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Well Mind, Well Life: A Mental Wellness Program for LGBTQ Young Adults

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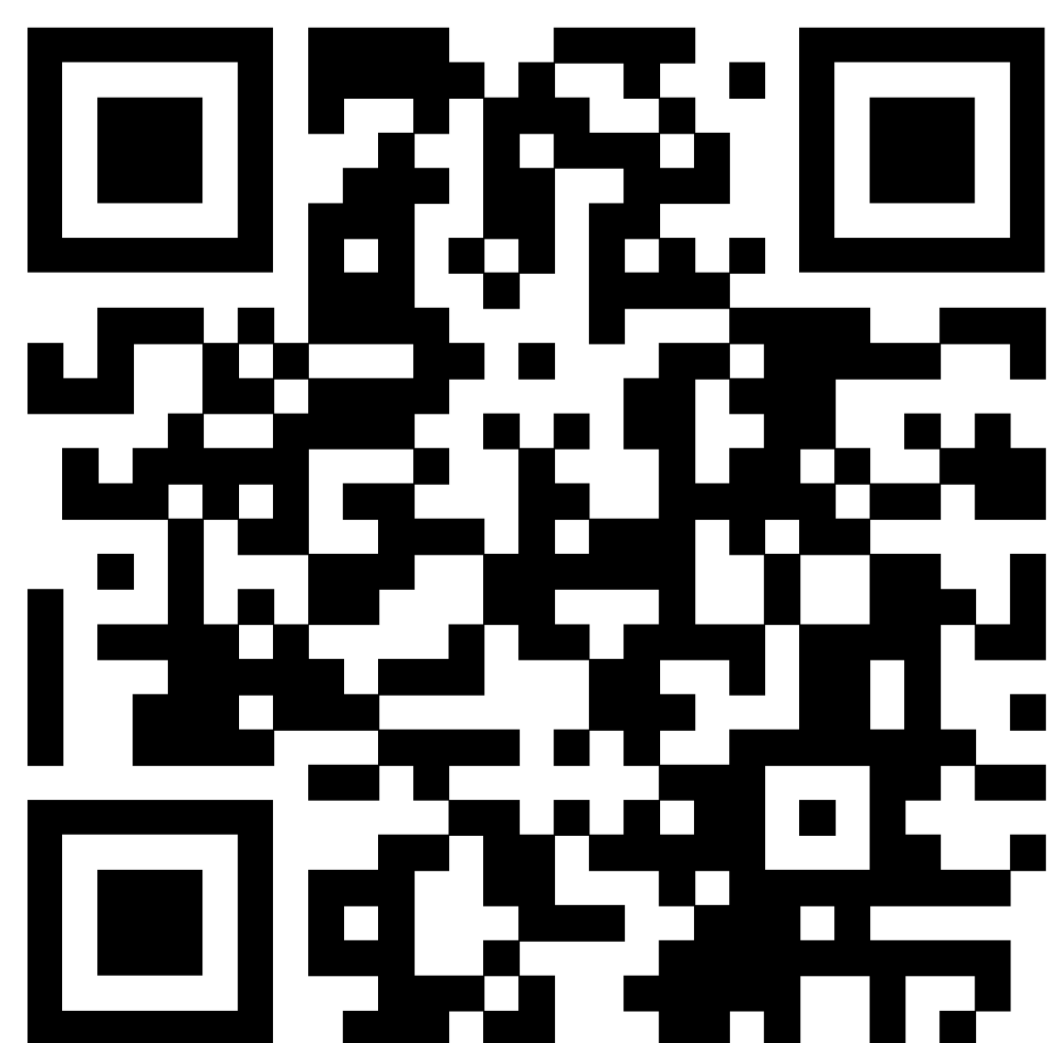


Background and proposal process

Individuals in the young adult (18-40) age range who are LGBTQ-identifying face a significantly higher likelihood of being diagnosed with a serious mental illness than the general population, in part due to social isolation and increased likelihood of experiencing trauma (National Survey on LGBTQ Mental Health, 2020). Despite this, many in this population do not seek mental healthcare services due to reasons such as inability to afford services, fear of discrimination, lack of knowledge of affirming healthcare providers, and more (Romanelli & Hudson, 2017). The purpose of this capstone was to provide a free, safe, and accessible program for LGBTQ-identifying young adults to gain resources and skills to maintain daily mental wellness.

Brief bio

I am an occupational therapy doctorate student who is passionate about inclusivity and accessibility of OT services.



Scan the above QR code to view my capstone video presentation and program manual for Well Mind, Well Life



Capstone activities

- ~Collected survey data for interest in program, program topics, and program structure
- ~Developed Well Mind, Well Life with four initial groups:
 - ~Coping Skills for Stressful Situations
 - ~Self-Advocacy
 - ~Warning Signs of Declining Mental Wellness
 - ~Building Community
- ~Extensively researched the following subjects:
 - ~Trauma-Informed Care
 - ~Leading mental wellness groups
 - ~Current LGBTQ News
 - ~Queer media
 - ~Queer theory
 - ~Queer history
- ~By conclusion of capstone experience:
 - ~Develop program manual for Well Mind, Well Life
 - ~Train two group participants to peer-lead group for future sessions



WELL MIND WELL LIFE

STARTING MARCH 30, 2023

SESSIONS AVAILABLE ON
THURSDAYS & SATURDAYS

The program provides a safe, free, and accessible environment to acquire resources for maintaining daily mental wellness for queer-identifying young adults aged 18-40.

Key references

- ~*Lesbian, gay, or bisexual adults slides for the ...* - samhsa. 2019 National Survey on Drug Use and Health: Lesbian, Gay, & Bisexual (LGB) Adults. (2020, September). Retrieved February 18, 2022, from <https://www.samhsa.gov/data/sites/default/files/reports/rpt31104/2019NSDUH-LGB/LGB%202019%20NSDUH.pdf>
- ~Romanelli, M., & Hudson, K. D. (2017). Individual and systemic barriers to health care: Perspectives of lesbian, gay, bisexual, and transgender adults. *The American journal of orthopsychiatry*, 87(6), 714–728. <https://doi.org/10.1037/ort0000306>
- ~*The Trevor Project National Survey 2020*. The Trevor Project. (2020). Retrieved January 13, 2023, from <https://www.thetrevorproject.org/survey-2020/>
- ~*What is trauma-informed care?* University at Buffalo School of Social Work - University at Buffalo. (2022, October 24). Retrieved January 13, 2023, from <https://socialwork.buffalo.edu/social-research/institutes-centers/institute-on-trauma-and-trauma-informed-care/what-is-trauma-informed-care.html>

Acknowledgements

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