

SYNCHRONIZING OUR IMPACT



March 14 & 15, 2018

GAY MEN'S SEXUAL HEALTH ALLIANCE OF ONTARIO (GMSH™)
296 Jarvis Street, Unit 5, Toronto, Ontario M5B 2C5



GAY MEN’S MENTAL HEALTH SUMMIT

MARCH 14-15, 2018

CONTENTS

- Indigenous Land Acknowledgement (Kim Wheatley)..... 1
- Opening Remarks (Dane Griffiths)..... 1
- Welcome from Ontario Ministry of Health and Long-Term Care (Ken English)..... 1
- Keynotes..... 1
 - Opening Keynote: Syndemic Service Integration: How Can Sexual Health Clinics Address Population Inequities in Access to Mental Health Services? (Travis Salway)..... 1
 - Plenary Presentation: Positively Forked (Ryan Kerr)..... 2
 - Closing Keynote: Exploring Black Gay Men’s Mental Health – Contexts for Treatment (Antoine B. Craigwell)..... 2
- Panels..... 2
 - Minority Stress in the Modern Day (Moderated by Eugene Nam, Research Coordinator, Ontario HIV Treatment Network)..... 2
 - Novel Approaches for Treating Stigma to Improve Mental Health and HIV Outcomes in Black Gay Men (Dr. LaRon E. Nelson)..... 2
 - Casual Sex VS Long Term Relationships: Tensions and Implications (Rahim Thawer)..... 3
 - How Stigma and Discrimination Affects the Mental Health of Gay Men Living with HIV (John McCullagh)..... 3
 - Hooked Up for Hooking Up: Minority Stress and Mental Health Disparities among Gay Men Online (David Brennan)..... 3
 - Navigating the Landscape of Gay Men’s Mental Health (Moderated by Eugene Nam, Research Coordinator, Ontario HIV Treatment)..... 4
 - Gay and Other MSM Living Outside the Urban Metropolis (Paul MacPherson)..... 4
 - Navigating Services and Partnerships in Ottawa (Roberto Ortiz & Derek Cassidy)..... 4
 - Why We Need a More Systematic Approach to Syndemics in Toronto (Barry D. Adam)..... 4
 - Gay and Bisexual Men’s Experiences Accessing Mental Health Services in Toronto: Preliminary Findings from the ENGAGE Qualitative Study (Mark Gaspar) 5
 - Centring the Margins at Health Initiative for Men in Vancouver (Aaron Purdie)..... 5
- Breakout Sessions..... 6



Workshops.....	6
MAXimizing Your Community’s Potential (Robert Alsberry & Matthew Harding).....	6
Meth & Sex (Vincent Francoeur).....	6
Gay Men: Unemployment & Job Security a Social Determinant of Health (Scott Simpson & Miguel Cubillos).....	6
Blurring the Lines: Integrating Research and Practice Towards Creative Mental Health Programs and Suicide Prevention (Travis Salway & Aaron Purdie)	7
Inclusion vs. Integration: Providing Competent and Equitable Mental Health Care for Newcomers Who Identify as Gay/Bi/Queer MSM (Celeste Bilbao-Joseph)	7
Trauma Recovery, Education, and Empowerment (“T.R.E.E.”): A Mental Health Group That Connects Sex and Gender to Trauma Recovery & Skills Building for Male/Two-Spirited/Non-Binary People (Daniel Pugh & Faith Chaput).....	7
Return from Chaos: Treating Gay Men with HIV/AIDS-Related PTSD (Gregory Maskwa)	8
The Spirit of Motivational Interviewing (Rick Julien & Scott Simpson)	8
Cognitive Behavioural Therapy for Social Anxiety and HIV Prevention for Gay/Bi/Queer Men (Dr. Trevor A. Hart).....	8
Growing Older, Living Well: Mental Health, Gay Men and Aging (John McCullagh & Kate Murzin) .	9
Short and Medium-Term Sexual and Mental Health Interventions for LGBTQ men and MSM in Bathhouses and Primary Care Clinics (Bradley Garrison & Adam Busch).....	9
Let’s Talk: What’s It Like to Be a LGBTQ Therapist, Working Within the LGBTQ Communities? (Scott Bowler & Max Adilman)	9
The Seven Paths to Resilience: Findings from 2SHAWLS – The Two-Spirit HIV/AIDS Wellness and Longevity Study (David Brennan).....	9
Training Sessions	10
Trauma Treatment: Principles, Skills and Practice for the GMSH (Dr. Anne Wagner).....	10
Introduction to Motivational Interviewing Basic Skills (Rick Julien & Scott Simpson).....	10
Emotion-Focused Mindfulness for Self-Care and Therapeutic Presence (Bill Gayner)	10
Acting Inwards: Trauma & Coping in Cis/Trans Men (Sly Sarkisova).....	11
Psychoanalysis 101: Psychoanalysis and Psychanalytic Psychotherapy as Tools to Foster an Anti-Opressive Clinical Practice with Gay, Bi, and Gender Creative Men (Marco Posadas).....	11
Mirror, Mirror: queer men and body image (Rahim Thawer).....	11
Closing Remarks.....	11
Ryan Stevenson	11



INDIGENOUS LAND ACKNOWLEDGEMENT (KIM WHEATLEY)

Video link: https://www.youtube.com/watch?v=1QFXd4Grz_g

OPENING REMARKS (DANE GRIFFITHS)

Video link: <https://www.youtube.com/watch?v=o3VIKFS4isQ>

WELCOME FROM ONTARIO MINISTRY OF HEALTH AND LONG-TERM CARE (KEN ENGLISH)

Video link: <https://www.youtube.com/watch?v=0BcTrGC8Yds>

KEYNOTES

OPENING KEYNOTE: SYNDEMIC SERVICE INTEGRATION: HOW CAN SEXUAL HEALTH CLINICS ADDRESS POPULATION INEQUITIES IN ACCESS TO MENTAL HEALTH SERVICES?
(TRAVIS SALWAY)

Summary:

Many Canadian sexual health providers are queer-affirming, low-barrier points of access for HIV/STI prevention and care. This talk will explore how sexual health clinics can build on the trust and expertise built with queer communities to similarly support clients' mental health-related concerns.

Video link: <https://www.youtube.com/watch?v=sJ0gWdQRAsg>

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Travis%20Salway%20%20GMSH%20talk%20%20Mar%202018%20PDF.pdf



**PLENARY PRESENTATION: POSITIVELY FORKED
(RYAN KERR)**

Summary:

Ryan will share some personal stories of how his HIV diagnosis changed both his professional and dating trajectory and shaped him to be a complex, sometimes damaged and always positive person.

Video link: <https://www.youtube.com/watch?v=uEhCg3ZzX1E>

**CLOSING KEYNOTE: EXPLORING BLACK GAY MEN'S MENTAL HEALTH – CONTEXTS
FOR TREATMENT
(ANTOINE B. CRAIGWELL)**

Summary:

"Exploring Black Gay Men's Mental Health - Contexts for Treatment" - researchers, clinicians/providers, and consumers consider the cultural framework of the whole person, especially historical and socio-cultural factors, and psychosocial determinants, impacting mental health; and as HIV prevention and intervention.

Video link: <https://www.youtube.com/watch?v=UkrUSrdGqIM>

PANELS

**MINORITY STRESS IN THE MODERN DAY
(MODERATED BY EUGENE NAM, RESEARCH COORDINATOR, ONTARIO HIV
TREATMENT NETWORK)**

**NOVEL APPROACHES FOR TREATING STIGMA TO IMPROVE MENTAL HEALTH AND
HIV OUTCOMES IN BLACK GAY MEN
(DR. LARON E. NELSON)**

Summary:

Stigma is stressful. The memory of stigmatizing events can be severely distressing and disabling, leading to poorer quality of life. Accelerated Resolution Therapy is a brief treatment for PTSD that is associated with rapid and sustained recovery from symptoms.

Video link: <https://www.youtube.com/watch?v=FI5uHdAAVnA>

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/laron-gmsh-summit-2018-pdf.pdf



CASUAL SEX VS LONG TERM RELATIONSHIPS: TENSIONS AND IMPLICATIONS (RAHIM THAWER)

Summary:

Queer men operate in a culture where casual sex and long term relationships are both revered and criticized on an ongoing basis. We must consider the interpersonal impact of these conflicting scripts and consider what representations of reconciled scripts can look like for queer men.

Video link: https://www.youtube.com/watch?v=9_LyqJlrX3A

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Rahim%20-%20Plenary%20-%20Relationships%20&%20MH%20-%20PDF.pdf

HOW STIGMA AND DISCRIMINATION AFFECTS THE MENTAL HEALTH OF GAY MEN LIVING WITH HIV (JOHN MCCULLAGH)

Summary:

The panelist will highlight how HIV-related stigma and discrimination impact the psychological health and well-being of gay men living with HIV, and suggest some approaches to stigma reduction that would enhance the mental health of this cohort.

Video link: <https://www.youtube.com/watch?v=bQ87Jrgx4zA>

HOOKED UP FOR HOOKING UP: MINORITY STRESS AND MENTAL HEALTH DISPARITIES AMONG GAY MEN ONLINE (DAVID BRENNAN)

Summary:

This presentation will report data from the #iCruise study on how gay and bisexual men use the Internet to seek not only socio-sexual connections but also health information and ways to ameliorate negative mental, sexual and physical health outcomes.

Video link: <https://www.youtube.com/watch?v=lorFMZbZIU0>

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/david-brennan-gmsh_march-pdf.pdf



NAVIGATING THE LANDSCAPE OF GAY MEN'S MENTAL HEALTH
(MODERATED BY EUGENE NAM, RESEARCH COORDINATOR, ONTARIO HIV
TREATMENT)

GAY AND OTHER MSM LIVING OUTSIDE THE URBAN METROPOLIS
(PAUL MACPHERSON)

Summary:

Using data from a recent survey of MSM living in and around Ottawa, we will explore and compare the physical and mental health and healthcare needs of men living in the urban core, the suburbs, and the surrounding smaller towns.

Video link: <https://www.youtube.com/watch?v=ePFFS5v4Pks>

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Paul%20MacPherson%20-%20PDF.pdf

NAVIGATING SERVICES AND PARTNERSHIPS IN OTTAWA
(ROBERTO ORTIZ & DEREK CASSIDY)

Summary:

This presentation will share MAX Ottawa's experiences connecting guys into guys with competent mental health services, and building partnerships to address the need gaps.

Video link: <https://www.youtube.com/watch?v=tTuUF83Zo20>

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/derek-and-roberto-pdf.pdf

WHY WE NEED A MORE SYSTEMATIC APPROACH TO SYNDEMICS IN TORONTO
(BARRY D. ADAM)

Summary:

This presentation reviews the evidence for a gay men's health hub that could more systematically address syndemic conditions and thereby impact HIV, STBBI, and mental health issues. A gay-friendly therapeutic community of practice will be one critical piece in developing this response.

Video link: <https://www.youtube.com/watch?v=9ShNQWoB6L0>

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/barry-adam-pdf.pdf



GAY AND BISEXUAL MEN'S EXPERIENCES ACCESSING MENTAL HEALTH SERVICES IN TORONTO: PRELIMINARY FINDINGS FROM THE ENGAGE QUALITATIVE STUDY (MARK GASPAR)

Summary:

We sought to understand gay and bisexual men's experiences accessing mental health services in Toronto. We recruited 24 participants for qualitative interviews. There are two preliminary themes from this research that we will present on: (1) barriers to mental health services; and (2) competing narratives about the impact of biomedical advancements in HIV on mental health.

Video link: <https://www.youtube.com/watch?v=XbcVUsXj-Q4>

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Mark%20Gaspar%20-%20PDF.pdf

CENTRING THE MARGINS AT HEALTH INITIATIVE FOR MEN IN VANCOUVER (AARON PURDIE)

Summary:

For gay/bi/queer guys (particularly intersectional guys), finding mental health care that is safe, non-judgmental, and sex positive, is a challenge. The concept of 'centring the margins' represents an opportunity reconsider the way we navigate mental health systems and programs.

Video link: <https://www.youtube.com/watch?v=GkbILA56dKQ>

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/aaron-purdie-pdf.pdf



BREAKOUT SESSIONS

WORKSHOPS

MAXIMIZING YOUR COMMUNITY'S POTENTIAL (ROBERT ALSBERRY & MATTHEW HARDING)

Summary:

Community Maximizers are individuals that want to contribute to improving the health and well-being of guys into guys in Ottawa. Community members propose an idea, or a project and MAX helps coordinate, promote, and reduce barriers such as cost. The project is created and driven by the community leader. This workshop help explains how this process works, provides an example/case study of an effective group, and allows for questions from participants.

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Robert%20and%20Matthew%20presenting%20PDF.pdf

METH & SEX (VINCENT FRANCOEUR)

Summary:

Meth & Sex is a workshop exploring and demystifying the impact of Crystal Meth on the sexuality and wellness of men having sex with men, while suggesting ways to work on their holistic health, beyond the stigma.

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Vincent%20-%20Meth%20and%20Sex%20-%20PDF.pdf

GAY MEN: UNEMPLOYMENT & JOB SECURITY A SOCIAL DETERMINANT OF HEALTH (SCOTT SIMPSON & MIGUEL CUBILLOS)

Summary:

Employment provides income, a sense of identity and helps to structure day-to-day life. Unemployment frequently leads to material and social deprivation, psychological stress, and the adoption of health-threatening coping behaviours. Lack of employment is associated with physical and mental health problems that include depression, anxiety and increased suicide rates.

This workshop will explore two approaches to supporting gay men in employment.



BLURRING THE LINES: INTEGRATING RESEARCH AND PRACTICE TOWARDS
CREATIVE MENTAL HEALTH PROGRAMS AND SUICIDE PREVENTION
(TRAVIS SALWAY & AARON PURDIE)

Summary:

Community organizations, mental health practitioners, and researchers use their respective methods to centre the mental health needs of marginalized queer people. But do they interact? And if so, how? This workshop will explore the possibilities of collaboration and relationship building to drive meaningful change.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/aaron-purdie-travis-salway-hottes-gmsh-pdf.pdf

INCLUSION VS. INTEGRATION: PROVIDING COMPETENT AND EQUITABLE MENTAL
HEALTH CARE FOR NEWCOMERS WHO IDENTIFY AS GAY/BI/QUEER MSM
(CELESTE BILBAO-JOSEPH)

Summary:

We will explore the best mental health practises that help migrant G/B/Q/MSM not only to cope and survive, but to thrive and contribute meaningfully to a society that will have to learn how to include them as an important part of its structure and purpose.

Social science, research and social work should not be limited to the closed doors of our offices. It should be a tool to co-create social change, equity and social justice.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/celeste-pdf.pdf

TRAUMA RECOVERY, EDUCATION, AND EMPOWERMENT (“T.R.E.E.”): A MENTAL
HEALTH GROUP THAT CONNECTS SEX AND GENDER TO TRAUMA RECOVERY &
SKILLS BUILDING FOR MALE/TWO-SPIRITED/NON-BINARY PEOPLE
(DANIEL PUGH & FAITH CHAPUT)

Summary:

This workshop will share insights about a unique, (psychoeducational) trauma recovery skills group for male/two-spirit/non-binary people. We hope to build develop a ‘community of practice’ in trauma while recognizing the relationship that sex and gender play in our trauma processes and responses.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/daniel-pugh-faith-chaput-tree-pp.pdf



RETURN FROM CHAOS: TREATING GAY MEN WITH HIV/AIDS-RELATED PTSD (GREGORY MASKWA)

Summary:

This workshop will share insights about a unique, (psychoeducational) trauma recovery skills group for male/two-spirit/non-binary people. We hope to build develop a 'community of practice' in trauma while recognizing the relationship that sex and gender play in our trauma processes and responses.

THE SPIRIT OF MOTIVATIONAL INTERVIEWING (RICK JULIEN & SCOTT SIMPSON)

Summary:

“A client’s own arguments for change are far more persuasive than whatever arguments you may be able to provide”

Motivational Interviewing evokes from the client their desired outcome. MI practitioners do not dispense advice. Rather, we help the client clarify their own values and goals, explore challenges to change, and focus on developing and supporting the client’s action plan.

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Rick%20&%20Scott%20-%20MI%20-%20PDF.pdf

COGNITIVE BEHAVIOURAL THERAPY FOR SOCIAL ANXIETY AND HIV PREVENTION FOR GAY/BI/QUEER MEN (DR. TREVOR A. HART)

Summary:

The purpose of the present workshop is to assist cognitive behavioral therapists who are treating HIV-negative gay and bisexual men who have high social anxiety. The treatment described here uses the framework of CBT for social anxiety (e.g., Hope, Heimberg, & Turk, 2010) and adapts it to include substance use management in interpersonal situations and to reduce sexual risk behavior.

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Trevor%20Hart%20-%20presentation%20PDF.pdf



GROWING OLDER, LIVING WELL: MENTAL HEALTH, GAY MEN AND AGING
(JOHN MCCULLAGH & KATE MURZIN)

Summary:

This workshop will provide an introduction to facilitators of and barriers to positive mental health among gay men 60 years of age and older, including those living with HIV. Some interventions that address the mental health needs of this population will be presented, along with implications for practice, research, and policy development.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/john-mccullagh-kate-murzin-pdf-slides.pdf

SHORT AND MEDIUM-TERM SEXUAL AND MENTAL HEALTH INTERVENTIONS FOR
GBTQ MEN AND MSM IN BATHHOUSES AND PRIMARY CARE CLINICS
(BRADLEY GARRISON & ADAM BUSCH)

Summary:

The Community Counselling Program at the AIDS Committee of Toronto (ACT) offers short to medium length sexual and mental health counselling offered collaboratively in bathhouses and primary care clinics. We will discuss the history and impact of the program, and future ideas for continued collaboration.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/bradley-garrison-adam-busch-act-com-counselling-pdf.pdf

LET'S TALK: WHAT'S IT LIKE TO BE A GBTQ THERAPIST, WORKING WITHIN THE
GBTQ COMMUNITIES?
(SCOTT BOWLER & MAX ADILMAN)

Summary:

Through facilitated/guided discussion, participants will be invited to discuss and reflect upon the strengths that their lived experiences can bring to their work with LGBTQ clients. As well, to explore challenges and vulnerabilities that LGBTQ therapists encounter working within their communities.

THE SEVEN PATHS TO RESILIENCE: FINDINGS FROM 2SHAWLS – THE TWO-SPIRIT
HIV/AIDS WELLNESS AND LONGEVITY STUDY
(DAVID BRENNAN)

Summary:

This study sought to understand how two-spirit men in Ontario living long term with HIV understood their experiences of resilience, an issue rarely examined in research. Seven paths emerged from the data. This workshop will present these findings and the research process.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/david-brennan-2shawls-pdf.pdf



TRAINING SESSIONS

TRAUMA TREATMENT: PRINCIPLES, SKILLS AND PRACTICE FOR THE GMSH (DR. ANNE WAGNER)

Summary:

This workshop will cover the principles of best practice for trauma treatment, including tangible skills and relevant case study practice for clinicians who work with gay men.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/anne-wagner-pdf.pdf

INTRODUCTION TO MOTIVATIONAL INTERVIEWING BASIC SKILLS (RICK JULIEN & SCOTT SIMPSON)

Summary:

“Ambivalence is simultaneously wanting and not wanting something, or wanting both of two incompatible things. It has been human nature since the dawn of time.”

“Learn by doing”: This training introduces MI spirit and basic skills to help resolve ambivalence. Participants will break into pairs to role or real play common mental / emotional / social challenges of gay men. Debriefs of learning and insight will be done by the group.

EMOTION-FOCUSED MINDFULNESS FOR SELF-CARE AND THERAPEUTIC PRESENCE (BILL GAYNER)

Summary:

Cultivate self-compassion and awareness through meditation that deepens capacity to experience, modulate, make sense of and respond to our own and others' emotions and thoughts, specifically developed for helping people cope with internalized stigma around sexual orientation and HIV.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/bill-gayner-efm-gmsh-pdf.pdf



**ACTING INWARDS: TRAUMA & COPING IN CIS/TRANS MEN
(SLY SARKISOVA)**

Summary:

Many clients face internalized stigma related to homophobia, transphobia, femmephobia, misogyny and trans misogyny in navigating desire in our communities. We will be looking at how masculine spectrum folks of all backgrounds seek space to heal and address self-identified issues of concern around isolation, body image, substance use, desirability, and negative sexual coping strategies. In holding various impacts of trauma, whether religious based, school based bullying, familial, interpersonal or societal, we will look at the themes many of our clients' experience that impact self-worth, strategies for coping, and how to connect from a self-nurturing perspective in relationality with the self and others.

Presentation file link:

http://www.gmsh.ca/mental_health_summit_content/Sly%20Sarkisova%20Acting%20Inwards%20PDF.pdf

**PSYCHOANALYSIS 101: PSYCHOANALYSIS AND PSYCHANALYTIC PSYCHOTHERAPY
AS TOOLS TO FOSTER AN ANTI-OPPRESSIVE CLINICAL PRACTICE WITH GAY, BI,
AND GENDER CREATIVE MEN
(MARCO POSADAS)**

Summary:

This training will provide an overview of key psychoanalytical concepts that can help strengthen the therapeutic relationship when working with marginalized populations from an anti-oppressive and anti-racist approach. A brief overview of the three main schools within psychoanalysis: Classic, Object Relational, Self-Psychology and Relational, will be provided.

Presentation file link: http://www.gmsh.ca/mental_health_summit_content/marco-posadas-psychoanalysis-101-pdf.pdf

**MIRROR, MIRROR: QUEER MEN AND BODY IMAGE
(RAHIM THAWER)**

Summary:

This interactive workshop on queer men and body image will ask audience members to reflect on cultural messages around 'good' bodies, food, fatphobia and thin privilege. We will discuss counselling questions and approaches to addressing body image issues with queer men from an eclectic approach.

CLOSING REMARKS

RYAN STEVENSON