



Resources for working with LGBTQ2-S people

Below are resources that address LGBTQ2-S people and suicide prevention. The SPRC online library also has many more resources, and the SPRC library staff is constantly updating the website. Please visit the online library at http://www.sprc.org/library_resources/listing/search.

General LGBTQ2-S resources by TYPE

Presentations/Workshops

Suicide and prevention among gay, lesbian, bisexual and transgender youth

http://www.sprc.org/library/AAS_GLBT_Youth_SP_2008.pdf

PowerPoint slides from a workshop at the 2008 American Association of Suicidology conference. The workshop focused on suicidal behavior among gay, lesbian, bisexual and transgender (GLBT) youth. The slides cover research and terminology, risk and protective factors, agency assessment, and implications for suicide prevention programs.

Suicide prevention among LGBT youth: A workshop for professionals who serve youth

<http://sprc.org/training-institute/lgbt-youth-workshop>

This workshop kit provides all materials necessary to host a workshop to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among lesbian, gay, bisexual, and transgender (LGBT) youth. Topics covered include suicidal behavior among LGBT youth, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase cultural competence. It includes a Leader's Guide, sample agenda, PowerPoint, sample script, and handouts lecture, and small group exercises.

Supporting LGBTQ Youth in Our Schools and Communities (sponsored by Kognito Interactive)

http://resources.kognito.com/ht/omh_lgbt_june28.pdf

This presentation addresses what is behind the high rates of suicide among LGBTQ Youth, what is the relationship between suicide and bullying, how do we promote the resiliency of LGBT youth and reduce risk and what steps can schools, communities and mental health providers take to create a safer climate for LGBTQ youth.

Research and Publications

Attempted suicide among transgender persons: The influence of gender-based discrimination and victimization.

Journal of Homosexuality

Volume: 51 Issue: 3 ISSN: 0091-8369 Pub Date: 10/11/2006

Clements-Nolle K, Marx R, Katz M., Department of Health Ecology, University of Nevada, Reno, NV 89557, USA.

To determine the independent predictors of attempted suicide among transgender persons we interviewed 392 male-to-female (MTF) and 123 female-to-male (FTM) individuals. Participants were

recruited through targeted sampling, respondent-driven sampling, and agency referrals in San Francisco. The prevalence of attempted suicide was 32% (95% CI = 28% to 36%). In multivariate logistic regression analysis younger age (<25 years), depression, a history of substance abuse treatment, a history of forced sex, gender-based discrimination, and gender-based victimization were independently associated with attempted suicide. Suicide prevention interventions for transgender persons are urgently needed, particularly for young people. Medical, mental health, and social service providers should address depression, substance abuse, and forced sex in an attempt to reduce suicidal behaviors among transgender persons. In addition, increasing societal acceptance of the transgender community and decreasing gender-based prejudice may help prevent suicide in this highly stigmatized population.

Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children

http://www11.georgetown.edu/research/gucchd/nccc/documents/LGBT_Brief.pdf

This practice brief was developed for families, caretakers, advocates, and providers to provide basic information on how families can support their lesbian, gay, bisexual, and transgender (LGBT) children; and share some of the critical new research from the Family Acceptance Project (FAP) at San Francisco State University showing that families have a major impact on their LGBT children's health, mental health, and well-being.

No longer alone: A resource manual for rural sexual minority youth and the adults who serve them

<http://www.nyacyouth.org/docs/ruralityouth/NoLongerAlone.pdf>

This resource manual assists concerned adults in creating safe environments for rural gay youth. Includes information for students, teachers, and social service providers. Offers a comprehensive list of resources.

Suicide and bullying: Issue brief

http://www.sprc.org/sites/sprc.org/files/library/Suicide_Bullying_Issue_Brief.pdf

This issue brief examines the relationship between suicide and bullying among children and adolescents, with special attention to lesbian, gay, bisexual, and transgender (LGBT) youth. It also explores strategies for preventing these problems.

Suicide and gay/lesbian/bisexual youth: implications for clinicians

<http://www.ucm.es/info/rqtr/biblioteca/Violencia%20gltb/suicide%20in%20gltb%20youth%20implications%20for%20clinicians.pdf>

The research indicating the incidence rates and specific risks for suicide in the gay, lesbian, bisexual, and questioning (GLBQ) adolescent population is reviewed. An ecological model of suicide risk assessment for GLBQ youth is presented based on Bronfenbrenner's model of human development. The model argues for individual, micro, and macro levels of assessment to increase clinical judgement and accuracy in determining high risk GLBQ adolescents. The model also delineates both primary and secondary intervention strategies which could be utilized to prevent GLBQ youth suicide.

Suicide and Suicide Risk in Lesbian, Gay, Bisexual, and Transgender Populations: Review and Recommendations

<http://www.tandfonline.com/doi/abs/10.1080/00918369.2011.534038>

This article addresses the need for better understanding of suicidal behavior and suicide risk in sexual minority populations, and stimulate the development of needed prevention strategies, interventions and policy changes. This article summarizes existing research findings, and makes recommendations for addressing knowledge gaps and applying current knowledge to relevant areas of suicide prevention practice.

Suicide risk and prevention for lesbian, gay, bisexual, and transgender youth

http://www.sprc.org/sites/sprc.org/files/library/SPRC_LGBT_Youth.pdf

This 2008 publication addresses the special concerns related to suicide prevention among lesbian, gay, bisexual, and transgender (LGBT) youth. It summarizes the current state of knowledge about suicidality in this population, and outlines twenty-one recommendations for helping to reduce suicidal behavior among LGBT youth. Includes a resource appendix and an extensive bibliography.

Talking about suicide and LGBT populations

http://www.glsen.org/binary-data/GLSEN_ATTACHMENTS/file/000/001/1800-2.pdf

A consortium of organizations issued these recommendations to guide both news and social media in safe reporting of suicide events among LGBT populations that may be related to bullying. The recommendations are intended to promote vital, thoughtful public discussion about the issue and prevent contagion associated with sensational language.

The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding

<http://www.iom.edu/Reports/2011/The-Health-of-Lesbian-Gay-Bisexual-and-Transgender-People.aspx>

This report provides a thorough compilation of what is known about the health of each of these groups at different stages of life and outlines an agenda for the research and data collection necessary to form a fuller understanding.

Strategies/Recommendations/ and Guidelines

A mental health recovery and community integration guide for GLBTQI individuals: What you need to know

http://www.nami.org/Content/ContentGroups/Multicultural_Support1/Fact_Sheets1/GLBTQI_Recovery_Community_Integration_booklet.pdf

This 12-page booklet covers a range of key issues in mental health recovery and community integration, such as treatment and rehabilitation, financial support, housing, employment, and peer support, with specific information to address the unique needs of Gay, Lesbian, Bisexual, Transgender, Questioning, and Intersex (GLBTQI) individuals with a mental illness.

Best Practices Registry for Suicide Prevention

<http://www.sprc.org/bpr>

The purpose of the Best Practices Registry (BPR) is to identify, review, and disseminate information about best practices that address specific objectives of the National Strategy for Suicide Prevention. The BPR is split into three different categories: Evidence-Based Programs, Expert and Consensus Statements and Adherence to Standards.

** To search for programs that address LGBTQ2-S audiences, click on the "Search All Listings" button. On the next page, you can select different criteria, and LGBTQ is under "Setting/Special Population".*

Creating Safe Space for GLBTQ Youth: A Toolkit (2006)

<http://www.advocatesforyouth.org/storage/advfy/documents/safespace.pdf>

A resource for professionals who serve youth, Creating Safe Space provides tips and strategies for assessment, inclusive programming, lesson plans, and addressing harassment.

CWLA Best practice guidelines: Serving LGBT youth in out-of-home care

<http://www.nclrights.org/site/DocServer/bestpracticeslgbtyouth.pdf?docID=1322>

These best practice guidelines provide direction to agencies responsible for the care of LGBT youth in out-of-home care specifically, child welfare and juvenile justice professionals. Based on the Legal Services for Children and the National Center for Lesbian Rights' Model Standards Project, the guidelines address the institutional failure to consider gender orientation or identity, an consideration necessary in order to provide appropriate and equitable care to LGBT youth in state custody.

GLBTQI mental health: Recommendations for policies and services

http://www.nami.org/Template.cfm?Section=Multicultural_Support1&Template=/ContentManagement/ContentDisplay.cfm&ContentID=83077

This companion* resource guide provides important considerations for service providers and policy makers, including an assessment of the barriers faced by individuals in the GLBTQI community who are seeking mental health care and practical strategies to address these obstacles. The information is based on both a growing body of literature on the topic and the focus groups conducted by the authors. *A Mental Health Recovery and Community Integration Guide for GLBTQI Individuals: What You Need to Know

Issues of access to and inclusion in behavioral health services for lesbian, gay, bisexual, transgender, questioning and intersex consumers

http://www.pmhca.org/projects/OMHSAS_LGBTQI_Recommendations.pdf

Recommendations to the Pennsylvania Department of Public Welfare's Office of Mental Health and Substance Abuse Services (OMHSAS) from the LGBTQI Workgroup on how to ensure that OMHSAS, county mental health programs, behavioral health managed care organizations, and mental health provider agencies reduce disparities in outcomes between LGBTQI individuals with a mental illness and the general population.

Multimedia

Berkshire Photovoice Project

<http://www.youtube.com/watch?v=SHPf3n2qocE>

A moving, 15 minute video about the Photovoice project - photography from the lives of LGBTQA youth in Berkshire County, presented by the Live Out Loud Youth Project.

Powerpoint Presentation about the project: <http://www.sprc.org/grantees/statetribe/2011/2C.pdf>

Suicide Prevention and Intervention: Supporting Transgender Communities webinar /podcast

<http://cc.readytalk.com/play?id=rueb3>

Hosted by the Massachusetts Department of Public Health on Tuesday, March 22, 2011.

LGBTQ2-S Resources by Audience/Topic

Cultural Competence

Preventing suicidal behavior among lesbian, gay, bisexual and transgender youth: Developing LGBT cultural competence

<http://www.sprc.org/sites/sprc.org/files/library/PreventingSuicidalBehaviorLGBTYouth.pdf>

Lists criteria for agencies, schools and the individuals who work for them to assess LGBT cultural competence, with an emphasis on suicide risk among LGBT youth.

Services for gay, lesbian, bisexual, transgender, and questioning youth and their families: Summary of the Special Forum held at the 2006 Georgetown University Training Institutes

http://www.mockingbirdsociety.org/files/reference/Mental_Health_and_Foster_Care/LGBTQ_mental_health.pdf

Describes terminology to be used in the discussion and common misconceptions; cultural issues; experience of GLBTQ youth; and a number of strategies that can be implemented to help GLBTQ youth.

American Indian/Alaska Native Youth

Supporting & Outreaching to Our Native LGBTQ/Two-Spirit Youth – SPRC Webinar

Download the resource list (PDF): <http://www.sprc.org/sites/sprc.org/files/LBGTQ2-S%20Resources%20July%202011%20SPRC%20NICUE%20NIHB%20Macro%20International%20webinar.pdf>

Download the Webinar at <http://www.sprc.org/grantees/grantees-technical-assistance-meetings-and-webinars/all-materials>

Understanding the Health and Wellness Needs of Two-Spirit Youth and Other Tribal Youth with LGBT Identities and the Provision of Care Within Systems of Care

Download the presentation slides (PDF):

http://www.tapartnership.org/events/webinars/webinarArchives/presentationSlides/20101217_lgbtqi2sWebinar.pdf

Watch the webinar (WMV) (look under 2010):

<http://www.tapartnership.org/COP/CLC/pastEvents.php?id=topic5>

This Webinar focuses on children and youth who are two-spirit. The presenters discuss more about two-spirit identity, including both historic and contemporary two-spirit individuals and communities. They also talk about experiences two-spirit youth have in mental health and wellness services, and how providers can create welcoming spaces for these youth. Challenges faced by families with two-spirit or Native/LGBT youth and (or) parents, and the strengths of these families are also part of the discussion. In addition, the presenters discuss the presence of other LGBT identities in tribal communities.

Transgender Youth

National Transgender Discrimination Survey

http://transequality.org/PDFs/NTDS_Report.pdf

The National Gay and Lesbian Task Force and the National Center for Transgender Equality (NCTE) today released a comprehensive new report, “Injustice at Every Turn,” revealing the depth of discrimination against transgender and gender non-conforming people in a wide range of areas, including education, health care, employment, and housing.

Opening the door to the inclusion of transgender people: The nine keys to making lesbian, gay, bisexual and transgender organizations fully transgender-inclusive

http://transequality.org/Resources/opening_the_door.pdf

This guide is specifically written for LGBT groups and organizations that want to be more inclusive of transgender people.

Preventing transgender suicide: An introduction for providers

http://www.masstpc.org/publications/Provider_Suicide_Brochure_final.pdf

This brochure provides a variety of information relevant to transgender suicide, including: a list of warning signs for suicide; a discussion of the frequency of mental health problems in transgender people; a list of factors that may protect against suicide; a glossary of terms relevant to the transgender population; a list of crisis phone lines; and a list of online resources on transgender issues.

Recommended Framework for Training Mental Health Clinicians in Transgender Care

<http://www.vch.ca/transhealth/resources/library/tcpdocs/training-mentalhealth.pdf>

This document, a collaboration between Transcend Transgender Support and Education Society and Vancouver Coastal Health’s Transgender Health Program, presents recommendations for community mental health professionals about working with transgender individuals.

Teaching transgender: A resource from the National Center for Transgender Equality

http://transequality.org/Resources/NCTE_Teaching_Transgender.pdf

This guide for leading effective trainings includes advice about preparing for the training, teaching terminology, presenting issues of transgender individuals, telling your story, and addressing difficult questions.

Transgender Suicide Prevention Brochures

<http://www.masstpc.org/publications/suicideprevention.shtml>

Saving Our Lives: Transgender Suicide Myths, Reality, and Help (available in English, Spanish and Portuguese) and *Preventing Transgender Suicide: An Introduction for Providers* are two brochures by the MA Transgender Political Coalition.

National Organizations and Websites

Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (ALGBTIC)

<http://www.algtic.org/>

A division of the American Counseling Association, this organization provides a variety of resources about counseling of LGBT individuals, including a list of therapists.

Bisexual Resource Center

<http://biresource.net/>

The Bisexual Resource Center envisions a world where love is celebrated, regardless of sexual orientation or gender expression. Because bisexuals today are still misunderstood, marginalized and discriminated against, the BRC is committed to providing support to the bisexual community and raising public awareness about bisexuality and bisexual people.

Family Acceptance Project

<http://familyproject.sfsu.edu/>

This is a community research, intervention, education and policy initiative that works to decrease major health and related risks for LGBT youth, such as suicide, substance abuse, HIV and homelessness – in the context of their families. We use a research-based, culturally grounded approach to help ethnically, socially and religiously diverse families decrease rejection and increase support for their LGBT children.

The Fenway Institute

http://www.fenwayhealth.org/site/PageServer?pagename=FCHC_ins_fenway_EducProfessionals

The Fenway Institute is dedicated to advancing the skills, attitudes, and knowledge of clinicians and other health professionals by providing professional development, educational materials, and resources on LGBT health topics.

The Gay and Lesbian Alliance Against Defamation (GLAAD)

<http://www.glaad.org/>

The Gay & Lesbian Alliance Against Defamation (GLAAD) amplifies the voice of the LGBT community by empowering real people to share their stories, holding the media accountable for the words and images they present, and helping grassroots organizations communicate effectively. By ensuring that the stories of LGBT people are heard through the media, GLAAD promotes understanding, increases acceptance, and advances equality.

Gay and Lesbian Medical Association (GLMA)

<http://www.glma.org>

This association offers extensive references and resources for providers and patients as well as for advocates.

Gay, Lesbian, Bisexual and Transgender Health Access Project

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

This project, funded by the Massachusetts Department of Public Health, works with GLBT populations and the health care providers who serve them. The project offers a variety of resources, including

community standards of practice for quality health care services, with indicators for both administrative practices and service delivery.

Gay, Lesbian & Straight Education Network (GLSEN)

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

GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes to creating a more vibrant and diverse community.

Gaydata.org

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

Collected and categorized here you will find numerous datasets and links to rich data sources that are essential to LGBT health research, researchers, students, advocates and anyone interested in scientific-based information about LGBT people and populations.

NAMI Multicultural Action Center's Gay, Lesbian, Bisexual, and Transgender (GLBT) Mental Health Resources

http://www.nami.org/Content/NavigationMenu/Find_Support/Multicultural_Support/Resources/GLBT_Resources.htm

This webpage contains research, fact sheets, training materials, and other resources on GLBT mental health.

National Center for Lesbian Rights

<http://www.nclrights.org/site/PageServer>

The National Center for Lesbian Rights is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, public policy advocacy, and public education.

National Gay and Lesbian Task Force

<http://www.thetaskforce.org/>

The mission of the National Gay and Lesbian Task Force is to build the political power of the lesbian, gay, bisexual and transgender (LGBT) community from the ground up. We do this by training activists, organizing broad-based campaigns to defeat anti-LGBT referenda and advance pro-LGBT legislation, and by building the organizational capacity of our movement.

National Youth Advocacy Coalition (NYAC)

<http://www.nyacyouth.org/>

(NYAC is no longer in operation, but their website is still up and they have a lot of great resources)

The National Youth Advocacy Coalition (NYAC) is a social justice organization that advocates for and with young people who are lesbian, gay, bisexual, transgender, or questioning (LGBTQ) in an effort to end discrimination against these youth and to ensure their physical and emotional well-being.

Parents, Families, and Friends of Lesbians & Gays (PFLAG)

<http://www.pflag.org>

This group promotes the health and well-being of gay, lesbian, bisexual, and transgender individuals and their families and friends. PFLAG's website contains sections on support, education, and advocacy.

Servicemembers United

<http://www.servicemembers.org/>

Servicemembers United is a non-profit of LGBT troops and veterans of the U.S. armed forces, as well as their partners and civilian allies.

TransYouth Family Allies

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

TYFA empowers children and families by partnering with educators, service providers and communities to develop supportive environments in which gender may be expressed and respected.

Trevor Project

<http://www.thetrevorproject.org/>

The Trevor Project is determined to end suicide among LGBTQ youth by providing life-saving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone.

Welcoming Schools

<http://www.welcomingschools.org/>

Welcoming Schools is an LGBT-inclusive approach to addressing family diversity, gender stereotyping and bullying and name-calling in K-5 learning environments. Welcoming Schools provides administrators, educators and parents/guardians with the resources necessary to create learning environments in which all learners are welcomed and respected.

The Williams Institute

<http://williamsinstitute.law.ucla.edu/>

The Williams Institute advances sexual orientation and gender identity law and public policy through rigorous, independent research and scholarship, and disseminates it to judges, legislators, policymakers, media and the public.

Glossary of Terms

(from *Suicide prevention among LGBT youth: A workshop for professionals who serve youth*
<http://sprc.org/training-institute/lgbt-youth-workshop>)

ALLY – a non-LGBT individual who actively supports the rights of LGBT individuals and works to reduce heterosexism and transgender discrimination

BISEXUAL – someone with romantic, emotional, and sexual attraction to both males and females

DISCLOSURE – refers to individuals disclosing their sexual orientation, also called *coming out*; usually not a one-time event

GAY – male with romantic, emotional, and sexual attraction to males

GENDER IDENTITY – one’s sense of self as male or female, or somewhere between or outside traditional genders

GENDER QUEER – encompasses a range of gender identities in which one’s sense of self is somewhere outside traditional binary genders

HETEROSEXISM – bias against non-heterosexuals, based on the belief that everyone is or should be heterosexual or that homosexuality is abnormal or wrong

HOMOSEXUALITY – romantic, emotional, and sexual attraction to members of the same sex

INTERSEX – people born with characteristics—in terms of chromosomes, genitals, and/or secondary sex characteristics—that are typically considered both male and female

LESBIAN – female with romantic, emotional, and sexual attraction to females

SEXUAL ORIENTATION – a person’s romantic, emotional, and/or sexual attraction towards males, females, or both; usually surveyed in terms of attraction, expression, and behavior

TRANSGENDER – an umbrella term for people whose gender identity, expression, or behavior is different from those typically associated with their assigned sex at birth; includes people who are homosexual, heterosexual, and bisexual

TWO-SPIRIT – a Native American term for a person fulfilling gender roles of both genders, as traditionally assigned

LGBTQI2-S Youth – lesbian, gay, bisexual, transgender, questioning, intersex, or two-spirit youth