:

- Capitalism
- Medical Industrial complex
- US Imperialism
- Colonization
- Public Health response

Cultural Factors:

- Cisheteropatriarchy
- White supremacy
- Individualism
- Caretaking role
- Workers are disposable

13

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference*. Recorded virtual webinar.

Your struggle is connected to the struggle of many others in the past, present, and future

Meshesha, M., Martinez, D., & Takinami, E. (2021, April). *Radical Mental Health: The Liberation Health Model of Social Work Practice. International Social Work Action Conference.* Recorded virtual webinar.

Shame vs Guilt

- Brené Brown defines "shame" as "the intensely painful feeling or experience that we are flawed and therefore undeserving of love or belonging."

- Guilt can be defined as "the recognition that our behaviors do not align with our personal values"

Source: Brown, B. (2013, January 15). *Shame vs. guilt*. Brené Brown.

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FEAR

"White supremacy culture's number one strategy is to make us afraid… We fear not being good enough, not being enough, not deserving love or happiness. ==When we are afraid==, whatever the reason, especially when we don't have the skills to hold that fear, ==we are easily manipulated by any promise of safety.==

The promised safety is false because it is always based on the abuse and misuse of power that shows up as everything from microaggressions to deadly violence directed at whoever or whatever we are told to be afraid of. Often it is the racialized other. Often it is ourselves."

Kivel, Paul. Living in the Shadow of the Cross: Understanding and Resisting the Power and Privilege of Christian Hegemony. [United States], New Society Publishers, 2013.

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Lama Rod Owens --
Love and Rage: The Path of Liberation Through Anger

However, my Blackness is not anti–white people; it is anti-oppression, including anti–white supremacy. My expression of Blackness is a recognition that we are all indoctrinated into systems of dominance and oppression, yet it is up to people to do their work of undoing their role in maintaining dominance.

Moreover, my expression of Blackness is a demand that this work be done. In my experience, when white folks hear me or others speak of white supremacy, there is a tendency to hear this critique as a personal attack rather than an invitation to understand how whiteness in America is and remains an expression of dominance if there is not effort to interrogate this expression.
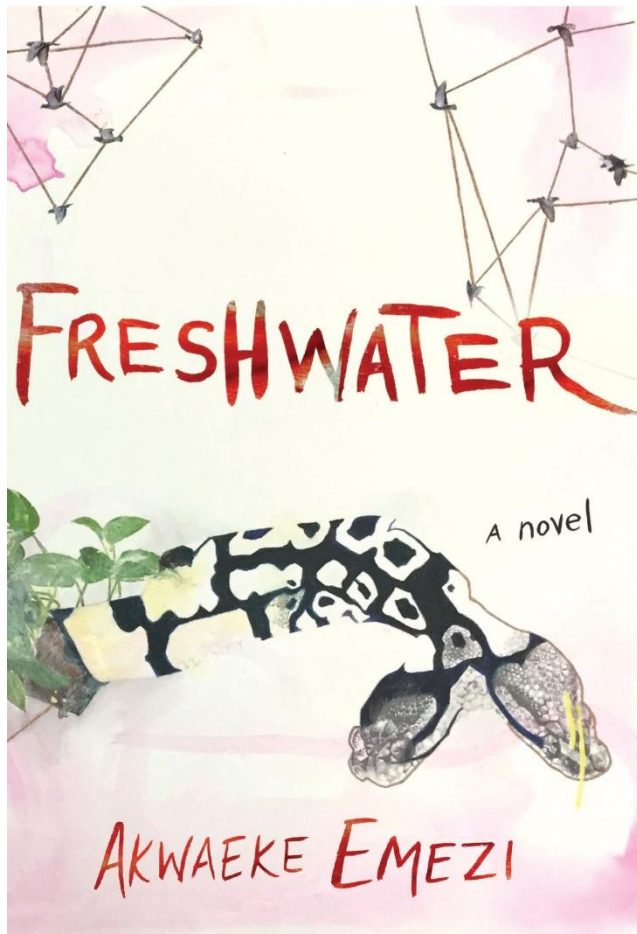
To be white is to be racist. That's how America was established. I am deeply hurt by this system, and that hurt means that I experience being pissed at the system of white supremacy as well as how white folks continue to buy into this system.
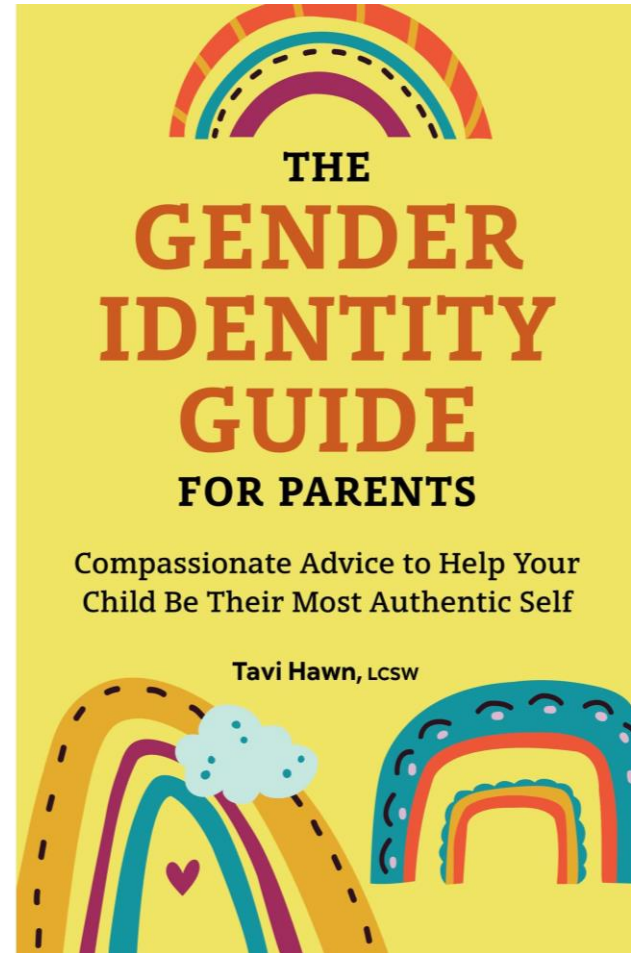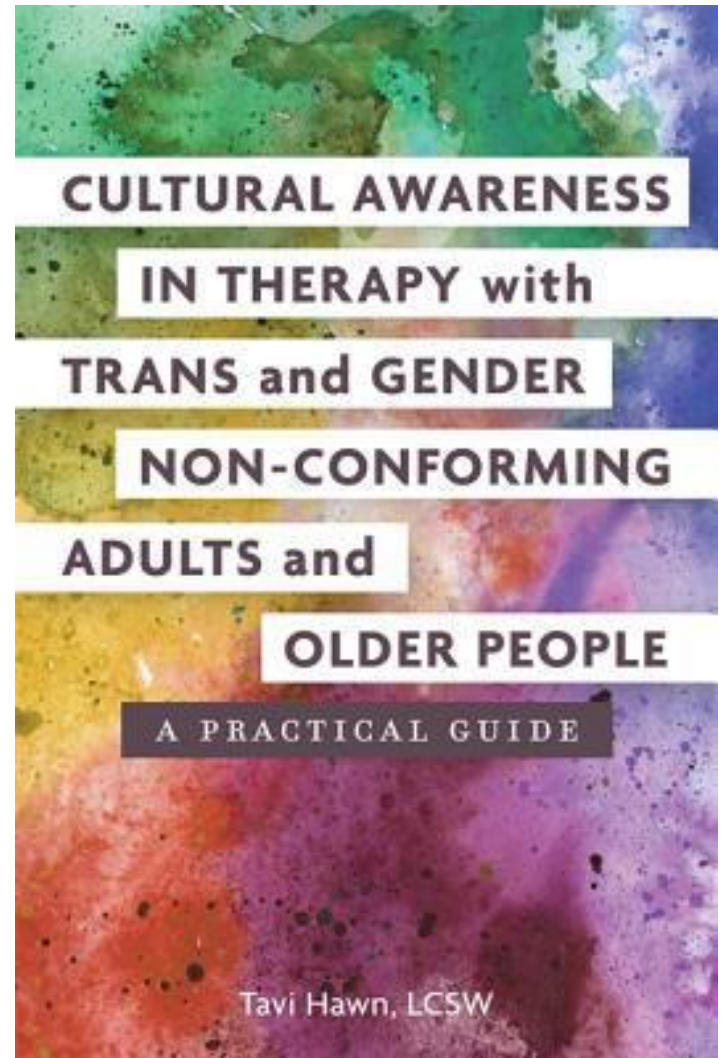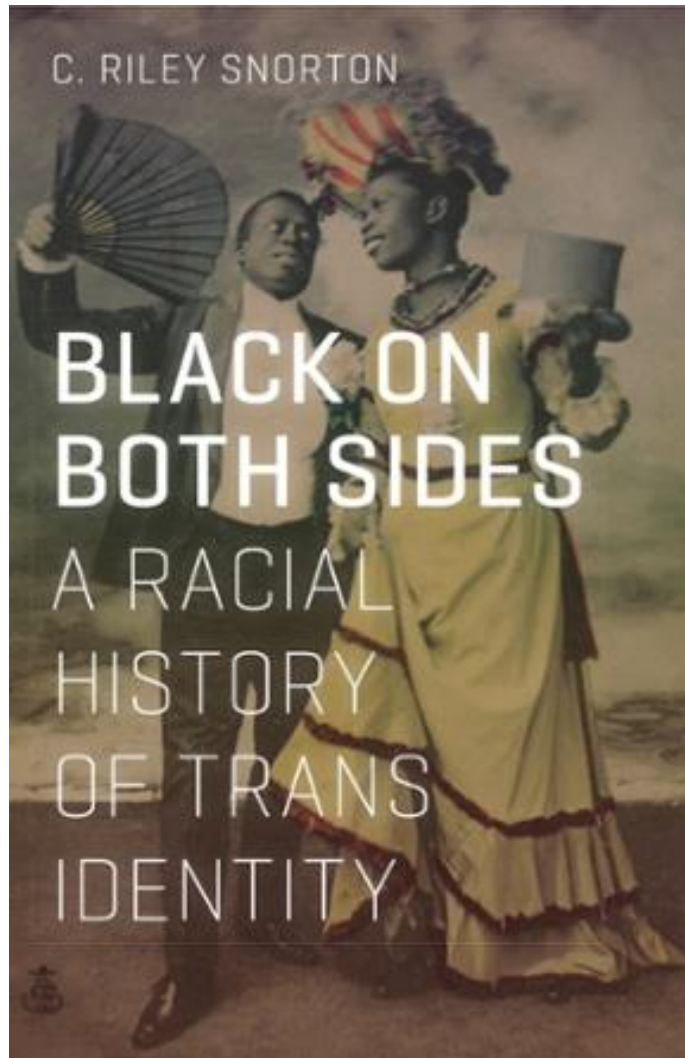
Owens, Lama Rod. Love and Rage: The Path of Liberation Through Anger North Atlantic Books, 2020.

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Important Books

THE
GENDER
IDENTITY
GUIDE
FOR PARENTS

Compassionate Advice to Help Your
Child Be Their Most Authentic Self

Tavi Hawn, LCSW

C. RILEY SNORTON

BLACK ON BOTH SIDES

A RACIAL HISTORY OF TRANS IDENTITY

CULTURAL AWARENESS IN THERAPY with TRANS and GENDER NON-CONFORMING ADULTS and OLDER PEOPLE

A PRACTICAL GUIDE

Tavi Hawn, LCSW

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Funded by Substance Abuse and Mental Health Services Administration

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Funded by Substance Abuse and Mental Health Services Administration

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