



THE UNIVERSITY OF ARIZONA HEALTH SCIENCES

Equity, Diversity & Inclusion

UA HEALTH SCIENCES  
**LGBTQ+**  
Interest Group



# Youth (dis)Engagement in Mental Health Therapy – Examining Barriers and Alternatives

## About this Event

The Spectrum project is a UA-SIROW collaboration serving LGBTQ+ youth and allies ages 13-24. Upon enrollment, nearly half of Spectrum’s participants reported symptoms of depression and anxiety, and over 60% had a hard time paying attention at school, work, or home. Despite mental health challenges, only 30% of Spectrum youth who are referred for mental health treatment engage in services. Youth note that parental consent and the formality of therapy are barriers, while they would instead desire informal and anonymous service options. This presentation will explore mental health data and services provided through Spectrum as well as facilitate a broader conversation about traditional models of mental health therapy and alternative strategies for supporting youth mental health.



**Courtney Waters, MPH, MS**

Courtney Waters, MPH, MS, is an Associate Research Social Scientist with the Southwest Institute for Research on Women (SIROW). Courtney has been engaged in community-based research and programming for nearly a decade. Courtney has held roles on numerous state and federally funded projects. She is currently the Program Coordinator for Spectrum, a three-agency collaboration that provides sexuality education, linkages to mental and behavioral health services, HIV testing, and prevention navigation to LGBTQ+ youth ages 13-24. Courtney's work primarily focuses on sexual health and wellness, sexual violence prevention, and LGBTQ+ equity.



**Corrie Brinley, MSW**

Corrie Brinley, MSW has been practicing community-based participatory action research and program evaluation with people and communities affected by health and social disparities with SIROW since 2005. Ms. Brinley has served on over 20 different federally-funded community-based participatory action research and evaluation projects that support and promote the health of individuals and families experiencing poverty, homelessness, violence, incarceration, discrimination, and mental health and substance use problems. Ms. Brinley's work has primarily supported substance involved women, LGBTQ+ youth and young adults, and Native American populations living in the Southwest.



## Mental Health Awareness Month

May 24th at 1:00 - 2:00 pm

Register <https://bit.ly/3s9Cvbz>