

DRAFT PRESENTATION

# LGBTQ Wellness




A Program of Caminar




# LGBTQ Wellness

- Peer Support (for adults, 18+)
  - 1-on-1 peer support & resource connections
  - Peer support groups
    - Trans, Nonbinary, & Expansive
    - Queer & Disabled
    - QT Social (North & South County)
    - Queer & Asian
- Free Community Education & Training
  - SOGIE 101 (Sexual Orientation, Gender Identity, & Expression) - 1.5 or 3 hours
  - Understanding GAE (Gender, Attraction, Expression) - Catered towards service providers
  - Mental Health First Aid - 8-hour accredited course
- Outreach & capacity building
  - Trans Care Coalition
  - 2024 Transgender, Gender Expansive, & Intersex (TGI) Mobilization Project



## LGBTQ Wellness




**PEER SUPPORT GROUPS FOR ADULTS 18+**


**TRAININGS FOR PROVIDERS AND COMMUNITY**

**EXACT LOCATIONS DISCLOSED AFTER REGISTERING**

**REGISTER/REGISTRARSE: [LINKTR.EE/LGBTQWELLNESS](https://linktr.ee/LGBTQWELLNESS)**

**FOR MORE INFORMATION, VISIT [LGBTQ-WELL.ORG](https://LGBTQ-WELL.ORG)**

ENGLISH SUPPORT GROUPS	GRUPO DE APOYO (ESPAÑOL)
<p><b>QT Social</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><small>[SAN JOSE]</small> 3RD WEDNESDAY OF EVERY MONTH 6:00-7:30PM</p> </div> <div style="width: 45%;"> <p><small>[SOUTH COUNTY]</small> 1ST WEDNESDAY OF EVERY EVEN MONTH 6:30-8:30PM</p> </div> </div> <p><small>FOR ALL LGBTQIA+ AND/OR QUESTIONING FOLKS [BOTH GROUPS ARE IN PERSON]</small></p>	<p><b>Trans   No Binario   Género Expansivo Grupo de Apoyo</b></p> <p><small>[EN PERSONA] CUARTO LUNES DEL MES 6:00-8:00PM</small></p> <p><small>ESTE ES UN ESPACIO PARA GENTE QUE SE IDENTIFICA COMO TRANSGÉNERO, NO BINARIO, DE GÉNERO EXPANSIVO Y / O QUE CUESTIONAN SU GÉNERO. JUNTOS PODEMOS CONSTRUIR UNA COMUNIDAD EN UN ESPACIO SEGURO Y CONFIDENCIAL.</small></p>
<p><b>Trans   Nonbinary   Expansive</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><small>[IN PERSON]</small> 1ST MONDAY 6:00-7:15PM</p> </div> <div style="width: 45%;"> <p><small>[ONLINE]</small> 3RD MONDAY 6:00-7:15PM</p> </div> </div> <p><small>FOR ALL ADULTS WHO IDENTIFY AS TGI AND/OR QUESTION THEIR GENDER</small></p>	<p style="text-align: center;"><b>TRAININGS</b></p> <p><b>SOGIE 101</b> <small>1.5 &amp; 3 HOUR VERSIONS</small></p> <ul style="list-style-type: none"> <li>Sexual Orientation</li> <li>Gender Identity</li> <li>Expression</li> </ul> <p><b>Mental Health First Aid</b> <small>8 HOURS</small></p> <ul style="list-style-type: none"> <li>Internationally accredited certification</li> <li>Emphasis on LGBTQIA+ communities</li> </ul>
<p><b>South Bay Queer &amp; Disabled</b></p> <p><small>[ONLINE] 2ND MONDAY 6:00-7:15PM</small></p> <p><small>FOR ALL DISABILITIES &amp; NEURODIVERSITIES</small></p>	<p><b>Understanding GAE</b> <small>6 HOURS</small></p> <ul style="list-style-type: none"> <li>Gender</li> <li>Attraction</li> <li>Expression</li> </ul>
<p><b>Queer &amp; Asian</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><small>[SUPPORT GROUP]</small> 2ND THURSDAY 6:15-7:45PM</p> </div> <div style="width: 45%;"> <p><small>[SOCIAL GROUP]</small> 4TH THURSDAY 6:00-8:00PM</p> </div> </div> <p><small>FOR LGBTQIA+ ASIAN &amp; PACIFIC ISLANDER PEOPLE [BOTH GROUPS ARE IN PERSON]</small></p>	<div style="text-align: center;">   <p><small>SIGN UP!</small></p> </div>



# Sibling Programs

DRAFT PRESENTATION

## HANG OUT AT

Open MON-FRI  
**3-9 PM**

- Support Groups
- Workshops
- Movie Nights
- Volunteer Opportunities
- LGBTQ Speakers Bureau
- Video Games
- Free Snacks
- Free Toiletries
- Free Safer Sex Supplies

**Free counseling services available for eligible youth living in Santa Clara County.**

Note: The Youth Space is Wheelchair Accessible

**Free parking!**

**Light rail to Youth Space:**  
Old Ironsides (Green Line) or  
Baypointe (Blue Line) to  
Bonaventura station

**Bus Lines:** 66, 72, 73

**2635 Zanker Road**  
San Jose, CA 95134

Check Our Website for  
Activities in Gilroy and Morgan Hill!

[www.youthspace.org](http://www.youthspace.org)

**THE LGBTQ YOUTH SPACE**

*the space!*

A safe & confidential drop-in center  
for LGBTQ+ youth and their allies  
ages 13-25.

**Free counseling services available for eligible youth living in Santa Clara County.**

Note: The Youth Space is Wheelchair Accessible

**Free parking!**

**Light rail to Youth Space:**  
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Check Our Website for  
Activities in Gilroy and Morgan Hill!

[www.youthspace.org](http://www.youthspace.org)

**THE LGBTQ YOUTH SPACE**

[youthspace@fcservices.org](mailto:youthspace@fcservices.org)

[@LGBTQYouthSpace](#)

[@TheLGBTQYouthSpace](#)

(408) 343-7940

A program of **Caminar**

**THE LGBTQ YOUTH SPACE**

**HEALTHY. EQUITABLE. RESPECTFUL. TOGETHER.**

**HEART**

**Working Towards Safe and Healthy Relationships for All!**

H.E.A.R.T. is an intimate partner violence prevention program based in Santa Clara County that promotes healthy interpersonal relationships through **educational workshops** and **referrals to vital resources.**

**Services Include:**

- Free workshops & presentations - We travel upon request. (See back page! ➡)
- LGBTQ+ focused groups/workshops
- 1:1 meetings and referrals to vital resources

**Contact Us:**

☎ (408) 841 - 7600

📧 [@heartprogramsantaclaracounty](#)

📧 [heartprogram@fcservices.org](mailto:heartprogram@fcservices.org)

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# 2SLGBTQIA+ Mental Health: Barriers

- “The overwhelming majority (90%) of LGBTQ+ young people said their well-being was negatively impacted due to recent politics. Over half (53%) said their well-being was negatively impacted by politics a lot” (The Trevor Project, [2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People](#)).
- Federal restrictions on obtaining gender-affirming legal documentation such as [passports](#) for transgender, gender expansive, and intersex (TGI) folks
- Fear of detainment due to [increased ICE activity in Santa Clara County](#). Many folks identify as 2SLGBTQIA+ and hold immigration status
- Fear of increased discrimination in healthcare settings, specifically for TGI folks
  - [U.S. Trans Survey 2022](#): 48% of trans respondents reported having at least one negative experience with healthcare provider(s) due to anti-trans bias in the past 12 months.
    - 24% of respondents did not see a doctor when they needed to due to fear of mistreatment.



## 2SLGBTQIA+ Mental Health: Barriers

- Fear of losing funding for 2SLGBTQIA+-focused mental health services
- The erasure of 2SLGBTQIA+ databases exacerbates the existing disparity in research and data gaps leading to an increase in healthcare service gaps including mental health services, especially for 2SLGBTQIA+ adults
- Lack of research and visibility impacts public policy on 2SLGBTQIA+ health (specifically PEI) and creates health limitations particularly regarding incarceration and housing sectors despite high victimization rates
- **IMPORTANT: Being 2SLGBTQIA+ is not a barrier to wellbeing! The barriers stem from institutional anti -gay and anti-trans bias and violence.**



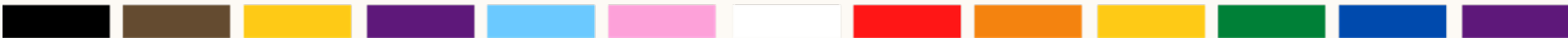
# 2SLGBTQIA+ Mental Health: Barrier Outcomes

- Increased suicide risk for LGBTQ+ youth (13 -24 years old)
  - 39% of LGBTQ+ young people seriously considered attempting suicide in the past year, including almost half of transgender and nonbinary young people (46%) and 3 in 10 cisgender young people (30%)
  - 12% of LGBTQ+ young people attempted suicide in the past year, including 14% of transgender and nonbinary young people and 7% of cisgender young people.
    - Higher rates of suicide attempts by BIPOC youth
- Increased suicidal thoughts and behaviors in trans, nonbinary, and gender expansive (TNBGE) communities (2015 U.S. Trans Survey)
  - “7% of all respondents attempted suicide in the past year, nearly twelve times the rate of attempted suicide in the U.S. population.”
  - 40% of respondents had attempted suicide at some point in their life
  - 82% of respondents have had seriously thought about killing themselves at some point in their life



# 2SLGBTQIA+ Mental Health: Barrier Outcomes

- Increased serious psychological distress in TNBGE communities (2015 U.S. Trans Survey)
  - “39% of respondents reported currently experiencing serious psychological distress, a rate nearly eight times higher than in the U.S. population (5%).”
- Increased substance misuse risk (NAMI)
  - “LGB adults are nearly twice as likely as heterosexual adults to experience a substance use disorder. Transgender individuals are almost four times as likely as cisgender individuals to experience a substance use disorder.”
- Higher prevalence of diagnosed mental health conditions (Lu, Soltani, Austin, et al. 2025.)
  - “[Sexual and gender minority] (SGM) groups exhibited higher odds of at least 4 of 10 diagnosed mental health conditions compared with their cisgender heterosexual counterparts.”
    - “Health care barriers faced by SGM individuals can lead to underdiagnosed mental health conditions, which may cause underestimation of the true association.”



# 2SLGBTQIA+ Mental Health: What Can We Do?

- Approach all interactions with cultural humility
- Acknowledge and celebrate intersectionality
- Constantly educate self & others
  - Free trainings from [LGBTQ Wellness](#) and the [Q Corner](#)
  - [Trans Care Coalition](#) educational materials
- Active allyship: correct biased language and misinformation when you hear/see it, uplift 2SLGBTQIA+ experiences and people, and more!
- Share resources



Register for groups on our LinkTree:

<https://linktr.ee/lgbtqwwellness> **DRAFT PRESENTATION**

## QT Social

Join us for in-person social gatherings to connect and have fun with fellow QTies (Queer, Trans, LGBTQIA+, & questioning folks)! Activities include board games, arts & crafts, & more!



### NORTH COUNTY (SAN JOSE)

**6:00 - 7:30 PM**  
**3rd Wednesday of every month**  
For ages 18+

### SOUTH COUNTY (GILROY/MORGAN HILL)

**6:30 - 8:30 PM**  
**1st Wednesday of every even month**  
For ages 18+



**SCAN TO REGISTER!**

OR REGISTER HERE:  
[SURVEYMONKEY.COM/R/QTSOCIAL](http://SURVEYMONKEY.COM/R/QTSOCIAL)

## South Bay Queer & Disabled

### Peer Support Group

Inclusive of all identities, disabilities, and neurodiversities!

**Every 2nd Monday**  
**6-7:15pm | On Zoom**  
Register:  
[tinyurl.com/SBQADG](http://tinyurl.com/SBQADG)

#### 2025 Meeting Dates:

January 13  
February 10  
March 10  
April 14  
May 12  
June 9  
July 14  
August 11  
September 8  
October 13  
November 10  
December 8



Register Here!



**IN-PERSON GROUPS!**  
MEETING LOCATIONS ROTATE TO VARIOUS COMMUNITY CENTERS IN SAN JOSE; EXACT LOCATIONS WILL BE GIVEN AFTER REGISTRATION

**SUPPORT GROUP**  
Every 2nd Thursday of the month  
6:15-7:45 PM  
\*\*\*\*\*  
FIND EMOTIONAL SUPPORT & DISCOVER RESOURCES WITHIN THE LGBTQIA+ ASIAN COMMUNITY!

**SOCIAL GROUP**  
Every 4th Thursday of the month  
6-8 PM  
\*\*\*\*\*  
HAVE FUN & ATTEND SOCIAL EVENTS WITH PEERS WITHIN THE LGBTQIA+ ASIAN COMMUNITY!

PLEASE REGISTER @:  
**[TINYURL.COM/SCCQNA](http://TINYURL.COM/SCCQNA)**  
OR BY SCANNING THIS QR CODE:



## Trans Nonbinary Gender Expansive Peer Support Group



This is a space for individuals who are transgender, nonbinary, gender expansive, and/or questioning their gender to collectively build community in a safe, confidential space.

**FREE BI-WEEKLY GROUP | ADULTS 18+  
1ST & 3RD MONDAYS | 6-7:15PM**

Register:



SCAN ME

OR VISIT [LINKTR.EE/LGBTQWELLNESS](https://linktr.ee/lgbtqwwellness)

Questions? Please email us:  
[lgbtqwwellness@fcservices.org](mailto:lgbtqwwellness@fcservices.org)

### SCHEDULE:

**1st Monday  
[IN PERSON]**

\*Takes place in San Jose, CA 95134. Participants will receive full address after registering.

**3rd Monday  
[ONLINE]**

\*Participants will receive meeting link after registering.

# SOGIE 101

## SOGIE 101: What do we learn?



Sexual  
Orientation  
Gender  
Identity  
Expression



- 1.5 hour and 3 hour versions available
- In-person or virtual

Request a training at:

<https://www.surveymonkey.com/r/RTCF9K7>



Learn more



Training  
Spotlight



Learn more



- Common **terms & definitions** used to describe sexual orientation/attraction & gender identity
- What is the **gender binary** & what is its messaging?
- **Cultural considerations** about gender
- Structural **barriers & protections** to wellness within LGBTQIA+ communities
- Affirming & **inclusive language** to build rapport
- How to use **pronouns** & what to do if we misgender someone
- Practical steps to take to become an **active ally** to LGBTQIA+ communities



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# Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Request a training at:

<https://www.surveymonkey.com/r/RTCF9K7>

## WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

## THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 7.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
  - » A video conference.
  - » An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** **ssess** for risk of suicide or harm.
- L** **isten** nonjudgmentally.
- G** **ive** reassurance and information.
- E** **ncourage** appropriate professional help.
- E** **ncourage** self-help and other support strategies.

### Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*.  
<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*.  
<https://www.nimh.nih.gov/health/statistics/mental-illness>

# PRO NOUNS

THIS BOOKLET, BROUGHT TO YOU BY THE COUNTY OF SANTA CLARA TRANS CARE COALITION, WILL HELP YOU NAVIGATE ASKING FOR, USING, AND EDUCATING OTHERS ON PRONOUNS OUTSIDE OF SHE/HER AND HE/HIM.

WE ASK EVERYONE FOR THEIR NAME AND PRONOUNS BECAUSE EVERYONE USES THEM, AND ASKING IS AN ACT OF SOLIDARITY WITH THE TGNBGE COMMUNITY.

\*TGNBGE: TRANSGENDER/ NON BINARY/ GENDER EXPANSIVE

SOME EXAMPLES OF PRONOUNS AND CONJUGATIONS THAT FOLKS MAY USE ARE AS FOLLOWS:

THEY/THEM/ THEIRS	THEY ASKED	I TOLD THEM	THIS IS THEIR OFFICE	THEY REMIND THEMSELF
ZE (OR ZIE)/HIR/HIRS	ZE ASKED	I TOLD ZIR	THIS IS ZIRS OFFICE	ZIR REMINDS ZIRSELF
E/EY/EM/ER/ ERIS	EY ASKED	I TOLD EM	THIS IS EIRS OFFICE	EIR REMINDS EIRSELF
SHE/HER/HERS	SHE ASKED	I TOLD HER	THIS IS HER OFFICE	SHE REMINDS HERSELF
HE/HIM/HIS	HE ASKED	I TOLD HIM	THIS IS HIS OFFICE	HE REMINDS HIMSELF
NAME	NAME ASKED	I TOLD NAME	THIS IS NAME'S OFFICE	NAME REMINDS NAME'S SELF

## DRAFT PRESENTATION

**WHO** WHO ARE WE ASKING? EVERYONE... NOT JUST PEOPLE WE ASSUME TO BE TGNBGE. WE CAN'T ASSUME SOMEONE'S GENDER JUST BY LOOKING AT THEM. KEEP IN MIND THAT MANY CLIENTS WE INTERACT WITH HAVE LOVED ONES WHO ARE TGNBGE AND/OR MAY BE TGNBGE THEMSELVES. WHETHER OR NOT THEY HAVE DISCLOSED THAT WITH US MAY DEPEND ON IF THE ENVIRONMENT IS SAFE AND SUPPORTIVE.

**WHY** LET CLIENTS KNOW WHY WE ASK WE ASK FOR PRONOUNS BECAUSE IT'S IMPORTANT TO HAVE RESPECTFUL COMMUNICATION AND ADDRESS ALL CLIENTS APPROPRIATELY AND ACCURATELY.

**HOW** HOW WE ARE ASKING THIS INFO? BEST PRACTICE IS TO SHARE YOUR PRONOUNS FIRST BEFORE ASKING. THE BEST WAY TO HELP CLIENTS FEEL COMFORTABLE SHARING THEIR PRONOUNS IS TO CONSIDER HOW WELCOMING YOUR SPACE IS. GET TIPS ON HOW TO HELP YOUR SPACE FEEL SAFER IN OUR CREATING WELCOMING ENVIRONMENTS PAMPHLET LINKED ON PG.2

**WHEN** WHEN TO ASK THIS INFO? ASK FOR PRONOUNS DURING INITIAL INTERACTIONS. IF PRONOUNS HAVE BEEN SHARED, ASK FOR CONSENT TO DOCUMENT THEM SO THAT RELEVANT STAFF ARE INFORMED. ANY RELEVANT STAFF WORKING WITH THE CLIENT SHOULD ASK, IF THE CLIENT HAS NOT ALREADY SHARED.

IF YOU HAVE ANY QUESTIONS ABOUT ANY OF THE INFORMATION IN THIS BOOKLET PLEASE CONTACT US: SCCTransCareCoalition@gmail.com

*Trans Care Coalition*  
SANTA CLARA COUNTY, CALIF.

FOR PRONUNCIATION PRACTICE VISIT: PRONOUNS.MINUS18.ORG.AU/

*Trans Care Coalition*  
SANTA CLARA COUNTY, CALIF.

More digital & printable educational materials on the Trans Care Coalition LinkTree:  
<https://linktr.ee/SCCTransCare>



## Action Items

- Register for and complete a SOGIE 101 training.
- Display certificates of completion in your lobby.
- Ensure all employees have their pronouns included in: email signatures, video conference names, employee badges/ name-tags.
- Incorporate intersectional visual cues on your website.
- Incorporate intersectional QTI art, signage, brochures, and literature in your lobby and patient rooms.



### Contact us

scctranscarecoalition@gmail.com

### Obtain Resources

<https://linktr.ee/SCCTransCare>



## Creating Welcoming Environments

FOR TRANSGENDER, NON BINARY, GENDER EXPANSIVE, AND GENDER NON CONFORMING COMMUNITIES

\*Gender non-conforming refers to expression (not identity), however GNC individuals can also experience barriers to affirming care.



More digital & printable educational materials on the Trans Care Coalition LinkTree:  
<https://linktr.ee/SCCTransCare>



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# Thank you!



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Website:  
<https://lgbtq-well.org/>  
Phone: (408) 457-6003

