

QUEER & TRANS YOUTH

A COMMUNITY OF WELLNESS AT HETRICK-MARTIN INSTITUTE

ACCESSING SERVICES

WITHOUT HETRICK-MARTIN INSTITUTE

SUPPORT SERVICES

Young people often have to engage with harmful systems to link mental health services with housing, food, medical care, etc.

FINANCIAL BARRIERS

Many LGBTQIA+ youth are under- or uninsured and mental health care can be cost prohibitive. Accessing Medicaid can also be challenging for many of our young people.

QUALITY OF CARE

Short-term access to care provided by professionals who often don't share cultural similarities and/or identities with LGBTQIA+ young people.

DOCUMENTS REQUIRED TO ACCESS CARE

ID, address, health insurance, and parent/guardian consent (minors)

PLACE

Services are offered at a series of clinics, food pantries, drop-in centers.

WITH HETRICK-MARTIN INSTITUTE

SUPPORT SERVICES

In-house services that provide access to housing, food, medical care, health and wellness services, academic enrichment, job training, paid internships, arts & culture, and street outreach.

FINANCIAL BARRIERS

None. Youth ages 13-24 simply come into HMI and spend 45 minutes with a counselor to identify needs.

QUALITY OF CARE

Free long-term care for ages 13-24 often provided by LGBTQIA+ professionals offering a variety of culturally affirming therapies including traditional talk, art, dance, and movement therapies.

DOCUMENTS REQUIRED TO ACCESS CARE

None

PLACE

Services are offered in the context of a wider, community-building, youth development, one-stop shop.

UNDERSTANDING MENTAL HEALTH NEEDS

Right now, a culturally affirming therapy approach to LGBTQIA+ mental wellness presents a significant opportunity to address the disparities in care for LGBTQIA+ youth, specifically queer and trans youth of color (QTYOC)—who continue to suffer massive losses at the hands of an increasingly troubled healthcare landscape.

INCREASE IN WELLNESS SERVICES REQUESTS

HMI has doubled the size of its counseling team over the past two years to accommodate the increase in requests for care. The waiting list of youth desperately seeking care themselves, continues to grow despite the increase in staff. The immediacy of this type of care is paramount.



INNOVATING AND EXPANDING FOCUS

HMI will expand on what we have successfully been doing for more than 40 years, using data and experience to transform the way young people access care.

Providing free and long-term care with no legal/identity or payment requirements should help reduce or eliminate the inconsistent and/or inadequate treatment of queer youth, often resulting from barriers created by Medicaid.



THE CHALLENGE

The need for free, high-quality, mental health services has always been significant for LGBTQIA+ communities, especially queer and trans youth of color (QTYOC).



- 45% LGBTQIA+ youth seriously considered attempting suicide
- Nearly 1 in 5 transgender and nonbinary youth attempted suicide and LGBTQIA+ youth of color reported higher rates than white peers
- 60% of youth who wanted mental health care in 2021 were not able to get it
- 93% of transgender and nonbinary youth said they were worried about transgender people being denied access to gender-affirming medical care due to state or local laws

Source: Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health

THE SOLUTION

We have developed an **evidence-informed expansion strategy** to scale service access and effectiveness for young people with focus on QTYOC that is intentionally anti-racist. The tenets of the strategy are to:

- 1) Build a **community of care** that serves tens of thousands of youth—virtually or in person at HMI—and exponentially more through a robust network of mental health practitioners trained in the HMI model of mental health delivery.
- 2) Support community of care through **investment in our own in-house services** to help young people minimize interactions with oppressive and harmful systems .
- 3) Create **more inclusive systems of health care** by leveraging the increased scale of impact to influence federal, state, and local funding allocations toward mental health.

HMI is the only organization providing a community of mental health and wellness services specifically supporting QTYOC needs.



IMPROVED SPACE UTILIZATION

Providing services in a community setting that centers the youth and that can accommodate growth to better serve a broad age range.



This would be achieved by:



Providing More Space



Expanding After School



Virtual Access and Telehealth

PARTNERSHIPS

Allow HMI to offer complementary services to meet all the needs of LGBTQIA+ youth.

PROGRAMMATIC

Engage other community partners such as housing services or mobile medical services to provide programming will increase access to LGBTQIA+ youth across the country.

POLICY

Partner with advocacy organizations to develop a case for expanding or complementing traditional mental health funding with culturally affirming therapies and harm reduction practices.

TRAINING

HMI has long been a training resource for youth service providers globally. As our service model continues to demonstrate success and scalability, increased investment would allow us to:

- provide training resources for mental health providers;
- influence the practice of mental health and wellness to be more inclusive of LGBTQIA+ youth.
- build a pipeline of LGBTQIA+ practitioners



RESULTS

Our 2022 program evaluation provides positive evidence that HMI's mental health programming is decreasing depression and anxiety levels among young people.

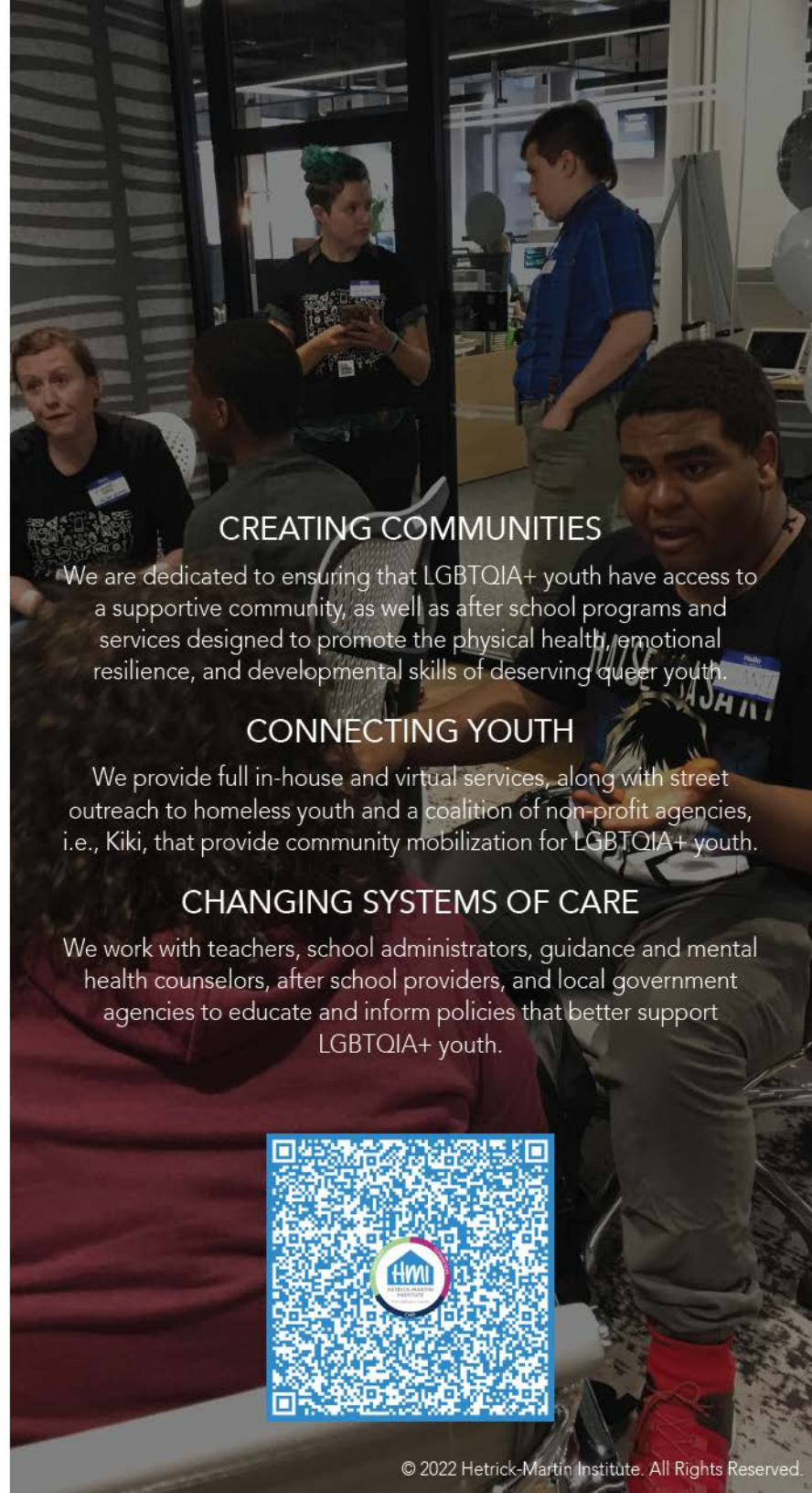
- A statically significant decrease in anxiety and depression are achieved through wrap around programming specifically targeting LGBTQIA+ youth of color.
- HMI is the only organization providing and demonstrating impact for this demographic.
- The number of hours required to achieve the decrease in anxiety and depression would take years to access in traditional health care models.

INVESTMENT OPPORTUNITY

Over the next decade, we expect hundreds of millions, if not billions, of dollars to be allocated by federal agencies to address the national mental health crisis. HMI has a small window to ensure that our proven model of mental health provision will be included in those funding streams. By demonstrating our impact at scale through reliance on private funding, we can unlock hundreds of millions of dollars for HMI as well as other mental health providers serving queer and trans youth across the country.

We expect ***we can meaningfully put to work \$50M of additional private capital over the next five years*** to meet the incredible need of youth in NYC and beyond, to train thousands of mental health professionals in our evidence-informed practice, and to ensure sustainability of this practice by advocating for inclusive federal funding streams.

We invite you to partner with us in shaping the fabric of inclusive and youth-centered mental health and wellness. HMI is uniquely positioned to take on this ambitious goal. We bring to the table a sophisticated and informed practice, a deep bench of clinical strength, and a long track record of effective partnerships and successful results for LGBTQIA+ youth of color.



CREATING COMMUNITIES

We are dedicated to ensuring that LGBTQIA+ youth have access to a supportive community, as well as after school programs and services designed to promote the physical health, emotional resilience, and developmental skills of deserving queer youth.

CONNECTING YOUTH

We provide full in-house and virtual services, along with street outreach to homeless youth and a coalition of non-profit agencies, i.e., Kiki, that provide community mobilization for LGBTQIA+ youth.

CHANGING SYSTEMS OF CARE

We work with teachers, school administrators, guidance and mental health counselors, after school providers, and local government agencies to educate and inform policies that better support LGBTQIA+ youth.

