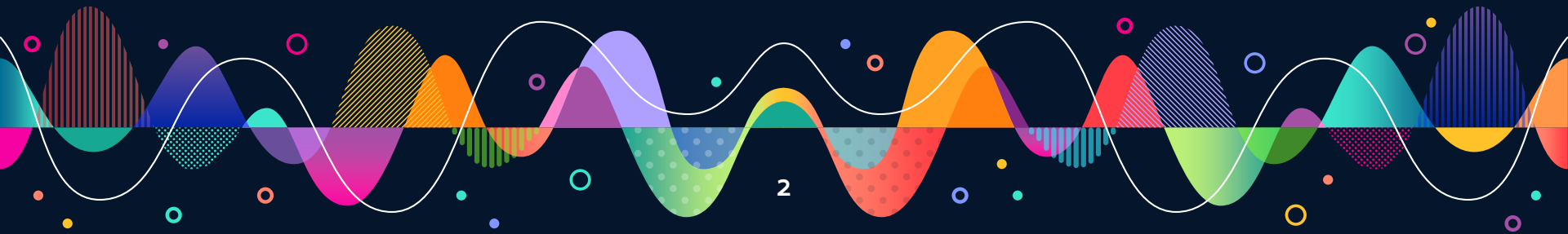


LGBTQ+/BIPOC Youth Connection and Mental Health in the Time of COVID

Presented by Nicole Mayer, MPH
Multnomah County Student Health Centers
Project Manager, Youth Action Councils
All in My Head: Real Teens, Real Talk adult advisor





ACKNOWLEDGMENT

Multnomah County rests on the stolen lands of the Multnomah, Kathlamet, and Clackamas Bands of Chinook Indian Nation; Tualatin Kalapuya; Molalla; and many others along the Columbia River. This country is built on stolen Indigenous land and built by stolen African people. The land was stolen by, and African peoples were enslaved by, White settlers who had government support.

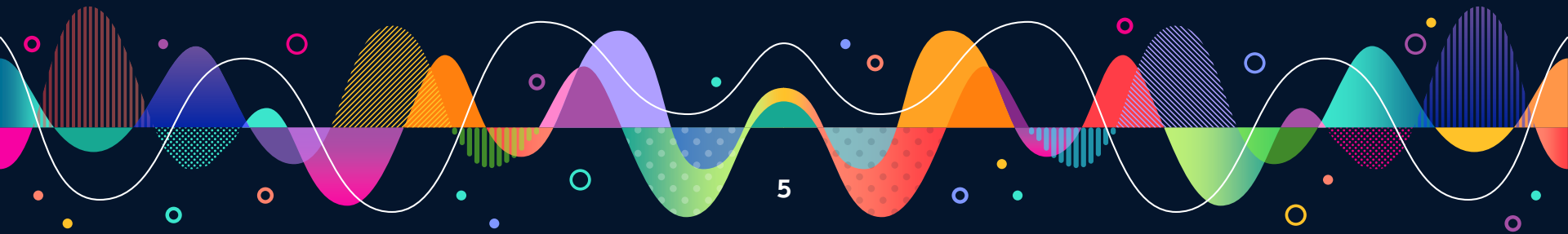
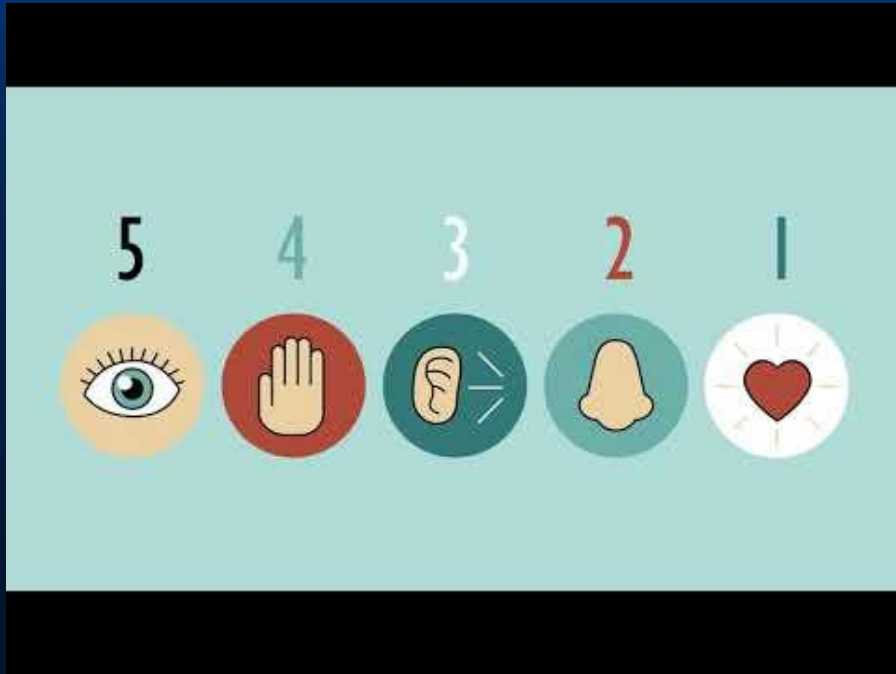
We also want to honor the members of over 400 tribal communities who live in Multnomah County. Many of these People and their cultures still survive and resist despite the intentional and ongoing attempts to destroy them. This acknowledgment serves as one step to bring awareness to the past and current contributions of Indigenous and Black peoples and to highlight the ongoing resilience and solidarity between and among Indigenous and Black peoples.

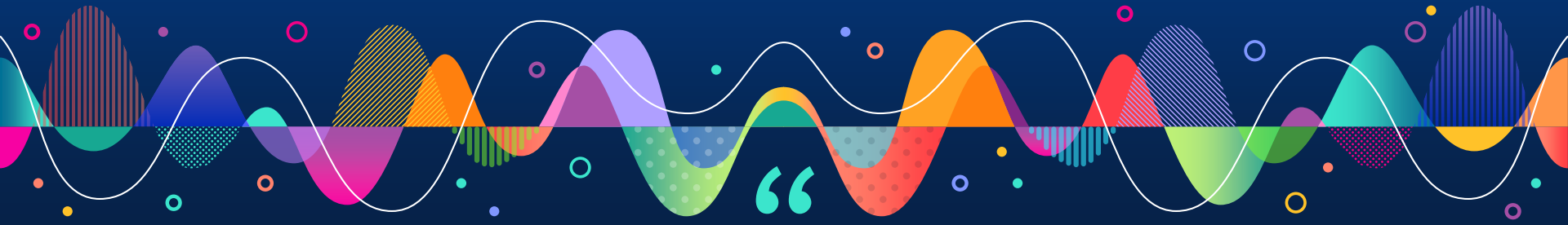
Multnomah County encourages you to think beyond this acknowledgment and consider how to work in solidarity to uplift the collective power, leadership, creativity, and wisdom of Indigenous and Black communities and other communities of color in Multnomah County and beyond. Let us please take a moment of reflection to acknowledge the history of how we are here in this place, to honor the People and to examine our personal commitment to continuing learning and taking action.



Intentions

- What we hope you will get out of this is an unique view into youth culture
- How it is to navigate mental health via podcast clips
- Tools to engage with youth on a deeper level by understanding the masks they wear
- Accepting that you will never be their peer, but knowing you are still an important part of their healing processes.





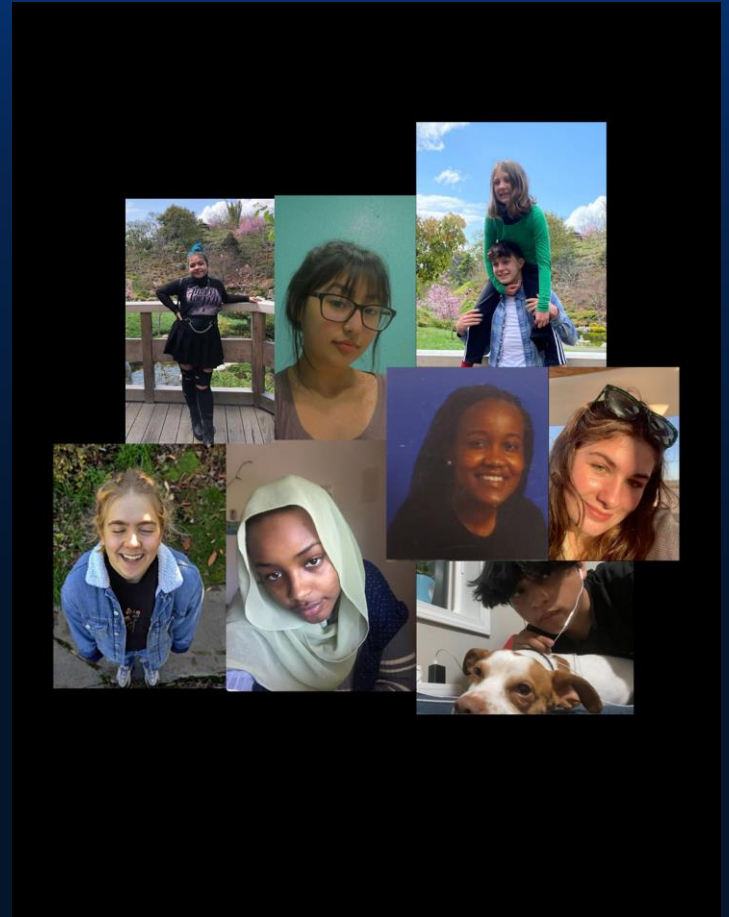
**Very non intimidating,
quiz like activity**

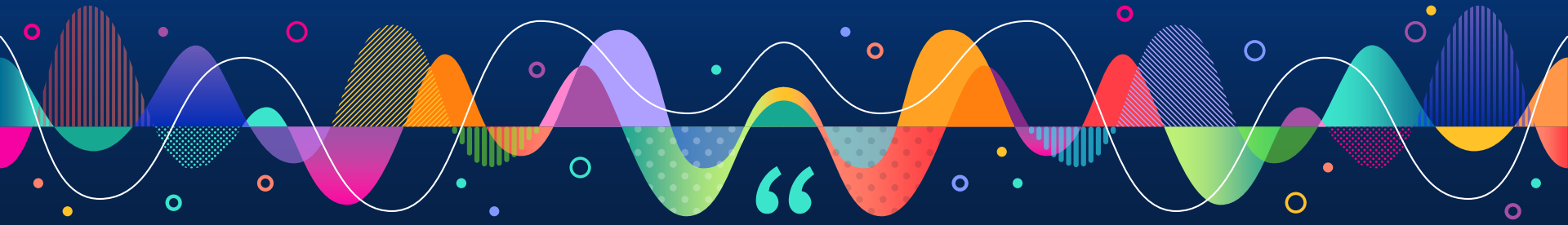
The All In My Head Podcast!



Our podcast team!

- Because of work, school, etc, could not join us today :(



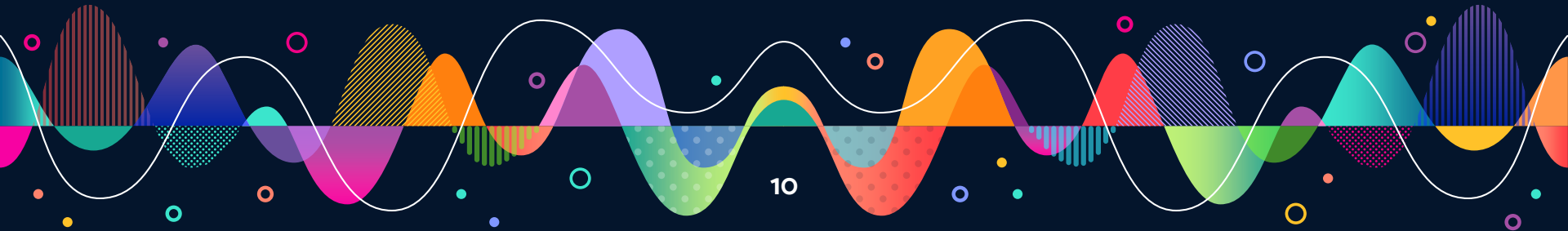


Why is a podcast like this important
for teens?

- Historically, the LGBT+1 community has faced mental health and substance use problems at higher rates than their non-LGBT+ peers. The COVID-19 pandemic, which has disrupted the lives of people across the globe, has negatively impacted LGBT+ people's mental health in disproportionate ways.



Source: <https://www.kff.org/other/issue-brief/the-impact-of-the-covid-19-pandemic-on-lgbt-peoples-mental-health/>



During the pandemic and distance learning many teens were stuck isolating with families, blood or otherwise, that did not respect or affirm their sexuality or gender identities.



**For so many the only
safe place for them
to escape was
between a pair of
headphone**



How did the podcast come to be?

- LGBTQ+ suicide prevention funds came available through an Association of Oregon Community Mental Health Programs mini grant
- Podcast by teens, for teens, focused on LGBTQ+ and BIPOC mental health
- Based in Portland, OR since ~September 2020
- Representing our larger group of about 12 youth
 - Talking about podcast logistics and how to effectively run a youth-led project

Topics the “All in My Head” podcast has covered so far!



Distance learning

Dating

Religion and being

Substance

Acronyms: LGBTQ+

LGBTQ+

misuse/Euphoria

and BIPOC

Abortion rights

Therapy

Cultural appropriation

Sexual Assault

Suicide prevention

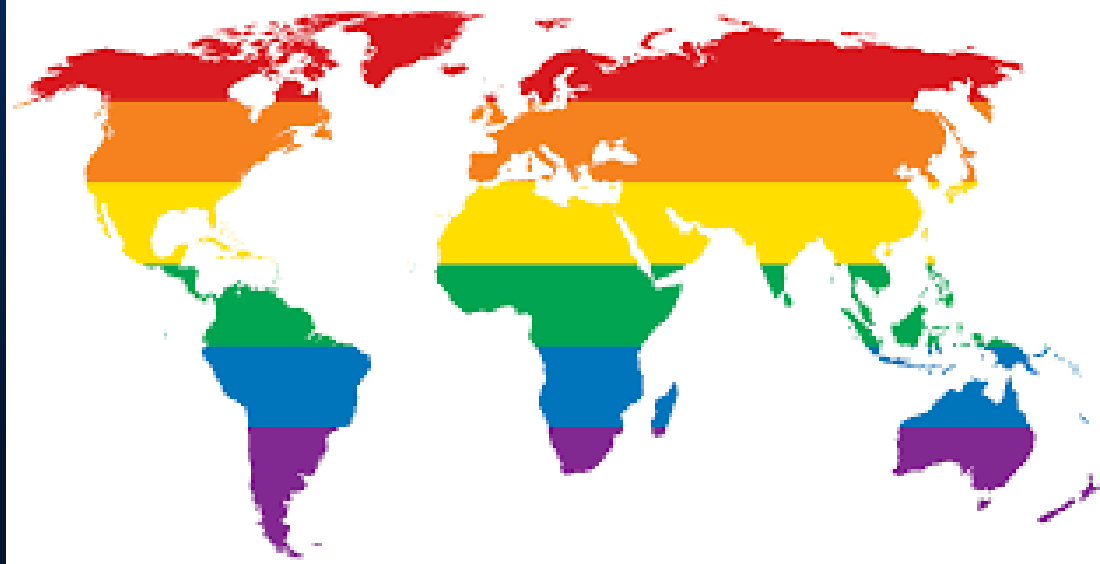
vs appreciation





- ▶ Leadership skills
- ▶ Social media content making
- ▶ Interviewing skills
- ▶ Connection with other youth and adults from different backgrounds

The Power of Podcasting





Why is a podcast like this important for
adults like you?

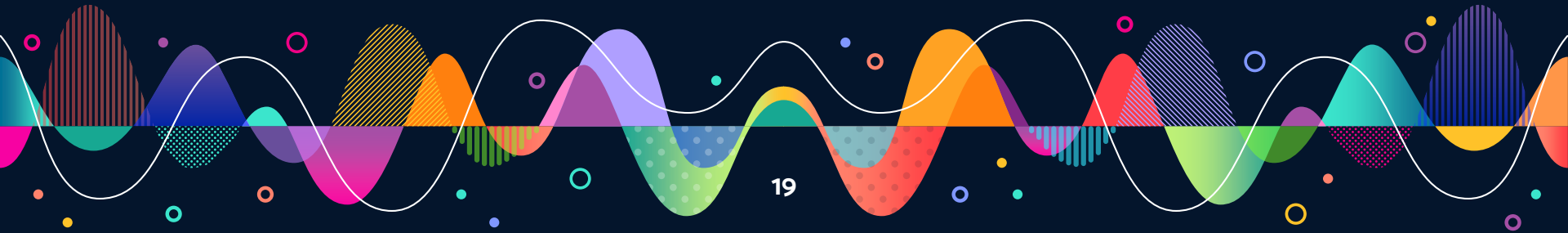
Nothing as it seems



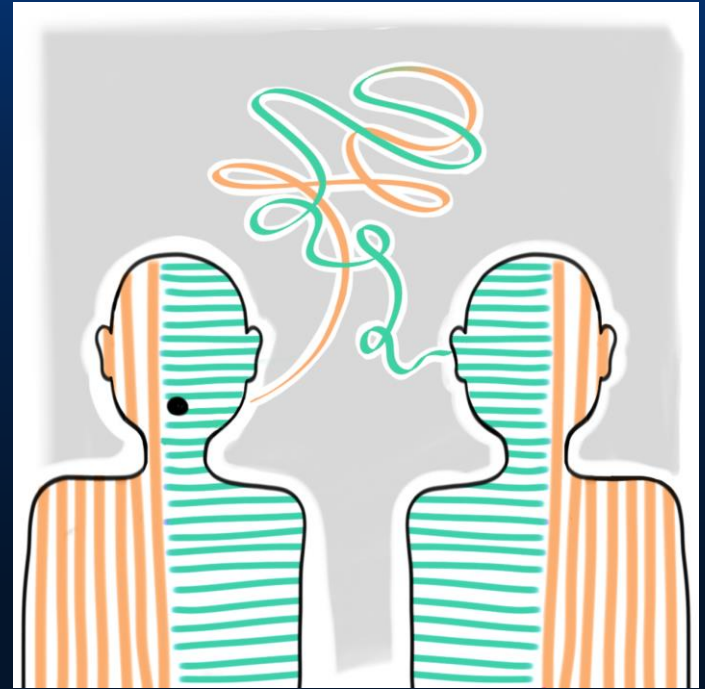
How do you change the way you
talk in front of your
boss/parents/co-workers/friends?



No matter how
“down” you are
with youth, the
odds are they are
masking/hiding



Teen Code Switching



Code Switching Definition

- the modifying of one's behavior, appearance, etc., to adapt to different sociocultural norms



Source: <https://www.dictionary.com/>



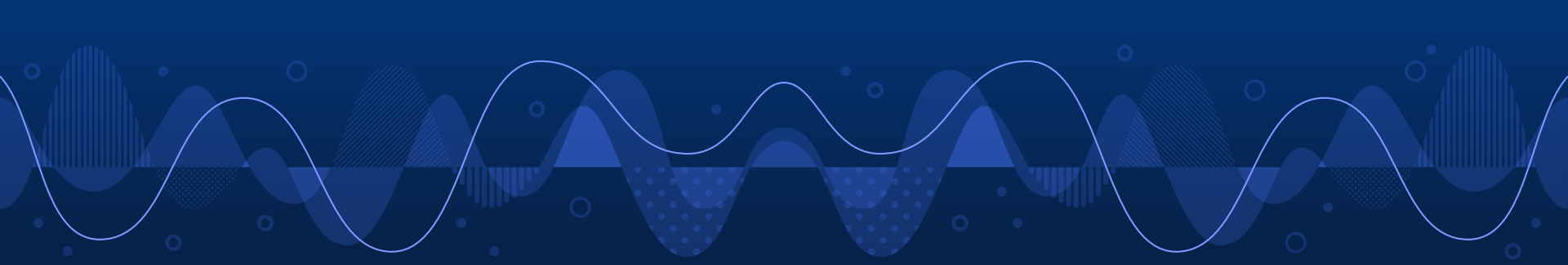


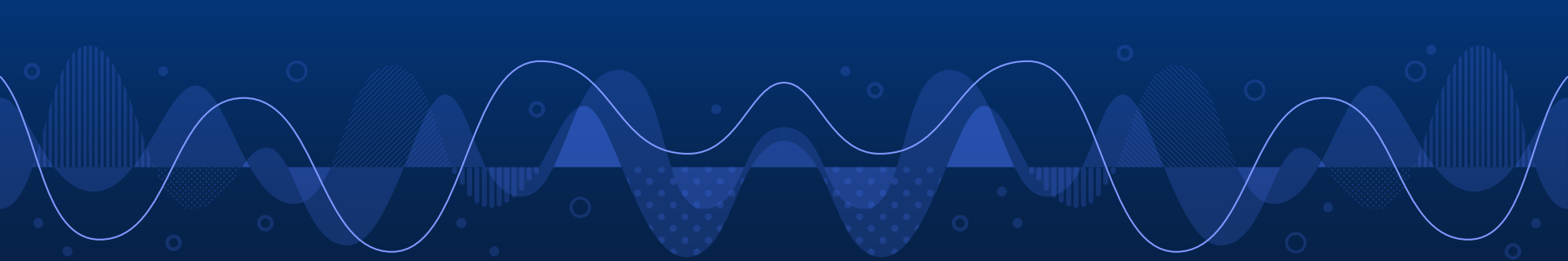
Audio Clip from Podcast





One word reaction in the chat

- 
- Peek into a world you are normally not allowed into
 - Deeper understanding of youth and their mental health
 - For allies, a better understanding of what it might be like to live in this country as someone who is LGBTQ+ and/or BIPOC



Final Remarks

- Follow us on Instagram
@the_allinmyheadpodcast
- Find us wherever you find your favorite podcasts!
- Feel free to email us with episode ideas or if you would like to be involved!

Allinmyheadpodcast@gmail.com

Awards



Other great teen podcasts!





Questions