



LGBTQIA+ BIPOC

FATHERS

PRESENTED BY DADS MOVE



INTRODUCTIONS

WHAT DO YOU THINK STIGMAS ARE?

- Stigma: a set of negative and unfair beliefs that a society or group of people have about something

TYPES OF STIGMA'S

- ❑ **Public stigma:** involves the negative or discriminatory attitudes that others have about mental illness.
- ❑ **Self-stigma:** refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition.
- ❑ **Institutional stigma,** is more systemic, involving policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness. Examples include lower funding for mental illness research or fewer mental health services relative to other health care.

MYTHS AROUND BEING AN LGBTQIA+ FATHERS

What do think some of these myths are?

What can we do to help break this cycle?

How can we support LGBTQIA+ Fathers?



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STIGMAS, STEREOTYPES AND WITH MYTHS

Is this a Stigma, stereotype or myth

Is this a Stigma, stereotype or myth

Is this a Stigma, stereotype or myth

Is this a Stigma, stereotype or myth

Question



COMPARISON OF BIPOC TO CAUCASIAN

BIPOC(OF COLOR

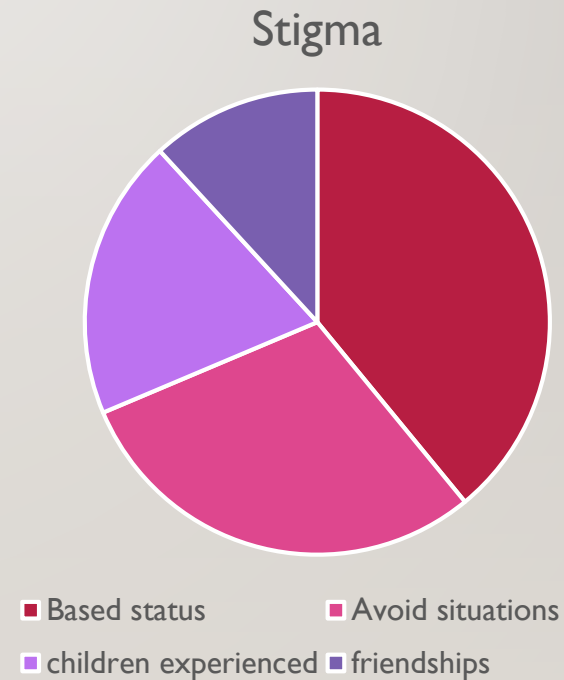
- 20% of men of color
- Raising children younger than 18 years of age

CAUCASIAN

- 8% of Men that are Caucasian
- Raising children younger than 18 years of age

LGBTQIA+ FATHERS STATISTICS

- Almost 2/3 of LGBTQIA Fathers experience stigma based on their status of being a homosexual father
- 1/2 of the avoided situations out of fear of mistreatment, discrimination
- 1/3 of fathers said that their children experienced stigmatization by other children
- 1 in 5 fathers reported that their children avoided making friendships



PLACE'S FATHERS EXPERIENCE NEGATIVE REACTIONS TO BEING A LGBTQIA+ FATHER

LGBTQIA FATHERS RE

- Of the following places which ones do think fathers reported negative reactions/ statements of being LGBTQIA+ BIPOC fathers?

LET'S PLAY A GAME

our **Game Categories** are

- Institutions
- Society

INSTITUTIONS

Institutions for
25

Institutions for
100

Institutions for
300

Institutions for
50

Institutions for
100

Institutions for
300

SOCIETY

SOCIETY for 75

SOCIETY for
200

SOCIETY for
100

SOCIETY for
300

SOCIETY for
400



**BREAKING THE
STIGMAS OF
BIPOC FATHERS**

THERE IS A HISTORY
IN THE UNITED STATES
MINORITIZED GROUPS
NEW LABELS
OF FOR THEMSELVES
IN ORDER TO DESCRIBE THEIR SOCIAL IDENTITIES AND POWER
RELATIONSHIPS TO

PIU



OVERCOME SOCIAL STIGMAS AND DISPARITIES

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- Unique stressors like racism and discrimination increase mental health vulnerability for BIPOC individuals.
- Cultural beliefs and attitudes also influence how we express anxiety, sadness, and other emotions.
- Therefore, having depression, anxiety, or other mental health concerns is sometimes viewed as weakness.

Many people within these communities deal with the reality of mental health being stigmatized and not fully embraced

make it difficult for others to feel comfortable discussing and exploring personal feelings or experiences because historically these communities have had to overcome disparities

there have been continued strides to destigmatize mental health, there is still a lot of work to be done within the BIPOC communities.

LANGUAGE AND CULTURAL DIFFERENCES

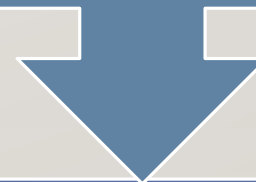
- Communication is important when seeking out and receiving mental health care.
- It can be frustrating trying to communicate or understand various medical and mental health terms that are not a familiar part of your cultural background. In addition, terms like “anxiety and depression” do not always translate well in other languages.
- More specifically, in the [Native and Indigenous communities](#), the words “depressed” and “anxious” are absent from some native languages but other expressions such as “ghost sickness” or “heartbreak syndrome” are used.
- Having providers that are a part of BIPOC communities is essential in **providing patients with an empathetic understanding of their unique experiences.**

RACISM/BIAS

Racism has been a part of the nation's history and legacy since its origin and continues to impact generations of various ethnic groups.



Even though people can experience mental health health regardless of race, age, gender, identity, or ethnicity racism and discrimination still plays a part in obtaining the appropriate mental health care



people of color do not have to directly experience racism to experience mental health struggles. Sometimes, just witnessing or hearing about racism and race-based violence can negatively impact one's mental health.

OVERCOME FINANCIAL CHALLENGES

- Economic well-being has historically been a struggle for BIPOC communities for many reasons, including institutionalized racism.
- People can recognize the unique financial disparities that exist within BIPOC communities and acknowledge there is progress to be made.
- With this awareness, they can support laws and policies that ease financial barriers to care.
 - expanded insurance coverage for low-income individuals.
 - promoting increased funding for community mental health centers



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HEALTHCARE PROVIDER'S

- Another way to lower barriers to care is to reduce bias and stigma within *provider* communities.
- Mental health is a weakness
- All providers should be offered implicit bias training to strengthen mental health diagnosis and treatment in BIPOC communities.



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HEALTH CARE AND BIPOC

- Less likely to have access to mental health services¹
- Less likely to seek out treatment¹
- More likely to receive low or poor quality care¹
- More likely to end services early¹
- Essential or service-related workers with limited or no access to health care²
- Limited or no access to personal protective equipment²
- Racism and discrimination⁴⁵
- Historical/generational trauma⁵
- Poverty⁵
- Cultural and language barriers⁵
- Cultural differences and stigma



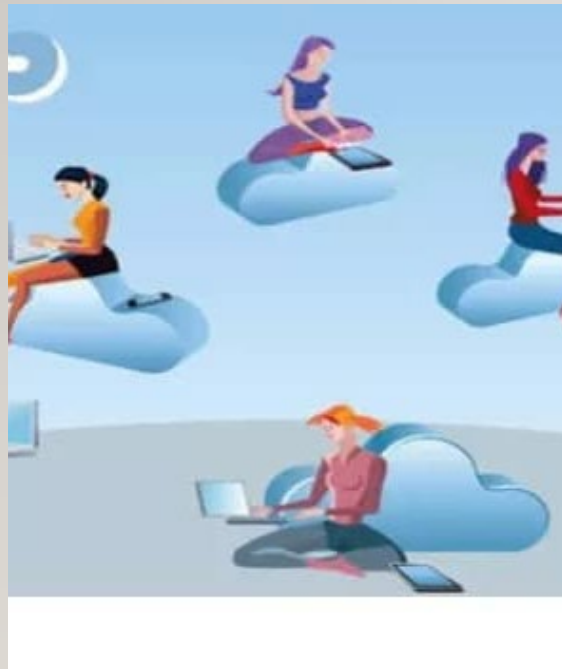
LACK OF ACCESS AND CARE TREATMENT

- Despite the obvious need for mental health care and support, systematic racism and discrimination have caused a lack of access to care and treatment throughout BIPOC communities.
- For example, poverty and unemployment are often a direct result of racial bias and discrimination and in turn lead to several challenges including lack of health insurance, limited availability of providers, lack of transportation to therapy appointments, and the full spectrum of mental illnesses that result from living in poverty
- Even though BIPOC communities continue to fight against systematic disadvantages and mental health disparities, a major solution to increase support lies with representation among professionals and culturally conscious treatment.

What's more, many communities are not aware of the available mental health resources. So, they won't be able to utilize them.

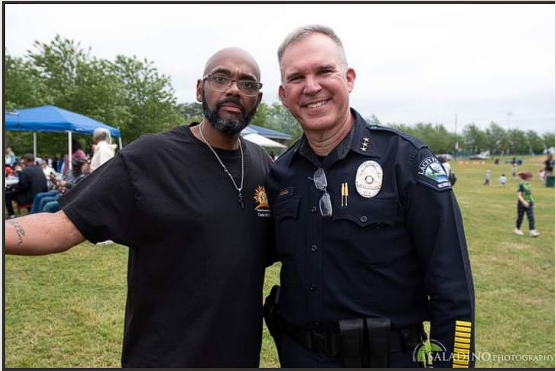


EMPOWER YOURSELF, EMPOWER BIPOC COMMUNITIES



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- Mental health is no different than physical health; it impacts all people across cultures and communities.
- Everyone can play a role in reducing stigmas and overcoming barriers to mental wellness in BIPOC communities
- If you notice someone struggling, take the time to talk with them without distractions.
- Tell them about your concern and ask how you can help. Be aware that their lived experience might differ from your's but start the conversation.
- You don't have to be a mental health expert, just someone willing and able to point them in the right direction.



QUESTIONS

