



Minutes

Sexual Health Alliance

August 4, 2021, 3:30-4:30 PM

Zoom*

The Sexual Health Alliance is a collaborative group that promotes and supports healthy relationships and sexual behaviors in Linn and Johnson counties through community engagement

In Attendance

Katie Reasner, Kathryn Edel, Sarah Dirks, Haley Jungles, Kathryn Edel, Anya Ogilvie, Alyx Nugent, Kursten Lyon

Updates & Program Sharing

- PRIDE
 - Cedar Rapids: CR Pride Fest decided not to have traditional festival due to COVID-19. Had a poster parade instead with 8-10 entries displayed around Czech Village
 - Coralville: Initially scheduled for early September. Rescheduled for November with specific date TBD
 - Iowa City: Scheduled for first weekend of October
- “Back to School”
 - Riverview advocates going into colleges and setting up awareness booths. Plan to meet with K-12 schools in Linn County. Specifically with counselors to discuss sexual violence, consent, and information about the agency
 - Riverview is starting “Healing Journey” with college students who experience sexual violence and parents of survivors in Cedar Rapids. Start date TBD
 - JCPH putting together safer sex kits for UI fraternities and sororities
 - Planned Parenthood has 30 days to stop activities related to the CAPP grant. Still plan to offer education in the schools
- Other Updates
 - Welcome Kursten! Kursten Lyon is the newest member of SHA. With experience in TB control, she now serves as the HIV & Hep. C Outreach Coordinator at Linn County Public Health. In this role, she does outreach for testing, follow-up on positive cases, and offers education for groups like Heart of Iowa-ASAC, Jails, and Detention
 - Iowa City West is hiring another Family Student Advocate

Brain Health

*The daily stress caused by COVID-19, emerging variants, virtual school, a derecho, financial instability, etc. have had a big impact on our communities in one way or another. It is normal to experience feelings of isolation, anxiety, sadness, and fear during times of uncertainty. Attitudes and awareness surrounding mental illness and mental health are changing as dialogue around brain health has increased nationally, locally, and around the spaces many of us live, work, and play. *While the questions below refer to “mental health/mental illness,” we acknowledge that mental health and mental illness are not the same.*

- Discussion
 - What impact can sexual health (sexual identity, sexualization, sexual pleasure, etc.) have on mental health/mental illness?
 - Mental health disparities among sexual minorities
 - Sexual assault short – and long-term effects on mental health (PTSD, Depression, etc.)
 - Physical intimacy impacts on boosting mental health
 - What impact can mental health/mental illness have on sexual health?
 - Influence intimacy, sexual desire/arousal, erectile dysfunction, etc.
 - Impact of adolescent/young adult mental health on risky sexual behaviors
 - What do you see as your role to address these impacts? As an individual? Practitioner? Educator?
 - People must feel safe discussing sexual health and have a positive & inclusive experience
 - (ITS) interact with patients in a very human way. Normalize the testing process when working with patients in a clinical setting (another reason it is beneficial to be present in the community)
 - Practice trauma informed care
 - What do you see as our role as a coalition?
 - Great space for sharing ways in which we are addressing the importance of mental health
 - Good reminder that mental health can't be disconnected to anything we do
- Resources
 - [Make It OK](#)
 - Your Life Iowa: 24/7 crisis support. Call 1-855-581-8111 or text to 1-855-895-8398
 - The Trevor Project: LGBTQ Crisis and Suicide Hotline. Call 1-866-488-7386
 - [Mental Health Resources](#)
 - Queer Threads IC
 - [LGBTQ IA](#)
 - [UAY LGBTQIAA youth group on Mondays, 6:30 – 8:30](#)
 - [UAY offers counseling for youth under 23 and their families](#)

Upcoming Meetings

October 6, 2021 (Zoom)
December 1, 2021 (Zoom)
February 2, 2022 (TBD)



/SHALJC



shacoalition.org



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