



LGBTQ+

Tip Sheet



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TRIAD CULTURAL COMPETENCE PROVIDER COUNCIL

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GENERAL INFORMATION

Gender Queer & Non-Binary Identities:

Identities and terminology for genderqueer and non-binary individuals.
<http://genderqueerid.com/gq-terms>

My LGBT+: Dedicated to connecting and supporting our LGBTQ community.
<http://www.mylgbtplus.org/why-the-plus/>

The Alice Johnson Jennings Library: Aimed at supporting the resource and informational needs of outreach programs such as the LGBTQ Seniors Initiative, Youth Programs, Affirming Faith Community Resources, and Transgender resources.
<http://www.northstarlgbtcc.com/resources/>

PROVIDERS

Tips for providing culturally competent care to LGBTQ patients.

<http://blog.diversitynursing.com/blog/10-tips-on-providing-culturally-competent-care-to-lgbtq-patients>

Tips for therapists working with LGBTQ immigrants and people of color.

<http://www.endurancecenter.org/blog/2017/5/19/ok7bowdazeetcdww8o1dz6h9jeg4z6>

Tips for the parents of LGBTQ youth.

<http://www.hopkinsmedicine.org/health/articles-and-answers/ask-the-expert/tips-for-parents-lgbtq-youth>

The Adam Foundation: Promotes the identity and well-being of the local LGBTQ community and supports organizations serving persons living with HIV and AIDS.
<https://www.adamfoundation.org/>

Safe Zone Project: A free online resource for creative, powerful, effective LGBTQ awareness and ally training workshops. ***educational material***
<http://thesafezoneproject.com/>

Gay Lesbian Medical Association (GLMA): Ensures equality in healthcare for LGBTQ individuals and healthcare professionals by collaborating with LGBTQ civil rights, health organizations, and policy makers on all levels.
<http://www.glma.org/index.cfm?nodeid=1>

COMMUNITY (WINSTON-SALEM)

PFLAG Winston-Salem: A national, non-profit organization dedicated to promoting the well-being and health of LGBTQ persons through support, education, and advocacy.
<http://pflagws.org/>

North Star LGBTQ Community Center:

Provides a safe, enriching, and accepting place for LGBTQ people and allies in Winston-Salem and the greater Triad area.
<http://www.northstarlgbtcc.com/>

Equality Winston-Salem: Promotes and strengthens the well-being of LGBTQ individuals in the Winston-Salem community.
<http://www.equalitywinstonsalem.org/>

HOLA en Grupos: Wake Forest University is partnering with the Chatham Social Health Council to conduct a randomized controlled trial evaluating the efficacy of Hombres Ofreciendo Liderazgo y Apoyo en Grupos (Men Giving Leadership and Support in Groups), a Spanish language HIV risk behavior intervention for Latino men who have sex with men in rural North Carolina.
<https://clinicaltrials.gov/ct2/show/NCT01626898>

TRANSGENDER

Transgender Law Center: Advances the movement for transgender and gender non-confirming people.
<https://transgenderlawcenter.org/programs>

Trans Teens Online Talk Group:

Wednesday from 7:00 P.M. to 9:00 P.M.

<https://www.glbthotline.org/>

SUBSTANCE ABUSE**A Providers Introduction to Substance Abuse Treatment for LGBTQ Individuals. *educational material***

<https://store.samhsa.gov/shin/content/5MA12-4104/SMA12-4104.pdf>

Top Health Issues for LGBTQ**Population Information and Resource Kit:**

Presents an overview of current health issues among LGBTQ populations. Aims to create awareness among prevention specialists and healthcare providers specializing in the needs and health status of LGBTQ Americans.

<https://store.samhsa.gov/shin/content/5MA12-4684/SMA12-4684.pdf>

LGBTQ and Addiction: Addresses the underlying aspects that may cause an addiction in the LGBTQ community.

<https://www.addictioncenter.com/addiction/lgbtq/>

INTELLECTUAL DEVELOPMENTAL DISABILITY (I/DD) LGBTQ

LGBTQ Health and Well-Being: Easy to read list of resources for individuals with intellectual disabilities. Topics include safe sex, coming out, and making safe choices.

<http://www.lgbthealth.org.uk/wp-content/uploads/2015/09/LGBT-LD-resource-list-handout-24092015.pdf>

LGBTQ Identities and Learning

Disabilities: Discusses barriers for LGBTQ individuals with learning disabilities, challenges for caregivers, and recommendations for support (*Skip to pages 4-7 for relevant information*).

<http://switchboard.org.uk/wp-content/uploads/2015/05/LGBT-Identities-and-Learning-Disabilities-Report-1.pdf>

American Association on I/DD: Outlines sexual rights for individuals with intellectual disabilities.

<https://aaid.org/news-policy/policy/position-statements/sexuality#.WbJWNOGMWp>

Sexuality Instructions for Learners with Autism Spectrum Disorder and I/DD: A video discussing sexuality for individuals with I/DD. ***educational material***

<http://autismnow.org/2015/12/18/sexuality-and-sexuality-instructions-for-learners-with-and-asd-or-other-idd/>

MENTAL HEALTH

NAMI LGBTQ: Educational material and issues that affect the LGBTQ population.

<https://www.nami.org/find-support/lgbtq>

**LGBT Communities and Mental**

Health: Raises awareness about mental health and ensures at-risk individuals receive care.

<http://www.mentalhealthamerica.net/lgbt-mental-health>

Best Practices for Mental Health

Facilities: Serves people with mental illness and face challenges addressing the needs of LGBTQ clients.

<http://www.apa.org/pi/lgbt/resources/promoting-good-practices.aspx>

FOSTER CARE: ADOPTION

Tips for LGBTQ families in foster care and adoption.

https://www.childwelfare.gov/pubPDFs/f_profbulletin.pdf

Strategies for recruiting LGBTQ foster, adoptions, and kinship families.

<http://www.nrcdr.org/assets/files/strategies-for-recruiting-LGBT-foster-adoptive-kinship-families.pdf>

LGBTQ YOUTH

Gender Spectrum: Helps create gender sensitive and inclusive environments for children and teens.

<https://www.genderspectrum.org/>

Trans Youth Family Allies: Empowers children and families by partnering with educators, service providers, and communities to develop supportive environments in which gender may be expressed and respected.

<http://www.imatyfa.org/index.html>

Queer Oriented Radical Days of

Summer (QORDS): A five-day, overnight summer camp that teaches instrument instruction, song-writing, and working together in a group to form a band.

<http://qords.org/>

Gay, Lesbian, and Straight Education

Network (GLSEN): Strives to improve an education system that frequently allows LGBTQ students to be bullied, discriminated against, or fall through the cracks.

<https://www.glsen.org/>

Tips on stopping school bullying for LGBTQ students.

<https://www.stopbullying.gov/at-risk/groups/lgbt/index.html>

It Gets Better Project: Communicates to LGBTQ youth world that it gets better, and to create and inspire the changes needed to make it better for them.

<http://www.itgetsbetter.org/pages/ab40-ut-it-gets-better-project/>

ELDERLY CAREGIVERS**LGBTQ Caring Community Online**

Support Group: Offers caregivers of adults with chronic health problems to discuss the issues of the ones they care for. <https://www.caregiver.org/lgbt-caring-community-online-support-group>

Special Concerns of LGBTQ Caregivers:

Distinctive considerations for LGBTQ people dealing with aging.

<https://www.caregiver.org/special-concerns-lgbt-caregivers>

National Resource Center for LGBTQ Aging.

<https://www.lgbtagingcenter.org/index.cfm>

SAGECare Credential Program:

Designed to be suitable for all levels of employees. After completion, your agency is eligible to receive a SAGECare credential and display it on your marketing materials. *educational material*

<http://sageusa.care/our-services/coaching-training/>

SAGE LGBTQ Elder Hotline: A toll free peer support hotline for elder LGBTQ individuals. 1-888-234-SAGE (7243)

Building Respect for LGBTQ Older Adults:

Intended for long term care and service providers as an introduction of LGBTQ aging. The content consists of six 10-minute modules. *educational material*

<https://www.lgbtagingcenter.org/trainin/g/buildingrespect/index.cfm>

NATIONAL

The Trevor Project: A national, 24-hour toll free LGBTQ youth confidential suicide hotline. 1-886-488-7386

Trevorchat: An instant messaging service that provides live help to LGBTQ youth. Available 7 days a week between 3:00 P.M. to 10:00 P.M./ET.

<http://www.thetrevorproject.org/pages/get-help-now>

Trevortext: A text messaging service that provides live help for LGBTQ youth with a trained specialist. Available Monday through Friday between 3:00 P.M. to 10:00 P.M./ET. Text "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

Trevorspace: A social networking site for LGBTQ youth ages 14 through 24.

<https://www.trevorspace.org/login>

Trevor Support Center: A place where LGBTQ youth and allies can find answers to FAQ's and explore sexual orientation, gender identity, and more resources.

<http://www.thetrevorproject.org/pages/support-center>

National Suicide Prevention Hotline:

Available 24-hours, every day. 1-800-273-8255.

National Center for Lesbian Rights:

Achieving LGBTQ equality through legislation, policy, and public education. <http://www.nclrights.org/>

National LGBTQ Health Education Center:

Provides educational programs and resources to health care organizations with the goal of optimizing quality, cost-effective health care for LGBTQ people.

<https://www.lgbthealtheducation.org/lgbt-education/cme/>

LGBTQ National Youth Hotline: Toll free peer support for LGBTQ youth.

Available Monday through Friday 2:00 P.M. to midnight. Available weekends noon to 5:00 P.M. 1-800-246-PRIDE (7743).

PUBLICATIONS

Gender Queer: Voices from Beyond the Sexual Binary, by Joan Nestle, Riki Wilchins, and Clare Howell: Experts in gender provide a societal, cultural, and political exploration of gender identity.

Social Work Practice with Transgender and Gender Variant Youth, 2nd Edition, by Gerald Mallon: Explores the childhood and adolescent experiences of transgender persons by addressing the differences between male-to-female and female-to-male individuals and identifying the challenges they face.

My Gender Workbook, by Kate

Bornstein: Introduces contemporary theory around gender sexuality and power.

Guide to Gender: The Social Justice Advocate's Handbook, by Sam

Killermann: A guide for people who want to learn, educators who are hoping to communicate themes of gender to others, and activist who want to add a gender equality lens to their vision of justice.

GRAPHICS

The Gender Unicorn: Online resource on gender identity, gender expression, and sexual, romantic, and emotional attraction (pictured below).

<http://www.transstudent.org/gender>

The Genderbread: Online resource for understanding gender identity, gender expression, and anatomical sex.

<https://www.genderbread.org/>

Rainbow Flag: The most widely recognized symbol of the LGBTQ community, the rainbow flag has had multiple iterations.

<http://www.newnownext.com/guide-lgbt-flags/07/2017/>

Transgender Flag: The pattern is such that no matter which way you fly it, it will always be correct.

<http://www.newnownext.com/guide-lgbt-flags/07/2017/>

