



Supporting LGBTQ+ Young Adults' Mental Health in Brooklyn

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Addressing LGBTQ+ mental health needs

For decades, the LGBTQ+ community has faced issues of bias, discrimination and harassment, contributing to high rates of anxiety and depression.

Discrimination affects the **mental and economic wellbeing of 1 in 2 LGBTQ+ Americans**, who report moderate or significant negative psychological impacts.

In a survey of 1,528 LGBTQ+ adults, **29% said that discrimination had a major impact on their financial wellbeing** – including 37% of Black respondents and 54% of transgender respondents.

(Center for American Progress, 2022)

Promoting LGBTQ+ young adults' mental health in Brooklyn

Promoting LGBTQ+ Young Adults' Mental Health is a project to enhance mental health for this marginalized population in Brooklyn. This is done in collaboration with community-based organizations and through increasing access to services and treatments at Maimonides Medical Center.

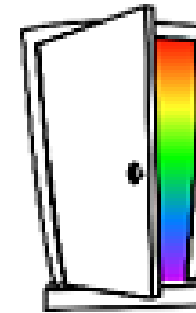


How we chose our community partners

Our ideal community partner is local to Brooklyn, knowledgeable about mental health needs for the LGBTQ+ community and experienced in providing them with support.

This is how we found the Rainbow Heights Club, which does peer support and mental health advocacy for the community.

Rainbow Heights Club is committed to providing a safe space for community members to socialize, access peer support and take the next step forward on their recovery journey, together.



Rainbow Heights Club

How we chose our community partners (continued)

Performance Outcomes of Rainbow Heights Club:

83% of our members stay out of the hospital and in the community.

84% of members have visited their psychiatrist in the past month.

84% have visited their therapist in the past month.

83% of members have remained sober in the past year.

79% of members reported experiencing fewer symptoms of mental illness since joining.



LGBTQ+ Mental Health Clinic

Scope of Service

About us:

- Subspecialty clinic within Ambulatory Care at the Community Mental Health Center.
- Serves adolescent and adult LGBTQ+ individuals.
- Providing services since 2021.

Address: 920 48th Street, Brooklyn, NY 11219

Tel: 718-283-2727

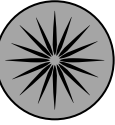
Mental Health Services:

- Comprehensive psychosocial intakes;
- Psychiatric evaluation;
- Psychotherapy (individual and group, parent support);
- Psychiatric care, including medication management;
- Psychological testing when indicated;
- Referrals, collaboration with other clinical services:
 - Gender affirming care,
 - HIV treatment at Maimonides' Life Forward Clinic,
 - Collaboration with local LGBTQ+ services including community support organizations





LGBTQ+ Mental Health Clinic Provider Capacity- 2023

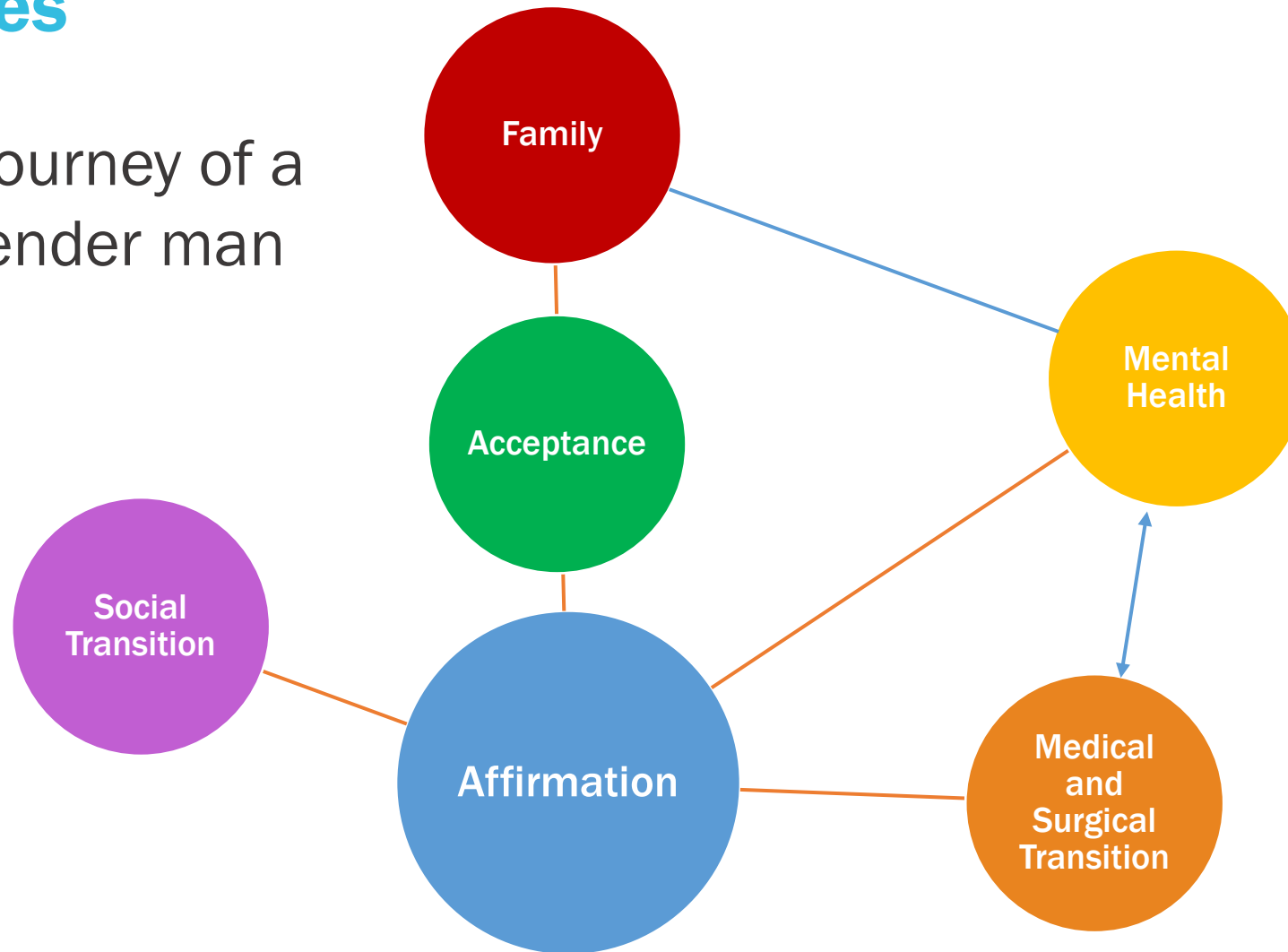


CAPS (Children and Adolescents)	AOS (Adults)
<ul style="list-style-type: none"> • 2 psychologists • 1 psychiatrist • 1 social worker 	<ul style="list-style-type: none"> • 2 psychologists • 2 psychiatrists • 4 social workers
<p>Trainees:</p> <ul style="list-style-type: none"> • 5 psychiatry residents • 3 psychology interns participating in LGBTQ+ groups • Psychology LGBTQ+ externship 	



Success stories

An affirming journey of a young transgender man



Challenges

- **Trust from the community:** the target population has historically been sidelined and has encountered discrimination, stigma and judgement in health care settings. Winning their trust takes time and perseverance.
- **Staff training:** through planning the project, it has become apparent that Maimonides Medical Center employees need frequent and consistent training to understand and appropriately serve this marginalized community.

What's next?

1. Trans 101 Training will be provided by Rainbow Heights Club in 2024 for best practice in transgender care. Frequent refresher workshops will also be provided.
2. Search for more community partners with similar missions to ours.
3. Improve digital presence and social media strategy to help establish Maimonides as a safe, affirming space.
4. Develop a comprehensive list of community resources to further serve the LGBTQ+ community.



Here are some of the support and activity groups you can take part in at Rainbow Heights Club:

Self-Acceptance Group

Increase your comfortability of self

Solutions Group

Gain insight and devise a plan for meeting life's challenges

Gender Explorers Group

Discuss shared experiences related to trans identity in a respectful and affirming space

Colors of Emotion Group

Express yourself through weekly art, writing and discussion

Community Meeting

Build shared decision making skills as a group, and provide feedback to improve the Club

Fun Committee

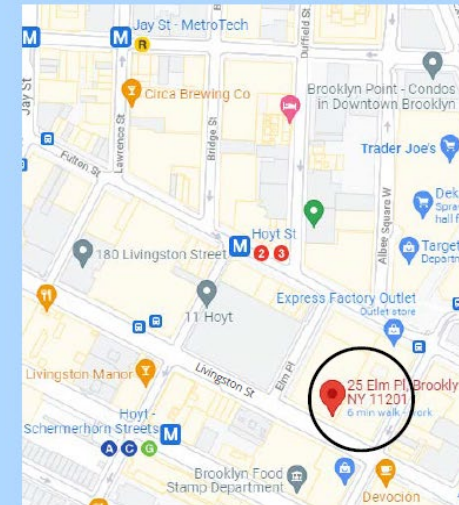
Share your ideas and input for upcoming Club events and trips

Guest Speaker Workshops

Learn about other community resources that can be supports in your recovery

Call the Club or visit rainbowheights.org to find a complete list of current groups.

Give us a call or come by the Club if you'd like a tour!



Club Hours:

Monday-Friday

1 pm-5 pm

25 Elm Place, 6th Floor

Brooklyn, NY 11201

Tel: 718-852-2584

www.rainbowheights.org



Rainbow Heights Club

Peer support and advocacy for lesbian, gay, bisexual and transgender New Yorkers living with mental illness

25 Elm Place

A program of the Heights-Hill Mental Health Service, SBPC, Community Advisory Board

www.rainbowheights.org



ADVANCING HEALTHCARE
EXCELLENCE AND INCLUSION

Questions?

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