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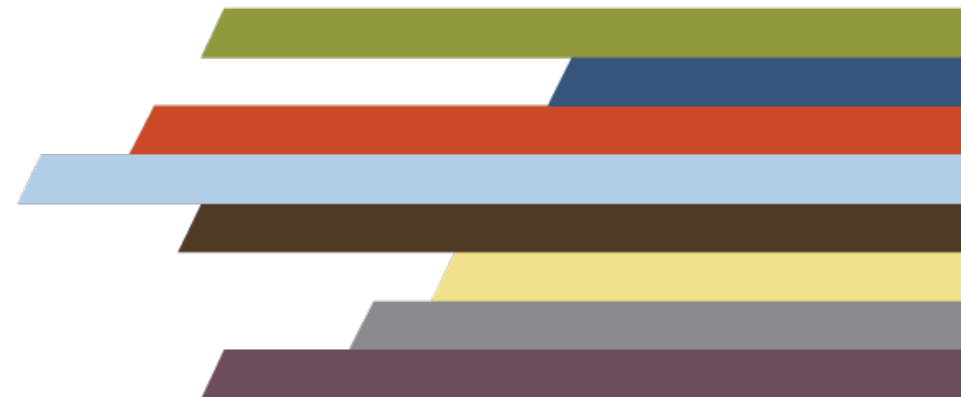
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Understanding the Coming Out Process to Allow Others In

Anthony Zazzarino, PhD, LPC, ACS, CPRP

Rutgers, School of Health Professions

Department of Psychiatric Rehabilitation and Counseling Professions



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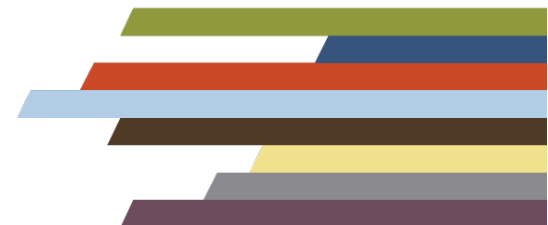
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Upcoming Webinars

- Opioid Use in the LGBTQ+ Community
June 30, 2020, 3:30 – 4:30pm ET
- Addressing Blended Family and Trauma Issues
with Affectional and Gender Minority Parents
July 28, 2020, 3:30 – 4:30pm ET

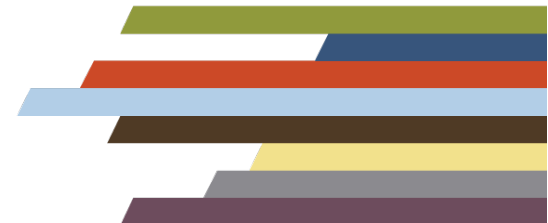
Please note the topics for these dates were reversed from the original notice. If you've already registered for these events you will receive a separate email.



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Feedback

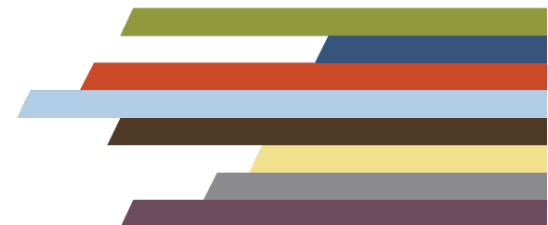
- Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs. Feedback about this training will assist us in developing trainings that are relevant to your current professional needs. **Therefore, your feedback counts!**



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Video Recording Information

- Please note that we will be recording this webinar and posting it to our website. Any information and input you provide during today's call will be recorded and posted on our website.

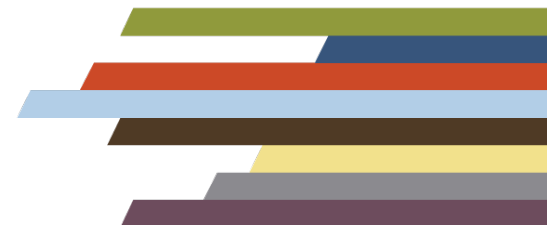
THANKS!



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Your Interactions with Us

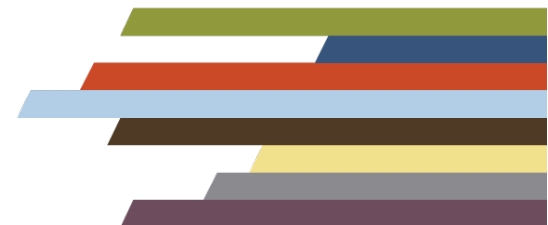
- Question and Answers
 - Q & A will occur at the end of the call.
 - Please type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Chat and Polls
 - Throughout the webinar, we will be asking for your input.
 - Please use the Chat or Poll features in Zoom located on the task bar.



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Anthony Zazzarino



Learning Objectives

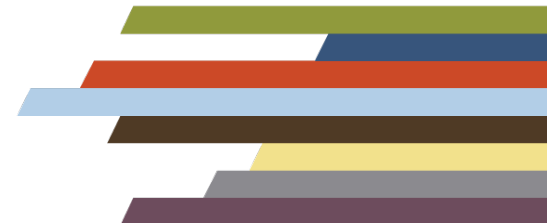
- Discuss some benefits and unintended consequences of coming out.
- Highlight the individualized and unique process for each person.
- Identify strategies to support people in their coming out process.
- Illustrate special considerations related to the coming out process.



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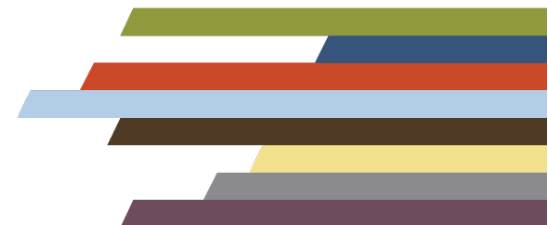
“Coming out and living openly aren’t something you do once, or even for one year. It’s a journey that we make every single day of our lives. Every coming out experience is unique and must be navigated in the way most comfortable for the individual. Whether it’s for the first time ever or the first time today, coming out can be an arduous journey. It is also a brave decision to live openly and authentically.”



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What are some benefits of coming out?

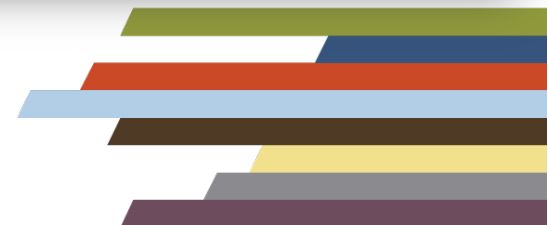
What are some risks/consequences of coming out?



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Benefits of Coming Out

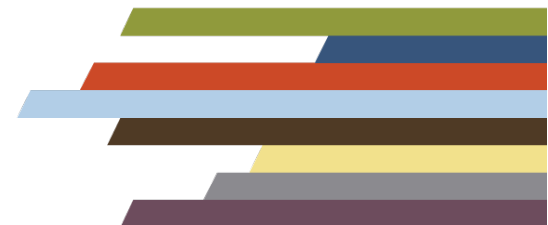
- Youth who are out to their immediate family and those who are out at school are more likely to report being happy than those who are not out in those setting.
- Youth that are out to their immediate family are twice as likely to report having an adult in their family they could talk to if they were sad.
- Youth who are out to their immediate family or at school report a higher likelihood to achieve several life goals compared to those who are not out.



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Risks with Coming Out

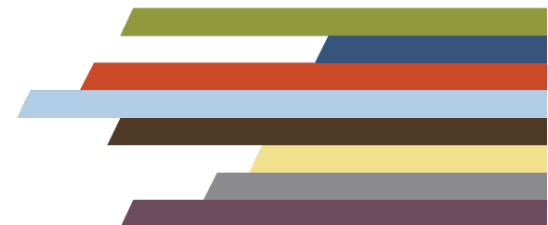
- 19% say they are scare of reaction, afraid, or don't know how their family will react
- 30% say their family is not accepting or is homo/bi/transphobic.
- 10% say they are not ready
- 10% don't' or can't talk with their family
- 16% say they have religious reasons why they are not out



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Overview – Supporting Someone

Full Spectrum of Human Emotion



The person is in the driver's seat

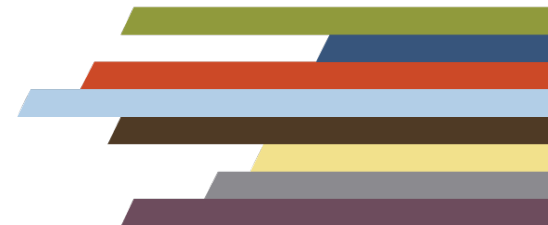
How, Where, When, and With whom

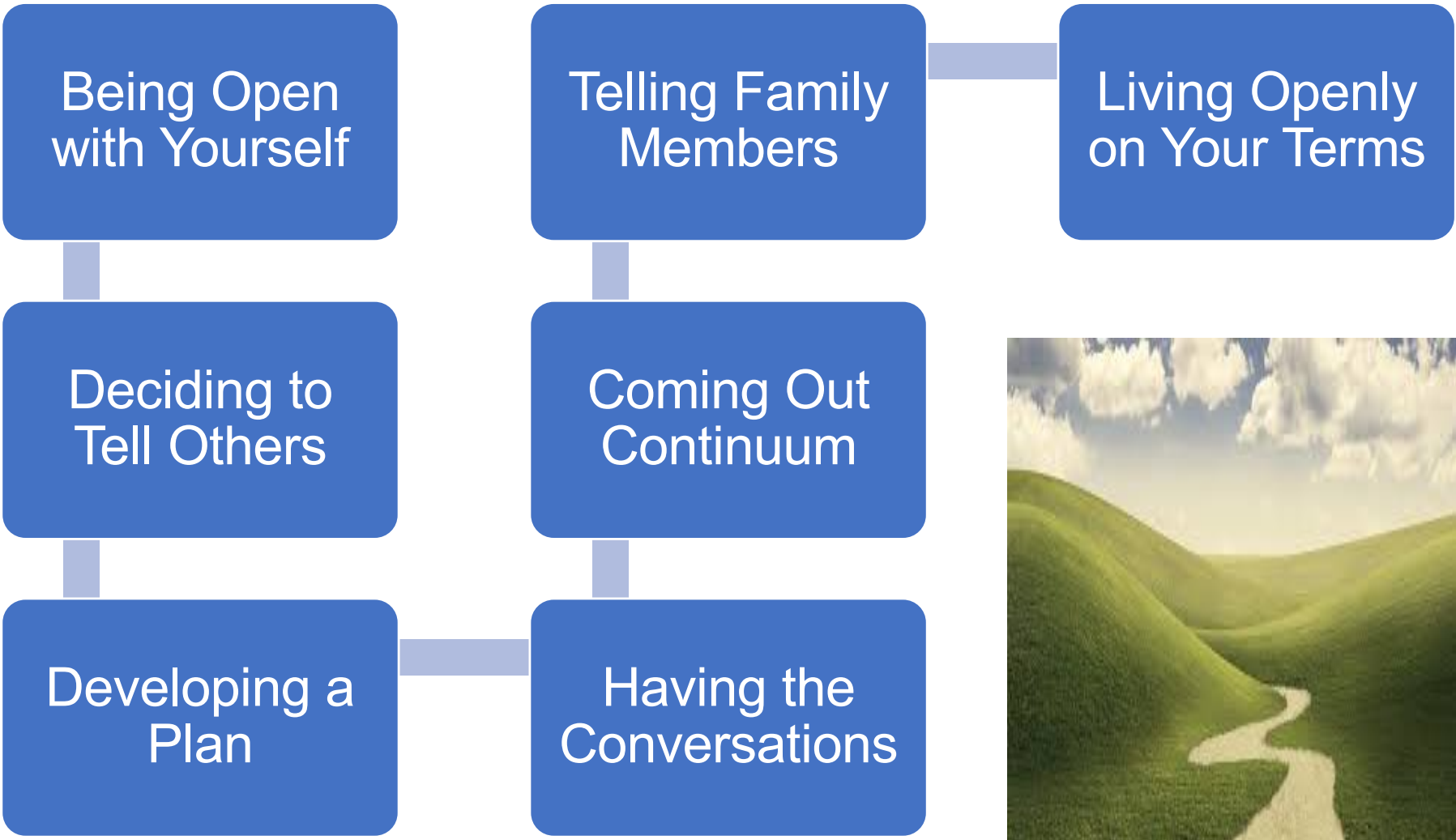


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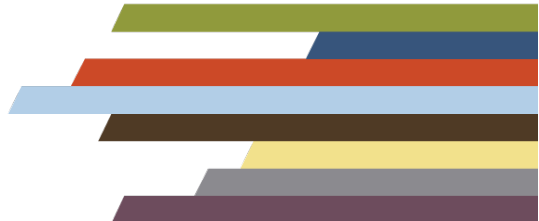




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Being Open with Yourself

It is normal to feel:

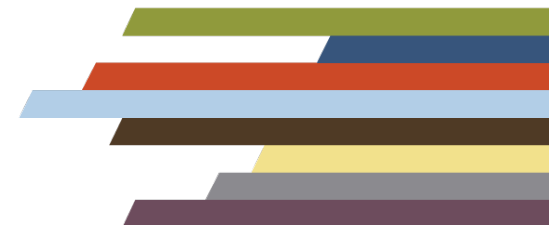
- Scared
- Confused
- Vulnerable
- Empowered
- Exhilarated
- Relieved
- Proud
- Uncertain
- Brave
- Affirmed



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Deciding to Tell Others

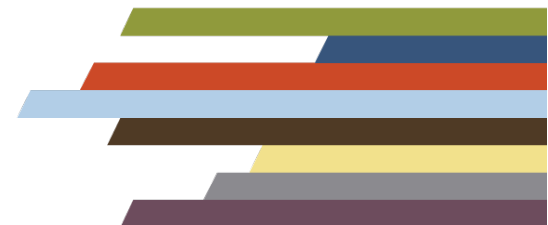
Benefits	Risks
<ul style="list-style-type: none">• Living an open and whole life• Developing closer, more genuine relationships• Building self-esteem from being known and loved for our whole selves• Reducing the stress of hiding our identity• Connecting with others who are LGBT• Being part of a strong vibrant community• Becoming a role model for others• Making it easier for younger LGBT people who will follow in our footsteps	<ul style="list-style-type: none">• Not everyone will be understanding or accepting• Family, friends, or co-workers may be shocked, confused, or even hostile• Some relationship may permanently change• You may experience harassment or discrimination• Your physical safety may be at risk• Some young people, especially those under age 18, may be thrown out of their homes or lose financial support from their parents



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Developing a Plan

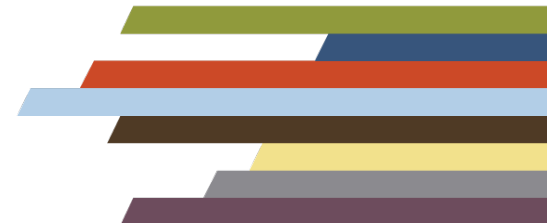
- What kind of signals are you getting?
- Are you well informed about LGBT issues?
- Do you know what it is you want to say?
- Do you have support?
- Is this a good time?
- Can you be patient?



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Having the Conversations

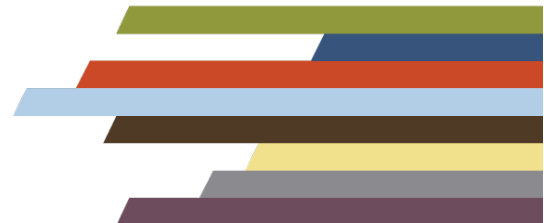
- Expectations of positive reactions
- What the other person may feel
- Start with someone that you believe will be the most supportive
- Find a relaxed, private place to have the conversation
- People will usually take their cues from the person



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Coming Out Continuum

Opening Up to Yourself

- The journey is beginning
- The person is asking questions

Coming Out

- Actively talking for the first time with others about their sexual or gender identity

Living Openly

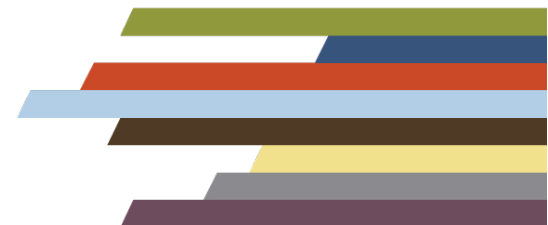
- The ongoing phase after the initial conversation
- Can begin to tell new people – where and when it feels appropriate



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Telling Family

Some parents may react in ways that hurt.

Some parents will feel honored and appreciate that you have entrusted them.

Some parents will need to grieve the dreams they had for you, before they see the new, more genuine life.

They may ask where they “went wrong” or if they did something to “cause this.”

Some may call being LGBT a sin, or attempt to send their child to a counselor to help “change” them.

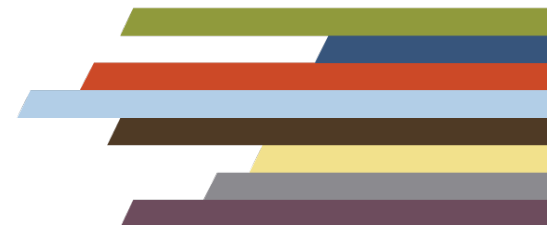
Some parents will already know or may have an inkling.



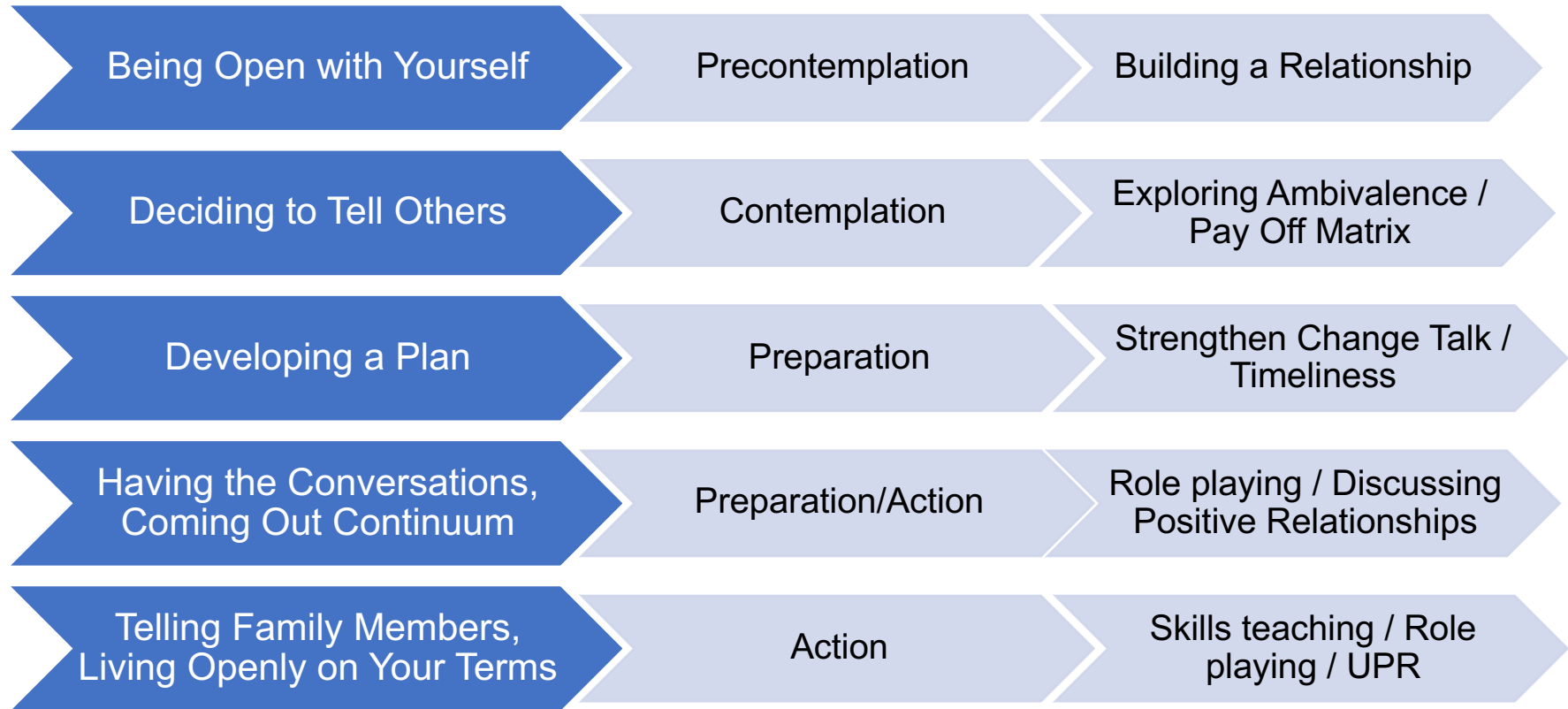
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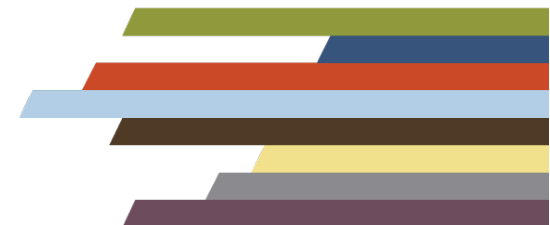
Matching Process with Support



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Living Openly in Your Place of Worship – Steps to Prepare

Seek spiritual guidance

Read

Find a supportive community

Assess the situation and make a plan

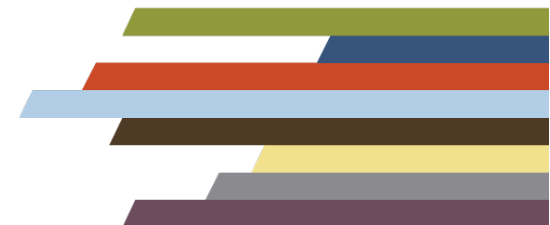
Understand current religious leader and place of worship



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Special Considerations for Gender Identity

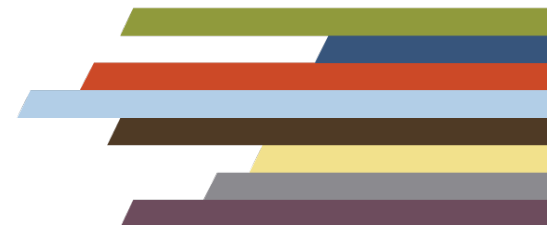
- Discussing pronouns
- Name identification
- Confusion and misinformation
- Continual coming out/ forced coming out
- Gender affirmation surgery
- Identity is misunderstood, disrespected, or disbelieved



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Special Considerations – Coming Out as an Adult

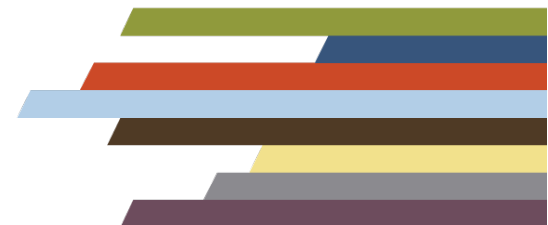
- Questioning – What if? What would my life have been if?
 - Deep confusion, guilt, betrayal, rejection, and heartbreak
- Implications for work relationships, long-term friends, and even children and spouses
- Reactions of others -> Lack of trust → Interrupt the coming out process
- Time of transition



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National Coming Out Day

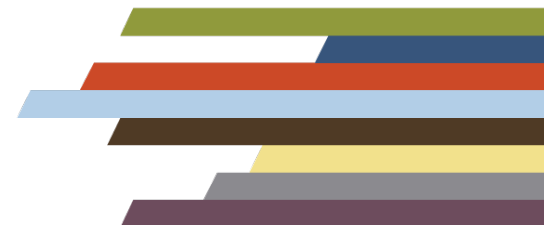
Oct. 11



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Q&A

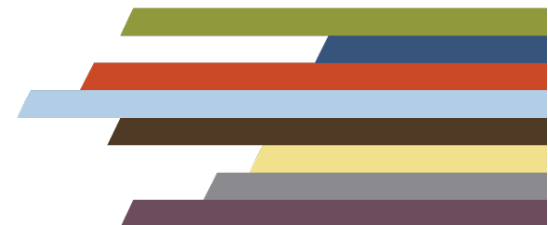


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Contact us!

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Website:

<https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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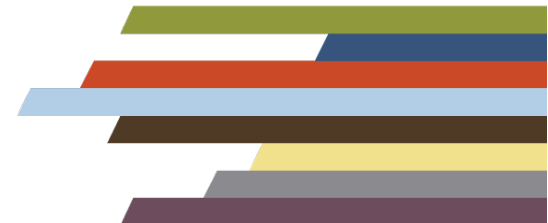
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Resources

- A Resource Guide to Coming Out
 - https://assets2.hrc.org/files/assets/resources/resource_guide_april_2014.pdf?_ga=2.50294883.493051173.1590261280-1855490052.1589205105
- Transgender Visibility: A Guide to Being You
 - https://assets2.hrc.org/files/assets/resources/trans_guide_april_2014.pdf?_ga=2.19952765.493051173.1590261280-1855490052.1589205105
- Living Openly in Your Place of Worship
 - <https://www.hrc.org/files/assets/resources/livingopenly.pdf>
- The Trevor Project
 - <https://www.thetrevorproject.org/>



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