Key Considerations for Practice

Rei Alphonso
queerspace
our mental health and wellbeing in our hands
queerspace

Melbourne’s health and wellbeing service for lesbian, gay, bisexual, trans, intersex, questioning and queer (LGBTIQ+) people and families

queerspace provides a safe and supportive space to obtain counselling and support aimed at improving health and wellbeing for queer people, families and communities

03 9663 6733

enquiries@ds.org.au  www.queerspace.org.au
**CULTURE OF PRACTICE**

- Community-led and staffed by transdisciplinary team including lived experience
- Inclusive
- Best practice clinical governance
- Continuing care model
- Client-centered
- Safe and confidential for workers and clients
- Transparent communication processes and pathways

**ADVOCACY-ORIENTED AND CHANGE-FOCUSED**

- Aims to produce long-term and systemic change
- Focus on professional development
- Support and advocacy approach that involves peer workers and collaboration with mainstream allies
- Works to dismantle barriers to access
- Advocates for change in legal policy and builds alliances with legal allies

**WRAP-AROUND AND SYSTEM WIDE**

LGBTIQ+ specialist service with structured pathways to the IFV system and to regional/rural services

- Systemic response, inclusive of prevention and health promotion, early intervention, individual work, victim/survivor and perpetrator interventions
- Structured pathways to legal assistance

**CULTURE OF LEARNING**

Ongoing reflective practice

- Culture of evaluation and continuous learning
- Focus on data and research
- Attitude of discovery
- Communications focus on advocacy and community education

**TRANSDISCIPLINARY CO-PRODUCED SERVICE: PRINCIPLES OF PRACTICE**
Social Determinants of LGBT Populations

- Social stigma
- Rejection by family members
- Abuse and violence
- Inequitable legal treatment
- Being “closeted” or “stealth”
- Inappropriate or inaccessible healthcare
- Lack of culturally competent services
CONTEXT OF USE

• Normalised recreational use
• Coping/Avoidance
• Social and Sexual Enhancement
• Nested within Identity
• Enhanced embodiment
RISK FACTORS

• Coming out
• Transitioning
• Experiences of discrimination
• Intersectional oppression
• Internalised oppression
• Loss of social and family support
• Poor body image/dysphoria
• Lack of inclusive services
• Pathologisation
Australian Standards of Practice

Charter of Human Rights and Responsibilities
Equal Opportunity Act (2010)
Sex Discrimination Act (1984)
Privacy Act 1988 (Cth)
Australian Privacy Principles
INTEGRATING CHANGE

- Understand cultural trauma
- Work with implicit bias
- Equity not equality
- Sustain change over time
- Proactive vs reactive
- Build sex positive practice
- Center non binary needs
BUILDING RESILIENCE

• self-generated definition of self
• embracing self-worth
• awareness of oppression
• connection with a supportive community
• cultivating hope for the future
• social activism
• being a positive role model