



The National Center for Youth with Diverse Sexual Orientation, Gender Identity & Expression

NEWS & RESOURCES

July 2022

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The SOGIE Newsletter is a publication of The National Center for Youth with Diverse Sexual Orientation, Gender Identity, & Expression at [The Institute for Innovation and Implementation](#), University of Maryland, Baltimore.

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Community Corner

Community Corner is a place where you can share news about the work you are doing with young people with diverse SOGIE (sexual orientation, gender identity, and gender expression). To submit information about your program to be highlighted in this newsletter, please email theinstitute@ssw.umaryland.edu

New Group Therapy Program for LGBTQ+ Teens in Pittsburgh



Photo by Mercedes Mehling for Unsplash.

Being a teenager is tough. Being a teen in the LGBTQ+ community can feel isolating or even scary. That's what drove Layne Filio, a behavioral health therapist at UPMC, to create a 10-week group therapy program for kids ages 13-18 at UPMC Western Behavioral Health. Teens can meet in person or virtually to discuss topics like coming out, gender identity, body positivity, and distress tolerance with their peers and counselors. The group has been a goal for Filio, who pitched the program to UPMC during her job interview in February 2021. "There are not a lot of group therapy options for LGBTQ+ youth in Pittsburgh," says Filio. "I think there should be more. As a member of the

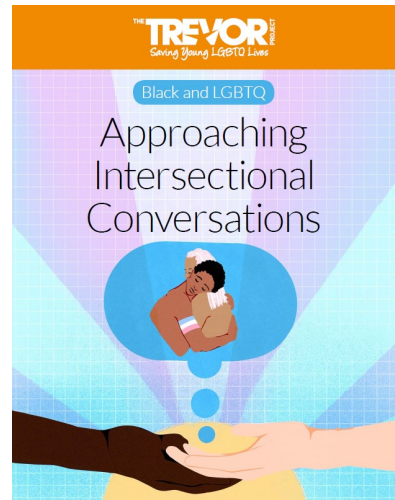
community — if I were a teen and this group were available, I would have really wanted to do that."

[Learn more](#)

Practical Tools

Black & LGBTQ+: Approaching Intersectional Conversations

During Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month, Black LGBTQ+ young people may face difficult conversations with people who are uninformed about race, queer identities, or the intersection of both. For people who hold multiple marginalized identities, it can feel overwhelming to explore the layers of these conversations with others — especially those whose lived experiences are different. It's important to remember that the process of having difficult conversations does not begin or end with the discussion itself. It is essential to consider your well-being and safety at each step in the journey. [Download here](#)



Celebrate Queer Youth: Queer & Now Toolkit from Advocates for Youth

Advocates for Youth is excited to officially launch Queer & Now, a comprehensive resource for you to work with and support LGBTQ+ youth. Queer stories are young people's stories, and we need to make sure queer people are reflected in history, health care, reproductive health and rights, and sex education. They're queering it all! The toolkit is a true rainbow of resources, including:

- Actions to take this month to support LGBTQ+ youth
- Movies and documentaries to watch - with a particular focus on positive portrayals and happy storylines.
- LGBTQ+ themed podcasts and podcast episodes
- Suggested social media to share, including graphics and videos celebrating Queer youth
- Resources, images, sample social media, and publications to support you in amplifying the voices and experiences of LGBTQ+ youth! [View here](#)



Webinars/Virtual Events

Collecting Sexual Orientation & Gender Identity Data In Electronic Health Records
Thursday, July 28, 2:00-3:00 p.m. ET

The National LGBTQ+ Health Education Center is excited to announce



that they have updated their Ready, Set, Go! publication, a reference guide that outlines the practical application of sexual orientation and gender identity (SOGI) data collection in a health center setting. To facilitate a deeper conversation on this topic and allow time for your unique questions, they are holding a live question and answer session with Anthony Yakely, the Clinical Data Specialist with the Fenway Institute. This guide was designed to help health centers and other health care organizations successfully collect SOGI data and document the data in the electronic health record. [Register now](#)

TransYouth Care Symposium August 5, 6, 14, 15 June 30, 2:00- 3:00 p.m. ET

The 4th Annual TransYouthCare Symposium (TYCS) is here! TYCS is a comprehensive 16-hour training designed for professionals interested in providing sensitive and competent mental health and medical care for gender-diverse children, transgender youth and young adults. We are happy to be able offer CEUs for mental health providers and nursing. While this training is designed for professionals, parents, and others wanting to learn more about gender-diverse youth are welcome to attend. This is a live webinar and a recording will not be made available after the seminar. [Register now](#)

TRANSYOUTHCARE SYMPOSIUM:
A COMPREHENSIVE 16-HOUR TRAINING DESIGNED FOR PROFESSIONALS INTERESTED IN PROVIDING SENSITIVE AND COMPETENT MENTAL HEALTH AND MEDICAL CARE FOR GENDER NON-CONFORMING CHILDREN, TRANSGENDER YOUTH AND YOUNG ADULTS.
AUGUST
5TH, 6TH, 14TH, 15TH | PRESENTED BY:
EARLY BIRD TICKETS ON SALE NOW

Aydin Olson-Kennedy, LCSW (he/him) | Johanna Olson-Kennedy, M.D. (she/her) | Darlene Tando, LCSW (she/her)

TransYouth Care
Educational Symposia for Professionals

NATIONAL LGBTQIA+ HEALTH EDUCATION CENTER
A PROGRAM OF THE FENWAY INSTITUTE

Announcements

Study for Intersex Young Adults

Shelby Astle, a Ph.D. student at Kansas State University, has partnered with interACT to design a project to better understand (a) intersex young adults' experiences with caregivers related to being intersex (e.g., how they communicated or didn't communicate about intersex topics) and (b) how these experiences affect their current identity and sexual well-being as a young adult. They are interviewing intersex young adults ages 18-29 to learn more about their experience with their caregivers growing up and how those experiences may have impacted their identity and sexual well-being. This research will be used to inform caregivers on how to be better supports for their intersex children. Participants will be compensated with \$25 for completing a 5-min intro survey and an hour-long interview conducted via online video conferencing. [Learn more](#)

INTERSEX YOUNG ADULTS
WE WANT TO HEAR FROM YOU!

WE ARE INTERVIEWING INDIVIDUALS WHO

- Are between 18-29 years old
- Identify as intersex and/or have a variation in sex characteristics
- Experienced effects or symptoms of their variation in sex characteristics/intersex variation before age 18
- Live in the U.S.

PARTICIPANTS WILL EARN A \$25 GIFT CARD

WE WANT TO HEAR ABOUT YOUR EXPERIENCES GROWING UP & HOW THEY AFFECT YOUR SEXUAL WELL-BEING TODAY

TO LEARN MORE OR SIGN UP CLICK HERE

ssea | **InterACT**
Advocates for Trans Youth

INQYR Level Up! Survey!

LEVEL UP!
An LGBTQ+ Gaming Study

CALL FOR PARTICIPANTS!

We want to better understand LGBTQ+ youth experiences in playing video games. We welcome players of all video games, playing on any console, PC, or tablet. If you meet the criteria below, we would love for you to participate.

SEEKING PARTICIPANTS WHO...

- are 14-29 years old
- self-identify as a sexual or gender minority youth (SGM/LGBTQ+)
- plays video games regularly
- live in Canada, the United States, the United Kingdom, Australia, or Mexico

TAKING PART INVOLVES...

- completing a short survey about your experiences playing video games as LGBTQ+ youth
- you will have an opportunity to upload a screenshot from a video game that makes you feel strong, validated, and proud

LEARN MORE AT INQYR.ORG/LEVELUP

This study has received ethics approval from Brock University (20-016) and the University of Toronto (19-04577).

Survey respondents may select to enter a raffle to win one of 10 \$50 CAD (40 USD) or one \$10 AUD, \$10 MXN Amazon gift cards!

The International Partnership for Queer Youth Resilience (INQYR) is exploring LGBTQ+ youth's positive and negative experiences of video gaming and video gaming communities, and how this relates to wellbeing. They are seeking participants aged 14-29 years old living in Canada, the USA, the UK, Australia, or Mexico who identifies as a sexual or gender minority person and plays video games regularly on any platform to take part in a survey taking approximately 20-30 minutes. Participants may enter a raffle to win one of ten \$50 CAD Amazon gift cards (or rough local currency equivalent) and may also be eligible to participate in an interview with a further incentive. [Learn more and participate here](#)

Articles/Research

Expanding the Idea & Practice of Gender Responsive Programs



Ceres Policy Research was hired to conduct an assessment of gender responsive programs for justice involved youth in Contra Costa County, California. They conducted a literature review, shared intersectional guiding principles, and created a checklist for what a continuum of care needs to include in order to affirm young people's multiple identities--particularly across race, ethnicity, gender identity, and gender expression. This report extends our commitment to thinking about youth as whole people who cannot disconnect one aspect of their core selves from another. [Read here](#)

Resilience Associated with Better Mental Health Outcomes for LGBTQ+ Youth

Resilience is the ability to adapt well to adversity or stress. Defining and measuring resilience is tricky — researchers debate the best way to do this — but still there's a growing amount of scholarship about the topic. Findings consistently demonstrate an association between higher resilience and better mental health outcomes, including lower risk for anxiety, depression, and suicide attempts in the past year among LGBTQ+ youth. This study examined the differences in resiliency among LGBTQ+ young people using The Trevor Project's own data. Good News: higher resilience was significantly associated with lower risk for depression and anxiety among LGBTQ+ youth. [Read here](#)

THE TREVOR PROJECT

Research Brief: Resilience and Mental Health Among LGBTQ Youth

June 2022

Background

Resilience is defined as the "process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress" (American Psychological Association, 2014, para 4). Many different factors, both personal and environmental, can contribute to an individual's resilience. While social science research has documented various threats to youth mental health — including risk factors that contribute to minority stress among marginalized individuals — many scholars have also called for research to document sources of resilience that may mitigate those risks (Meyer, 2003; Herman & Dolan, 2010). There is a lively debate among health researchers about how to best conceptualize and measure resilience (Caspitis & Galagan, 2016). Other scholars have critiqued this complex concept, noting that marginalized youth should not be forced to develop resilience in order to survive and thrive in an unaccepting society. Rather, scholars, practitioners, and activists should focus on changing the systems and societal norms which contribute to youth's marginalization (Anderson, 2019). Nonetheless, there is a growing body of scholarship which explores resilience among LGBTQ youth. Previous scholarship has found that LGBTQ youth described their resilience as "strong yet still in pain," highlighting the fact that resilience helped them navigate ongoing challenges and stressors (Aakhus, 2016). LGBTQ identity can be a form of resilience in and of itself, acting as a source of strength, social connection, and personal growth (Schmitz & Tyler, 2018). While resilience has many components, the Brief Resilience Scale (BRS) is designed to measure an individual's ability to "bounce back" from challenging situations or experiences (Smith et al., 2008). Previous research that tested the BRS among a sample of young adults found that higher BRS scores are associated with lower rates of anxiety and depression (Smith et al., 2008). Using data from The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health, this brief examines differences in resiliency among LGBTQ youth and the association of resilience with mental health symptoms and suicide risk.

Rates of Affirming Home and School, by BRS Score

BRS Score	Home Affirming (%)	School Affirming (%)
Low	~65	~60
Medium	~75	~70
High	~85	~80

Results

LGBTQ youth who have supportive families and are in supportive environments have higher resilience. LGBTQ youth ages 18 to 24 reported significantly higher resilience than LGBTQ youth ages 15 to 17. LGBTQ youth who reported struggling to meet their basic economic needs reported lower resilience.

Sexual & Dating Violence Among Asian & Pacific Islander Transgender Youth

Sexual and Dating Violence Among Asian and Pacific Islander (API) American Transgender Youth

Background
 Studies of health disparities often find that Asian and Pacific Islander (API) Americans are among the healthiest of all racial and ethnic groups. They report lower rates of substance use, HIV and STIs, teen pregnancy, poor mental health, intimate partner violence, and youth violence. However, this brief amplifies the All Students Count Coalition report, On All Sides: How Race, Ethnicity & Gender Influence Health Risk for Transgender Students of Color report, which using data from the 2017 Youth Risk Behavior Surveillance Survey (YRBSS) of high school enrolled youth across the United States, highlights alarming findings about API transgender youth who are nine times as likely as cisgender API youth to experience sexual dating violence.

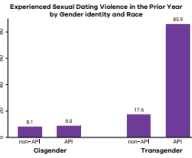
Though research is limited, the available literature reveals that many of the sexual orientation and gender identity health disparities observed in the general population are present within API populations as well. API LGBTQ+ youth and adults report more experiences of discrimination and higher rates of sexual risk taking, depression, and substance use relative to their straight, cisgender API peers.^{1,2}

Less is known about how API LGBTQ+ people, especially API transgender youth, differ from LGBTQ+ people of other racial/ethnic identities. While one study found that API LGBTQ+ youth were significantly more likely than API heterosexual peers to have experienced childhood sexual abuse,³ two recent studies found that API transgender adults are at a lower risk for experiencing sexual assault or intimate partner violence than transgender adults who are Black, Latino, or white.^{4,5} However, the research conducted for the All Students Count Coalition's report, On All Sides, challenges those findings by examining high rates of risk experienced by API transgender youth.

Findings

The On All Sides report amplified the key findings featured below:

- An estimated 85.9% of API transgender youth experienced sexual dating violence in the previous year, defined as being "forced to do sexual things that you did not want to do" or "harassment you were dating or going out with."
- In comparison, 17.6% of non-API transgender youth, 9% of API cisgender youth, and 8.1% of non-API cisgender youth had experienced sexual dating violence in the previous year.
- Put another way, API transgender youth are nine times as likely as cisgender API youth (95% CI: 4.6, 12.1, p<0.001) and seven times as likely as non-API transgender youth (95% CI: 3.2, 8.3, p<0.001) to have experienced sexual dating violence.



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Growing Anti-LGBTQ+ Rhetoric Causing Rise in Suicides, Advocates Say



A combination of factors, from isolation during the pandemic to growing anti-LGBTQ+ rhetoric and extremism in politics, is leading to poorer mental health outcomes for young people in the LGBTQ+ community, new data from the Trevor Project shows. "I think the pandemic is certainly a factor," said Ellen Kahn, senior director of programs and partnerships at the Human Rights Campaign. "But when we talk to folks in our community, across the board — Southern states, Northern states, red states, blue states, purple, rural, urban — there is a sense that there is kind of a renewed attack on our community," she said. In the past year, more than 250 bills were introduced in state legislatures targeting the LGBTQ+ community, of which 24 have passed so far. [Read here](#)

Policy News

Service Providers Awarded HHS Grants May Not Discriminate Based on Sexual Orientation or Gender Identity, Court Rules

Earlier this month, a federal district court reversed a Trump-era rule that had prevented the Department of Health and Human Services (HHS) from requiring that service providers in its federal grant program not discriminate based on sexual orientation, gender identity or other characteristics. The ruling stems from a lawsuit filed last year by Lambda Legal, the nonprofit Democracy Forward and the law firm Cravath, Swaine, and Moore, LLP on behalf of a group of plaintiffs that included foster care and youth homelessness organizations. [Learn more](#)



Fact Sheet: President Biden's Executive Order Advancing LGBTQ+ Equality

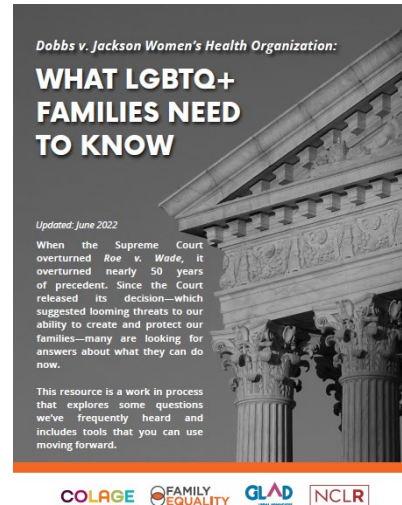
Last month, President Biden signed an Executive Order



Advancing Equality for LGBTQ+ Individuals. To help support impacted families, President Biden is charging the Department of Health and Human Services (HHS) with protecting LGBTQ+ children and families from attacks on their access to health care, and has instructed HHS to release new sample policies for states on how to expand access to comprehensive health care for LGBTQ+ patients. The President is also directing the Department of Education with addressing the impacts of state laws that target LGBTQ+ students, and has charged the department with releasing a sample school policy for achieving full inclusion for LGBTQ+ students. [Learn more](#)

What LGBTQ+ Families Need to Know Relating to Overturning of Roe v. Wade

When the Supreme Court overturned Roe v. Wade, it overturned nearly 50 years of precedent. Since the Court released its decision—which suggested looming threats to our ability to create and protect our families—many are looking for answers about what they can do now. This resource from the National Center for Lesbian Rights is a work in process that explores some questions we've frequently heard and includes tools that you can use moving forward. [Learn more](#)



Meeting the Moment for LGBTQ+ Southerners

There's no question that we are entering a new chapter in the movement for LGBTQ+ equality – one where the far-right political movement feels more emboldened than ever to roll back fundamental American rights and freedoms. The U.S. Supreme Court has overturned Roe v. Wade, invited challenges to landmark LGBTQ+ precedents, and emboldened lawmakers at every level of government to ramp up a new wave of anti-LGBTQ+ attacks. At the same time, we're seeing an unprecedented level of public support for LGBTQ+ equality in the South – and many individuals and institutions across sectors are ready to express support. That's why the Campaign for Southern Equality is inviting you to join us in Meeting the Moment in the LGBTQ+ South, a new effort to respond to new attacks of LGBTQ+ rights, continue to advance LGBTQ+ rights, help people protect their rights and access care, and ensure that LGBTQ+ Southerners feel connected, loved, and supported. [Learn more](#)

