



LGBTQ+ Webinar and Panel Catalog

For Behavioral Health Professionals



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This catalog offers behavioral health professionals a wide range of recorded webinars, panels, and expert sessions focused on supporting LGBTQ+ individuals and their families. The collection spans beginner to advanced levels, covering foundational knowledge on sexual orientation, gender identity, trauma-informed care, minority stress, and culturally responsive practices. Specialized sessions address issues such as substance use, intimate partner violence, intersex health, and family engagement, while also highlighting unique needs of Black, Latinx, immigrant, rural, and older LGBTQ+ populations. Together, these resources equip providers with practical strategies, evidence-based tools, and affirming approaches to improve care and advocacy for LGBTQ+ communities.



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Beginner Courses

Beginner sessions are designed for participants who are new to LGBTQ+ behavioral health topics or who want to strengthen their foundational knowledge. These courses focus on core concepts such as sexual orientation, gender identity and expression, minority stress, and introductory best practices for affirming care. They are accessible to all providers and emphasize awareness, terminology, and practical starting points for creating supportive environments.

Titles

1. Sexual Orientation & Behavioral Health 101
2. Celebrating Queer and Trans Joy on International Self-Care Day
3. Embracing Culturally Responsive Programs and Practices for Black & African American LGBTQ+ People
4. Available Clinical Programs for LGBTQ+ Individuals & their Families
5. Emerging from the Margins: Identifying the Behavioral Health Needs of LGBTQ+ Midlife & Older Adults
6. Evidence & Interventions to Support & Affirm LGBTQ+ People
7. Words Matter Series: Advancing Equity Through Language
8. Intimate Partner Violence Among Sexual & Gender Minority Populations
9. Implementing LGBTQ+ Strategies in Historically Resistant Organizations
10. Partnering with Families of LGBTQ+ People
11. Providing Culturally Responsive Mental Health Services to Latinx LGBTQ+ Folx
12. Minority Stress & Its Impacts on Mental Health
13. Supporting LGBTQ+ Immigrants
14. Trauma-Informed & LGBTQ+ Affirming Checklist: A Tool for Practice with LGBTQ+ People & Families
15. Providing Inclusive, Accessible Supports for LGBTQ+ People with Disabilities
16. Affirming TNGD Individuals in Out-of-Home Systems: Safe Havens II Findings and Recommendations
17. All About the I: Panel Discussion on Intersex Intersectionality
18. Understanding Bias
19. Helping LGBTQ+ Clients Navigate Holidays & Family Gatherings

Intermediate Courses

Intermediate sessions build on foundational knowledge and are intended for providers with some experience serving LGBTQ+ individuals. These courses dive deeper into clinical considerations, trauma-informed approaches, and population-specific issues (such as youth in child welfare, older adults, and racial/ethnic minority communities). Participants are expected to understand the basics and are encouraged to apply and adapt evidence-based practices in more complex real-world scenarios.

Titles

1. Gender Dysphoria Part 1: Diagnosis & Clinical Considerations for Children & Youth
2. Translating Trauma-Informed Care Principles into Practice with LGBTQ+ Clients
3. Supporting Families of LGBTQ+ Students
4. Safety Planning for LGBTQ+ Students
5. Providing Trauma-Informed Care for LGBTQ+ Children & Youth: Integrating FAP & TF-CBT
6. Caring for LGBTQ+ Older Adults Using a Behavioral Health Lens
7. LGBTQ+ Youth & the Child Welfare System
8. Suicide in Lesbian, Gay & Bisexual Adults: Epidemiologic Trends & Strategies for Prevention
9. Silent Crisis: Crystal Meth & Opioid Use in the Black Gay Community
10. Proud & Empowered: A School-Based Intervention for LGBTQ+ Youth Coping
11. Health Disparities Among Black LGBTQ+ Populations: A Closer Look at Issues & Trends
12. Friend or Foe: The Impact of Social Media on the Mental Health of LGBTQ+ Youth & Implications for Practice
13. Advancing Trans Health Equity through Supportive and Protective Environments
14. Hidden from Happiness: The Epidemic of Sexual Minority Depression & the Science of the Closet
15. Working with Rural LGBTQIA+ Clients: Part 1
16. Panel Discussion on Working with Rural LGBTQIA+ Clients: Part 2
17. Ethical Practice with Transgender Youth & Families in the Context of Bans on Gender Affirming Care in the U.S.
18. Supporting the Mental Health of Trans & Gender Diverse Youth Amid Anti-Trans Legislation
19. Substance Use Disorders Impacting the LGBTQ+ Community
20. Gender Dysphoria Diagnosis & Clinical Considerations for Children, Youth & Adults
21. New Adapted Prevention & Screening Resources for LGBTQ+ Young People at Risk of Harmful Substance Use
22. Important Strategies for Working with Families of LGBTQ+ Children

Advanced Courses

Advanced sessions are geared toward practitioners, researchers, and organizational leaders who already have significant experience in LGBTQ+ behavioral health. These courses focus on specialized interventions, cutting-edge research, systemic barriers, and complex clinical practices. They often explore intersectionality, advanced therapeutic techniques, and policy/structural issues that affect LGBTQ+ communities. Participants should be prepared to critically engage with nuanced topics and apply advanced strategies to improve practice, research, and advocacy.

Titles

1. Defining and Screening for Transphobia-Driven Intimate Partner Violence
2. Gender Dysphoria Part 2: Moving Beyond Diagnosis & Toward Affirmative Practice for Adults
3. Advancing Black LGBTQ+ Behavioral Health: Contemporary Approaches to Understanding & Uprooting Intersectional Stigma to Promote Wellness
4. A Framework for Clinical Practice with LGBTQ+ Asylum Seekers
5. The SBIRT Model: Assessing Alcohol & Substance Use among LGBTQ+ Populations
6. Walking Between Worlds: Border Identity Stress & Resilience Among LGBTQ+ Populations Who Defy Dichotomies
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8. All About the I: Intersex Inclusion
9. Building the Sexual and Gender Diversity Learning Community: Using LGBTQ+ Research to Support Multilevel Interventions for Mental Health Professionals
10. Trauma Responsive Interventions for Transgender & Nonbinary Individuals: Clinical Considerations for Affirmative Implementation of EMDR
11. Substance Use Disorders, Sexual Health & the LGBTQ+ Community, Part 2: Facilitating Sexual Health Conversations
12. Invisible Majority: Panel Discussion on Supporting Mental Health of Bi+ Individuals
13. Gaps in Behavioral Health Services for Black & African American LGBTQ+ People
14. Disordered Eating Within Transgender Populations

BEGINNER RECORDED WEBINARS

Sexual Orientation & Behavioral Health 101



This webinar enables behavioral health service providers to be more equipped to support, treat and advocate for people with diverse sexual orientations. Considering a general lack of LGBTQ+-affirming knowledge among healthcare providers, along with data and research which suggests LGBTQ+ people are at higher risk for poor health outcomes, this webinar offers institutions the skills they need to minimize gaps. Participants will learn specific behavioral health disparities, including risk and protective factors for people of various sexual orientations, and gain a toolkit of best practices for applying this knowledge in the field.

Sexual Orientation & Behavioral Health 101

This webinar provides foundational knowledge about gender identity and gender expression, and how to best provide services for transgender and gender nonconforming individuals. Participants will learn concepts relating to gender identity and expression, and respectful terms. Risk factors and behavioral health disparities will be reviewed, as well as best practices service providers can use to create a respectful and welcoming environment.



Available Clinical Programs for LGBTQ+ Individuals & their Families

During this webinar, 5 newly developed programs and resources are presented for LGBTQ+ individuals and their families. This webinar also features several available resources for behavioral health providers to share with LGBTQ+ people and their families.



Celebrating Queer and Trans Joy on International Self-Care Day



It's crucial to develop self-care and stress management plans to safeguard our mental health and wellbeing as professionals providing care. This webinar will provide strategies to combat feelings of fatigue, depression, anxiety, discouragement, and hopelessness. Participants are encouraged to bring their own self-care tools and strategies to share. Join us as we explore these topics and more, and remember, self-care is not selfish, it's essential!

Embracing Culturally Responsive Programs and Practices for Black & African American LGBTQ+ People

This 90-minute webinar and panel discusses culturally adapting behavioral health practices for Black and African American LGBTQ+ people. The first 30 minutes details a systematic review finding on what types of evidence-based culturally responsive programs are effective in behavioral health services, followed by a 60-minute discussion from providers who have adapted their practices to meet the needs of their Black and African American LGBTQ+ clients.



Words Matter Series: Advancing Equity Through Language

In 2024, five Centers of Excellence focused on behavioral health equity facilitated a series that explored equitable terminology that promotes social justice for populations where language has often been used to shame individuals, patronize, enforce prejudice, or limit visibility.

Each session provided updated language that helps advance equity within a certain population of focus, followed by robust community discussion spanning LGBTQ+ identity, Black and African American culture, aging, families, and Asian American, Native Hawaiian, and Pacific Islander populations.



Emerging from the Margins: Identifying the Behavioral Health Needs of LGBTQ+ Midlife & Older Adults



Increasing diversity is a defining feature of the dramatic aging of the world-wide population. Research demonstrates that midlife and older adults from marginalized populations are at elevated risk of health disparities, include behavioral health risks. In this webinar, Dr. Fredriksen Goldsen will discuss findings from the largest longitudinal study conducted with the population. Dr. Fredriksen Goldsen will examine behavioral health disparities in these populations as well as explore the interplay between risk and protective factors associated with mental health and substance use among LGBTQ+ midlife and older adults.

Evidence & Interventions to Support & Affirm LGBTQ+ People

This webinar will explore general influences, both positive and negative, on LGBTQ+ behavioral health, clarify SOGI change efforts and how they differ from SOGI exploration and affirmation, and discuss helpful interventions for LGBTQ+ people in clinical settings.



Implementing LGBTQ+ Strategies in Historically Resistant Organizations

Organizations with historic or current resistance to working with LGBTQ+ individuals present an additional challenge to implementing an LGBTQ+ affirming approach. Over the past six years, Catholic Charities of Baltimore has met this challenge and has enacted a range of practices that support LGBTQ+ clients and staff, ultimately allowing for enhanced provision of services. A brief overview of Catholic Charities journey toward greater LGBTQ+ inclusion will be offered and strategies to address common barriers will be discussed.



Intimate Partner Violence Among Sexual & Gender Minority Populations



Intimate partner violence (IPV) is prevalent in gender and sexual minority populations, including among LGBTQ+ people. IPV is also associated with numerous mental and physical health problems in these populations. Despite this, few resources and treatments exist that are culturally appropriate for and specifically tailored to the needs of these groups. In this session, three expert panelists (Dr. Danielle Berke, Dr. Jillian Scheer, and Dr. Christopher Stults) will present on their respective programs of research related to IPV in LGBTQ+ populations, followed by a lively discussion and question/answer session with audience participants.

Intimate Partner Violence Among Sexual & Gender Minority Populations

This webinar will provide an introduction to sex trait variations that fall under the intersex umbrella, as well as some of the unique mental health needs in intersex populations.



Minority Stress & its Impacts on Mental Health

Empirical research has consistently demonstrated the negative mental health consequences of minority stress among LGBTQ+ populations; however, there is little understanding of how minority stress should be addressed in the actual clinical situation. This webinar discusses the impacts of minority stress on the mental health of LGBTQ+ people as well as treatment issues relating to LGBTQ+ mental health. LGBTQ+ affirmative and trauma-informed clinical practices are also shared.



Partnering with Families of LGBTQ+ People



This webinar provides behavioral health providers with best practices on working with families of LGBTQ+ people. Many families struggle at first to embrace their LGBTQ+ family member's identities, and need support and tools after their family member comes out to them. Early intervention is essential in preventing harm to the family unit and to the mental and physical wellbeing of the individual. This webinar features three speakers with a wealth of professional and personal experience.

Providing Culturally Responsive Mental Health Services to Latinx LGBTQ+ Folk

This webinar give context to the intersectionality of race, ethnicity, sexual orientation, and gender identity faced by Latinx LGBTQ+ communities. The presenter explores Latinx culture while examining how LGBTQ+ identities and mental health are perceived within the culture. The presenter also shares knowledge to assist with transitioning from rejecting behaviors to affirming, culturally responsive best practices when providing mental health care to the Latinx LGBTQ+ community.



Providing Inclusive, Accessible Supports for LGBTQ+ People with Disabilities

Conversations around LGBTQ+ inclusive spaces are becoming increasingly critical when supporting neurodiverse populations and individuals with intellectual and emotional disabilities. This webinar examines the intersections of gender, sexuality, and disability in school, clinical, and community-based settings, and identify ways to make spaces and programs accessible and affirming for neurodiverse individuals.



Supporting LGBTQ+ Immigrants



This webinar will provide an overview of the lived experiences of LGBTQ+ immigrant communities in the United States. This webinar will share knowledge to assist providers to think through culturally responsive best practices when providing services to LGBTQ+ immigrants. This webinar will also share information on how to support LGBTQ+ immigrants in their own communities, as well as ways to address the barriers they face in accessing and receiving care.

Trauma-Informed & LGBTQ+ Affirming Checklist: A Tool for Practice with LGBTQ+ People & Families

This workshop will introduce a new tool, the Trauma-Informed & Affirming Checklist for Practice with LGBTQ+ People & Families, developed with diverse individuals, family, and provider input and designed to support practitioners and organizations who wish to enhance their practices and environments to increase safety, support, and well-being for the LGBTQ+ individuals and families they serve. Participants will have the opportunity to explore a wide range of resources and best practices and discuss ways they can make meaningful use of this tool and its recommendations in their organizations.



Understanding Bias

This webinar explores concepts around implicit and explicit bias that people who identify as lesbian, gay, bisexual, transgender, queer, questioning, and other diverse sexual orientations and gender identities experience. The session also connects these biases with other systems of oppression. During the session, examples of biases, as well as strategies to manage and intervene when biases are witnessed or experienced, are shared.



Affirming TNGD Individuals in Out-of-Home Systems: Safe Havens II Findings and Recommendations

Havens II: We Must Affirm and Protect Transgender, Nonbinary, and Diverse Youth in Out-of-Home Systems

II is a call to action from trans, nonbinary and gender diverse experience in child welfare, juvenile legal, and youth homelessness to share their experiences and system improvement recommendations with co-author Elliott Hinkle, principal and co-founder of Utopia, who also has lived experience with out-of-home systems. Section 2 is current research about TNGD and LGBTQ+ youth; summarizes and harmful federal and state law and policy developments.

Learn about findings and recommendations from the Safe Havens II Report. This ground-breaking report centers seven transgender, nonbinary, and gender-diverse contributors' experiences and recommendations, and is coauthored by Unicorn Solutions, the Center for the Study of Social Policy, Children's Rights, and Lambda Legal. Through a panel discussion, the Safe Havens II team will outline a roadmap for better supporting TNGD individuals involved with government systems as well as answer audience questions.

All About the I: Panel Discussion on Intersex Intersectionality

This panel explores the concept of intersectionality within intersex populations. Through moderated and audience questions, our panelists speak to the experiences and needs of intersex individuals with diverse racial, ethnic, religious, sexual orientation, and gender backgrounds and diverse roles within the intersex community (e.g. as a healthcare consumer, an advocate, an ally, and a healthcare provider). Intersections of privilege are also explored including ways to validate individuals' unique experiences and to empower them to use their voices to advocate for themselves and others.



Helping LGBTQ+ Clients Navigate Holidays & Family Gatherings

Holidays, weddings, funerals and other family gatherings can be challenging times for LGBTQ+ people. It is a time when they may traditionally get together and engage in family and religious rituals. This Ask Our Experts session features an interactive panel discussion about some of these challenges and will debut the launch of a newly developed tool to help clients plan for a safe, happy and successful visit with their family.



Holidays can be challenging times for LGBTQ+ folk. It is a time when families traditionally get together and engage in family and religious rituals. For LGBTQ+ folk whose families are not affirming, it may mean making a choice between being with your family of origin, being with a family of choice, or celebrating alone. Here are some tips to navigate the holidays from some of our LGBTQ+ experts:

Make a plan

- Before you go to family events, think about what you are anticipating will occur, what you are willing to ignore, and what you will not stand for.
- If your family belongs to a religious community that is not accepting of your identity, let them know that you may want to skip or limit that part of the family holiday ritual.
- If you typically visit with an extended family member who is not accepting of you and you prefer not to visit with that person, let your family know you don't want to join activities with that family member.
- Develop a plan for how non-supportive behavior will be addressed. For example, if someone misgenders you, do you want your mom to jump in with a correction? It might be helpful for her to do this.
- Have a supportive person on speed dial or ready by text when you need them. Sometimes a friend tasked with sending cute gifs or funny memes can help brighten up a heavy mood.
- Be sure you have plans to have some fun while you are home with people and in places that affirm and celebrate YOU! This could be planning a fun or relaxing activity after your family event that will give you something extra to look forward to.
- If not being around your family during the holidays is the plan, that is okay too! How would you like to spend the holidays? Perhaps you can create new alternative traditions with those who love and affirm you. Or perhaps you would rather spend time doing activities that you enjoy and engage in your own self-care as part of a

INTERMEDIATE RECORDED WEBINARS

Gender Dysphoria Part 1: Diagnosis & Clinical Considerations for Children & Youth



This webinar is aimed at practitioners interested in building knowledge to serve transgender and gender diverse children and youth. The use of Gender Dysphoria diagnosis in children and adolescents was analyzed, and participants learned how to evaluate and treat a child presenting with gender dysphoria. A parent shared her journey with her transgender child, including lessons learned and implications for clinical practice and work with families. Participants also learned the importance of evaluating whether the gender dysphoria is being exacerbated in the context of family rejection and how best to support that child/adolescent and family.

Translating Trauma-informed Care Principles into Practice with LGBTQ+ Clients

Using SAMHSA's guidelines for trauma-informed care (TIC), this 90-minute training describes how to apply TIC when working with LGBTQ+ populations. Research describing the prevalence and impact of adverse childhood experiences (ACEs) will be summarized. Participants will learn about the effects of childhood trauma on psychosocial development and family functioning. Participants will be introduced to SAMHSA's guiding principles of TIC. Mental health practitioners and social service professionals will learn to view client presenting problems through the lens of trauma, as well as practical skills to implement trauma-informed service delivery across a variety of roles when working with LGBTQ+ clients.



Providing Trauma-Informed Care for LGBTQ+ Children & Youth: Integrating FAP & TF-CBT

LGBTQ+ children and youth are at high risk for trauma that is both related to and unrelated to their identities.

This webinar will discuss the integration of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), the most widely used trauma treatment model for children and youth worldwide, and the Family Acceptance Project (FAP), the first research and family support model to reduce risk and promote well-being for LGBTQ+ children and youth.



Supporting Families of LGBTQ+ Students



This presentation provides helpful tips on working with families and other caregivers of LGBTQ+ youth. Some families may struggle to understand their child or youth's sexual orientation or gender identity. Some may fear rejection from their own communities or fear what the future may hold for their family. During this session, attendees will hear about the importance of family support, strategies for helping families process their feelings, and promising programs that are making strides towards creating evidence-based programs for families of LGBTQ+ youth.

Safety Planning for LGBTQ+ Students

This session provides information on safety planning with LGBTQ+ youth. Safety planning is a protective measure that can be implemented with youth in situations that may lead to distress and crisis — from disclosing their identities to engaging in gender-segregated activities.

This session covers: (1) assessment of available supports for LGBTQ+ youth; (2) anticipation of challenges LBGTQ+ youth may face in distressing situations; and (3) tools that can help youth cope through difficult times.



Suicide in Lesbian, Gay & Bisexual Adults: Epidemiologic Trends & Strategies for Prevention

Suicide is among the top ten leading causes of death in the United States, with over 40,000 Americans ending their lives each year. After a brief discussion of data limitations on sexual and gender identity, this presentation provides an overview of the recent data on suicide rates and risk among lesbian, gay, and bisexual (LGB) adults. It also discusses how risk of suicide among LGB adults differs by gender, race/ethnicity, and age. Following the discussion of epidemiologic trends, the presentation reviews evidence-based approaches for reducing suicide risk, ranging from public policies to clinical practices.



Caring for LGBTQ+ Older Adults Using a Behavioral Health Lens



Older LGBTQ+ adults' lives can be rich and fulfilling as they age. This webinar explains the necessity of cultural humility as well as how to demonstrate gender affirming and culturally safe skills appropriate for working with LGBTQ+ older adults. This presentation concludes by exploring the many ways health care professionals can support their patients by learning evidence-based best practices, applying cultural humility frameworks, and using a trauma-informed lens.

LGBTQ+ Youth & the Child Welfare System

This webinar maps current research on the needs, issues and structures facing LGBTQ+ youth in the child welfare system. This work necessarily engages anti-racist and intersectional perspectives, as well as historical contextualization, across race, gender, sexuality, and poverty in understanding the child welfare system, its role and functioning, and its impacts, including the historical and present undue surveillance, control and separation of children and families – particularly Black families.

Panelists will discuss inequities affecting LGBTQ+ youth within child welfare systems, key advocacy issues, barriers, and interventions for improving outcomes.



Health Disparities Among Black LGBTQ+ Populations: A Closer Look at Issues & Trends

Research shows that LGBTQ+ populations of all ages disproportionately experience disparities and poorer health outcomes compared to their heterosexual and cisgender counterparts. These disparities are particularly salient among Black gay men. For example, according to CDC data, while HIV has declined among White gay men, it has increased significantly among Black gay men. In fact, 1 in 2 Black gay men will contract HIV within their lifetime. The goal of this webinar is to provide a closer look at the issues and trends that impact this population; including substance use disorders, HIV/AIDS, stigma, race, and homophobia.



Silent Crisis: Crystal Meth & Opioid Use in the Black Gay Community



Crystal meth has had a devastating effect on the gay community, once a drug that was considered popular only among White gay men, methamphetamine use has been shown to transcend racial and ethnic boundaries. Already bearing the burden of HIV, meth use can be devastating to a community already struggling to find resources. This webinar will explore issues and trends related to meth use among gay men, with a focus on Black gay men. This workshop will also provide evidenced-based research findings and rich discussions to raise awareness of this formidable public health threat facing Black gay men.

Proud & Empowered: A School-Based Intervention for LGBTQ+ Youth Coping

After 10 years of research, Proud & Empowered has shown efficacy to support its use in school and community settings. The 10-week small group intervention uses a mix of didactic learning strategies to support LGBTQ+ youth as they navigate their family, peer, school and other community environments. This presentation will offer an overview of the intervention, and allow for Q&A.



Hidden from Happiness: The Epidemic of Sexual Minority Depression & the Science of the Closet

All sexual minorities experience the closet – a period in which they recognize their sexual identity but have not disclosed it to significant others – and the majority of the world's sexual minority population is likely closeted. The talk will present a developmental model of the closet's influence on mental health, delineating the structural influences that shape one's experience; the stressors that take place after one has become aware of their sexual orientation but has not yet disclosed it; and potential lifespan-persistent mental health effects of the closet, even among those who do ultimately come out.



Friend or Foe: The Impact of Social Media on the Mental Health of LGBTQ+ Youth & Implications for Practice



Social media and online engagement have complex but significant impacts on the wellbeing of LGBTQ+ youth. Centering a trauma- informed and affirmative approach, this presentation will describe the benefits and challenges of these technologies on the mental health of these adolescents and early adults and highlights emerging research that centers the role of social media on the development of resilience. Specific strategies for the assessment and integration of social media use into practice will be offered.

Advancing Trans Health Equity through Supportive and Protective Environments: Recent Research on Family Support, K12 Experiences, Clinician Interactions, and State Policy

This session will address the importance of supportive and protective environments for building trans health equity. This session covered (1) recent research on support (or the lack thereof) and trans health in the domains of the family, education, healthcare, and state-level policy, (2) provided application of the reviewed research for policy and practice, and (3) discussed the need for multifaceted and multilevel interventions aimed at creating supportive and protective environments for advancing trans health equity.



Ethical Practice with Transgender Youth & Families in the Context of Bans on Gender Affirming Care in the U.S

This presentation shares an overview of the state of gender affirming care bans, and threats to ban gender affirming care, across the U.S. Presenters discussed the harms that come from prohibiting access to gender affirming care for transgender youth and identify strategies for mental and behavioral health practitioners to support transgender youth and their caregivers across sociopolitical contexts.



Rural Series



This two-part series provided clinicians with an opportunity to learn more about the strengths and needs of rural LGBTQIA+ clients, their families, and their communities. Resources for practice and further learning were provided in each session, and participants had a chance to hear from clinicians and LGBTQIA+ people living or working in rural areas.

Working with Rural LGBTQIA+ Clients: Considerations for Engagement, Assessment & Practice: Part 1

During this webinar, clinicians received an overview of current research about rural queer experiences with specific attention given to how this information informs engagement, assessment, and practice. This was the first session in a series.

Panel Discussion on Working with Rural LGBTQIA+ Clients: Part 2

A panel of experts in the field with backgrounds in research, clinical practice, healthcare, and faith communities in rural areas will share experiences and offer practical tips for behavioral health providers. In a second offering, rural providers from across the country were invited to engage in an interactive discussion around shared experiences and issues related to supporting LGBTQIA+ individuals living in rural areas. May resources were shared with participants during the session.

Gender Dysphoria Diagnosis & Clinical Considerations for Children, Youth & Adults

This Ask Our Experts session provided a follow-up opportunity for questions and discussion about the Gender Dysphoria Diagnosis & Clinical Considerations for Children & Youth and Gender Dysphoria in Adults: Moving Beyond Diagnosis & Toward Affirmative Practice webinars.



Supporting the Mental Health of Trans & Gender Diverse Youth Amid Anti-Trans Legislation



As of the date this session was originally held, thirty-three states had introduced more than 100 bills targeting the rights of trans people, the majority of which would affect children and youth. These bills, which range from barring trans students from participating in sports to criminalizing gender-affirming medical care, are detrimental to the health and well-being of young trans people. This session provides an opportunity to connect with clinical and legal experts from across the country on supporting the mental health of trans youth affected by this legislation.

Substance Use Disorders Impacting the LGBTQ+ Community

This Ask Our Experts session features an interactive panel discussion on substance use disorders that impact members of the LGBTQ+ community. Panelists bring a diverse array of backgrounds ranging from lived experiences with substance use and diverse SOGIE to providing services within the LGBTQ+ community and conducting research on LGBTQ+ populations. Panelists will discuss substance use disorders across various LGBTQ+ populations, as well as the intersections of race, gender identity, sexual orientation, and socioeconomic status, among other areas.



Important Strategies for Working with Families of LGBTQ+ Children

This recorded panel discussion features three parents of LGBTQ+ children who discuss their own journeys and share their expertise with the audience. Attendees hear important information that will build understanding about what a family may be experiencing after their child discloses that they are LGBTQ+. Panelists also discuss the importance of support from others with lived experience, including strategies that Family Peer Supports should consider when working with families of LGBTQ+ children and youth.



New Adapted Prevention & Screening Resources for LGBTQ+ Young People at Risk of Harmful Substance Use



Practice Considerations: Use of the SBIRT Model Among Transgender & Nonbinary Populations

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Purpose

The Screening, Brief Intervention, and Referral to Treatment (SBIRT) model has been shown to be an effective approach for the identification of individuals at risk for hazardous substance use, misuse, and substance use disorders, and for reducing the potential for psychosocial and/or health problems (Babor et al., 2007). However, application of the model for use among transgender and nonbinary (TNB) populations is not yet fully understood and requires additional research. Our goal is to provide practice guidance for the utilization of the SBIRT model with TNB populations.

Providers using SBIRT must assume that what has worked for cisgender populations will be effective with TNB populations. Rather, the unique needs and experiences of TNB populations should always be considered. Adapting SBIRT to TNB populations should maximize the potential benefit while minimizing unintended harm. Although there is limited research on implementing SBIRT with TNB populations (Fleitman et al., 2019), practice considerations emerge from a host of clinical and empirical literature focused on affirmative practice with TNB populations (Austin & Craig, 2015; Chen et al., 2016; Dentato, et al., 2019; Glynn & van den Berg, 2017).

During this panel discussion, presenters will discuss recent efforts to adapt and create prevention and screening resources to serve LGBTQ+ young people. Presenters will include a first person perspective from a trans person in recovery; implementation of SBIRT in high school settings; newly drafted guidelines for using SBIRT with transgender and nonbinary populations; and important findings about what drives harmful substance use among LGBTQ+ adolescents.

ADVANCED RECORDED WEBINARS

Defining and Screening for Transphobia-driven Intimate Partner Violence



This webinar was aimed at practitioners and researchers interested in supporting transgender and gender expansive survivors of intimate partner violence (IPV). Newly published research examines subdomains of transphobia-driven IPV, a unique form of IPV that leverages systemic transphobia in the context of intimate and romantic relationships. In this webinar, the sub-domains were defined alongside quotes from survivors to ground these concepts in lived experiences. Further, participants learned about existing transphobia-driven IPV screening tools and which are best suited to capture all aspects of this phenomenon.

Gender Dysphoria Part 2: Moving Beyond Diagnosis & Toward Affirmative Practice for Adults

The first part of this webinar introduces Gender Dysphoria as the experience and as the DSM diagnosis with a focus on exploring both the benefits and limitations of the diagnostic criteria. Furthermore, it covers how gender dysphoria can negatively impact clients' psychological, interpersonal, and occupational functioning. Clinical strategies for supporting clients with gender dysphoria were explored. Finally, the importance of gender affirming experiences is discussed. One of the co-presenters shares his lived experiences of gender dysphoria and gender affirming interventions with particular attention to the implications for clinical practice.



The SBIRT Model: Assessing Alcohol & Substance Use among LGBTQ+ Populations

Screening, Brief Intervention, and Referral to Treatment (SBIRT) tools have been widely used among adults as a universal screening assessment for alcohol and/or substance use. This presentation will begin with some background on current statistics and trends related to alcohol and substance use among various segments of the LGBTQ+ community, followed by an introduction to SBIRT and each stage of the model, and conclude with a discussion about the impact of using universal screening tools and methods across a variety of practice settings.



Advancing Black LGBTQ+ Behavioral Health: Contemporary Approaches to Understanding & Uprooting Intersectional Stigma to Promote Wellness



Intersectionality provides a framework to help researchers and clinicians better understand the multi-dimensional experiences of Black LGBTQ people, but the application of intersectionality to such empirical and clinical efforts remains in its infancy. To address this gap, this webinar includes emerging efforts to better understand and intervene upon links between intersectional stigma and aspects of behavioral health (e.g., mental health, HIV risk) among Black LGBTQ individuals.

A Framework for Clinical Practice with LGBTQ+ Asylum Seekers

Upon arrival in the United States, many asylum seekers contend with a number of stressors, including challenges meeting basic needs, navigating the asylum process, and dealing with structural barriers. To assist with settlement, a clinical practice framework for working with this population is presented. Integrating concepts from complex trauma, minority stress and intersectionality, acculturation and integration, and resilience, the framework is intended to help LGBTQ+ asylum seekers manage traumatic stress, handle the demands of the asylum process, and contend with stress related to their multiple marginalized identities.



All About the I: Intersex Inclusion

This webinar provides an overview of issues impacting individuals with intersex variations across the lifespan and provides guidance for service providers on how to work with individuals and families as they navigate systems of care. Participants will learn key facts about intersex variations as well as the history of intersex health care in the United States. An exploration of mental and physical health, advocacy, family and community needs and resources, and representation in pop culture will enrich participants' understanding of these individuals' experiences.



Walking Between Worlds: Border Identity Stress & Resilience Among LGBTQ+ Populations Who Defy Dichotomies



Many cultures impose strict binary categories (e.g., gay vs. straight, man vs. woman, Black vs. White), but these rigid divisions fail to capture human diversity. While mental health providers increasingly address anti-LGBTQ+ stress, few are trained to recognize the unique, often hidden challenges of individuals who defy binaries.

This webinar introduces border identity stress and resilience theory, a cross-population framework highlighting both challenges and strengths associated with non-binary identities, and explores implications for understanding LGBTQ+ mental health and offers practical clinical applications.

Substance Use Disorders, Sexual Health & the LGBTQ+ Community, Part 1: LGBTQ+ Affirmative Care

The interaction of substance use and sexual health within the LGBTQ+ community is complex. Segments of the LGBTQ+ community experience higher rates of mental health and substance use disorders (SUD) or engage in ChemSex behaviors, all of which can contribute to higher rates of sexually transmitted infections. Part one in a two-part series, this workshop discusses the reasons people use drugs and how that relates to the LGBTQ+ experience. The presenter will also review LGBTQ+ health disparities and affirmative practices in SUD treatment, which lays the foundation for Part Two of this workshop on sexual health conversations.



Substance Use Disorders, Sexual Health, and the LGBTQ+ Community, Part 2: Facilitating Sexual Health Conversations

An underappreciated component of affirmative care is facilitating conversations about sexual health that positively engages LGBTQ+ clients in the treatment process. Segments of the LGBTQ+ community experience higher rates of mental health and substance use disorders or engage in ChemSex behaviors, all of which can contribute to higher rates of sexually transmitted infections. This interactive workshop is designed to improve treatment outcomes and client engagement by integrating sexual health into mental health and substance use disorder treatment.



Building the Sexual and Gender Diversity Learning Community: Using LGBTQ+ Research to Support Multilevel Interventions for Mental Health Professionals

The Sexual and Gender Diversity Learning Community (SGDLC) (created by respected clinicians Michael Vigorito and Sean Lare) was cultivated by the University of Maryland Prevention Research Center to address the lack of competency within the mental health field and is committed to the better-quality care and treatment of LGBTQ+ people. Within this session, the team will discuss the creation of their Individual and Organizational Assessments, Training Workshop, Clinical Consultations, Technical Assistance Sessions, and Simulated Client Experience as multilevel interventions used to address the needs of both individual practitioners and organizational level administrators to better serve their clients. This session is for any participant interested in learning more about how to enrich their practice by recognizing the intersections of LGBTQ+ identity, mental health and research through evidence-based interventions.

Trauma Responsive Interventions for Transgender and Nonbinary Individuals: Clinical Considerations for Affirmative Implementation of

Gender dysphoria coupled with barriers to gender affirmation serve as additional sources of suffering for many TNB individuals. As a result of these experiences, many TNB youth and adults can benefit from trauma responsive interventions. Eye Movement Desensitization and Reprocessing (EMDR) is a highly recommended trauma treatment. Effective application of EMDR with TNB clients requires that clinicians understand the unique sources of stress and trauma as well as pathways toward healing for TNB clients. This webinar will explore specific clinical considerations for effective and affirmative application of EMDR with TNB clients.



Gaps in Behavioral Health Services for Black & African American LGBTQ+ People

During this session, panelists discussed the gaps in behavioral health services that exist for Black and African American LGBTQ+ people and what providers can do to fill those gaps. The panelists shared personal and professional experiences and offered practical tips for behavioral health providers to integrate into their practices.



Disordered Eating Within Transgender Populations



Beginning with a discussion of gender dysphoria, this panel addresses impacts of unrealistic expectations in the media, relevance to transgender people living with Autism Spectrum Disorder, and difficulty finding a provider that understands the complex intersections of gender dysphoria and disordered eating. The panel concludes with implications for the field, including recommendations on how to identify and address disordered eating and gender dysphoria with clients, as well as practical resources.

Invisible Majority: Panel Discussion on Supporting Mental Health of Bi+ Individuals

This panel provides an opportunity for participants to learn about unique experiences of bi+ individuals. Through moderated and audience questions, panelists will discuss health disparities exacerbated by monosexism and bi+ erasure, as well as how age, race, and gender intersect with bi+ identities. Panelists will share first-person perspectives of navigating mental health care as bi+ individuals, what helps, what harms, and what providers need to know. Panelists will share resources and best practices for supporting bi+ individuals, as well as examples of bi visibility across multiple settings.



ACKNOWLEDGEMENTS

We hope this catalog serves as a valuable resource for deepening knowledge and strengthening practice in support of LGBTQ+ individuals, families, and communities. If you would like access to the recordings of any of these sessions, please submit a request through our website at <https://sogiecenter.org/ta-request/>.

Please note that these recorded webinars and panels reflect the best information, research, and practices available at the time of recording. However, language, knowledge, and community priorities evolve quickly, and the broader political climate continues to shift in ways that affect LGBTQ+ people's health, rights, and well-being. We encourage viewers to approach these materials with this awareness, honoring both their historical context and the ongoing need to adapt practices and understanding in a rapidly changing world.

Finally, we extend our deepest gratitude to the hundreds of topic experts, researchers, consultants, advocates, and people with lived experience who generously shared their time, insights, and stories to make these webinars and panels possible. Their expertise and lived wisdom are the foundation of this work, and we are honored to uplift their contributions.

