

RESOURCE BOOKLET

PRIDE MONTH 2024

A collection of research,
trainings, podcasts, and more
for mental health professionals.



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MENTAL HEALTH RESOURCES

To kick off this pride month booklet, we're sharing a list of resources to help professionals learn more about the queer community's unique identities, experiences, and challenges.

THE MENTAL HEALTH TECHNOLOGY TRANSFER CENTER RESOURCES

CREATING AFFIRMING ENVIRONMENTS FOR LGBTQ PEOPLE RECEIVING SERVICES

This training provides an overview of terms, concepts, and identities that behavioral health workers should know to provide affirming services and environments for LGBTQ people.

SUPPORTING LGBTQ+ STUDENTS IN YOUR CLASSROOM

An infographic that shows a few ways you can support and affirm LGBTQ+ students in your classroom.

SUPPORTING THE MENTAL WELL-BEING OF LGBTQIA+ YOUTH IN SCHOOLS (SERIES)

In this series, you'll learn about gender development, foundational terms, evidence-based practices, federal policies that impact queer youth, and more.

PROVIDING CULTURALLY RELEVANT SERVICES TO FAMILIES OF LGBTQ+ YOUTH

This presentation covers what it means to have culturally responsive services and key strategies for working with families of LGBTQ+ youth.



**56%
OF LGBTQ
YOUNG PEOPLE
WHO WANTED
MENTAL HEALTH
CARE IN THE
PAST YEAR WERE
NOT ABLE TO
GET IT.**

THE TREVOR PROJECT, 2023 U.S. NATIONAL
SURVEY ON THE MENTAL HEALTH OF LGBTQ
YOUNG PEOPLE

BARRIERS AND RISK FACTORS FOR BLACK LGBTQ+ YOUTH: SUGGESTIONS FOR IMPROVING THEIR LIVED EXPERIENCES

Presenters discuss how the intersection between race and sexual/gender identity increases the risk of mental health concerns and suicide for Black LGBTQ+ youth.

GROUP THERAPY FOR LGBTQ+ LATINX YOUTH

This factsheet focuses on group therapy as a culturally appropriate intervention and the role of clinicians in supporting Latinx LGBTQ+ youth dealing with chronic stressors to cultivate self-acceptance and affirm their sexual and gender identity.

THE COMING OUT PROCESS FOR LATINX QUEER COMMUNITIES AND MENTAL HEALTH CONSIDERATIONS

This webinar helps viewers understand the “coming out” process for Latinx individuals, identify common stressors associated with “coming out”, and how Latinx cultural values intersect with “coming out” for Latinx communities.



LGBTQI+ CENTER OF EXCELLENCE

CENTER OF EXCELLENCE LGBTQ+ BEHAVIORAL HEALTH EQUITY E-LEARNING MODULES

Provides information on terminology, general identity development, disparities among LGBTQ+ populations across the lifespan, and best practices for behavioral health providers.

WEBINARS ON FOUNDATIONAL AND ADVANCED TOPICS

Learn about topics such as Caring for LGBTQ+ Older Adults Using a Behavioral Health Lens and Gender Identity, Expression & Behavioral Health 101.

ANIMATED SHORT ON PROVIDING EQUITABLE AND AFFIRMING CARE TO LGBTQ+ OLDER ADULTS

Millions of LGBTQ+ older adults are resilient survivors who've faced discrimination in life and when seeking social supports and health care.

THE TREVOR PROJECT

FACTS ABOUT SUICIDE AMONG LGBTQ+ YOUTH

Queer youth are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they're mistreated and stigmatized in society.

LOCAL PRIDE EVENTS

Our team serves Region 6 in the United States, which includes Arkansas, Louisiana, Oklahoma, Texas, and New Mexico. Here's where you can find events, parades, meet-ups, and other celebrations within your local community.

Arkansas



[Northwest Arkansas Pride](#)

[Central Arkansas Pride](#)

Louisiana



[New Orleans Pride](#)

[ShrevePride](#)

[Baton Rouge Pride](#)

Oklahoma



[Pride Month in Oklahoma City](#)

[Tulsa Pride](#)

Texas



by Do512

[Pride Houston 365](#)

[Dallas Pride](#)

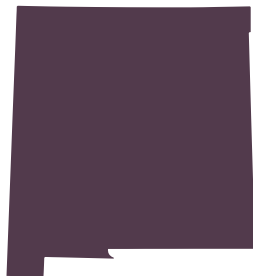
[Austin Pride](#)

[Pride San Antonio](#)

[Sun City Pride](#)

[RGV Pride](#)

New Mexico



by [Out.com](#)

[New Mexico LGBTQ+ Pride Guide](#)
[Human Rights Alliance, Santa Fe](#)

[Albuquerque Pride](#)

PODCASTS

From substance use challenges to the past and present of mental health for queer people, these episodes feature conversations that can help professionals better serve the LGBTQ+ community.



1

RECOVERY IN THE LGBTQ COMMUNITY

Dr. Tom Freese shares insights on substance use disorder treatment and recovery issues that affect the lesbian, gay, bisexual, and transgender (LGBT) community.

Podcast: *Great Lakes ATTC Recovery*

2

QUEER AND TRANS YOUTH MENTAL HEALTH

In this episode, host Christina N. Clayton speaks about queer and transgender youth mental health with Ryan Tieu, who brings their professional experience as a social worker and lived experiences as a first-generation immigrant, queer, transgender, and young person of color.

Podcast: *Putting It Together*

3

TRANSGENDER AND LGBTQIA+ MENTAL HEALTH

David Cato from the Sierra Tucson Treatment Center explains the concept of “gender-affirming care” in medical treatment and helps us better understand — and provide better mental health care to — members of the LGBTQIA+ population.

Podcast: *Inside Mental Health*

4

PRIDE AND LGBTQ MENTAL HEALTH

Whether you identify as queer or straight, understanding why pride matters and how pride affects mental health for members of the LGBTQ+ community can help you better connect with yourself and/or the people you care about who identify as anything other than straight.

Podcast: *Lets Talk About Mental Health*

5

LGBTQ MENTAL HEALTH & BORDERLINE PERSONALITY DISORDER

Associate Marriage and Family Therapist Jordan Werner discusses the complexities of queer mental health and the patterns she sees in her LGBT-identifying clients: anxiety, shame, and identity issues.

Podcast: *Made It Out*

6

OUT OF THE DSM & INTO THE PRESENT— A CONVERSATION ABOUT LGBTQ+ MENTAL HEALTH

Host Eric Marcus, Dr. Laura Erickson-Schroth, and Dr. Ilan H. Meyer discuss historical stigma, the declassification of homosexuality as a mental disorder, and shifting psychiatric understandings of LGBTQ mental health with societal pressures and prejudice.

Podcast: *Making Gay History*

RESEARCH

A curated set of research and reports that shed light on the lives and mental health care-related needs of LGBTQ+ people from various backgrounds.

MOVING BEYOND CHANGE EFFORTS: EVIDENCE AND ACTION TO SUPPORT AND AFFIRM LGBTQI+ YOUTH

SAMHSA

A report providing a comprehensive research overview and accurate information about effective and ineffective therapeutic practices related to youth of diverse sexual orientation and gender identity.

ADULT LGBTQ+ ROLE MODELS IN THE LIVES OF LGBTQ+ YOUNG PEOPLE

THE TREVOR PROJECT

This brief examines relationships between access to older LGBTQ+ adult role models and a number of protective factors, including access to affirming spaces and self-reported life purpose.

MENTAL HEALTH AND ACCESS TO CARE FOR LGBTQ+ GIRLS AND YOUNG WOMEN

THE TREVOR PROJECT

This brief will explore the demographics, mental health, and mental health care-related needs of 8,298 LGBTQ+ girls and young women, ages 13 to 24.

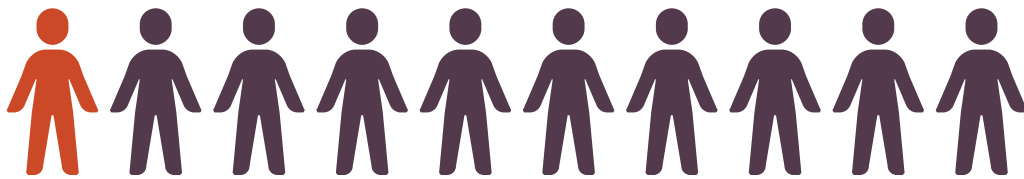
SEXUAL VIOLENCE AND SUICIDE RISK AMONG LGBTQ+ YOUNG PEOPLE

THE TREVOR PROJECT

LGBTQ+ young people report higher rates of sexual violence than the general population. Nearly two in five LGBTQ+ young people (39%) reported that they had ever been forced to do “sexual things” that they did not want to do.

Learn more about [The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#).

Indigenous LGBTQ young people experience disproportionate structural inequities and high rates of anti-LGBTQ stressors

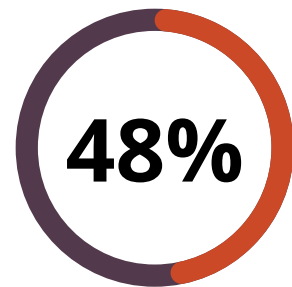


Nearly one in ten Indigenous LGBTQ young people (8%) reported having been subjected to conversion therapy, and 70% reported experiencing an attempt to change their LGBTQ identity.



**Over
1/3**

of Indigenous LGBTQ young people reported past or current homelessness, which is more than double the rate of homelessness among their non-Indigenous LGBTQ peers.



Nearly half of Indigenous LGBTQ young people reported experiencing food insecurity, compared to just under a third of non-Indigenous LGBTQ young people (30%).

THE MENTAL HEALTH AND WELL-BEING OF INDIGENOUS LGBTQ YOUNG PEOPLE

THE TREVOR PROJECT

Significant gaps in research persist due to the underrepresentation of Indigenous young people in U.S. studies. This report uses data from a national sample of nearly 2,000 Indigenous LGBTQ young people aged 13 to 24.

LGBTQ+ MENTAL HEALTH: INSIGHTS FROM MENTAL HEALTH AMERICA SCREENING

MHA

The statistical results of Mental Health America's mental health screenings of LGBTQ+ people can be found here, including key findings and a downloadable report.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) LGBTQ+

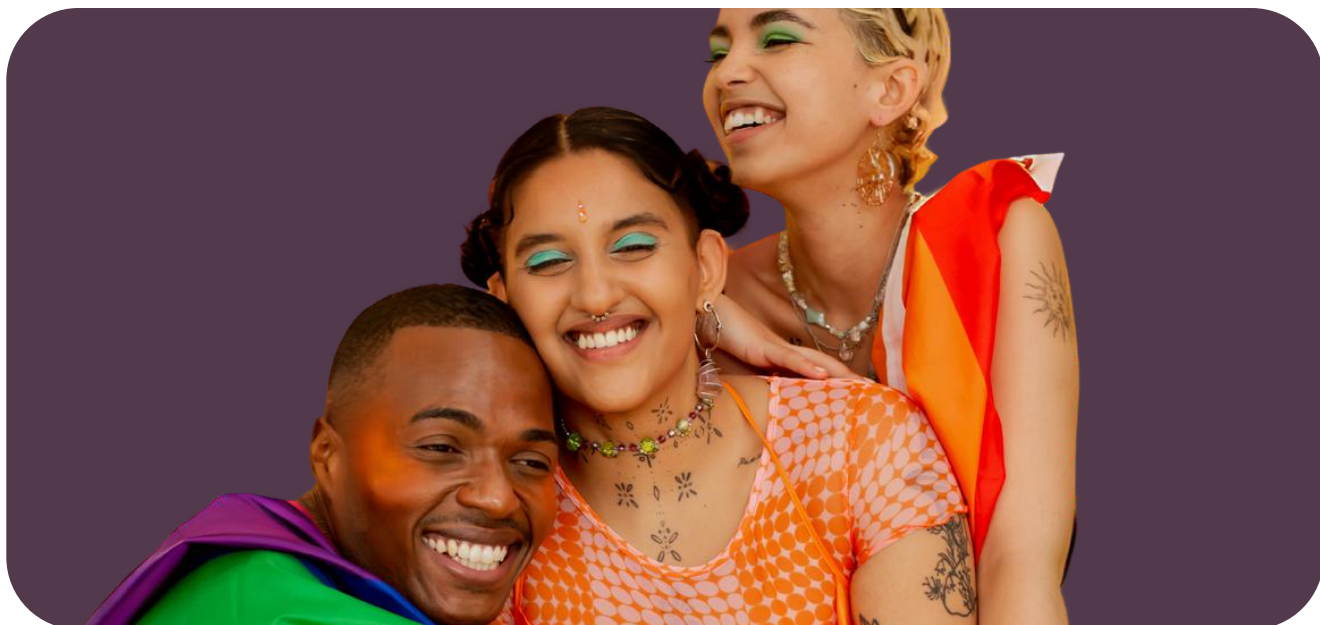
NAMI

This resource contains statistics and resources specific for the LGBTQ+ community inside the larger framework of mental health support provided by NAMI.

2022 U.S. TRANS SURVEY (USTS)

USTS

The USTS was made with the help of dozens of individuals and organizations with connections to trans people and communities throughout the United States and with subject-matter expertise.



THANK YOU FOR READING!

Visit [South Southwest MHTTC](#) or the [Texas Institute for Excellence in Mental Health](#) for more mental health resources.