



CONSULTATION RE: LGBT PEOPLE IN ONTARIO AND MENTAL HEALTH AND ADDICTIONS RESEARCH

***** NB – YOU MUST REGISTER IF YOU WISH TO ATTEND THIS EVENT ******

When: Monday September 13th, 12noon – 5pm
Where: 519 Community Centre, 519 Church St., Toronto

Who Should Attend?

- LGBT consumer/survivors of the mental health and addictions systems and their family members,
- Clinicians & service providers who work with LGBT people,
- Policy makers and government staff working in the areas of LGBT mental health and addictions
- Researchers working in the area of LGBT mental health and addictions
- LGBT community members

Logistics:

- Lunch will be provided
- Limited support for travel is available. We must receive all applications for travel assistance by **Wednesday August 25th at 5pm**. An application form is included with the RSVP link, listed below.
- This event is wheelchair accessible

Purpose of the Consultation:

OMHAKEN (The Ontario Mental Health and Addictions Knowledge Exchange Network), in partnership with Rainbow Health Ontario and other Co-Sponsors and Supporters (see below for a complete list) is conducting a province-wide consultation process called, "Creating Together: Developing a Mental Health and Addictions* Research Agenda for Ontario. "

The goal of this initiative is to jointly develop a **research agenda** to help guide research investment and knowledge exchange activity, in health systems/ services and population/ public health, in Ontario over the next three to five years. Creating Together is providing the opportunity for a diverse range of research stakeholders to co-create a research agenda through province-wide consultations. Incorporating the voices of stakeholders will help to

* * Addictions includes abuse and dependence on substances such as alcohol, drugs and tobacco; problem gambling; as well as process addictions such as video gaming

identify where investment in research can most improve the mental health and addictions systems.

It is anticipated that, eventually, results of Creating Together will benefit consumer/ survivors and family members by developing the knowledge to create stronger mental health and addictions systems.

Why is there a consultation specifically to discuss LGBT issues?

Historically LGBT people are often labeled 'sick' or 'mentally' ill. Medical research has contributed to the stigmatization of our people and supported public policies that institutionalized discrimination against us.

Most current research into LGBT health no longer views our sexual orientation or gender identity as something to be cured; rather progressive research sees LGBT people as a subculture of diverse people with our own unique values, mores and cultural practices.

However current research has also clearly demonstrated that our communities suffer from higher rates of mental illness and addictions than the heterosexual and cis-gendered majority. For instance, in Canada, we know that LGBT people report higher rates of mood and anxiety disorders, poorer mental health status, and higher rates of lifetime suicidality compared to heterosexuals. In addition, when compared with the general population, LGBT people are more likely to use alcohol and drugs. Much of the current research on mental health and addictions suggests that our higher rates of mental illness and addictions stem from the level of discrimination and social marginalization that we face due to our sexual orientation and gender identity.

This consultation will ask participants to help us create a non-pathologizing mental health and addictions research agenda for Ontario that investigates the mental health and addictions disparities that we experience and creates a vision for improving mental health and addictions outcomes in our communities. The consultation will be co-facilitated by staff from OMHAKEN and RHO.

To register, please click on the RSVP link: <http://creatingtogetherlgbt.eventbrite.com/>

For more information, please contact Nandini Saxena, 416-535-8501 ext. 6465, email: Nandini_saxena@camh.net, or Angela Yip, 416-535-8501 ext. 6056, email: angela_yip@camh.net.

For more information on Creating Together, visit www.creatingtogether.net

If you would like to speak to someone at RHO about this event you can contact Lorelee Gillis, 416-324-4100 ext. 5263, email: lgillis@RainbowHealthOntario.ca, or Jen Keystone, 416-324-4100 ext. 5308, email: jkeystone@RainbowHealthOntario.ca.



The following Co-Sponsors and Supporters are partnering with OMHAKEN on the Creating Together project.

Co-Sponsors (Co-Sponsors have agreed to use the results of the process in some way to influence their own research activities):

- Centre for Addiction and Mental Health
- Institute for Clinical Evaluative Sciences
- Ministry of Health and Long-Term Care
- Ontario HIV Treatment Network
- Rainbow Health Ontario
- Schizophrenia Society of Ontario
- Seniors Health Research Transfer Network

Supporters (Supporters are organizations that support the Creating Together process in various ways):

- Addictions Ontario
- Canadian Mental Health Association, Ontario
- Echo: Improving Women's Health in Ontario
- Ontario Common Assessment of Need
- Ontario Federation of Community Mental Health and Addictions Programs
- Ontario Mental Health Foundation
- Ontario Peer Development Initiative
- Provincial Centre of Excellence for Child and Youth Mental Health at the Children's Hospital of Eastern Ontario