

JUNE 8, 2020

HEALTH CARE HEROES: Pride Edition

PROVIDING SUPPORT FOR STAFF AND LGBTQ COMMUNITIES

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PRONOUNS: HE/HIM/HIS

My Role: The COVID-19 pandemic has impacted all facets of day-to-day operations. My work during the pandemic has shifted into several areas to support the hospital, including Wellness and Staffing. In the wellness space, we coordinated various food and goods donations, which allowed us to provide daily meals for staff. Related to staffing, we have been coordinating the redeployment of staff to ensure the needs of our hospital during COVID-19 were met.

On COVID-19 and LGBTQ

Communities: I am concerned for the mental health of LGBTQ communities right now. LGBTQ people create support systems through a blended mix of “family” through both our lineage and our chosen families. These systems of support are critical as depression, anxiety and substance-use are prevalent among LGBTQ people as a result of the discrimination our communities face. During the COVID-19 pandemic, an unintended consequence of needing to social distance or quarantine is that many are



feeling isolated and are now without their usual support systems. There is a need now, more than ever, for outreach to ensure LGBTQ communities have access to the health and human services that will keep our communities safe and well.

Celebrating Pride during the Pandemic: This year, more than ever, there are many reasons to celebrate Pride. Doing so virtually, in the absence of an in-

person Pride event, will actually increase the event’s exposure, inclusivity, and accessibility. I am also thrilled to be celebrating Pride this year on the heels of my new engagement. There are a number of virtual events and concerts, including Global Pride, that I plan to tune into. I am also looking forward to hosting a few Zoom virtual happy hours with friends to catch up.

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