



Queer Youth Resilience Project:
Increasing Access to Mental Health Care for LGBTQ+ Youth




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 Queer Youth Resilience Project

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The New Hampshire Charitable Foundation
The Foundation for Seacoast Health
The Endowment for Health

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Guidelines for Safer Space



“Be curious, not judgmental” —Matt Whiteman

1. The Right to be Imperfect
2. Calling in (not calling out)
3. Believe the Best in Others
4. Avoid Assumptions

Ted Lasso smiling and giving a thumbs up

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Guiding Questions for Today

- What does the mental health landscape look like for LGBTQ+ youth?
- What can we do to improve that landscape?
- How is it going so far?
- What's next?



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What does the mental health landscape look like for LGBTQ+ youth?



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LGBTQ+ Youth in New Hampshire Trevor Project, 2022

52% of LGBTQ+ youth in New Hampshire wanted mental health care and were not able to get it

- 39% seriously considered suicide
- 72% reported symptoms of anxiety
- 55% reported symptoms of depression

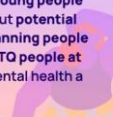


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Nearly 1 in 3 LGBTQ young people said their mental health was poor most of the time or always due to anti-LGBTQ policies and legislation.



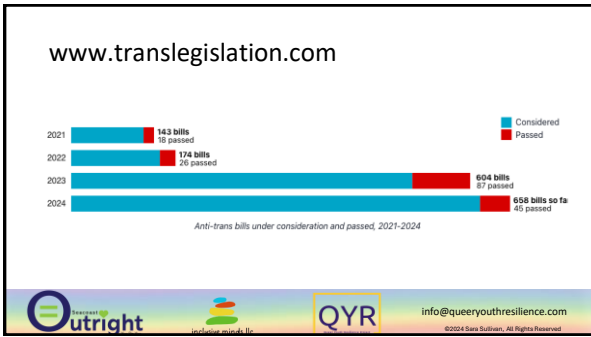
Nearly 2 in 3 LGBTQ young people said that hearing about potential state or local laws banning people from discussing LGBTQ people at school made their mental health a lot worse.



www.thetrevorproject.org/survey-2023/



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New Hampshire

We are tracking **18** anti-trans bills in New Hampshire in 2024. The legislation impacts **6** categories:

[HEALTHCARE](#)
[EDUCATION](#)
[SPORTS](#)
[GOVERNMENT](#)
[MILITARY](#)
[MILITARY](#)

NH HB619

HEALTHCARE PENDING

To require a person to attain the age of majority for genital gender reassignment surgery.

§ A physician or other health care professional shall not provide gender transition procedures to any individual under 18 years of age. II. A physician or other health care professional shall not refer any individual under 18 years of age to any health care professional for gender transition procedures.

NH HB1205

SPORTS PENDING

Relative to women's school sports.

§ "Female" means an individual whose biological sex determined at birth is female. As used in this section, "woman" or "girls" refers to biological females. (c) "Male" means an individual whose biological sex determined at birth is male. As used in this section, "men" or "boys" refers to biological males.

NH HB1312

EDUCATION PENDING

Requiring parental notification of student health or well-being and certain curricula by school districts.

§ Require school districts to adopt a policy (...) to require the school district or classroom teacher to provide notice and input regarding sex less than 2 weeks advance notice of any curriculum course material used for instruction or program of home sexuality, human sexual education, sexual orientation, gender, gender identity.



translegislation.com/bills/2024/NH

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Guiding Questions for Today




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Increase access to culturally competent mental health care for LGBTQ+ youth

Increase clinician confidence and knowledge of LGBTQ+ mental health








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LGBTQ+ youth can meet with any provider and access informed care

Clinicians can access information and resources they need to confidently provide informed care








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Program Delivery

Private Practice/ Solo Clinicians	Virtual Learning Community Project ECHO	12 Sessions Didactic + Case Consultation
Mental Health Centers/ Group Practice	Agency-Wide	Cultural Competency (1 CE)
	All Clinical Staff	Clinical Competencies (3 CEs)
	Youth-Serving Masters Level Clinicians	Clinical Learning Community (12 CEs)

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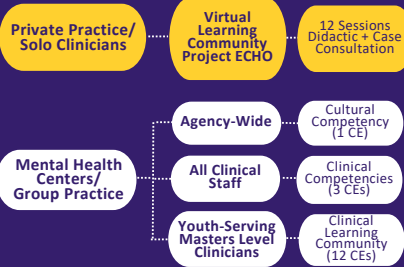


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MENTAL HEALTH CARE FOR LGBTQ+ YOUTH IN NH

Biweekly ECHO learning community
sessions at no cost
Every other Tuesday 9-10am
February 6 - July 9

LEARN ABOUT:

- Language
- Identity Development
- Best Practice Guidelines
- Assessment for medical transitions
- Best practices for clinical and long-term care

ADDRESS: Subspecialty health clinicians who work with NH youth

REGISTER HERE FOR SESSIONS

QYR MENTAL HEALTH CARE FOR LGBTQ+ YOUTH

PURPOSE: This program is designed to provide mental health care for LGBTQ+ youth in New Hampshire. It is a biweekly ECHO learning community that provides clinical support and resources for mental health clinicians who work with NH youth.

PROGRAM: The program consists of 12 sessions, each featuring a didactic presentation followed by a case consultation. The sessions are designed to provide clinical support and resources for mental health clinicians who work with NH youth.

HOW TO PARTICIPATE: Sessions are offered in-person and virtually. Sessions are offered in-person and virtually. Sessions are offered in-person and virtually.

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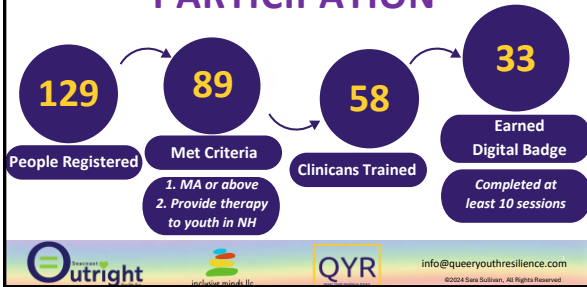
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Session Topics

- LGBTQ+ 101
- Introduction to LGBTQ+ Identity
- Important Historical Context
- Identity Development Models
- Minority Stress
- Internalized Stigma
- Medical and Non-Medical Interventions
- World Professional Association for Transgender Health Standards of Care
- Assessment for Medical Intervention
- Assessing Capacity to Consent/Assent in Minors
- Letters for Medical Intervention
- Caregiver Support
- Resources and Activities to Use in Sessions



PARTICIPATION



300 Continuing Education Hours Given

39 Organizations Represented

7 NH Counties Represented



Top 5 sessions rated as Most Helpful



1. Resources and Activities to Use in Sessions
2. Important Historical Context
3. LGBTQ+ 101
4. Identity Development Models
5. World Professional Association for Transgender Health Standards of Care




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The information from this training has increased my knowledge, skills or practice on this topic

99% said yes






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How likely are you/your practice to implement the actions below because of this training?

100%
Likely or Extremely Likely

- Changing documentation to have more inclusive language
- Treat LGBTQ+ related mental health needs in your practice
- Include visual cues that the office is a safer space
- Seek out additional LGBTQ+ related training for other staff members






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100% Reported an Increase in Knowledge or Confidence


- ✓ WPATH Standards of Care
- ✓ Interventions to mitigate minority stress and promote resilience
- ✓ Resources to support caregivers
- ✓ Incorporating therapeutic resources into sessions




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- Mental Health Centers/Group Practice
 - Agency-Wide
 - Cultural Competency (1 CE)
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3 Hour Clinical Competencies Agenda

1. Did something cause this?
2. Is it just a phase?
3. Why now?
4. What does this mean for my child's mental health?
5. Does this mean my child will need surgery or hormones?
6. What if my child changes their mind or has regrets?
7. Is it OK if I feel sad or confused?
8. When should I tell my child's school or our family and friends?
9. What is the best way to help my child right now?

Adapted from 10 Things Parents of Trans Kids Want to Know (Frye, 2022)



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IDENTITY IS NOT PATHOLOGY



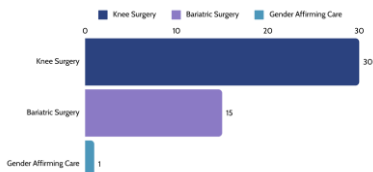
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Minority Stress



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Rates of Regret (% out of 100)




Sources: Mahdi et al., 2020; Dijkhorst et al., 2024; Bustos et al., 2022



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Clinical Learning Community Agenda

- Introduction to LGBTQ+ Identity
- Important Historical Context
- Identity Development Models
- Minority Stress
- Internalized Stigma
- Medical and Non-Medical Interventions
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100% of participants agree

The information in this training has improved my knowledge, skills, or practice




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“What’s something you’ll take away from today?”

The importance of sitting with caregivers, even when it’s difficult

Knowledge of how to navigate family fears

A ton of resources

More confidence in supporting families and youth

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The material is presented very clearly and includes very helpful material to take to sessions

The presenter was/is very knowledgeable about the topic and offered a wealth of information in a non-judgmental, supportive manner

I hope you can/do these trainings for schools!

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Current Goal: Fully train 10/10 Community Mental Health Centers

Mental Health Centers/ Group Practice

Agency-Wide

Youth-Serving Masters Level Clinicians

Cultural Competency (1 CE)

Clinical Competencies (3 CEs)

Clinical Learning Community (12 CEs)

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Guiding Questions for Today

- *What does the mental health landscape look like for LGBTQ+ youth?* **Challenging.**
- *What can we do to improve that landscape?* **Increase access to care!**
- *How is it going so far?* **Great!**
- *What's next?* **Register to participate!**



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Will you help us reach all New Hampshire?



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