MENTAL HEALTH & RURAL LGBTQ+ YOUTH

Stephanie Gariscsak, MSc. Candidate
Capacity Development and Extension
University of Guelph
SOME REMINDERS...

- LGBTQ+
- Youth
- Mental Illness
- Rural

School of Environmental Design and Rural Development
GAPS IN KNOWLEDGE

- Mental Illness in Canada
- Mental Illness in youth
- Mental Illness and Rural Communities
- Mental Illness and LGBTQ+ groups

= Compounding factors
RESEARCH DESIGN

Qualitative → Exploratory → Phenomenology
GOAL:

The goal of this research is to explore the lived experience of LGBTQ+ youth residing in rural communities, and the implications that this presents on their mental health status.

OBJECTIVES:

- To determine the pressures and/or experiences that rural LGBTQ+ youth identify as impacting their mental health
- To determine where LGBTQ+ rural youth turn to for mental health support
BODY-MAPPING

- What is it?
- History
- Why use it?
## PROMPTS

<table>
<thead>
<tr>
<th>To determine the pressures and/or experiences that rural LGBTQ+ youth identify as impacting their mental health</th>
<th>To determine where LGBTQ+ rural youth turn to for mental health support</th>
</tr>
</thead>
</table>
| • Trace the body of each youth in a pose or position that feels most reflective of their current mood.  
• Draw a symbol or series of symbols or words about how you feel about yourself. Draw this surrounding your body map.  
• Draw a symbol or picture of how you felt today before coming to group. Draw this over the hands on your body map.  
• Write down the first three words that come to you when you think about your own sexual identity.  
• Over your ears on your body map, draw or write something that you have heard at your school about people who identify as LGBTQQIA+ at your school.  
• Lastly, draw on your body map anything that make it feel more like your own | • Create a personal slogan, or a phrase that is important to you and your personal philosophy. Draw this over where your heart would be on your body map.  
• Write a person, place, or thing that makes you feel safe when thinking about your own sexual identity, and draw or write it underneath those three words you previously wrote.  
• Now on the legs of your body draw an activity that you like to do or wish that you could do in your community.  
• On the feet of your body map, I’d like you to draw something that is especially important to you. |
ANALYSIS

THEMATICAL ANALYSIS:
- Credibility
- Transferability
- Dependability
- Confirmability
- Audit Trail

(Nowell, Lorelli S., et al., 2017)

School of Environmental Design and Rural Development
NEXT- STEPS

- Understanding thematic interactions
- Longitudinal research
- Additions to research methodology
ACKNOWLEDGEMENTS

Dr. Al Lauzon, Dr. Sheri Longboat, Jess Kiley, Beckham Ronaghan and Jude Ashburn