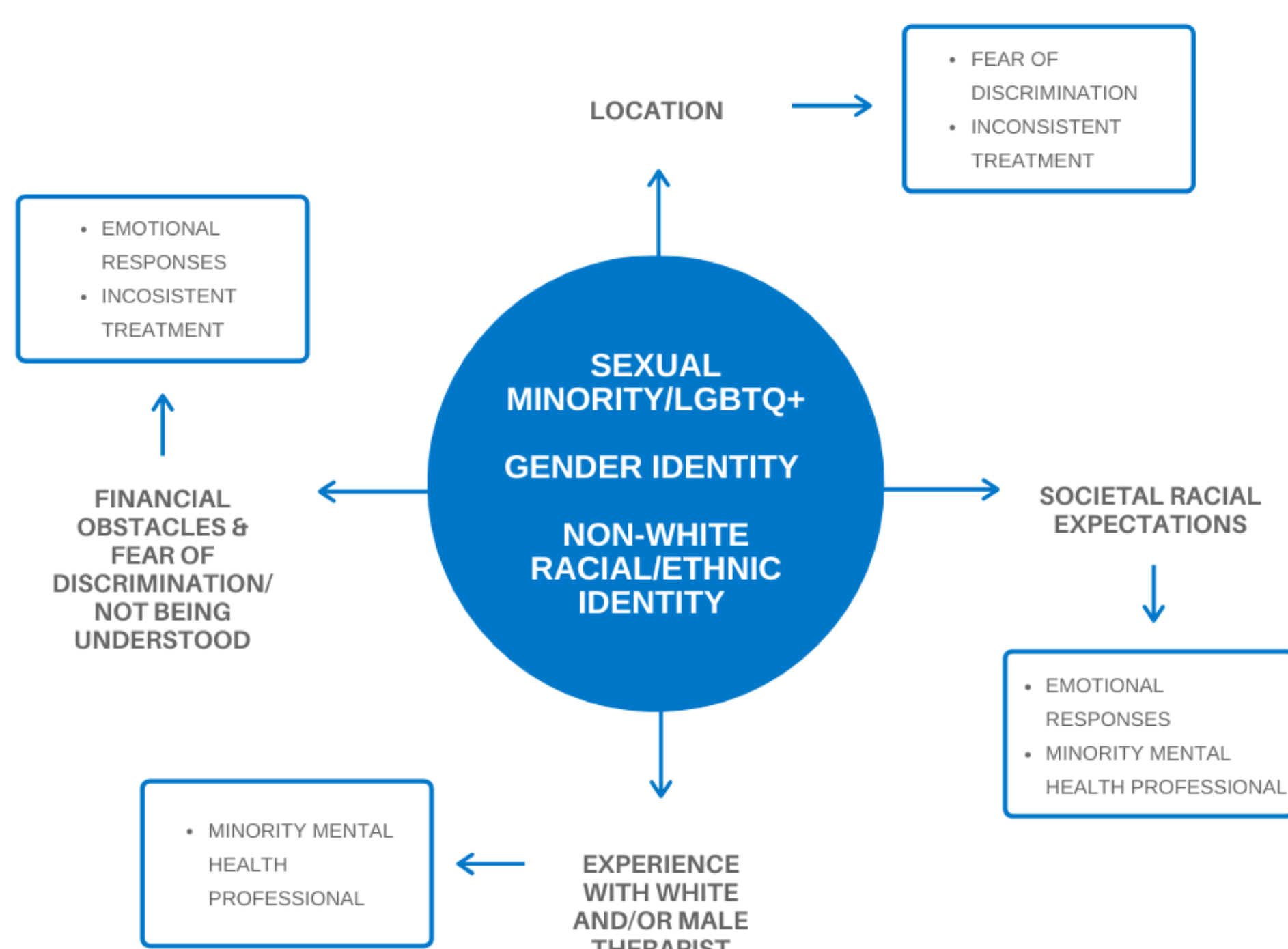


## Mental Health Treatment Services Exposure in LGBTQ+ College Students of Color

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### Introduction

Marginalized communities have unique experiences and face unique challenges within the mental health treatment community. This study explores the intersection of college students that are part of the LGBTQ+ community and people of color regarding their identity and how it connects and affects their exposure and experiences with mental health treatment services.



### Key Findings

- The **identity codes** serve as the core of each relationship
- The **external codes** serve as a link between the participants' identities and their experiences and exposure to mental health treatment
- The **mental health treatment exposure outcome codes** are the results of the participants' identities and the external factors that are connected to their identities
- *Identity relates to mental health treatment services exposure in LGBTQ+ college students of color*

### References

- Sutter, M. & Perrin, P. B. (2016). Discrimination, mental health, and suicidal ideation among LGBTQ people of color. *Journal of Counseling Psychology*, 63(1).
- Foy, A. A. J., Morris, D., Fernandes, V., & Rimes, K. A. (2019). LGBTQ+ adults' experiences of Improving Access to Psychological Therapies and primary care counselling services: informing clinical practice and service delivery. *Cognitive Behaviour Therapist*, 12, 1–23.

### Impacts

***This research allows for...***

- Researchers to have the same statistical results of marginalized communities as non-marginalized communities
- Professionals in the mental health treatment industry to better understand the unique challenges that these marginalized groups may face regarding exposure to these services

Code	Definition	Example
<b>Sexual minority / LGBTQ+</b>	Any sexuality that is not heterosexual  In opposition to heterosexuality  Complicated attachment to non-heterosexual labels	"I usually just use the term Queer as like an umbrella term because labeling has always really stressed me out."
<b>Location</b>	Location can cause barriers for access to mental health treatment services because of:  <ul style="list-style-type: none"> <li>▪ Perceived fear of discrimination/prejudice/not being understood because of their location in the United States</li> <li>▪ Moving to a different location</li> </ul>	Question: If you have sought out mental health services before, were you nervous that your mental health provider would treat you differently based on your race, ethnicity, or sexual/gender identity?  "I think definitely in Alabama, yes...But I think being in the south, um would, I think it's more, more so an issue here."
<b>Fear of discrimination/ not being understood</b>	Fear or nervousness caused by the fear of being discriminated against / not being understood by a mental health professional because of: <ul style="list-style-type: none"> <li>▪ Race/ethnicity (includes colorism)</li> <li>▪ Sexuality</li> <li>▪ Gender identity</li> </ul>	"I haven't experienced discrimination directly while um looking through this process, but it's something that I, is always on my mind when I'm seeking out new forms of mental health um assistance."

### Conceptual Framework

- Discrimination against POCs and those in the LGBTQ+ community affect both group's mental health and suicidality (**Sutter & Perrin, 2016**).
- 41.9% of LGBTQ+ participants were concerned that they would experience stigmatization or discrimination from mental health professionals when seeking out psychological help (**Foy et al., 2019**).

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