

Introduction

- In New York alone, crimes against Asians have increased 223 percent from 2020 to 2021.¹
- This has been associated with an increase in anxiety among Asians and Pacific Islanders (APIs).²
- This population has the lowest reported use of mental health care utilization.³
- Intersection of minority identity compounds health risks due to exposure to racism, homophobia, and transphobia.⁴
- There is an increased need to ensure LGBTQI APIs have resources tailored to address cultural and systematic barriers to adequate healthcare.

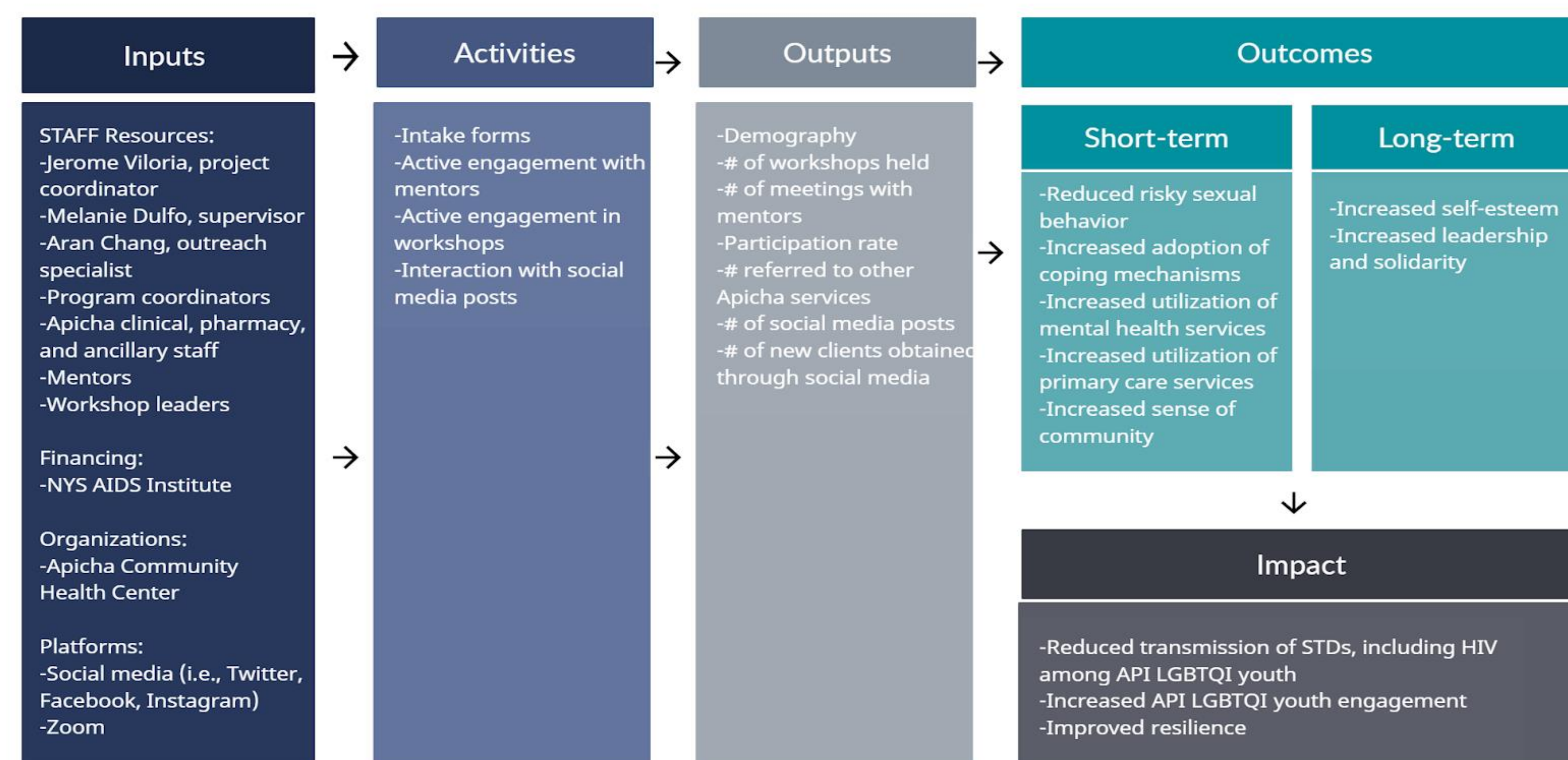
Program of Study

- The Apicha Community Health Center serves the API LGBTQI population of New York City.
- Project Connect is an intervention program run through Apicha that serves this community to address primary care, mental, and sexual health needs
- identify role models for younger generations of this culturally diverse population segment with the intention of building community and sharing experiences of navigating the world as an API LGBTQI person. Mentee pairing meet monthly in educational forums to discuss topics related to sexual and mental health as well as pride in LGBTQI API identity and career development.
- A Healthier Me! Skills Workshop is a series of one-off workshops that address similar topics and is open to anyone.

Methods

- Perform a program evaluation to determine how to improve program outcomes
- Create survey tool to measure program satisfaction and outcomes among participants

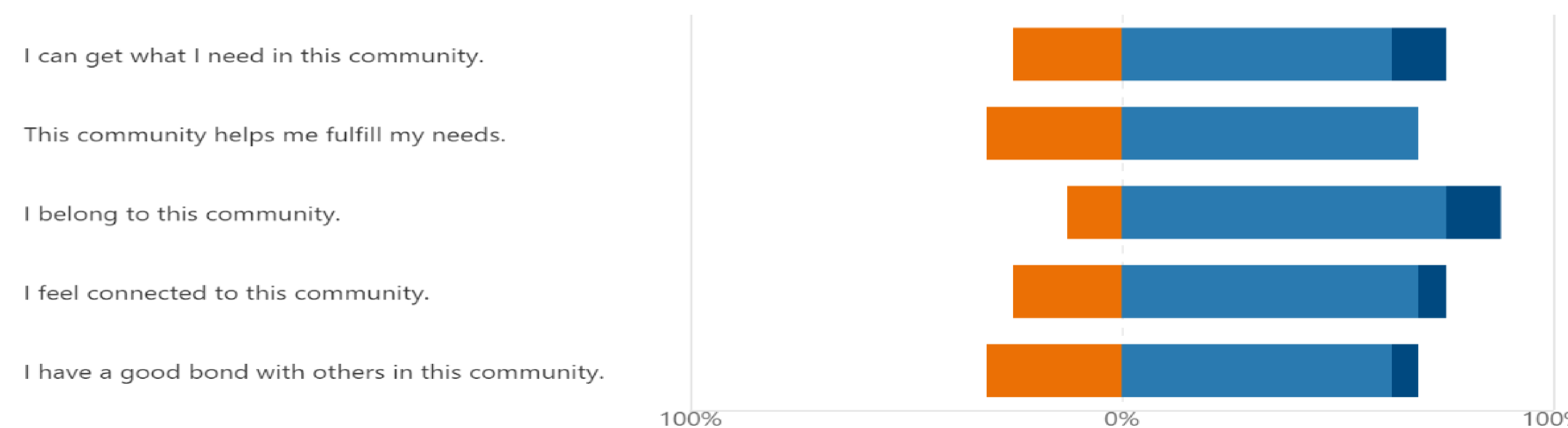
Results



30. Please indicate the extent to which you agree or disagree with each of the following statements regarding your involvement in GAYME.

[More Details](#)

Strongly Disagree Disagree Agree Strongly Agree



Results

- Program coordinator has maintained frequency of workshop and forum meetings therefore conserving intended dose
- Marked decreased in the number of mentor/mentee meetings and attendance of forums indicating a decrease in fidelity and reach
- Project Connect has maintained its goal number referrals to primary, sexual, and mental health resources among participants throughout pandemic
- Newly created survey for outcome measurement showed majority of previous participants of GAYME felt a sense of connection to others in the program
- Qualitatively, participants noted they felt significant dissolution of bonds during pandemic
- Most popular requests were for continued gatherings of previous cohorts

Discussion/Conclusion

The program evaluation of Project Connect shows that both GAYME and A Healthier Me! Skills Workshop have distinct strengths and weaknesses that have been impacted by the current pandemic. For instance, while A Healthier ME! has been able to translate to online format with relative success and maintenance of fidelity and reach, it appears that the GAYME has suffered in terms of these metrics. Furthermore, the lack of measurement for outside meetings between mentors and mentees represents a huge threat to maintaining the program's fidelity and reach. Both programs lack longitudinal measurement of each participant's attendance, compromising the ability to measure dose.

Qualitative and quantitative measurements of Project Connect from participants of the previous cycle of GAYME have been mostly positive. It would be interesting to see how participants of A Healthier Me! Skills Workshop would respond to these questions. Future analysis should focus on how participants in a post-pandemic world operate within their sexual, romantic, and platonic relationships, as well as how participating in this program impacts this.

Bibliography

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