



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

**NEWS & RESOURCES**



**September 2022**

**IN THIS ISSUE**

*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.*

- Community Corner
- Practical Tools
- Webinars/Virtual Events
- Articles/Research
- Policy News

---

## 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](mailto:theinstitute@ssw.umaryland.edu)

### The Life-Changing Power of WV's Only Queer Youth Summer Camp



This free camp brings together young West Virginians either identify as LGBTQ+ or come from LGBTQ+ families from across the state, and give them the tools they need to organize and advocate for the issues they care about. Campers learn how to talk to legislators, run effective meetings, tell powerful stories, and more, and participate in a collective action to better the lives of LGBTQ+ people after the camp concludes.

Perhaps most importantly, AQYS campers get to be themselves for a weekend around people who understand them. What makes the camp so special is that it presents a rare opportunity for West Virginians to find a makeshift community in their struggles, one where trauma and joy converge to create something altogether new: healing. [Learn more](#)

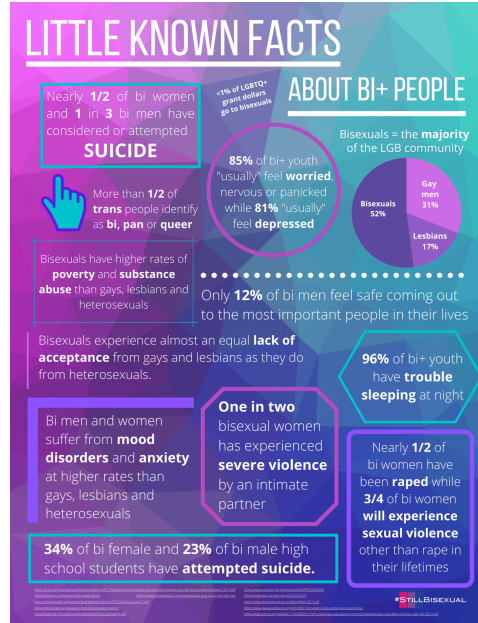
---

# Practical Tools

---

## Bisexual Identity & Health: The Facts

Did you know that Bi+ people experience greater health disparities than gay, lesbian, or straight folks? September 17-24 is Bisexual Awareness Week, a time each year when people are encouraged to learn more about the specific needs of this community. Check out this fact sheet on Bi+ health from the nonprofit [#StillBisexual](#) to learn more. [Download here](#)



## LGBTQ+ Youth: Mental Health Support Through Inclusive Care

LGBTQ+ youth face an elevated risk for experiencing serious mental health issues. Depression and anxiety impact more than half of all youth who identify as lesbian, gay, bisexual, transgender,

queer/questioning, intersex, or asexual, according to a 2022 survey by the Trevor Project. In addition, 45% of LGBTQ+ adolescents and young adults say they have seriously considered attempting suicide in the past year, according to the same survey. To end this devastating trend and save lives, LGBTQ+ youth need many things — primary among them is support. We know that societal mistreatment and stigmatization impair the mental health of this group, and that LGBTQ+ youth who live in accepting, affirming, and supportive environments experience fewer mental health issues than do their peers who do not. Health care providers must also do their part to provide inclusive care and reduce barriers to mental health care services for this group, as 60% of LGBTQ youth who wanted mental health care in the past year were not able to access it. [Download here](#)



### Gender-Affirming Pediatric Care Toolkit



The National LGBTQIA+ Health Education Center would like to present their new Gender-Affirming Pediatric Care Toolkit! This toolkit was developed in recognition of the need for resources among providers and health care staff to create a welcoming, affirming, and safe

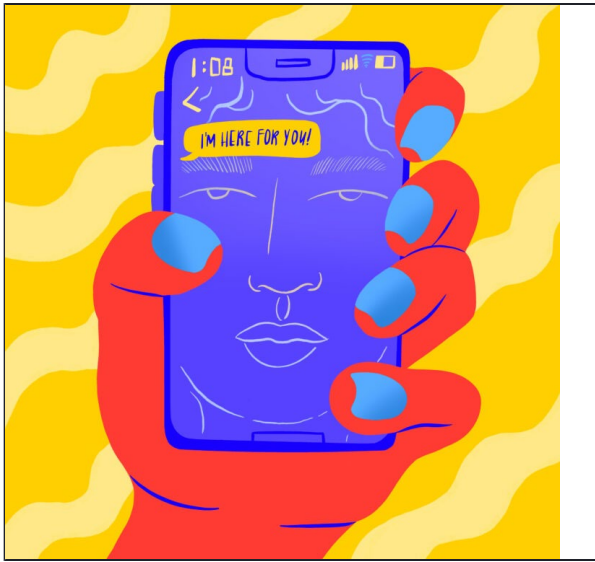
environment for transgender and gender diverse (TGD) children, adolescents, and their families. Families and caregivers are increasingly seeking out pediatricians and mental health providers for education, treatment, and services related to gender-affirming care.

In this toolkit, you will find a curated list of resources created by the National LGBTQIA+ Health Education Center to aid healthcare staff who are either starting on their journey in gender-affirming care for TGD youth or are looking to refresh or further their learning and understanding. This toolkit aims to serve as a helpful guide in your journey to providing affirming care to TGD children, adolescents and their families. [View here](#)

### Warning Signs of Suicide



September is National Suicide Prevention and Awareness Month — a month that speaks to the very core our mission at The Trevor Project. 45% of LGBTQ+ youth seriously considered attempting suicide in the past year. They deserve a welcoming world with resources and community to support them. Learning the warning signs of suicide is a huge part of preventing a crisis and being part of a loving community. Although emotional ups and downs are normal, sometimes a person



who is suicidal gives certain signs or hints that something is wrong. Knowing the common suicide risk factors and these major warning signs can help you connect someone you care about to support if they need it — even if that person is yourself. [View here](#)

---

## Webinars/Virtual Events

---

### Gender Spectrum Family Conference October 1-2, 2022



Registration is now open for the Annual Gender Spectrum Family Conference! Though typically inclusive of all family members, this year's Conference will be only for parents, guardians and other caregivers to help them learn to support their transgender youth. Participants will engage in programming and acquire resources designed to build their capacity to support young people around issues of gender. Workshops are organized around a variety of disciplines – education, medicine, mental health/counseling, social services, etc. In addition, a number of workshops focus on a range of interdisciplinary topics including how the intersection of gender and race, religion, class, and other aspects of identity impact a young person's gender experience. There will also be opportunities to

meet with other parents, guardians and caregivers to build and foster community. [Register now](#)

### Providing Healthy Supports to Latino LGBTQ+ Youth: Town Hall in Spanish Tuesday, October 4, 6:30-8:00pm ET

This event, *Providing Healthy Support Systems to Our Latino LGBTQ+ Youth*, is for parents, foster parents, caregivers, guardians, extended family members, mental health professionals, and service providers who care for

EveryMind.  
Your mental wellness.  
Our mission.

LGBTQ+ Youth Town Hall in Spanish

**Brindando Sistemas de Apoyo  
Saludables para Nuestros Jóvenes  
Latinos LGBTQ+**

Padres, proveedores de servicios y mentores en comunidades latinas, hispanas y latinas que buscan información sobre la mejor manera de apoyar a un joven LGBTQ+ en sus vidas.

**Oradores:**

 <b>Johan Orjuela, MSW, LCSW-C</b> he/him/él gerente de servicios de consejería, EveryMind <b>Moderador</b>	 <b>Valeria E. Carranza, PhD/PhD/cia</b> she/her/ella jefa de gabinete, vicepresidenta del consejo Evan Glass <b>Palabras de Apertura</b>	 <b>Oscar Flores, LICSW</b> he/him/his terapeuta en jefe de salud conductual, La Clínica Del Pueblo <b>Orador</b>
---	---	---

4 de octubre del 2022  
6:30 PM - 8:00 PM

www.every-mind.org/lgbtqia-youth-mental-health-town-hall-series-2/



LGBTQ+ youth. Topics that will be addressed include: the importance of inclusive language; risk factors; ways family members, service providers, and mentors can support the mental well-being of LGBTQ+ youth; and local and national resources available to support LGBTQ+ youth. [Register now](#)

**8th Annual Advancing Excellence In Transgender Health Conference  
October 13-16, 2022**

This virtual conference is designed to train the whole health care team in providing responsive and confident gender-affirming health care, grounded in research evidence and best clinical practices. Sessions are led by expert faculty specialized in transgender health-focused research and patient care. The conference is appropriate for all members of health care teams, including physicians, behavioral health care providers, physician assistants, nurses, and other staff. [Register now](#)

**JOIN US VIRTUALLY FOR THE  
ANNUAL CONFERENCE**

**October  
13-16  
2022**

**ADVANCING EXCELLENCE  
IN TRANSGENDER HEALTH:  
A COURSE FOR THE WHOLE  
CARE TEAM**



**Discounted pricing available  
through August 12, 2022!**

FENWAY HEALTH

**Neuroqueer Complexities: Exploration of Common Challenges Experienced by  
Neuroqueer People & Their Supporters/Care Providers  
Friday, October 14, 1:30-4:45 p.m. ET**

This training provides a deeper dive into the neuroqueer experience, and will include an unpacking of ableism in society, in the psychology profession, in ourselves and in the embodied experience of those who live at the intersection of gender and sexual minorities and neuro minorities. We will use this anti-ableist, liberatory frame to look at the complex challenges that neuroqueer youth and adults encounter in themselves, and in their families, schools, work, and relationships. CEUs available. [Register now](#)



**Developmental & Clinical Implications of the Sexual Minority "Closet"**  
*Wednesday, October 27, 1:00-2:30 p.m. ET*



During this webinar, presenters will define the "closet" and its potentially lasting mental health impacts. Using a developmental lens, presenters will discuss the early socialization experiences of sexual minority individuals, the costs of secrecy during this period, and the stressful and resilient adaptations that the closet might yield. The session will also present clinical implications for mental health providers. The presentation will conclude with questions from attendees. This workshop is hosted by The Institute's [Center of Excellence on LGBTQ+ Behavioral Health Equity](#).

[Register now: CEU](#)

[Register now: CME](#)

[Register now: Non-credit](#)

---

## Announcements

---

### Complimentary Care Packages for Trans Families!



Calling all trans families! Family Equality has an opportunity for you to receive a complimentary care package. Since 2011 the CARE WITH PRIDE® team at Johnson & Johnson has supported the LGBTQ+ community by bringing pride & joy into your homes in a variety of ways.

In 2020, they worked with Family Equality to offer complimentary care packages with the goal of celebrating all LGBTQ+ families. This year, they're focusing their efforts on gifting these packages to families with members who identify as trans/nonbinary, as a token of support amid the many anti-trans bills putting the community at risk this year. In addition to this special campaign, the CARE WITH PRIDE® team is signing onto HRC's Business Coalition for the Equality Act and supporting efforts on a number of other fronts. The package, which is filled with items that have been specially curated by the CARE WITH PRIDE® team and community partners, is designed to be enjoyed by families this upcoming school year and beyond. If you are part of a trans family and would like to receive a package, please fill out the request form.

[Request a care package today!](#)

### Take Action Now to #ProtectTransHealth

Discriminating against trans people in health care is illegal, and the Biden-Harris Administration must enforce the law. Many trans and non-binary



people are still facing discrimination from insurers, providers, staff, and healthcare services. Right now, the

Biden-Harris Administration needs to hear your comments on a proposed regulation for the Affordable Care Act's Health Care Rights Law, also known as Section 1557. This regulation has the potential to ensure that the Administration can enforce trans people's right to be protected from discrimination and harm while seeking health care services. Submit your comment today and tell the Biden- Harris Administration that you support the new rule. [Go to ProtectTansHealth.org now to make sure your voice is heard by October 3rd!](https://www.protecttranshealth.org)

## INQYR Level Up! Survey!



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](https://www.inqyr.org/levelup)

---

## Articles/Research

---

### Adapting Evidence-Based Practices for Under-Resourced Populations

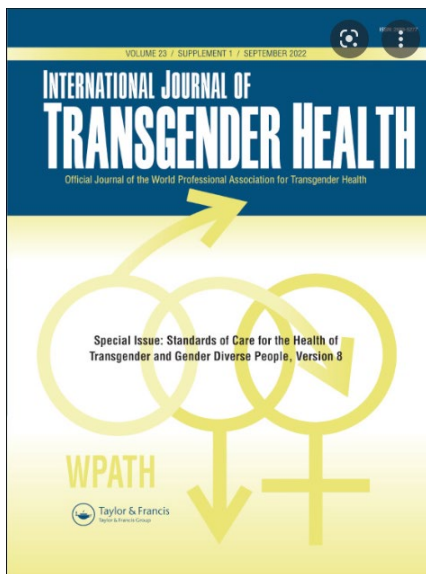
Tailoring care, programs, and services to the cultural, social, gender, and other socio-demographic contexts of individuals served yields positive outcomes. Communities and individuals benefit when they receive behavioral health services that are clinically proven effective, equitable, and culturally appropriate. This guide focuses on the process of adapting evidence-based practices (EBPs) for under-resourced populations who experience obstacles in obtaining healthcare services because of their socio-demographic characteristics, and the research supporting

## Adapting Evidence-Based Practices for Under-Resourced Populations



such adaptations. This guide provides examples of research on adapted EBPs for mental health and substance use disorders for clients with a wide range of demographic characteristics. The guide provides considerations and strategies for community leaders and advocates, behavioral health practitioners, administrators, and organizational decision-makers. [Read here](#)

## World Professional Association for Transgender Health Releases Standards of Care for the Health of Transgender & Gender Diverse People, Version 8



Following five-years of rigorous scientific effort by more than 120 health care clinical and academic professionals across the globe, the World Professional Association for Transgender Health (WPATH) has released the Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 (SOC8). Building upon the Standards of Care Version 7, which were released in 2012, the SOC8 provides clinical guidance for health care professionals to assist transgender and gender diverse (TGD) people with safe and effective pathways to achieve lasting personal comfort with their gendered selves, and to maximize their overall health, psychological well-being, and self-fulfillment. This assistance may include primary care, hormonal or surgical treatments, gynecologic and urologic care, reproductive options, voice and communication therapy, and mental health services (e.g., counseling, psychotherapy), among others. "The Standards of Care 8 represents the

most comprehensive set of guidelines ever produced to assist health care professionals around the world in support of transgender and gender diverse adults, adolescents, and children who are taking steps to live their lives authentically," said WPATH President Walter Bouman, MD, PhD, and WPATH President Elect Marci Bowers, MD. "Health care is a human right. All trans-identified people on this planet deserve the same opportunity to be their true selves and have access to the medically necessary affirming care that allows them to do just that. The field of transgender medicine is evolving rapidly, responsive foremost to the needs of patients and their families and guided by objectivity, compassion, and consensus. We are thrilled to provide this vital resource to support transgender and gender diverse people worldwide." [Read here](#)



## Multiracial LGBTQ+ Youth Report Higher Rates of Mental Health Challenges



### The Mental Health and Well-Being of Multiracial LGBTQ Youth

Multiracial youth are the fastest-growing demographic in the United States, but minimal research has examined their specific experiences. Even less research explores the intersection of multiracial and LGBTQ+ identities, particularly among young people. The unique convergence of stressors experienced by people holding both a multiracial identity and an LGBTQ+ identity might make them more susceptible to negative experiences that impact their mental health. One finding revealed by the data: multiracial LGBTQ+ youth report higher rates of mental health challenges compared to monoracial LGBTQ+ youth. [Read here](#)

## Advancing Health Care Nondiscrimination Protections for LGBTQ+ Communities



New data reveal that LGBTQ+ communities encounter discrimination and other challenges when interacting with health care providers and health insurers. Data from CAP's nationally representative survey reveal that discrimination against LGBTQ+ communities remains pervasive, particularly for transgender people, people with intersex traits, and LGBTQ+ communities of color. These findings underscore the need for HHS to adopt robust nondiscrimination protections for LGBTQ+ people in the final Section 1557

rule, which must be accompanied by strong enforcement, clear processes for filing complaints, and effective training and initiatives to raise awareness of the right to be free from discrimination. [Read here](#)

---

## Policy News

---

**USPATH WPATH Joint Statement Opposes Political and Legal Processes across the US Limiting Lifesaving Interventions for TGD People**

Recently, there have been numerous political and legal efforts to restrict, ban, or even make this lifesaving care illegal. These efforts ignore the science in this field and place transgender and gender diverse people at risk of losing access to care. Families have been placed at risk of being inappropriately investigated, or even having their child removed from the home. In addition to political and legal actions in this area,

there have been numerous direct threats against individual healthcare providers and institutional programs. There have been countless anecdotes of harassing phone calls and messages, both in the workplace and directed to clinicians' personal phones and e-mail addresses. Recently, a major children's hospital was targeted with a bomb threat, and clinics and individual clinicians have enlisted armed security. USPATH stands in strong opposition to political and legal processes in place across the United States which aim to limit or halt these lifesaving interventions. USPATH supports all transgender and gender diverse people in their right to access medically necessary healthcare and the right of all people to fully express who they are. Furthermore, USPATH is appalled at the specter of clinics and individual healthcare providers being harassed and having to engage armed security personnel. USPATH calls on all Americans to reject this repulsive and threatening behavior. We implore law enforcement agencies to support our colleagues, their programs, and our patients. They call upon institutions to be prepared with security protocols and as appropriate, crisis communication plans, to ensure that our healthcare providers remain safe and that our patients continue to have access to lifesaving care. [Learn more](#)

**USPATH**  
UNITED STATES PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH

**WPATH**  
WORLD PROFESSIONAL ASSOCIATION FOR TRANSGENDER HEALTH

## Judge Blocks Montana's Latest Attempt to Stop Trans People Correcting Their Birth Certificates



A Montana judge has decided that the Montana Department of Public Health and Human Services (DPHHS) cannot prevent trans people from updating their birth certificates. District Court Judge Michael Moses struck down a new rule instituted by DPHHS that said a person's sex listed on a birth certificate can now only be changed if it was incorrectly entered by a "data entry error" or if "the sex of the individual was misidentified on the original certificate and the department receives a correction affidavit and supporting documents, ... including a copy of the

results of chromosomal, molecular, karyotypic, DNA, or genetic testing that identify the sex of the individual." According to Moses, this restrictive rule was in direct violation of his April order that blocked a state law requiring state residents to undergo a non-specified "surgical procedure" before they could change the gender listed on their birth certificates. [Learn more](#)

## California Blocks State-Funded Travel to 4 States with Anti-LGBTQ+ Laws

The government of California has banned all state-funded travel to Georgia in protest of House Bill (HB) 1084, Georgia's recently passed law banning transgender girls from playing on sports teams matching their gender identities. California has also banned all state-funded travel to Arizona, Indiana, Louisiana, and Utah as a result of each state recently enacting anti-LGBTQ+ legislation. [Learn more](#)

