



LGBTQ+ Youth Mental Health Gathering

<p>Welcome and Introductions from Dr Catt Turney and Dr Hazel Marzetti 12.00 – 12:15</p>			
<p>Small Group Introductions: 12.15 – 12.45</p>			
<p>Session 1: 12.45 – 13.45</p>			
<p>Meanings of home for LGBTQ+ Young people in Scotland - Dr. Catalina Martin</p>	<p>Recording: https://ed-ac-uk.zoom.us/rec/share/X5UPmC75byooAUJN1OfN94c3v5NgxtF1yqXLkCZaOTqdBtQXtnWWGH3eia-ToilM.-QKwkDMvv15lqVxw?startTime=1665661782000</p>		
<p>Break 1.30 – 2.00</p>			
<p>Session 2: 2.00 – 3.00</p>		<p>Session 3: 2.00 – 3.00</p>	
<p>Trans and non-binary youth mental health in secondary school -Sophie Atherton</p>	<p>Recording: https://ed-ac-uk.zoom.us/rec/share/hs_z4yUErnTmZ13i0u_wlhayxmguKAs3bbxSttDh-TpE1aim8vKi8NIIAGdouk49.5f8lfN4fGW254kWG?startTime=166566618000</p>	<p>The Lottery of Primary Care: young people and their experiences of accessing GP support in relation to gender identity -Abby Barras</p>	<p>Recording: https://us06web.zoom.us/rec/share/PYhV0lo-ywD3H0j_CoJ4MGzh2HYYit81VFoHufSYzM81_cqY17mrBkxzmTVZbAZx.C_K83xuvsiU2G-gM?startTime=1665666286000</p>



<p>Improving the school environment for LGBTQ+ students: the need for intersectional, whole school approaches which shift the narrative</p> <p>-Dr. Charlotte Woodhead</p> <p>Recording:</p>	<p>Recording:</p> <p>https://ed-ac-uk.zoom.us/rec/share/hs_z4yUErnTmZ13i0u_wlhayxmgukAs3bbxSttDh-TpE1aim8vKi8NIIAGdouk49.5f8lfN4fGW254kWG?startTime=1665667870000</p>	<p>What works for supporting the mental health of LGBTQ+ young people - lessons from Queer Futures 2</p> <p>-Dr. Rachael Eastham</p>	<p>Recording:</p> <p>https://us06web.zoom.us/rec/share/nlvyl0B8Q5PeCWJWd5DVscUwllsvcuAVkZkJoXOWZuaCM-oD9xpfGWltS5ffkEk.9o7fpsqPntDLsvDk?startTime=1665668057000</p>
<p>Session 4: 3.00 - 4.05</p>		<p>Session 5: 3.00 - 4.05</p>	
<p>Life in Scotland for LGBT Young People 2022</p> <p>-Dr. Kathleen Cronie</p>	<p>Recording:</p> <p>https://ed-ac-uk.zoom.us/rec/share/u0wRpiw2YZTknDrvnP7pYHHB_cXM2okIsEHA-QvJcNsvpMSrv6Oe7QsPCeMkizMU.YP4nHgUUu1E8mYg?startTime=1665669750000</p>	<p>Disability mental health within inclusive space</p> <p>-Courtney Reeve</p>	<p>Recording:</p> <p>https://us06web.zoom.us/rec/share/mev06vAHqJq1xGF8X6ETozalP0jhHiLuve0up-AAxsIcaC5C1UcKV_B3xT2epl0.xQmAE8cfT_J7KML?startTime=1665670126000</p>
<p>Understanding LGBTQ+ young people's suicidal thoughts and attempts in Scotland</p> <p>-Dr. Hazel Marzetti</p>		<p>Barriers to accessing mental health support for LGBTQ+ youth</p> <p>-Dr. Catt Turney</p>	<p>Recording:</p> <p>https://us06web.zoom.us/rec/share/mev06vAHqJq1xGF8X6ETozalP0jhHiLuve0up-AAxsIcaC5C1UcKV_B3xT2epl0.xQmAE8cfT_J7KML?startTime=1665672586000</p>
<p>Magic Us! A collective poem with the voices of LGBT+ youth and their parents/ carers in county Durham</p> <p>-Chris and members of Community Action to Inspire Hope</p>	<p>Recording:</p> <p>https://drive.google.com/file/d/1k6cJbtxisgzl1BeCOguHTORoM8uxgl-A/view</p>		

Small group discussions: 4.05 – 4.30

Break: 4.30 – 4.45

Session 6: 4.45 – 5.45

Session 7: 4.45 – 5.45

Challenges and Opportunities for Queer Youth on Social Media

-Hanna Dorottya Szabó

Queer futures and imagining the queer otherwise

-Jordan Donovan

Recording:

<https://us06web.zoom.us/rec/share/gXwVv2nnZiBloXnP2T2UpTtrIDch-3KVT7Von2rzviKRP0IO2hQ3vhf3xo3DTcx.fefx4vHV72DKefEc>

LGBTQ+ young people, mental health, and digital peer support – A Roundtable

-Paul Byron

Recording:

<https://ed-ac-uk.zoom.us/rec/share/8DjMlsczkROQf7tCkijjNwxGAbAQWxcywSLfilt8mLGgEg9zrzC1bpxDHZ0k5w.URwguhpLzTSA2FoP?startTime=1665677347000>

Session 8: 5.45 - 6.45

Session 9: 5.45 - 6.45

LGBT+ Volunteering in Higher Education - Care and Concern

-Pippa Sterk

Recording:

<https://ed-ac-uk.zoom.us/rec/share/PBVYLycjDRbzBwbbwO26ZL5mFyJsYZtBSOMS5SR8tqOdhihzenQ7yPV5CMAUTLj9.xOmoJKorDiNEuYtv?startTime=1665679668000>

New restrictions on social gatherings? Collectively avoid the winter blues

-Miguel Neiva

Recording:

https://us06web.zoom.us/rec/share/Lsi_COaUPO7903cPaPzOeqMIYkzG-sYOsMNB24vYce4gVN4aPqgBsd7FJyBMFNGj.GQVuUaU4pXsYA5zU

Magic Us! (Second Showing)



Wrap up with Dr Hazel Marzetti and Dr Catt Turney: 6.45 – 7.00			



Welcome and Introductions from Dr Catt Turney and Dr Hazel Marzetti 12.00 – 12.15

Small Group Introductions: 12.15 – 12.45

<https://us06web.zoom.us/j/84904859131?pwd=Y3VCSIRhZGZhc2pkNUJOS3phUGJvdz09>

Meeting ID: 849 0485 9131

Passcode: 081446

In this session, participants will be randomly allocated to small breakout rooms (2 x 15 minute session) to give you a chance to get to know others attending the event. Please arrive on time if you want to take part in this session so we can allocate everyone to rooms quickly and make sure everyone has time to talk to each other.

Jamboard to add ideas for the future of the network: <https://bit.ly/LGBTQYouthMHNetwork>
Form to tell us how you would like to be involved: https://bit.ly/LGBTQYMHN_Involvement

Session 1: 12.45 – 13.45

Session 1, talk 1 (12.45 – 13.05): Meanings of home for LGBTQ+ Young people in Scotland Catalina Martin, University of Edinburgh

What does home mean for LGBTQ+ young people in Scotland? What does this tell us about this group's experiences and understandings of health and wellbeing? How did the pandemic shape some of these meanings? Research tells us that LGBTQ+ individuals are highly represented in youth homeless populations in the UK and around the world. Academic work has focused on the negative outcomes faced by this group, such as poor mental illness or their prevalence in risky behaviours such as substance misuse. Less attention has been given to young people's lived experiences of home and homelife and what this can tell us about this phenomenon. By asking LGBTQ+ young people to make drawings or take photos of what home meant to them and discussing these in a focus group or interview setting, I wanted to explore some of these questions, I was particularly interested in learning about the ways in which the participant's gender and sexual identity shaped their accounts of home. Stories shared by participants shed some light into the complexity of the concept of home and its interception with homelessness as well as on this group's incredible reliance and hopes.

Talk 2 (13.05 - 13.45): Using Trauma Informed Practice in LGBTQ+ Youth Work - CANCELLED

PLEASE NOTE: due to unforeseen circumstances, unfortunately the facilitator is no longer able to deliver this session. We hope there will be opportunities to collaborate in future and leave the session details below for your information.

Olivia Taylor

This session will be discussing Trauma Informed practice and the importance of connection and relationships when engaging with LGBTQ+ young people. I hope that it could be a little different as it would be from the angle of lives experience as an LGBTQ+ young person myself, as a Kite Trust beneficiary but grounded by the practical experiences of being a youth worker myself. I ran a hugely successful workshop called "From the little girl who grew up" which received a standing ovation and was watched by 6 thousand people on YouTube. I would love the opportunity to rework this material



through the lens of my experience as a LGBTQ+ young person. I hope this session will be attended by anyone who works with young people.

Session 2: 12.45 – 13.45 - CANCELLED

PLEASE NOTE: due to unforeseen circumstances, unfortunately the facilitators are no longer able to deliver this session. We hope there will be opportunities to collaborate in future and leave the session details below for your information.

Session 2, (12.45 - 13.45): Exploring the experience of LGBTQ+ YP: Knowledge and solutions sharing session

Tyra Mensah – Supports projects across health and wellbeing, will be supporting the young people on the day, Leaders Unlocked.

This session aims to amplify the key issues young LGBTQ+ people face and co-produce ways of addressing these. It will be co-facilitated by two amazing young people who will be sharing their lived experience particularly focused on:

- *The mental health of LGBTQ YPs in care*
- *How LGBTQ+ young people view access to mental health support*
- *Lack of acceptance and understanding leading to homelessness*
- *Need for education - teaching a culture of acceptance*

There will be an opportunity for attendees to ask questions and share reflections with the team, and we will then move into the solutions sharing, reflecting first on what the gaps in support are, what effective support looks like across sectors including government and policy and what can be done to better the mental health outcomes for LGBTQ+ young people, particularly those whose experience aligns with the above. We want this to be a collaborative, safe and open space for sharing and co-designing and look forward to welcoming you into the session.

Contact Tyra (Project Assistant) at Tyra@leaders-unlocked.org or Folade (Project Manager) at folade@leaders-unlocked.org or contact Leaders Unlocked on Twitter @LeadersUnlocked or on Instagram @leadersunlocked

Session 2: 2.00 – 3.00

<https://ed-ac-uk.zoom.us/j/82947619852>

Meeting ID: 829 4761 9852

Passcode: yusV4z9P

Session 3, Talk 1 (2.00 -2.30): Trans and non-binary youth mental health in secondary school

Sophie Atherton, PhD student at the University of Manchester

This session focuses on mental health as specifically experienced by young transgender and non-binary people at school. The session will be led by Sophie Atherton who is studying for a PhD in sociology at The University of Manchester. Her research focuses on the everyday experiences of transgender students in UK secondary schools. This session will mostly be discussion based and will offer a safe space for audience participation. We will grapple with some key questions regarding



support for trans students in school, changes that could be made, and some complexities that may need to be considered.

Contact by email: sophie.atherton@postgrad.manchester.ac.uk or Twitter: @SophieAthe

Session 2, Talk 2 (2.30 - 3.00): Improving the school environment for LGBTQ+ students: the need for intersectional, whole school approaches which shift the narrative

Charlotte Woodhead, the STEPS study, Kings College London

We'll share and discuss initial findings from the Schools Training to Enhance support for LGBTQ+ young Person's Study (STEPS). We find a need for an intersectionality informed, contextually adaptable, whole school approach to creating environments which are welcoming of sexual and gender diversity and foster belonging. We emphasise the need to shift the narrative – move away from deficit and vulnerability-based thinking, celebrate young people's resistance and experiences of queer joy, and relocate the 'problem' within white western, cis and heteronormative structures. We also discuss what prevents schools from making changes and will ask your feedback on ideas for next STEPS.

Contact by email: steps@kcl.ac.uk or via Twitter: @TheStepStudy @kcsamh @charl_woodhead

Session 3: 2.00 – 3.00

Join Zoom Meeting

<https://us06web.zoom.us/j/83772277381?pwd=Mlc5dlFHU2RZNGtGcjhUR2JlTTd5dz09>

Meeting ID: 837 7227 7381

Passcode: 720486

Session 3, Talk 1 (2.00 - 2.30): The Lottery of Primary Care: young people and their experiences of accessing GP support in relation to gender identity

Abby Barras, Mermaids.

In 2020, Mermaids launched a survey to find out more about the experiences of gender diverse children, young people and their families when visiting the GP for support relating to gender identity. Over 200 people responded to the survey, illustrating the vast differences in the support experienced when accessing gender identity support in primary care. Many respondents spoke about how their experience had an impact on their mental health. This talk will focus on three key themes relating to mental health in the data: bias, support, and primary care practices. It will offer recommendations for those working in primary healthcare and reflect on next steps for improving young people's mental health more broadly.

Contact via Twitter: @abbybarras and @Mermaids_Gender

*Note: if tweeting about this presentation, please **do not** tag Abby or Mermaids on Twitter. Thank you!*

Session 3, Talk 2: What works for supporting the mental health of LGBTQ+ young people - lessons from Queer Futures 2

Dr. Rachael Eastham, Division of Health Research, Lancaster University

Queer Futures 2 is a UK research project about the best support for LGBTQ+ young people's mental health. We do know: LGBTQ+ young people are more likely than heterosexual or cis young people to



experience mental health problems but that they tend not to use 'mainstream' mental health services because they are not suitable for their needs. Following our research, we have created a What Works? model to support services to deliver mental health support; as well as inform LGBTQ+ young people about their rights and what they might expect from a service. Find out more in this presentation!

Contact via email: r.eastham1@lancaster.ac.uk

Session 4: 3.00 - 4.05

<https://ed-ac-uk.zoom.us/j/83460933983>

Meeting ID: 834 6093 3983

Passcode: 44B9pgJq

Session 3, Talk 1 (3.00 - 3.30): Life in Scotland for LGBT Young People 2022

Dr Kathleen Cronie, LGBT Youth Scotland

Dr Kathleen Cronie (She/Her) – Research Officer, [LGBT Youth Scotland](https://lgbtyouth.org.uk) will present the findings from the most recent iteration of LGBT Youth Scotland's Life in Scotland research, a nationwide survey of LGBTI people between the ages of 13 – 25 which has been run every 5 years since 2007. The 2022 report covers a wide range of topics, including: Community; Education; Health; Gender Identity Clinics; Hate Crime; Media/Representation; and Coming Out. Kathleen will present a broad overview of the findings, followed by a more in-depth overview of the findings relating to LGBTI young peoples' experiences accessing information about mental health, and their experiences interacting with healthcare services as an LGBTI person.

Contact via email Kathleen.cronie@lgbtyouth.org.uk or via Twitter @kathleencronie

Session 4, Talk 2 (3.30 - 3.50): Understanding LGBTQ+ young people's suicidal thoughts and attempts in Scotland

Hazel Marzetti, University of Edinburgh

Whilst it is well established that LGBTQ+ young people are more likely to think about and attempt suicide, less is known about why this is the case. This talk will focus on the findings of a completed research project exploring LGBTQ+ young people's experiences of suicidal distress in Scotland using conversational interviews. We will discuss the ways in which experiences known to increase **all** young people's experiences of suicide, interact with LGBTQ+ specific experiences, as well as exploring what young people with lived experience think would help prevent LGBTQ+ youth suicide in the future. We will also briefly talk about the next steps from the findings of this research.

Contact via email: hazel.marzetti@ed.ac.uk or via Twitter @hazelmazetti

Session 4, Talk 3 (3.50 - 5.05): Magic Us! A collective poem with the voices of LGBT+ youth and their parents/ carers in county Durham.

Chris (Group Coordinator), Community Action to Inspire Hope in county Durham.

'We Are...' is a collective poem performed by local LGBTQIA+ teens and their parents in country



Durham, produced at the end of a creative workshop releasing strong emotions and seeking connection, finding comfort, joy and healing in the Nature and projecting their dreams and aspirations using a collective 'we'. Our collective gathers local LGBTQ+ children and their parents and carers in country Durham and our activities aim at addressing loneliness and exploring the nexus arts and creativity and wellbeing.

Contact by email yeah.mako@yahoo.co.uk

Session 5: 3.00 - 4.05

<https://us06web.zoom.us/j/83049994908?pwd=eUQvMUM4YmRxUy91ejNPb3kzZTFmdz09>

Meeting ID: 830 4999 4908

Passcode: 165320

Session 5, Talk 1 (3.00 - 3.45): Disability mental health within inclusive space (talk and Q&A)

Courtney Reeve

I am 25 queer and disabled but even so 1 in 5 people are disabled we are often the most misunderstood people groups so add in being queer it can be harder so I am hoping to help you understand how you can help disabled people in the queer community.

Contact via email: Creevereeve81@gmail.com

Session 5, Talk 2 (3.45 - 4.05): Barriers to accessing mental health support for LGBTQ+ youth

Catt Turney, the Kite Trust

This session will discuss a piece of research carried out recently at the LGBTQ+ charity The Kite Trust, exploring the factors that help and hinder LGBTQ+ young people in accessing mental health support when they need it. As well as sharing key findings and recommendations from the project, this session will reflect on the role of practice-based participatory action research in improving access to care for LGBTQ+ young people in a meaningful way.

Contact via email: Catt@thekitetrust.org.uk

Small group discussion: 4.05 – 4.30

<https://ed-ac-uk.zoom.us/j/87826997914>

Meeting ID: 878 2699 7914

Passcode: 9mNPC5Vb

Break: 4.30 - 4.45

Session 6: 4.45 – 5.45

<https://ed-ac-uk.zoom.us/j/87191466252>

Meeting ID: 871 9146 6252



Passcode: 5RaVV13M

Session 6, Talk 1 (4.45 - 5.05): Challenges and Opportunities for Queer Youth on Social Media

Hanna Dorottya Szabó, Freie Universität Berlin and G-Versity

Social media are an inevitable part of adolescents' daily practices, and for minority youth it is of heightened importance. Research on the roles of social media in the lives of LGBTQ+ youth highlights that digital platforms offer new paths of identity exploration and expression. But navigating social media does not come without challenges. While online spaces offer a safe and accepting environment to connect with peers, encounters with hateful content require immense emotional labour, and careful consideration of platform use. This session will examine this duality and its implications for LGBTQ+ youth, and discuss how we can help young people navigate social media healthily.

Contact via email hanna.szabo@fu-berlin.de and via Twitter @HannaDSzabo

Session 6, Talk 2 (5.05 - 5.45): LGBTQ+ young people, mental health, and digital peer support – A Roundtable

Paul Byron, University of Technology Sydney

In this session, Paul will present recent findings from his research with LGBTQ+ young people in Australia regarding practices of informal digital peer support for mental health - for example, how social media platforms are used to find, share, and feel support. This is followed by an open discussion about this topic, where participants are invited to share their own knowledge and understandings of how digital peer support operates in LGBTQ+ young people's everyday lives.

Contact via email: paul.byron@uts.edu.au and Twitter: @paulibyron

Session 7: 4.45 – 5.45

<https://us06web.zoom.us/j/89470593590?pwd=TDF0SjRRc1pWUGdMM3l6MktrRmZlUT09>

Meeting ID: 894 7059 3590

Passcode: 653164

Session 7 (4.45 - 5.45): Queer futures and imagining the queer otherwise

Jordan Donovan, University of Glasgow (student) and Thrive Youth Development Canada

Drawing on work from Walidah Imarisha, Brandon Robinson, and Rachel Schmitz, the facilitator will walk participants through a guided art activity. Participants will be asked to imagine queerness 50 years in the future and collectively create an Encyclopedia of past events to imagine the possibilities of Queer resistance and Queer justice. Silly check-in questions will be asked, and sillier answers encouraged. Meditate on possible futures with other cool queers who like quiet time.

Contact via email: jdonovan@thriveyouth.ca.

Session 8: 5.45 – 6.45



<https://ed-ac-uk.zoom.us/j/81735028246>

Meeting ID: 817 3502 8246

Passcode: j8AU01Sj

Session 8, Talk 1 (5.45 - 6.15): LGBT+ Volunteering in Higher Education - Care and Concern

Pippa Sterk

In this session, Pippa will share early findings from their research on student-led LGBT+ societies in English universities. Their research is showing that the support that these societies provide is often overlooked or under-valued by universities, and that these findings suggest the need for a radical overhaul of how we think of 'care' within Higher Education.

Contact via email: pippa.tsf@gmail.com or Twitter: @PippaSterk.

**Session 8, Talk 2 (6.15 - 6.21): Magic Us! (Second Showing)
Community Action to Inspire Hope in county Durham.**

'We Are...' is a collective poem performed by local LGBTQIA+ teens and their parents in country Durham, produced at the end of a creative workshop releasing strong emotions and seeking connection, finding comfort, joy and healing in the Nature and projecting their dreams and aspirations using a collective 'we'. Our collective gathers local LGBTQ+ children and their parents and carers in country Durham and our activities aim at addressing loneliness and exploring the nexus arts and creativity and wellbeing.

Contact via email: yeah.mako@yahoo.co.uk

Session 9: 5.45 - 6.45

<https://us06web.zoom.us/j/88509524681?pwd=UkkxVDVPL3M1dTBTNXF2T3MxbjJPQT09>

Meeting ID: 885 0952 4681

Passcode: 894611

**Session 9 (5.45 - 6.45): New restrictions on social gatherings? Collectively avoid the winter blues
Miguel Neiva, LXNIGHTS.**

Cultural and social activities during leisure time are increasingly recognized as essential to wellbeing. With covid restrictions, a mental health crisis particularly affecting youth emerged. Among these, and with the (temporary) loss of safer spaces, the queer community is significantly at risk. Two years since the global outbreak and with a worrying forecast for this coming winter, how can we convince policymakers to keep a minimum necessary activity in safer conditions? Collecting some of the latest best practices, new studies on these unprecedented conditions and testimonies from the community is an important first step.

Contact Miguel via email: migueljacomeneiva@gmail.com or Twitter: @migueljneiva.

Wrap up with Dr Hazel Marzetti and Dr Catt Turney: 6.45 – 7.00

<https://us06web.zoom.us/j/84904859131?pwd=Y3VCSIRhZGZhc2pkNUJOS3phUGJvdz09>
Meeting ID: 849 0485 9131 Passcode: 081446

