

API Equality-LA Community Mental Health Survey

Description:

API Equality-LA (APIELA) is conducting this community survey to assess the mental health and wellness needs of the Queer and Trans Asians and Pacific Islander (QTAPI) folk in Southern California.

The answers from this survey will be used to help inform APIELA staff, committees, and volunteers to create impactful programming and events that meet the needs of the QTAPI folk that the organization serves. Responses will be summarized in a community report highlighting the community mental health needs of QTAPIs in Southern California.

Your participation in this survey is voluntary. The information you provide will be confidential and your name will not be associated with the results of this survey. Please answer as openly and honestly as you feel comfortable. The survey will take approximately 1 hour to complete and will be open until March 31, 2022.

If you are filling out this survey while logged into a Gmail account, then your work will be saved and you can resume from where you left off; this survey will not be able to track your Gmail account. At any time, you may review the full survey in its entirety in order to view its content and questions, you can go here: www.apiequalityla.org/community-mental-health-survey.

Why Take This Survey?

This survey was created by a group of queer and trans Asian Americans living in the Greater Los Angeles Area. We recognize that our needs are underrepresented in survey research, as data tends to evaluate the needs of either LGBTQ people or Asian and Pacific Islander, not centering those of us who live at the intersection of these identities. This survey is intended to address this gap.

APIELA aims to use data from this survey in two primary ways: 1) as a tool to advocate for more mental health services tailored to needs of QTAPI folk, and 2) as a resource to help plan future programming.

Our survey builds upon a community needs assessment conducted by APIELA in 2018, which found that stigma regarding mental health in API communities is compounded for QTAPIs. This assessment also found that the QTAPI folk benefit from seeking support outside of the family and are in need of mental health services that are both culturally-sensitive and LGBTQ-affirming. Our survey intends to expand upon this research in a more comprehensive manner.

Discomforts and Risks

We do not anticipate any major risks in participating in this survey. However, some of these questions will ask you to reflect on your mental health needs and experiences with service providers. If at any time you begin to experience discomfort, we encourage you to take a break and continue the survey as you see fit.

Consent to Participate

By pressing the "Submit" button at the end of this survey, you consent to have your answers included in our survey data analysis and report. All survey responses will be anonymized. If you no longer wish to participate, you can stop taking the survey at any time. There are no negative consequences for withdrawing your consent to participate.

When you begin taking the survey, you will notice that there are several questions requiring answers. These questions have been made mandatory to ensure a comprehensive and consistent data set.

If you have questions about the survey or its purpose, you can contact APIELA.survey@gmail.com

Should you need support as you take this survey, we've provided a list of potential mental health resources:

www.apiequalityla.org/mental-health-resources

Eligibility for E-Gift Card

The first 200 survey respondents will receive a \$50 electronic gift card as an appreciation for filling out this survey. To receive the e-gift card, participants must both provide their first name and email address at the end of this survey AND complete at least 80% of the survey. Your name and email address will not be connected to your survey responses and will only be collected to provide the e-gift card.

We Thank You and Honor the Work of Queer and Trans Black, Indigenous, People of Color

Our survey builds upon the work of the previous APIELA team who conducted a community needs assessment in 2018. We are also deeply indebted to the two surveys created by Lavender Phoenix (formerly API Equality Northern California) and the LYRIC Center for LGBTQ+ Youth in partnership with the TransCanWork, El/La Para TransLatinas, and Parivar Bay Area. The Lavender Phoenix survey report and Parivar's TGNCI+ Violence survey can be found at the following links:

<https://lavenderphoenix.org/uptous/> and https://harderco.co1.qualtrics.com/jfe/form/SV_bec98zRNKYkRqjc.

* Required

Is this
survey
for
me?

This survey is for Asians and/or Pacific Islanders (API) who are queer, transgender, gender diverse/nonconforming, intersex, or questioning. More specifically, the survey is designed for queer and trans APIs (QTAPIs) who:

1. Currently reside in Southern California; or
2. Have previously lived, worked, and/or received services in the last five years in Southern California; or
3. Have strong and/or ongoing ties and relationships to Southern California

To see if this survey is for you, please answer the following questions.

1. Do you currently live, work, and/or receive services in Southern California? *

Mark only one oval.

Yes *Skip to question 3*

No

Is this survey for me?

2. Have you previously lived, worked, and/or received services in Southern California in the past 5 years; or do you have strong and/or ongoing ties and relationships to Southern California? *

Mark only one oval.

Yes

No *Skip to section 6 (Thank you for participating in this survey!)*

Is this survey for me?

3. How would you describe your racial background? *

Mark only one oval.

I identify as Asian.

I identify as Pacific Islander.

I identify as mixed-race and Asian.

I identify as mixed-race and Pacific Islander.

I do not identify as Asian or Pacific Islander. *Skip to section 6 (Thank you for participating in this survey!)*

Is this survey for me?

4. Do you identify as queer, transgender, intersex, or any of the various identities included in the LGBTQIA+ umbrella? *

Mark only one oval.

Yes *Skip to question 5*

No *Skip to section 6 (Thank you for participating in this survey!)*

Skip to question 5

Thank you
for
participating
in this
survey!

APIELA
Involvement

This survey is intended for those who identify as Asian and/or Pacific Islanders (API) AND queer, transgender, gender diverse/nonconforming, intersex, or questioning or any other identity under the LGBTQ+ umbrella. Based on your responses to the questions above, this survey may not be intended for you.

This section will ask about your relationship or involvement with API Equality-LA, a grassroots organization that empowers Asian and Pacific Islander communities to achieve LGBTQ, racial, and social justice in order to create an inclusive, equitable, and just society where all queer and trans API will thrive.

5. Are you currently involved at API Equality-LA? If yes, what is your current role(s)? If no, please select N/A *

Check all that apply.

- Staff
- Intern
- Volunteer
- Attended programming and events
- N/A
- Other: _____

6. Have you been previously involved at API Equality-LA? If yes, what was your previous role(s)? If no, please select N/A. *

Check all that apply.

- Staff
- Intern
- Volunteer
- Attended programming and events
- N/A
- Other: _____

About
You

Please complete the following information about yourself. All of your answers are confidential and you will not be individually identified. We encourage you to write your responses in bullet points.

7. What ethnic group(s) do you identify with? *

For this survey, we consider an “ethnic group” to be a community or population of people who share a common cultural ancestry or descent. Examples can include but are not limited to Burmese, Chinese, Hmong, Korean, Native Hawaiian, Punjabi, Samoan, Taiwanese, Tongan, etc.

8. How would you describe your gender identity? *

We consider “gender identity” to be your understanding of your own gender, which include but are not limited to identities like transgender man, cisgender woman, nonbinary, and genderqueer. Your gender identity isn’t seen by others but is *internally* felt. We recognize that gender identity categories are culturally-based, and there are many Indigenous and non-Western identities that are not listed here.

9. How would you describe your gender expression?

We consider “gender expression” to be how you might choose to *externally* express your gender identity through your name, pronouns, clothing, hair style, behavior, voice, or body features. Examples include but are not limited to expressions like androgynous, butch, femme, feminine, and masculine.

10. How would you describe your sexual orientation? *

We consider “sexual orientation” to be about who you’re attracted to and who you feel drawn to sexually. Examples of sexual orientations include asexual, bisexual, pansexual, gay, lesbian, or queer. We recognize that sexual orientation categories are culturally-based, and there are many Indigenous and non-Western identities that are not listed here.

11. How old are you? *

Mark only one oval.

- Under 13
- 13-18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65 and older

12. What county in Southern California are you most connected to? *

Mark only one oval.

- Los Angeles County
- Riverside County
- San Bernardino County
- Orange County
- San Diego County
- Imperial County
- Ventura County
- Santa Barbara County
- Kern County
- San Luis Obispo County
- Other: _____

13. What city from this county are you most connected to? *

14. What is your current annual income? *

Mark only one oval.

- \$0 - \$23,999
- \$24,000 - \$74,999
- \$75,000 - \$120,999
- \$121,000 - \$430,999
- \$431,000 and over

15. What contributes to your personal wealth and/or financial stability? *

Check all that apply.

- Assets inherited from parents/relatives
- Financial assistance from parents/relatives
- Trust fund
- Securities (e.g.: stocks, bonds)
- Real estate
- Cryptocurrency
- N/A
- Other: _____

16. What limits your personal wealth and/or financial stability? *

Check all that apply.

- Credit card debt
- Medical debt
- Student loan debt
- N/A
- Other: _____

17. How would you describe your financial situation? *

Mark only one oval.

Very insecure/unstable

1

2

3

4

5

Very secure/stable

18. What is the highest level of education you have completed? *

Mark only one oval.

- Elementary or middle school
- Some high school
- High school diploma or GED
- Some college, but did not earn a certificate or degree
- Vocational certificate
- Associate's degree
- Bachelor's degree
- Master's degree or higher
- I do not know or remember
- Other: _____

19. What is your citizenship or immigration status in the U.S.? *

Mark only one oval.

- U.S. citizen, birth
- U.S. citizen, naturalized
- Permanent resident (green card)
- Visa holder (such as F-1, J-1, H-1B, and U)
- DACA (Deferred Action for Childhood Arrival)
- Refugee status
- Currently under a withholding of removal status
- Undocumented resident
- Prefer not to say
- Other: _____

20. What immigrant generation do you identify with? *

Check all that apply.

- Indigenous
- 1st (I immigrated to the U.S. here as an adult)
- 1.5 (I immigrated to the U.S. here at a very young age and grew up in the U.S.)
- 2nd (My parents/guardians immigrated here, and I was born in the U.S.)
- 3rd (My grandparents immigrated here, and my parents/guardians and I were born in the U.S.)
- 4th
- 5th+
- Other: _____

Community
Resources
and
Resilience

Surveys examining Queer (Q), Trans (T), and QTAPI folks often focus on the negative aspects of the community and our experiences. For this survey, we want to lead with identifying and celebrating any resources and resiliency in our communities. For questions with long form answers, we encourage you to write your responses in bullet points.

21. I feel I am part of a community where I feel seen, heard, and valued as my authentic self. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

22. People in my community willingly provide care for each other. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

23. I have someone/a community I can confide in to provide a sense of emotional safety and can co-regulate with. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

24. I have someone/a community I can experience joy and have fun with doing different activities. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

25. I have someone/a community who is willing to advocate for my needs. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

26. I have someone/a community where I can safely ask for help in meeting my needs (help with chores, transportation, etc).

*

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

27. I can easily identify new spaces, social groups, activities, or events where I feel safe to be myself. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

28. I feel safe in spaces, social groups, activities, or events when being around people who identify as Asian or Pacific Islander.

*

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

29. I feel safe in spaces, social groups, activities, or events when being around people who identify as LGBTQIA+. *

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

30. I feel safe in spaces, social groups, activities, or events when being around people who identify as *both* API and LGBTQIA+.

Mark only one oval.

Strongly disagree

1

2

3

4

5

Strongly agree

31. How do you find community events or spaces? *

Check all that apply.

- Word of mouth (e.g., from a friend, family member, classmate, etc., either via social media or directly)
- Flyer
- Email campaign
- Google or search engine
- Social media (Facebook, Instagram, LinkedIn, etc.)
- Newsletter
- Affinity organization
- Community bulletin board
- Provider/counselor referral
- Other: _____

32. What keywords spark interest and a sense of safety when identifying spaces, social groups, activities, or events you want to attend or be involved with? *

Check all that apply.

- Race/ethnicity (e.g.: Asian, BIPOC)
- Sexual orientation (e.g.: LGBTQIA+ friendly)
- Gender identity (transgender, genderqueer, etc.)
- Religious affiliation
- Dis/ability
- Neurodivergence
- Generation/educational background (e.g.: 1st generation college students)
- Immigration status
- Health/wellness (including recreational sports)
- Arts/culture
- Social/economic justice
- Career development
- Other: _____

33. Based on your answers to the above questions, what does the term "community" mean to you?

Before starting this section, please read our definition of mental health in order to contextualize the questions.

When our mental health is grounded, we can feel:

- Safe
- Secure
- Loved
- Respected
- Happiness/Joy

When our mental health needs are met, we are often able to:

- Cope with the daily activities of our lives
- Experience joy, satisfaction, and happiness with our sense of self
- Self regulate and/or co-regulate with others
- Feel grounded in our bodies and prevent burnout
- Meet and manage challenges and life disruptions

Our mental health can be impacted by many factors, including individual, systemic, environmental, social, or etc. These factors can include, but are not limited to:

Your Mental Health Needs

1. Our bodies (dis/ability, genetics, gender expression)
2. Our identities (race, ethnicity, gender, sexual orientation, dis/ability)
3. Our environment (our home, culture, land we are from/residing on, social norms, workplace environment, access to green space)
4. Our positionality in spaces we're in (privilege, oppressions, hxstories)
5. Spirituality (faith, relationship with ancestors, religion)
6. Financial wellness (effects of capitalism, housing, employment status)
7. Relationships (family, friends, coworkers, community)
8. Sense of self (self-image, trust, self-confidence, boundaries, emotional regulation)
9. Medical Care (access to care, frequency of care, longevity of care, trust with medical professionals, relationship with caretakers)
10. Lifestyle (work-life balance, access to leisure and wellness activities, mobility)
11. Habits (diet and nutrition, recreational drug use, exercise and physical activity, sleep and rest)

We understand that our mental health can ebb and flow, and our needs today might not be the same as our needs in a month. As such, this survey hopes to capture your overall mental health needs rather than just a snapshot of your mental health at the time of taking this survey.

Again, these questions will ask you to reflect on your mental health needs and your experiences with service providers. If at any time you begin to experience discomfort, we encourage you to take a break and continue the survey as you see fit.

Factors Impacting Mental Health



34. Do you feel your mental health needs are regularly being met? *

In other words, do you currently feel you are able to do the following?

- Cope with the daily activities of life, however that looks in our lives
- Experience joy, satisfaction, and happiness with our sense of self
- Self regulate and/or co-regulate with others
- Feel grounded in our bodies and prevent burnout
- Meet and manage challenges and life disruptions

Mark only one oval.

- Yes
- No
- Don't know

35. If "yes," what supports you in meeting those needs?

Check all that apply.

- Financial affordability of care
- Having a trustworthy provider (e.g., LGBTQIA+ affirming, culturally-competent care)
- Comprehensive medical care
- Counseling/therapy
- Life coach
- Support network (e.g., friends, family, coworkers, classmates/cohort)
- Other: _____

36. If "no" or "don't know," what would support you in meeting those needs?

Check all that apply.

- Financial coverage or subsidized coverage of mental health care
- Vetted health care provider(s) who is culturally competent and/or works with LGBTQIA+ and/or API folk
- Mental health-focused support groups
- Identity-based support groups (e.g., for QTAPIs, for transgender and gender non-conforming individuals)
- Drop-in center
- Safe Place locations
- Other: _____

37. In the past, what were some barriers you have faced in attempting to seek care to meet your needs?

Check all that apply.

- Lack of financial resources
- Discrimination
- No access to comprehensive medical care
- No access to counseling/therapy
- Lack of a support network
- Unable to find culturally-competent providers or services
- Unable to find LGBTQIA+ affirming providers or services
- Other: _____

38. If your mental health needs were fully met, what possibilities could you envision for yourself?

In other words, if your needs were met in a way that felt safe, secure, loved, respected and happy, what seems achievable to you?

Check all that apply.

- Going out and socializing
- Educational attainment (e.g.: finish high school, college, post-secondary education)
- Picking up new hobbies
- Returning to old hobbies
- Finding and/or maintaining employment
- Meeting new people
- Leading an event
- Engaging in activism
- Other: _____

39. What factors are currently negatively impacting your mental health? *

Another way to approach this question is to consider which of these factors would create tension in your body, induce an avoidance response, cause tightness in your chest, make sleep difficult, etc.?

Check all that apply.

- Housing stability
- Work environment
- Employment status
- Work-life balance
- Neighborhood you live in
- Relationship with family
- Romantic/sexual relationship
- Relationship with community groups
- Relationship with spiritual/religious groups
- Personal boundary-setting
- Self-confidence
- Self-image
- Access to capital and resources
- Access to medical care
- Relationship with medical professional
- Access to financial services
- Access to food
- Diet and nutrition
- Cultural stigma and bias
- Discrimination (this may include transphobia, homophobia, biphobia, acephobia, racism, xenophobia, ableism, etc.)
- Other: _____

40. In the past year, have you ever used any of the following services or resources in Southern California? *

Check all that apply.

- Crisis helpline
- Short term/intervention counseling (<6 months)
- Long term counseling/therapy (same provider <6 months)
- PPO/EPO health insurance
- HMO health insurance
- Established primary care physician (PCP)
- LGBTQIA+ specialized medical professional(s)
- Support group
- Drop-in center
- Safe Place locations
- Faith-based or spiritual community or counseling
- Support from friends/informal network
- Other: _____

41. If you feel comfortable to elaborate, what were you experiences using these services?

42. How do you cover the cost of your mental health services? *

Check all that apply.

- Self-pay/out-of-pocket
- Government subsidized health insurance: Medi-Cal/Medicaid
- Government subsidized health insurance: Medicare
- Covered CA health insurance
- Employer-provided health insurance
- Student health insurance
- Individual health insurance plan
- Family health insurance plan
- Other: _____

43. What kinds of programs, resources, or spaces do you feel would support you in meeting your mental health needs? *

Another way to approach this question is to consider what programs, resources, or spaces would induce lightness and relief in your body?

44. Are there resources, services, or spaces that you would recommend to another QTAPI person?

45. If you mentioned a resource, service, or space, how did you engage or are currently engaging in them?

Check all that apply.

- Actively sharing how you are feeling
- Sharing your authentic self
- Just attending
- Presenting
- Collaborating with other group members
- Networking
- Sharing contact information (e.g., adding people on social media)
- Engaging in advocacy
- Participating in rallies or actions
- Working as a volunteer
- Working as an intern
- Working as a staff member
- Donating funds
- Other: _____

Healing
Justice,
Transformative
Justice &
Disability
Justice

API Equality-LA recognizes that the well-being of our QTAPI folk is heavily impacted by systemic oppression and inequities. Therefore, our organization's work is rooted in Transformative Justice, Healing Justice, and Disability Justice. We would like for you to share your understanding of these concepts and their principles.

46. What is your familiarity with Healing Justice? *

Mark only one oval.

Very familiar

1

2

3

4

5

Unfamiliar

47. Based on your familiarity with Healing Justice, do you agree with Healing Justice as a guiding framework for social change? *

Mark only one oval.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree
- N/A

48. Would you participate in an APIELA-facilitated workshop about Healing Justice?

Mark only one oval.

- Yes
- No

49. What is your familiarity with Transformative Justice? *

Mark only one oval.

Unfamiliar

1

2

3

4

5

Very familiar

50. Based on your familiarity with Transformative Justice, do you agree with Transformative Justice as a guiding framework for social change? *

Mark only one oval.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree
- N/A

51. Would you participate in an APIELA-facilitated workshop about Transformative Justice?

Mark only one oval.

- Yes
- No

52. What is your familiarity with Disability Justice? *

Mark only one oval.

Unfamiliar

1

2

3

4

5

Very familiar

53. Based on your familiarity with Disability Justice, do you agree with Disability Justice as a guiding framework for social change? *

Mark only one oval.

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree
- N/A

54. Would you participate in an APIELA-facilitated workshop about Disability Justice?

Mark only one oval.

- Yes
- No

55. If you wish to elaborate on your responses above, please do so here:

Contact
Information
to Receive
E-Gift Card

Thank you for sharing your experiences with us. Please provide your preferred name, phone number, and email address to receive your \$50 e-gift card. This information will only be used for that purpose and will NOT be tied to your survey responses. Thank you!

56. Name

57. Email address

Thank
you for
taking
our
survey!

Thank you for taking the time and energy to fill out our survey! We recognize that responding to a survey, particularly around mental health, can be consuming and appreciate you sharing your experiences with us. With your responses and insight, we can further advocate for our and the ways in which those needs can be met to create a world that affirms and uplifts our community.♥

If you wish to learn more about API Equality-LA, we can be found at the following links:

- <https://www.apiequalityla.org/>
- <https://www.facebook.com/apiequalityla/>
- <https://www.instagram.com/apiequalityla/> or @apiequaliyla on Instagram

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