

"Recreating Safe Spaces within our Community,  
our Relationships and Ourselves following the  
Pulse Nightclub Massacre"

# TODAY'S PRESENTERS

Dr. David Baker-Hargrove, PhD

- ◉ President/CEO Two Spirit Health Services
- ◉ LGBT Medical and Mental Health Clinic in Orlando, FL

Lindsay Kincaide, MS

- ◉ Two Spirit Health Services Development Director
- ◉ Previous Clinical Director, LGBT Center; Community Development Coordinator, Hope & Help Center of Central FL

# LEARNING OBJECTIVES

1. How to develop an organized, mobilized mental health response and lessons learned from the Pulse mobilization
2. What medical and mental health issues have come up in the long-term recovery plan and how to mitigate them from a public health and private practitioner perspective.
3. How to address issues of safe spaces, trust-building, and what it means to be "ok" among LGBTQ constituents.

# THE PROBLEM

- PTSD may take years
- PTSD often masquerades as medical problems
- LGBT = PTSD
- Intersectionality of Culture

## WHAT WE DID

- 9/11 training /Disaster Mental Health
- June 12th mobilization
- June 13<sup>th</sup> – July 1 mobilization
- July 5<sup>th</sup> and beyond

# DISASTER RESPONSE IN THE COMMUNITY

- Gift of presence
- Identify logistical issues
- Locate the client's "ripple"
- Eat Right, Sleep Right, Think Right, Exercise (ESTE - self care)
- Trauma Narrative

# CULTURAL CONSIDERATIONS

- Language barriers
- LGBT culture
- Blind spots

## MILESTONES AND A SECOND BLOW

- ◉ Dates the press brings to light
- ◉ Dates of individual meaning
- ◉ Disbursement of funds
- ◉ The local media continues to tie things back to Pulse
- ◉ We had an election



# LESSONS LEARNED AND PROBLEMS IDENTIFIED

- Support staff training
- Intersection of medical health and mental health
- Identifying community partners
- Increase in at-risk behaviors

# CREATING SAFE SPACES

- Helping develop self-awareness of mind/body
- Managing physical safety concerns and protection
- Increase clients sense of self control over “safe”
- It doesn't get better, it gets different - redefining “ok”

# TAKEAWAYS

- Technology can be the unsung hero in a community disaster situation
- Work with the intersection of culture and treatment theory in mind
- Every individual has to define what the “new normal” is for themselves

THANK YOU! ANY QUESTIONS?