

# Courtyard Conversations S2E6 “Mental Health & LGBTQ+ ” - Dr. De’An Roper Transcript

00:00:09:04 - 00:00:10:20

**Jaelon:**

Welcome to Courtyard Conversations.

00:00:10:20 - 00:00:12:03

**Jaelon:**

I'm your host, Jaelon Jackson.

00:00:12:03 - 00:00:14:09

**Jaelon:**

And in today's episode, we have Dr.

00:00:14:09 - 00:00:18:02

**Jaelon:**

De’An Roper, an esteemed clinician and educator

00:00:18:03 - 00:00:23:12

**Jaelon:**

with over two decades of experience in community mental health and substance use disorder treatment.

00:00:23:14 - 00:00:27:07

**Jaelon:**

Dr. Roper has pioneered initiatives aimed at reducing law enforcement

00:00:27:07 - 00:00:30:07

**Jaelon:**

involvement and aligning care systems to individual needs.

00:00:30:12 - 00:00:36:02

**Jaelon:**

Transitioning into academia at the University of Texas at Arlington, she leads the development of the state's

00:00:36:02 - 00:00:41:21

**Jaelon:**

first Bachelor Substance Use Treatment Program, preparing future clinicians with advanced skills.

00:00:41:23 - 00:00:45:09

**Jaelon:**

Dr. Roper's research focuses on sexual and gender, minority health

00:00:45:09 - 00:00:48:09

**Jaelon:**

disparities, behavior change technology,

00:00:48:09 - 00:00:53:18

**Jaelon:**

and the intersection of mental health and substance misuse and criminal justice systems.

00:00:53:19 - 00:00:56:17

**Jaelon:**

Now join us as we dive into her invaluable

00:00:56:17 - 00:01:00:15

**Jaelon:**

insights on LGBTQ+ advocacy, social work,

00:01:00:18 - 00:01:05:02

**Jaelon:**

and the transformative power of community support.

00:01:05:04 - 00:01:05:23

**Jaelon:**

How are you?

00:01:05:23 - 00:01:07:18

**De'An:**

I'm great, I'm glad to be here.

00:01:07:18 - 00:01:08:10

**De'An:**

Thank you.

00:01:08:10 - 00:01:11:10

**Jaelon:**

No problem. I'm glad to have you here.

00:01:11:13 - 00:01:16:07

**Jaelon:**

So to start off with, we usually like to get a little bit of background

00:01:16:09 - 00:01:17:11

**Jaelon:**

on you.

00:01:17:11 - 00:01:21:15

**Jaelon:**

Can you give us a little bit of insight on what your research is about

00:01:21:19 - 00:01:25:16

and what guided you to research sexual and gender

**Jaelon:**

minority health disparities?

00:01:25:21 - 00:01:27:02

**De'An:**

Sure.

00:01:27:02 - 00:01:32:17

**De'An:**

Well, I am an APT faculty, not a tenure track or tenured faculty,

00:01:32:17 - 00:01:37:00

**De'An:**

which means research is really just a smaller piece

00:01:37:00 - 00:01:40:00

**De'An:**

of, you know, my training and my education.

00:01:40:00 - 00:01:43:07

**De'An:**

I really focus on, my focus is on teaching.

00:01:43:12 - 00:01:47:20

**De'An:**

But I have done some research in my master's degree here at UTA

00:01:47:21 - 00:01:51:08

**De'An:**

for my MSSW and then also for my Ph.D.

00:01:51:10 - 00:01:54:10

**De'An:**

And that research was based

00:01:54:10 - 00:01:57:18

**De'An:**

on LGBTQ plus folks.

00:01:57:20 - 00:02:01:16

**De'An:**

My master's degree was I did a thesis

00:02:01:18 - 00:02:07:05

**De'An:**

and I did a qualitative study about the relationship  
between lesbians, people

00:02:07:05 - 00:02:12:08

**De'An:**

who identified as lesbians at the time  
and gay men in leadership positions in the Dallas area.

00:02:13:00 - 00:02:16:21

**De'An:**

And so then when I went and decided to get my Ph.D.,

00:02:16:22 - 00:02:20:21

**De'An:**

I studied women who were assigned female at birth.

00:02:20:21 - 00:02:21:17

**De'An:**

Their smoke.

00:02:21:17 - 00:02:26:09

**De'An:**

I, I decided to study smoking in that population.

00:02:26:11 - 00:02:30:09

**De'An:**

LGBTQ folks who identify as lesbian

00:02:30:11 - 00:02:33:21

**De'An:**

and LGBTQ folks tend

00:02:33:21 - 00:02:37:17

**De'An:**

to smoke more at higher rates than other groups.

00:02:37:19 - 00:02:40:05

**De'An:**

And that was really intriguing to me.

00:02:40:05 - 00:02:43:00

**De'An:**

And, you know, it's political, but

00:02:43:00 - 00:02:46:18

**De'An:**

it's also personal and it's important.

00:02:46:20 - 00:02:48:19

**De'An:**

And so

00:02:48:20 - 00:02:53:12

**De'An:**

being a part of the community, since I was very, very young,

00:02:53:14 - 00:02:57:20

**De'An:**

I just feel like it's really important to highlight

00:02:57:22 - 00:03:03:00

**De'An:**

research, highlight our community to really be a role model.

00:03:03:00 - 00:03:06:20

**De'An:**

That's really a big a big goal of mine is to be a role model.

00:03:06:22 - 00:03:09:19

**Jaelon:**

That's always great to be a role model.

00:03:09:19 - 00:03:12:18

**Jaelon:**

You lead the way, you lead the way and pave the path.

00:03:12:18 - 00:03:14:22

**De'An:**

Well, I've been doing it a lot of years.

00:03:14:22 - 00:03:18:16

**De'An:**

I guess I guess you could say that.

00:03:18:18 - 00:03:21:04

**Jaelon:**

As long as you're doing it, you need somebody to do it.

00:03:21:04 - 00:03:22:23

**De'An:**

Right, right, right.

00:03:22:23 - 00:03:25:23

**Jaelon:**

So what can you tell me a little bit of.

00:03:26:02 - 00:03:28:17

**Jaelon:**

Well, actually, I want to know

00:03:28:17 - 00:03:33:07

**Jaelon:**

what guided you in the Social Work?

00:03:33:09 - 00:03:37:13

**De'An:**

It was one of those things that I didn't just say, okay,  
I want to be a social worker.

00:03:38:00 - 00:03:41:20

**De'An:**

I remember, like, in third grade, I remember thinking

00:03:41:20 - 00:03:45:21

**De'An:**

why aren't there more women singers on, you know, the radio?

00:03:46:08 - 00:03:50:06

**De'An:**

And I remember in I think it was seventh grade,

00:03:50:08 - 00:03:53:16

**De'An:**

I was such an intense kid,

00:03:53:18 - 00:03:54:11

**De'An:**

My, my -

00:03:54:11 - 00:03:55:18

**De'An:**

You know you have to do the speech.

00:03:55:18 - 00:03:57:16

**De'An:**

You know, it's your big speech for the first time.

00:03:57:16 - 00:04:00:23

**De'An:**

And in seventh grade, my topic was about

00:04:01:00 - 00:04:04:00

**De'An:**

violence on TV and how it affects children.

00:04:04:06 - 00:04:06:08

**Jaelon:**

Oh, that sounds like a thesis. Yeah.

00:04:06:08 - 00:04:10:02

**De'An:**

Right. So,

00:04:10:04 - 00:04:12:12

**De'An:**

you know, it just

00:04:12:12 - 00:04:15:16

**De'An:**

social work, I think, is just always been sort of part of,

00:04:15:18 - 00:04:19:01

**De'An:**

I didn't know it was social work, but passion, you know, I'm

00:04:19:03 - 00:04:22:16

**De'An:**

passionate for advocacy for all folks.

00:04:22:18 - 00:04:25:13

**De'An:**

And I think as social workers, we're drawn

00:04:25:13 - 00:04:28:17

**De'An:**

to social work because we're passionate.

00:04:28:19 - 00:04:31:06

**De'An:**

It's just who we are as a general rule.

00:04:31:06 - 00:04:32:10

**De'An:**

It's who we are.

00:04:32:10 - 00:04:36:07

**Jaelon:**

You know, I had to ask

I know everybody has their story of what led them the social work.

00:04:36:09 - 00:04:36:21

**De'An:**

Yeah.

00:04:36:21 - 00:04:38:19

**Jaelon:**

So it's always interesting.

00:04:38:19 - 00:04:42:17

**De'An:**

The other reason was I didn't have to take algebra.

00:04:42:19 - 00:04:46:06

**Jaelon:**



I'm not good at math either, so I understand.

00:04:46:08 - 00:04:48:16

**De'An:**

Eventually, by the time I got to my Ph.D.

00:04:48:16 - 00:04:52:10

**De'An:**

I kind of figured it out a little bit.

00:04:52:12 - 00:04:55:06

**De'An:**

But truly, that did

00:04:55:06 - 00:04:57:06

**De'An:**

have a little bit of play at hand.

**Jaelon:**

- Played a little part.

00:04:57:06 - 00:04:58:18

**De'An:**

Little part, yeah.

00:04:58:18 - 00:05:00:01

**De'An:**

You do what you can, right?

00:05:00:01 - 00:05:03:00

**Jaelon:**

You do.

00:05:03:00 - 00:05:04:18

**Jaelon:**

So can you tell us a little bit

00:05:04:18 - 00:05:08:13

**Jaelon:**

of some of the most common

00:05:08:15 - 00:05:13:21

**Jaelon:**

challenges faced by LGBTQ plus individuals in society?

00:05:13:23 - 00:05:18:06

**De'An:**

Wow. That's a big question because, you know, I think it changes all the time.

00:05:18:09 - 00:05:19:09

**Jaelon:**

I think so as well.

00:05:19:09 - 00:05:23:09

**De'An:**

And I think it depends on where you live, honestly.

00:05:23:11 - 00:05:26:11

**De'An:**

But, you know,

00:05:26:13 - 00:05:30:05

**De'An:**

I always wonder, is it easier now?

00:05:30:07 - 00:05:33:14

**De'An:**

And I did a little research digging into some of the literature about it.

00:05:33:16 - 00:05:37:22

**De'An:**

You know, a lot more people come out now as LGBTQ.

00:05:37:22 - 00:05:41:15

IA, 2-spirit,

00:05:41:17 - 00:05:43:02

**De'An:**

queer is sort of the umbrella

00:05:43:02 - 00:05:47:01

**De'An:**

term for sexual and gender minorities.

00:05:47:01 - 00:05:49:04

**De'An:**

And so,

00:05:49:04 - 00:05:51:06

**De'An:**

you know, I think people

00:05:51:06 - 00:05:57:12

**De'An:**

we faced, when I came out a long time ago,  
it was very different.

00:05:57:14 - 00:05:59:16

**De'An:**

And it was,

00:05:59:16 - 00:06:03:10

**De'An:**

of course, prior to the Supreme Court ruling in 2015.

00:06:03:12 - 00:06:08:20

**De'An:**

And I think today's struggles are very different.

00:06:08:21 - 00:06:12:10

**De'An:**

There's still struggles and

00:06:12:12 - 00:06:14:09

**De'An:**

they're different.

00:06:14:09 - 00:06:17:13

**De'An:**

One thing I think that we don't do a good job of

00:06:17:13 - 00:06:22:09

**De'An:**

is having young people understand our history

00:06:22:11 - 00:06:25:09

**De'An:**

and understand the, you know, the fight and the struggle

00:06:25:09 - 00:06:28:18

**De'An:**

and all of the things that led up to where we are today.

00:06:29:00 - 00:06:32:12

**De'An:**

And I really think it's important that we understand our history.

00:06:32:14 - 00:06:34:23

**Jaelon:**

Okay with that,

00:06:34:23 - 00:06:37:22

**Jaelon:**

how do you think we should go about that?

00:06:37:22 - 00:06:42:19

**Jaelon:**

Because I know there are like in I believe there are classes here.

00:06:42:21 - 00:06:46:22

**Jaelon:**

And, you know, I've never heard of anybody taking them.

00:06:46:22 - 00:06:49:00

**Jaelon:**

I've never met anybody myself that takes them.

00:06:49:00 - 00:06:52:19

**De'An:**

We actually have an LGBTQ Plus studies class,

00:06:52:19 - 00:06:56:03

**De'An:**

and it is open to anyone who is at the university.

00:06:56:03 - 00:06:57:23

**De'An:**

It's not specific to social work,

00:06:57:23 - 00:07:02:23

**De'An:**

and I've taught it a few times and actually we only have two or three social workers in there.

00:07:02:23 - 00:07:09:03

**De'An:**

Usually, it's a diverse group of students  
and that makes me so happy

00:07:09:05 - 00:07:12:01

**De'An:**

that we have all kinds of majors of students

00:07:12:01 - 00:07:16:18

**De'An:**

who are interested in LGBTQ studies and the historical perspective.

00:07:16:23 - 00:07:20:13

**De'An:**

Some of them identify as part of the community  
and some of them don't.

00:07:20:13 - 00:07:25:01

**De'An:**

And they say, I just take this class  
because I want to learn more and be a part of the community,

00:07:25:01 - 00:07:28:01

**De'An:**

of the larger community, and learn more about,

00:07:28:01 - 00:07:31:04

**De'An:**

you know, they have friends or their family  
and that kind of thing.

00:07:31:04 - 00:07:33:00

**Jaelon:**

I always think that's the best thing ever.

00:07:33:00 - 00:07:37:22

**Jaelon:**

Just, you know, being a part and just wanting to be involved

00:07:38:00 - 00:07:41:01

**Jaelon:**

rather than just like, Oh no, I don't really want to learn.

00:07:41:03 - 00:07:46:16

**Jaelon:**

I feel like you should learn about things that you don't really know about, to be able to

00:07:46:18 - 00:07:48:18

**Jaelon:**

just just accommodate more with the world.

00:07:48:18 - 00:07:50:06

**De'An:**

Yeah, absolutely.

00:07:50:06 - 00:07:53:05

**De'An:**

I was thinking about,

00:07:53:06 - 00:07:55:17

**De'An:**

you know, our interview coming up, and I was thinking about

00:07:55:17 - 00:08:00:08

**De'An:**

how the world, the planet is a system, right?

00:08:00:10 - 00:08:05:17

**De'An:**

And the system stays in balance with diversity, biodiversity, right.

00:08:05:19 - 00:08:11:22

**De'An:**

Because if we kill off certain plants or we kill off certain animals or certain systems, then everything gets out of whack.

00:08:12:00 - 00:08:14:21

**De'An:**

It's kind of the same thing with humans, right?

00:08:14:21 - 00:08:18:02

**De'An:**

Think about if we didn't have diversity,

00:08:18:04 - 00:08:21:22

**De'An:**

think about if we didn't have that,  
we would be way out of balance.

00:08:21:22 - 00:08:22:14

**Jaelon:**

We would.

00:08:22:14 - 00:08:25:19

**Jaelon:**

Yeah, it would be like a big step backwards.

**De'An:**

Right?

00:08:25:19 - 00:08:27:00

**De'An:**

Right.

00:08:27:00 - 00:08:30:00

**De'An:**

So I appreciate those students who want to learn more

00:08:30:04 - 00:08:34:00

**De'An:**

that are not necessarily a part of the community,  
but they want to learn more and support the community.

00:08:34:03 - 00:08:35:20

**Jaelon:**

Do you teach it like every semester?

00:08:35:20 - 00:08:39:01

**De'An:**

It's taught every semester I believe, even in the summer.

00:08:39:03 - 00:08:40:15

**De'An:**

I didn't teach it this semester.

00:08:41:04 - 00:08:43:22

**De'An:**

I did teach it the last couple of semesters.

**Jaelon:**

- I would have took it.

00:08:43:22 - 00:08:44:20

**Jaelon:**

I would of took it if,

00:08:44:20 - 00:08:47:14

**Jaelon:**

if you were teaching.

**De'An:**

You know, everybody who teaches it,

00:08:47:14 - 00:08:51:10

**De'An:**

we make sure that they are really good at that topic.

00:08:51:12 - 00:08:55:00

**Jaelon:**

Yes ma'am. Yeah, That's how it's supposed to be.

**De'An:**

-Yes.

00:08:55:02 - 00:08:58:03

**Jaelon:**

Um, how do you think societal attitudes and policies

00:08:58:03 - 00:09:01:12

**Jaelon:**

impact the mental health and wellbeing of LGBTQ+ individuals?

00:09:01:13 - 00:09:03:07

**De'An:**

Oh, my gosh.

00:09:03:07 - 00:09:05:17

**De'An:**

You know,

00:09:05:17 - 00:09:07:17

**De'An:**

one of the things that a lot of people don't

00:09:07:17 - 00:09:11:14

**De'An:**



understand is structural stigma

00:09:11:16 - 00:09:14:06

**De'An:**

or structural discrimination.

00:09:14:06 - 00:09:17:09

**De'An:**

And what that means is, for example,

00:09:17:09 - 00:09:21:23

**De'An:**

before 2015,

when we had equal before we had equal rights, right?

00:09:22:01 - 00:09:25:22

**De'An:**

There were some studies done at some clinics

00:09:25:22 - 00:09:30:08

**De'An:**

up north, I believe it was Massachusetts,  
maybe Boston, I'm sorry, I can't remember.

00:09:30:08 - 00:09:35:09

**De'An:**

But the Gay Men's Health Crisis Clinic,  
a lot of clinics that served gay men

00:09:35:11 - 00:09:39:21

**De'An:**

and they took the medical records,  
you know, big medical records.

00:09:39:21 - 00:09:41:11

**De'An:**

The anon, it was all anonymous.

00:09:41:11 - 00:09:44:17

**De'An:**

They looked at how much

00:09:44:19 - 00:09:48:10

**De'An:**

in certain states where they have

00:09:48:12 - 00:09:52:13

**De'An:**

positive policies for LGBTQ folks,

00:09:52:15 - 00:09:56:16

**De'An:**

you know, less discrimination  
and that kind of thing, more open.

00:09:56:18 - 00:09:59:12

**De'An:**

They looked at the rates of depression

00:09:59:12 - 00:10:03:18

**De'An:**

and anxiety and mental health reasons  
that they were visiting the doctor

00:10:03:20 - 00:10:08:14

**De'An:**

and their rates were lower than in other areas.

00:10:08:16 - 00:10:12:13

**De'An:**

So in other words, people who live in states

00:10:12:17 - 00:10:17:03

**De'An:**

where there is more structural laws against who they are,  
so to speak,

00:10:17:03 - 00:10:21:12

**De'An:**

or discrimination have higher rates of mental health issues.

00:10:21:12 - 00:10:25:00

**De'An:**

And we can look at that and we can see that through large

00:10:25:05 - 00:10:28:01

**De'An:**

databases of medical records access.

00:10:28:01 - 00:10:31:09

**Jaelon:**

Wow. Yeah. Wow.

00:10:31:11 - 00:10:34:18

**Jaelon:**

And I actually think that makes a lot of sense

00:10:34:18 - 00:10:38:20

**Jaelon:**

because it kind of is kind of like, um, like a barrier.

00:10:38:22 - 00:10:42:03

**De'An:**

It's a huge barrier. It's a huge barrier  
because think about it.

00:10:42:04 - 00:10:50:08

**De'An:**

So if you're a young person  
and you have discovered that you are part of this community,

00:10:50:10 - 00:10:54:01

**De'An:**

but you get messages from your leadership

00:10:54:01 - 00:10:59:02

**De'An:**

in your state or your schools or your community

00:10:59:04 - 00:11:05:20

**De'An:**

that say you're not okay,  
and there's really something very wrong about you

00:11:05:22 - 00:11:07:21

**De'An:**

that gets internalized.

00:11:07:21 - 00:11:11:16

**De'An:**

And that's a powerful message to be internalized

00:11:11:18 - 00:11:16:08

**De'An:**

and leads to, you know, issues of depression and

00:11:16:10 - 00:11:23:01

**De'An:**

stigmatizing experiences that they internalize and anxiety.

00:11:23:03 - 00:11:26:15

**De'An:**

That's why the more we can be advocates

00:11:26:15 - 00:11:30:20

**De'An:**

for, the more we can speak positive of,

00:11:30:22 - 00:11:33:18

**De'An:**

you know, LGBTQ folks, the better off

00:11:33:18 - 00:11:37:11

**De'An:**

everybody is.

**Jaelon:**

-Yep.

00:11:37:13 - 00:11:40:17

**Jaelon:**

And that is very important to be able to advocate.

00:11:40:19 - 00:11:41:11

**De'An:**

Mm hmm.

00:11:41:11 - 00:11:45:10

**Jaelon:**

Because it's like,

you know, if you have someone in power who's not advocating

00:11:45:10 - 00:11:51:16

**Jaelon:**

it makes it especially because you are in such a big position  
to make you feel like, Oh, I don't matter.

00:11:51:18 - 00:11:53:21

**Jaelon:**

Yeah. Or

00:11:53:21 - 00:11:55:23

**Jaelon:**

I need to find somebody else to advocate for.

00:11:55:23 - 00:11:56:14

**De'An:**

Right.

00:11:56:14 - 00:11:56:23

**De'An:**

Right.

00:11:56:23 - 00:12:03:20

**De'An:**

It's hard when you feel like you don't have a voice and

00:12:03:22 - 00:12:07:00

**De'An:**

you feel like your voice is not

00:12:07:02 - 00:12:09:16

**De'An:**

heard, even if you did speak up.

00:12:09:16 - 00:12:12:22

**De'An:**

Invisibility is

00:12:13:00 - 00:12:15:21

**De'An:**

detrimental to people.

00:12:15:21 - 00:12:17:14

**Jaelon:**

Wow. That's a statement right there.

00:12:17:14 - 00:12:19:04

**Jaelon:**

That's powerful.

00:12:23:07 - 00:12:23:22

**Jaelon:**

That's funny.

00:12:23:22 - 00:12:28:13

**Jaelon:**

That is actually fun that we were on this question about political things.

00:12:28:15 - 00:12:32:08

**Jaelon:**

How do the ripple effects of, um, political statements

00:12:32:08 - 00:12:35:18

**Jaelon:**

impact LGBTQ+ individuals and communities?

00:12:35:20 - 00:12:40:18

**De'An:**

You know, if you take the LGBTQ studies class, you

00:12:40:20 - 00:12:43:20

**De'An:**

you would learn that,

00:12:43:20 - 00:12:49:03

**De'An:**

you know, back in the HIV and AIDS crisis at the very beginning,

00:12:49:03 - 00:12:53:04

**De'An:**

we couldn't get funding and we had thousands and thousands of people,

00:12:53:06 - 00:12:56:12

**De'An:**

gay men specifically dying.

00:12:56:12 - 00:12:57:17

**De'An:**

And we didn't know why.

00:12:57:17 - 00:13:01:18

**De'An:**

And we needed research and I lived through that time

00:13:01:20 - 00:13:05:02

**De'An:**

and we were fighting for our lives,

00:13:05:04 - 00:13:08:04

**De'An:**

literally fighting for our lives in our community.

00:13:08:08 - 00:13:10:05

**De'An:**

Talk about invisibility.

00:13:10:05 - 00:13:12:11

**De'An:**

And it wasn't until,

00:13:12:11 - 00:13:16:19

**De'An:**

I believe it was President Reagan  
who actually used the word aids

00:13:16:21 - 00:13:20:02

**De'An:**

publicly before we got any funding

00:13:20:04 - 00:13:24:18

**De'An:**

to really take a look at that and start saving lives

00:13:24:20 - 00:13:26:14

**De'An:**

and helping people.

00:13:26:14 - 00:13:30:01

**De'An:**

So really and truly,

00:13:30:03 - 00:13:32:22

**De'An:**

not only our leadership, but language

00:13:32:22 - 00:13:38:19

**De'An:**

that our leadership uses, language  
that anyone uses is very powerful.

00:13:38:21 - 00:13:39:13

**Jaelon:**

That's true.

00:13:39:13 - 00:13:42:23

**Jaelon:**

And, um, and I know, like, in today's time, like,

00:13:42:23 - 00:13:48:15

**Jaelon:**

you know, people are people,  
people are very they try to be very selective

00:13:48:15 - 00:13:52:18

**Jaelon:**

with wording and things like that  
because they don't want to say the wrong thing.

00:13:52:19 - 00:13:53:03

**De'An:**

Right.

00:13:53:03 - 00:13:54:04

**De'An:**

Don't want to say the wrong.

00:13:54:04 - 00:13:56:23

**De'An:**

Right. Right. Everybody. So they don't say anything.

00:13:56:23 - 00:13:57:11

**Jaelon:**

Yeah.

00:13:57:11 - 00:14:03:10

**Jaelon:**

So you know, I, I would  
I would like to see like, you know, people



00:14:03:12 - 00:14:07:22

**Jaelon:**

using wording in the more positive way  
rather than just not saying anything at all.

00:14:07:23 - 00:14:10:07

**De'An:**

Right. It's okay to ask.

00:14:10:07 - 00:14:14:18

**De'An:**

How do you identify What's what? What are your pronouns?

00:14:14:20 - 00:14:17:10

**De'An:**

My pronouns are she, her, that kind of thing.

00:14:17:10 - 00:14:19:12

**De'An:**

It's okay.

00:14:19:12 - 00:14:22:04

**De'An:**

We have some research that shows that people are more reticent

00:14:22:04 - 00:14:26:02

**De'An:**

to talk about their money  
and their income than their pronouns.

00:14:26:06 - 00:14:27:21

**De'An:**

Believe it or not.

**Jaelon:**

-Really?

00:14:27:21 - 00:14:30:21

**Jaelon:**

I would have never guessed that.

00:14:30:23 - 00:14:32:11

**De'An:**

-Yeah.

**Jaelon:**

I would have never guessed that.

00:14:32:11 - 00:14:36:16

**Jaelon:**

And I actually learned more more about

00:14:36:18 - 00:14:38:22

**Jaelon:**

asking for people's pronouns

00:14:38:22 - 00:14:41:14

**Jaelon:**

being here at the School of Social Work.

00:14:41:14 - 00:14:45:15

**De'An:**

-Oh, that makes me happy.

**Jaelon:**

You know, because before

00:14:45:17 - 00:14:48:15

**Jaelon:**

I, I didn't, I didn't think to ask.

00:14:48:15 - 00:14:51:15

**Jaelon:**

It was never on my head to ask, Hey, what are your pronouns?

00:14:51:18 - 00:14:55:10

**Jaelon:**

But I got here and it's like, you know,

00:14:55:11 - 00:14:57:22

**Jaelon:**

it's it's actually a respectful thing to ask.

00:14:57:22 - 00:14:58:19

**De'An:**

Absolutely.

00:14:58:19 - 00:15:02:09

**De'An:**

And it makes someone visible.

00:15:02:11 - 00:15:06:17

**De'An:**

Right? Right. It makes someone visible.

00:15:06:19 - 00:15:12:07

**Jaelon:**

What can future social workers do to make a positive impact

00:15:12:11 - 00:15:17:23

**Jaelon:**

in addressing discrimination and social injustice  
faced by the LGBTQ+ community?

00:15:18:01 - 00:15:19:02

**De'An:**

Such a big question.

00:15:19:02 - 00:15:20:03

**Jaelon:**

Yeah, I know. It's.

00:15:20:03 - 00:15:23:03

**Jaelon:**

And I know that has a lot of answers.

**De'An:**

Right? Right.

00:15:23:03 - 00:15:26:03

**De'An:**

It does. It has a lot of answers.

00:15:26:06 - 00:15:30:13

**De'An:**

You know, I think, first of all, learning  
what they need to learn, right?

00:15:30:14 - 00:15:34:01

**De'An:**

Doing your own work, figuring it out,

00:15:34:03 - 00:15:36:18

**De'An:**

understanding how to talk to other people

00:15:36:18 - 00:15:40:14

**De'An:**

about diversity just in general, just talking about

00:15:40:16 - 00:15:44:15

**De'An:**

how important everyone's contribution is,

00:15:44:16 - 00:15:47:13

**De'An:**

talking about like what you did, where you learned

00:15:47:13 - 00:15:50:20

**De'An:**

how to talk about pronouns or ask people about their pronouns.

00:15:50:22 - 00:15:53:15

**De'An:**

Um, you know, stepping into courage,

00:15:53:15 - 00:15:57:23

**De'An:**

I think, and creating more courageous spaces

00:15:58:01 - 00:15:59:23

**De'An:**

is what we have to do as social workers.

00:15:59:23 - 00:16:03:00

**De'An:**

That's one of the biggest pieces we have to learn, is

00:16:03:00 - 00:16:07:14

**De'An:**

how do we create those courageous spaces for everyone.

00:16:07:15 - 00:16:11:12

**De'An:**

And I think everybody goes about that a different way

00:16:11:14 - 00:16:14:22

**De'An:**

and has to learn that journey  
and figure out that journey for themselves.

00:16:17:06 - 00:16:21:06

**De'An:**

But it's it's a wonderful, powerful journey

00:16:21:06 - 00:16:25:20

**De'An:**

that you can when you learn,  
you learn more about yourself, even.

00:16:25:22 - 00:16:28:08

**De'An:**

Right. That kind of work.

**Jaelon:**

-Yes.

00:16:28:08 - 00:16:31:02

**Jaelon:**

And I think, like how you said, like

00:16:31:02 - 00:16:35:07

**Jaelon:**

taking classes, taking the classes  
specifically to learn about the history of certain things.

00:16:35:07 - 00:16:37:18

**Jaelon:**

Yeah, I think that would help a lot, too.

**De'An:**

-Absolutely.

00:16:37:18 - 00:16:38:22

**De'An:**

Because it's all together.

00:16:39:13 - 00:16:42:10

**De'An:**

It's not just, you know, the LGBTQ movement.

00:16:42:10 - 00:16:44:13

**De'An:**

It is women's rights movements.

00:16:44:13 - 00:16:46:09

**De'An:**

It is civil rights movements.

00:16:46:09 - 00:16:48:08

**De'An:**

It is all of it together.

00:16:48:08 - 00:16:50:17

**De'An:**

We're all in it together, right?

**Jaelon:**

-Exactly.

00:16:50:17 - 00:16:55:16

**Jaelon:**

Yeah, I'll be elated the day we all move is one, Right?

00:16:55:16 - 00:16:57:17

**Jaelon:**

That. That right. That'll be the day.

00:16:57:17 - 00:17:02:15

**De'An:**

And respect the differences not just is not  
we don't want to not see anything different.

00:17:02:15 - 00:17:03:03

**De'An:**

Right.

00:17:03:03 - 00:17:04:10

**De'An:**

We want to see differences.

00:17:04:10 - 00:17:09:01

**De'An:**

We want to appreciate differences in people.

**Jaelon:**

-Yes.

00:17:09:03 - 00:17:09:07

**Jaelon:**

Yeah.

00:17:09:07 - 00:17:10:20

**Jaelon:**

That'll make a big difference. Yeah.

00:17:10:20 - 00:17:15:12

**Jaelon:**

It just changes the way the world's perspective.

00:17:16:11 - 00:17:22:15

**De'An:**

It enriches our own individual lives as well.

**Jaelon:**

-Yes.

00:17:22:17 - 00:17:26:16

**Jaelon:**

You talked a little bit about

00:17:26:18 - 00:17:30:05

**Jaelon:**

your research with, um, smoking,

00:17:30:07 - 00:17:33:20

**Jaelon:**

um, and members of the LGBTQ community.

00:17:35:16 - 00:17:38:06

**Jaelon:**

What are some factors

00:17:38:06 - 00:17:41:13

**Jaelon:**

that contribute to the higher smoking rates?

00:17:41:15 - 00:17:46:05

**De'An:**

Well,

one of the leading theories is the minority stress theory,

00:17:46:05 - 00:17:51:07

**De'An:**

and we don't exactly know 100% what contributes to this,

00:17:51:07 - 00:17:54:14

**De'An:**

but that's one of the leading theories  
as what I was kind of trying to figure out.

00:17:54:14 - 00:17:55:21

**De'An:**

Right

00:17:55:21 - 00:17:58:21

**De'An:**

in my in my research for my dissertation

00:17:58:23 - 00:18:01:07

**De'An:**

is why do we smoke more?

00:18:01:07 - 00:18:05:08

**De'An:**

Um, you know, there's a it's, it's pretty complex.

00:18:05:10 - 00:18:09:00

**De'An:**

I, I actually was an ex-smoker and,

00:18:09:02 - 00:18:12:09

**De'An:**

you know, came out really early as a lesbian and

00:18:12:11 - 00:18:15:21

**De'An:**

back it back then, smoking was more acceptable.

00:18:15:23 - 00:18:18:17

**De'An:**

Started becoming more stigmatized.

00:18:18:17 - 00:18:21:17

**De'An:**

But even women

00:18:21:22 - 00:18:25:08

**De'An:**

who identify as lesbian assigned female at birth even smoke



00:18:25:08 - 00:18:33:05

**De'An:**

more than men or gay men, men assigned male at birth.

00:18:33:06 - 00:18:35:20

**De'An:**

We smoke longer

00:18:35:20 - 00:18:40:21

**De'An:**

and we just have the higher rates and it  
it affects everything, right?

00:18:40:21 - 00:18:42:03

**De'An:**

Smoking affects everything.

00:18:42:03 - 00:18:46:22

**De'An:**

I think that minority stress theory  
has to do with the structural stigma,

00:18:47:00 - 00:18:51:05

**De'An:**

the discrimination,  
all of those kinds of things, vicarious trauma

00:18:51:05 - 00:18:54:07

**De'An:**

that we hear through,  
you know, the media and things like that.

00:18:54:13 - 00:18:55:16

**De'An:**

That's one thing.

00:18:55:16 - 00:18:58:08

**De'An:**

Another reason might be,

00:18:58:08 - 00:19:00:09

**De'An:**

um, like a rebel

00:19:00:09 - 00:19:04:13

**De'An:**

sort of identity, this outlaw identity kind of thing.

00:19:04:13 - 00:19:08:13

**De'An:**

Because, you know,  
think about smoking is, is really a little bit stigmatized.

00:19:08:14 - 00:19:13:00

**De'An:**

And so some people go to the opposite  
instead of sort of hiding it,

00:19:13:00 - 00:19:18:12

**De'An:**

they become this sort of outlaw kind of person, which was me,  
I have to admit,

00:19:18:14 - 00:19:20:20

**De'An:**

I was that person.

00:19:20:20 - 00:19:25:11

**De'An:**

But, you know,  
I learned a lot doing that, doing that research.

00:19:25:11 - 00:19:28:05

**De'An:**

And I learned that

00:19:28:07 - 00:19:31:19

**De'An:**

women assigned female at birth,

00:19:31:21 - 00:19:35:01

**De'An:**

people assigned female at birth tend to relapse

00:19:35:01 - 00:19:39:05

**De'An:**

for different reasons, and smoking than other people.

00:19:39:05 - 00:19:41:14

**De'An:**

And it's just fascinating. It's really fascinating.

00:19:41:14 - 00:19:45:04

**De'An:**

There's a there's a lot of reasons,  
but we really think it's about the stress.

00:19:45:06 - 00:19:47:07

**Jaelon:**

-Wow.

**De'An:**

Right. The stress of living.

00:19:47:07 - 00:19:47:16

**Jaelon:**

I know.

00:19:47:16 - 00:19:48:22

**Jaelon:**

And I know it can be stressful.

00:19:48:22 - 00:19:52:15

**Jaelon:**

I mean, you said you said it's a very rebel mindset.

00:19:52:15 - 00:19:53:13

**Jaelon:**

In my head,

00:19:53:13 - 00:19:58:14

**Jaelon:**

I just picture like a guy like with the leather jacket.

00:20:00:01 - 00:20:01:08

**De'An:**

Yeah, yeah.

00:20:01:08 - 00:20:03:04

**De'An:**

Absolutely. Absolutely.

00:20:03:04 - 00:20:06:17

**Jaelon:**

That's what I figure when you said a rebel mindset.

00:20:08:08 - 00:20:11:10

**Jaelon:**

Yeah I think I think stress does lead

00:20:11:10 - 00:20:14:12

**Jaelon:**

to, to, you know, finding different ways of coping.

00:20:14:13 - 00:20:17:12

**De'AN:**

-Absolutely. Absolutely. Absolutely.

00:20:17:12 - 00:20:21:22

**Jaelon:**

And I was I also brought up the question to me, does

00:20:22:00 - 00:20:28:23

**Jaelon:**

I know your research was specifically on smoking,  
but does it lead to not does it lead to, um,

00:20:29:01 - 00:20:32:02

**Jaelon:**

could that same thing apply to any other substance?

00:20:32:02 - 00:20:33:06

**De'An:**

-Yes, absolutely.

00:20:33:06 - 00:20:36:06

**De'An:**

And honestly,

00:20:36:06 - 00:20:37:20

**De'An:**

a lot of the tobacco companies

00:20:37:20 - 00:20:40:21

**De'An:**

and liquor companies will target certain populations,

00:20:40:21 - 00:20:45:23

**De'An:**

and the queer community  
is one of the target populations as well.

00:20:46:01 - 00:20:49:06

**De'An:**

They were one of the first the smoking corporations were

00:20:49:06 - 00:20:52:06

**De'An:**

one of the were the first

00:20:52:06 - 00:20:55:12

**De'An:**

corporate like, you know, big corporate companies

00:20:55:14 - 00:21:01:18

**De'An:**

that funded HIV, AIDS and LGBTQ  
rights movements back in the day.

00:21:02:00 - 00:21:04:03

**De'An:**

And they did that on purpose.

00:21:04:03 - 00:21:05:07

**De'An:**

They did that on purpose.

00:21:05:07 - 00:21:09:05

**De'An:**

They were saying, you know, smoking back  
when they were trying to ban smoking from buildings,

00:21:09:07 - 00:21:10:23

**De'An:**

You're too young to remember this.

00:21:10:23 - 00:21:12:14

**De'An:**

I'm sure, like used to.

00:21:12:14 - 00:21:15:20

**De'An:**

We could smoke in a room anywhere in a building. Right.

00:21:16:02 - 00:21:19:19

**De'An:**

And so the tobacco companies were sort of strategically trying

00:21:19:19 - 00:21:24:00

**De'An:**

to align themselves with our groups, our populations,

00:21:24:02 - 00:21:26:23

**De'An:**

saying it was a choice to smoke.

00:21:26:23 - 00:21:32:09

**De'An:**

And so LGBT being LGBTQ was a choice  
as well, is what they were trying to piggyback on.

00:21:32:09 - 00:21:34:07

**De'An:**

Of course, we know that's not necessarily true.

00:21:34:07 - 00:21:37:17

**De'An:**

We have a lot of research that demonstrates the opposite,  
but that's

00:21:37:17 - 00:21:42:08

**De'An:**

they were the first ones that recognized the queer community.

00:21:42:10 - 00:21:48:01

**De'An:**

And when you are invisible  
and you are recognized by a huge corporation,

00:21:48:03 - 00:21:51:13

**De'An:**

you tend to be loyal as a group.

00:21:51:15 - 00:21:57:00

**De'An:**

And the same thing with liquor companies and, you know, beer companies and those kinds of things.

00:21:57:00 - 00:22:00:03

**De'An:**

So they target and then people are loyal.

00:22:00:03 - 00:22:02:06

**De'An:**

And plus we have stress on top of that.

00:22:02:06 - 00:22:04:09

**De'An:**

And you've got that outlaw identity.

00:22:04:09 - 00:22:06:21

**De'An:**

The same thing, right? Yes.

00:22:06:21 - 00:22:10:04

**De'An:**

So lots of reasons.

**Jaelon:**

-Wow.

00:22:10:06 - 00:22:12:13

**Jaelon:**

That's that is true.

00:22:12:13 - 00:22:18:21

**Jaelon:**

Um, just looking at it and just I never I never realized that

00:22:18:23 - 00:22:22:17

**Jaelon:**

it's that's how that's how most companies get people in.

00:22:22:22 - 00:22:24:10

**De'An:**

Yeah, exactly.

00:22:24:10 - 00:22:26:05

**Jaelon:**

They Oh, my goodness.

00:22:26:05 - 00:22:30:09

**Jaelon:**

I just, I, you know, I know they, yeah, it did.

00:22:30:09 - 00:22:35:16

**Jaelon:**

Because it's like, you know, I know like they,  
they cater to, to different people and,

00:22:35:18 - 00:22:38:14

**Jaelon:**

and just different groups of people.

00:22:38:14 - 00:22:41:14

**Jaelon:**

But I never knew was that specific to where

00:22:41:19 - 00:22:44:19

**Jaelon:**

like even the fact of

00:22:45:00 - 00:22:47:06

**Jaelon:**

targeting people who feel invisible

00:22:47:06 - 00:22:51:17

**Jaelon:**

and making you seem invisible  
just to get just to get your product out.

00:22:51:17 - 00:22:57:17

**De'An:**

-Yes. To get your product out  
and to politically motivate you to go vote in their favor.

00:22:57:22 - 00:23:00:23

**Jaelon:**

-Wow.

**De'An:**

That's what was happening in California back in the day.

00:23:01:03 - 00:23:02:13

**De'An:**



Absolutely.

00:23:02:13 - 00:23:04:14

**Jaelon:**

I didn't think about it that deep at all.

00:23:04:14 - 00:23:08:19

**Jaelon:**

Not to the voting aspect.

00:23:08:21 - 00:23:14:03

**Jaelon:**

What, if you can,

00:23:14:05 - 00:23:16:22

**Jaelon:**

what is the most impactful moment of

00:23:16:22 - 00:23:21:02

**Jaelon:**

in your work dealing with a client with mental health challenges?

00:23:21:05 - 00:23:25:02

**De'An:**

Yeah, well,

00:23:25:04 - 00:23:26:04

**De'An:**

there are so many.

00:23:26:04 - 00:23:30:04

**De'An:**

You know,

I've done a lot of different jobs and mostly in mental health

00:23:30:04 - 00:23:36:17

**De'An:**

and treatment of people who misuse substances and

00:23:36:19 - 00:23:37:17

**De'An:**

it's hard work.

00:23:37:17 - 00:23:41:01

**De'An:**

I got to tell you, Jaelon, it's really hard work.

00:23:41:01 - 00:23:44:12

**De'An:**

So you kind of have to when you have those moments, you really have to hang on to them.

00:23:44:12 - 00:23:47:13

**De'An:**

So one of the moments that I hang on to is

00:23:47:13 - 00:23:50:13

**De'An:**

I was on campus at

00:23:50:16 - 00:23:56:18

**De'An:**

Texas Woman's University finishing up something for one of my classes and I was walking across campus.

00:23:56:19 - 00:23:58:19

**De'An:**

They had a lot of construction going on.

00:23:58:19 - 00:24:01:04

**De'An:**

And there was a gentleman I could tell out of the corner of my eye.

00:24:01:04 - 00:24:03:08

**De'An:**

He was trying to kind of get my attention.

00:24:03:08 - 00:24:06:20

**De'An:**

I think I just, you know, kept walking.

00:24:06:22 - 00:24:10:21

**De'An:**

And finally he came up to me hesitantly and he said, Ms. De'An?

00:24:10:23 - 00:24:13:09

**De'An:**

And I said, Yes?

00:24:13:09 - 00:24:19:14

**De'An:**

And he said, I just want to thank you.

00:24:19:16 - 00:24:25:00

**De'An:**

He was he said, I have a family now and I have a job

00:24:25:02 - 00:24:28:02

**De'An:**

and I am back on my own two feet.

00:24:28:04 - 00:24:31:20

**De'An:**

Thank you for the program that you were a part of.

00:24:31:22 - 00:24:37:11

**De'An:**

It's because of that program that I'm here  
and that my family is good and I'm back in with my family

00:24:37:13 - 00:24:42:14

**De'An:**

and that those things,  
those kinds of stories are why we do this.

00:24:42:20 - 00:24:46:20

**De'An:**

You know, we're not just touching one person,  
but we're touching

00:24:46:20 - 00:24:51:17

**De'An:**

whole families and generations.

**Jaelon:**

-See, that's always that's always great to hear.

00:24:51:18 - 00:24:53:17

**Jaelon:**

And you actually answer my next question.

00:24:53:17 - 00:24:59:02

**Jaelon:**

I was going to ask you, you know, how do these  
how do these like positive outcomes

00:24:59:04 - 00:25:03:23

**Jaelon:**

and like these personal stories  
and everything like contribute to the positive outcomes?

00:25:03:23 - 00:25:06:09

**Jaelon:**

But yeah, I know that's rewarding.

00:25:06:09 - 00:25:06:20

**De'An:**

-It is.

00:25:06:20 - 00:25:12:17

**Jaelon:**

I know that is so rewarding.

**De'An:**

-You know, we have such passion as we started out talking about, social workers

00:25:12:17 - 00:25:16:08

**De'An:**

have such passion, and our passion can burn us out

00:25:16:09 - 00:25:21:14

**De'An:**

if we don't harness it and use it and take care of ourselves.

00:25:21:16 - 00:25:27:04

**De'An:**

And I think one of the ways to do that is to remember

00:25:27:06 - 00:25:29:05

**De'An:**

the stories

00:25:29:05 - 00:25:32:11

**De'An:**

of impact that we make all the time.

00:25:32:11 - 00:25:39:01

**De'An:**

And we have to also trust that we make that impact even when people don't tell us

00:25:39:03 - 00:25:44:13

**De'An:**

because we can recognize when people have made impacts on us. Yes.

00:25:46:11 - 00:25:49:15

**Jaelon:**

That's those impacts.

00:25:49:15 - 00:25:52:15

**Jaelon:**

Oh, because I listen to

00:25:52:17 - 00:25:58:02

**Jaelon:**

like whenever anybody comes in here for an episode, I love to hear about the impact they made because it just,

00:25:58:03 - 00:26:00:17

**Jaelon:**

I don't know, it warms my heart just to see like,

00:26:00:17 - 00:26:03:16

**Jaelon:**

you know, y'all do so much in the field.

00:26:03:16 - 00:26:07:00

**Jaelon:**

And I know like the best

00:26:07:00 - 00:26:11:14

**Jaelon:**

reward is seeing the reaction or the outcome that comes with it.

00:26:11:19 - 00:26:15:11

**De'An:**

It is the best reward, and they're few and far between.

00:26:15:13 - 00:26:21:16

**De'An:**

But you got to hang on to them because they're there and

00:26:21:18 - 00:26:24:08

**De'An:**

it keeps you going.

00:26:24:08 - 00:26:26:02

**De'An:**

It just keeps you going.

00:26:28:03 - 00:26:31:01

**Jaelon:**

Can you suggest

00:26:31:01 - 00:26:33:10

**Jaelon:**

any specific resources or avenues

00:26:33:10 - 00:26:36:10

**Jaelon:**

for our listeners to get involved?

00:26:36:12 - 00:26:39:11

**De'An:**

I think that everybody, you know,

00:26:39:11 - 00:26:42:03

**De'An:**

we have such a diverse campus and people from all over

00:26:42:03 - 00:26:45:23

**De'An:**

and there's always community events.

00:26:45:23 - 00:26:50:04

**De'An:**

You know, Google is your friend, right?

00:26:50:06 - 00:26:53:00

**De'An:**

You know, get involved, just go to a pride parade,

00:26:53:00 - 00:26:56:11

**De'An:**

you know, and talk to people and observe

00:26:56:11 - 00:26:59:17

**De'An:**

and look up the calendar events and things like that.

00:26:59:17 - 00:27:03:15

**De'An:**

There's lots of ways to find organizations

00:27:03:17 - 00:27:06:06

**De'An:**

that you can volunteer for.

00:27:06:06 - 00:27:11:05

**De'An:**

Also, I think making sure that you vote  
and you vote on a local level,

00:27:11:06 - 00:27:15:15

**De'An:**

that's really important to understand  
what's going on in our communities at the grassroots level.

00:27:15:21 - 00:27:18:04

**De'An:**

That's where it makes a difference.

00:27:18:06 - 00:27:20:13

**Jaelon:**

And how can

00:27:20:13 - 00:27:23:23

**Jaelon:**

listeners apply the insights gained from our conversation

00:27:23:23 - 00:27:27:07

**Jaelon:**

today in their own lives and communities?

00:27:27:09 - 00:27:31:04

**De'An:**

Oh, that's a test question.

00:27:31:06 - 00:27:32:23

**De'An:**

Um, you know,

00:27:32:23 - 00:27:38:00

**De'An:**

I think just doing your own work,  
you know, doing your own work and figuring out,

00:27:38:02 - 00:27:43:14

**De'An:**

finding your own voice,  
finding your voice for other folks and,

00:27:43:16 - 00:27:46:17

**De'An:**

you know, just doing that work, right?

00:27:46:18 - 00:27:48:18

**De'An:**

Be better.

00:27:48:18 - 00:27:50:13

**De'An:**

Yeah.

**Jaelon:**

-Yes, ma'am.

00:27:50:13 - 00:27:52:17

**Jaelon:**

Well, I think that's all we have for today.

00:27:52:17 - 00:27:54:07

**Jaelon:**

Thank you for joining us.

**De'An:**

-Thank you, Jaelon.

00:27:54:07 - 00:27:59:09

**De'An:**

I appreciate it, great conversation.

00:27:59:11 - 00:28:00:14



**Jaelon:**

All right.

00:28:00:14 - 00:28:04:07

**Jaelon:**

If you want to learn more about the School of Social Work and what social workers do,

00:28:04:07 - 00:28:07:04

**Jaelon:**

please go to our website and follow our social media pages.

00:28:07:07 - 00:28:09:11

**Jaelon:**

Please be sure to give this video a thumbs up.

00:28:09:11 - 00:28:14:04

**Jaelon:**

Subscribe to our channel and turn on those post notifications for more content down the road.

00:28:14:06 - 00:28:21:10

**Jaelon:**

As always, everyone, please be safe and make sure to check on your friends. Until next time, signing off - I'm Jaelon Jackson.