

## Structural and Organizational Implications for LGBTQ Mental Health

June 11, 2020 12:00 to 1:00 PM

**Kristen Eckstrand, MD, PhD**

Fellow, Child & Adolescent Psychiatry  
Post-Doctoral Fellow at the University of Pittsburgh  
University of Pittsburgh School of Medicine  
UPMC Western Psychiatric Hospital  
Pittsburgh, Pennsylvania

Dr. Eckstrand is a fellow in Child & Adolescent Psychiatry at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center. She holds her M.D. and Ph.D. in neuroscience from Vanderbilt University, and is internationally recognized for her leadership supporting the health of LGBT communities. She is the founding chair of the Association of American Medical Colleges' Advisory Committee on Sexual Orientation, Gender Identity, and Sex Development, co-editing and -authoring the ground-breaking text *Implementing Curricular and Institutional Climate Changes to Improve Health Care for Individuals Who Are LGBT, Gender Nonconforming, or Born with DSD*. Dr. Eckstrand is also the founder and former director of the Vanderbilt Program for LGBTQ Health, chair of the World Psychiatric Associations' LGBT Education Mental Health workgroup, and former vice president for education of GLMA. She has published two additional clinical textbooks on LGBT healthcare: *Lesbian, Gay, Bisexual, and Transgender Patient Health: A Clinical Guide to Preventative, Primary, and Specialist Care* and *Trauma, Resilience, and Health Promotion in LGBT Patients: What Every Healthcare Provider Should Know*.

Her clinical work and neuroimaging research focuses on the neuropsychiatric underpinnings of trauma and resilience in children and adolescents, with an emphasis on minority communities and vulnerable populations. Dr. Eckstrand has published numerous peer-reviewed articles, co-directs the University of Pittsburgh School of Medicine's LGBT Health elective, and speaks nationally on the importance of diversity and identity in mental health. Her research has been recognized by the American Academy of Child & Adolescent Psychiatry and the American Psychiatric Association. Her commitment to diversity has been recognized through awards from the American Medical Association, American Medical Student Association, the Association of American Medical Colleges, World Psychiatric Association, and the Tennessee Medical Association.

**Dan LaVallee, MS**

Social Impact Director  
UPMC Health Plan  
Pittsburgh, PA

Dan is the Director of Social Impact, at UPMC Health Plan. In this role, he leads UPMC Health Plan's Pathways to Work program aimed at providing workforce, training and education opportunities to individuals on Medicaid. He also works on our partnerships to better serve those with Intellectual and Developmental Disabilities and leads UPMC Health Plan's LGBTQ health programming and related initiatives, as well. Prior to joining UPMC Health Plan, Dan was one of the youngest nominees to run for Congress in the United States in 2014. Dan led the recent merger of United Way of Butler County with the United Way of Southwestern Pennsylvania. He serves on the Board of Directors for the United Way of Southwestern Pennsylvania where he is the Chairman of the Butler County Local Operating Board, the United Way of Pennsylvania and Community Human Services. Dan was recently named as one of Pittsburgh Magazine's 40 under 40 and as Managed Healthcare Executive's "10 Emerging Leaders" in 2019. He earned a Master of Science in Health Care Policy and Management from the Heinz College at Carnegie Mellon University in 2010 and a Bachelor of Science in Policy and Management from Carnegie Mellon University in 2009. He lives in Pittsburgh, PA with his wife, Terrina, and daughter, Kalea.

### **Narrative Description of Presentation (Introductory, Intermediate or Advanced)**

This presentation will review the impact of national, local, and organizational laws and policies on the mental health of sexual and gender minorities, with a focus on those which accelerate improving

mental health. The presentation will also discuss opportunities for advocating for affirmative policies and practices.

**Target Audience:** Physicians, Psychiatrists, Psychologists, Behavioral Health Therapists, Nurses, Social Workers, Program Leadership

**Three (3) Learning Objectives:**

By the end of this session, participants should be able to:

1. Discuss the impact of laws and policies on the mental health of LGBTQ communities
2. Identify laws and policies at local and organizational levels that may impact the mental health of LGBTQ patients
3. Discuss opportunities for advocating for affirmative policy changes

**Three (3) References**

1. Golberstein, E., Gonzales, G. and Sommers, B.D., 2015. California's early ACA expansion increased coverage and reduced out-of-pocket spending for the state's low-income population. *Health Affairs*, 34(10), pp.1688-1694.
2. Meyer, I.H., Luo, F., Wilson, B.D. and Stone, D.M., 2019. Sexual orientation enumeration in state antibullying statutes in the United States: associations with bullying, suicidal ideation, and suicide attempts among youth. *LGBT health*, 6(1), pp.9-14.
3. Coulter, R.W., Birkett, M., Corliss, H.L., Hatzenbuehler, M.L., Mustanski, B. and Stall, R.D., 2016. Associations between LGBTQ-affirmative school climate and adolescent drinking behaviors. *Drug and alcohol dependence*, 161, pp.340-347.