

# **CENTER of EXCELLENCE** **LGBTQ+ BEHAVIORAL HEALTH EQUITY**



Southeast (HHS Region 4)

**MHTTC**

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

# Supporting Families of LGBTQ+ Youth

ANGELA WEEKS, DBA


DIRECTOR OF THE NATIONAL SOGIE CENTER





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# SUPPORTING FAMILIES OF LGBTQ+ STUDENTS

## Learning Objectives:

1. Understand the importance of family acceptance for LGBTQ+ children and youth.
2. Use tools, such as cultural humility principles and other promising practices, for working with the families of LGBTQ+ children and youth.
3. Identify important dynamics, such as deep culture and family fear of discrimination, that are important elements when working with families of LGBTQ+ youth effectively.

**Speaker(s):** Angela weeks, DBA

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# CREATING AFFIRMING ENVIRONMENTS & SUPPORTING DISCLOSURE OF SOGIE

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The **Southeast MHTTC** is located at the Rollins School of Public Health, Emory University.

**Serve states in HHS Region IV:** Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.



**Our Mission:** To promote the implementation and sustainability of evidence-based mental health services in the Southeastern United States.

**Our Vision:** Widespread access to evidence-based mental health services for those in need.



Southeast Mental Health Technology Transfer Center

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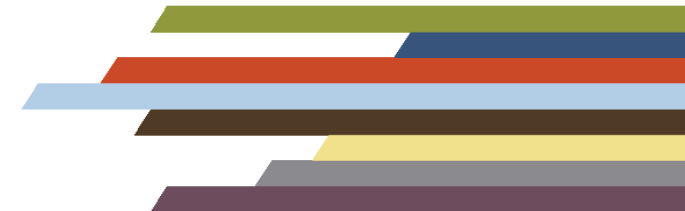
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thoughts as this is a very important part of our funding.

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# Angela Weeks, DBA

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Angela is the Director of the Center of Excellence on LGBTQ+ Behavioral Health Equity and brings extensive national experience creating, implementing, and evaluating programs and initiatives that improve the lives of LGBTQ+ people and communities.



# Ian Siljestrom

Ian Siljestrom is the Safe Schools Deputy Director for Equality Florida. He works directly with 67 school districts across Florida to assist in the implementation of professional development and comprehensive best practices to ensure the empowerment of all students' identities.





# Learning Objectives

1


Understand the importance of family acceptance for LGBTQ+ children and youth.

2

Use tools, such as cultural humility principles and other promising practices, for working with the families of LGBTQ+ children and youth.

3

Identify important dynamics, such as deep culture and family fear of discrimination, that are important elements when working with families of LGBTQ+ youth effectively.

A close-up photograph of two people's hands clasped together. The person on the left is wearing a bright orange sweater and black pants. The person on the right is wearing a grey and white plaid shirt and blue denim jeans. The background is a vibrant rainbow gradient. A white rectangular box is overlaid at the bottom of the image, containing the text 'Importance of Family Acceptance' in a bold, black, sans-serif font.

# Importance of Family Acceptance

# Non-Accepting Behaviors Can Negatively Impact LGBTQ Youth



8 x More likely to attempt suicide

6 x More likely to report depression

3 x More likely to report HIV & STIs

3x More likely to report illegal substance use

# Youth Believe They Can Be A Happy LGBT Adult

*Level of Family Acceptance*

**EXTREMELY  
accepting**



**92%**

**VERY  
accepting**



**77%**

**A LITTLE  
accepting**



**59%**

**NOT AT ALL  
accepting**



**35%**

Ryan, Family Acceptance Project, 2009



A new report from the Trevor Project shows that just one accepting adult can reduce the risk of a suicide attempt by 40 percent.

<https://www.thetrevorproject.org/research-briefs/accepting-adults-reduce-suicide-attempts-among-lgbtq-youth/>

A photograph of three people sitting in a circle, engaged in a discussion. On the left, a woman with curly hair, wearing a white shirt and a patterned scarf, is smiling and looking towards the center. In the middle, a man with glasses and a blue sweater is looking towards the right. On the right, a man with dreadlocks, wearing a brown corduroy jacket over a white t-shirt, is looking towards the center. A fourth person with long red hair is partially visible on the far right edge of the frame. The background is a plain, light-colored wall.

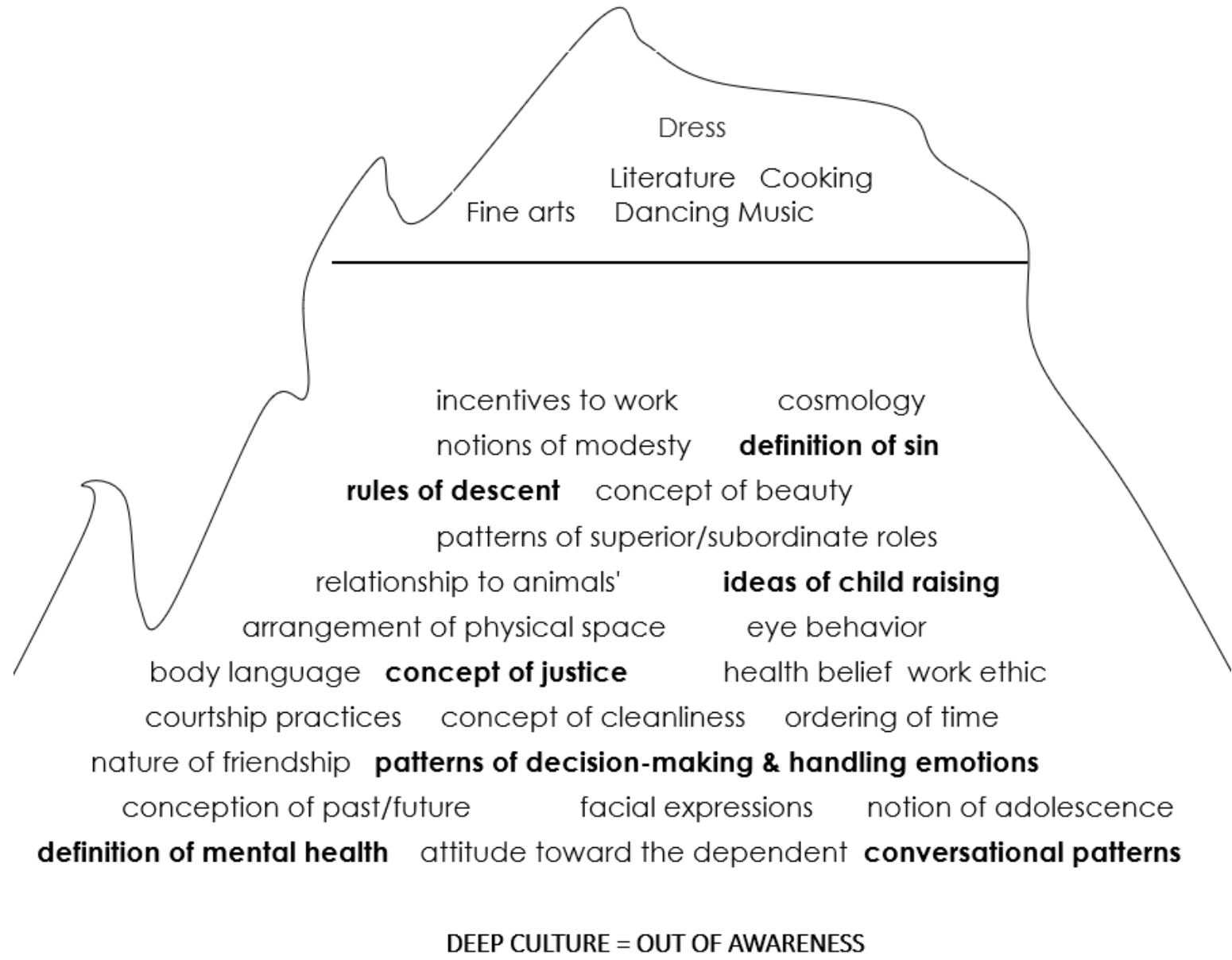
# Working with Families

## Lessons from Cross-Site Implementation



Building Rapport is  
Imperative

# Cultural Humility





# Understanding Intersectionality and How to Listen to Lived Experience

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## **Family support**

Dispel the idea that there are “impossible families.”

Provide Space for  
Caregivers to  
Discuss the Dreams  
they Envisioned for  
their Children



Let Caregivers  
Process any  
Fears for their  
LGBTQ+ Child  
or Themselves

---





Let  
Caregivers  
Speak of  
their  
Experiences  
Learning  
About LGBTQ  
Identities



# When to Provide Education

- ✓ Rapport must be established
- ✓ Listen for cues that the family is ready for new information
- ✓ Ask them, “are you open to some new resource or to learning more about this?”
- ✓ Connect the education to the goals the caregiver has for themselves and for their young person



# Brainstorm with Families on Ways to Show their Love

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*Even when a family is struggling, they still can show their love*

1. Continue to show affection to their child
2. Tell their child they love them
3. Include them in family activities and rituals
4. Ask their child for time to learn more about the topic
5. Avoid speaking negatively about the situation in front of their child
6. Find middle ground where possible

# Promising Manualized Programs





# Youth Acceptance Project

The Youth Acceptance Project (YAP) is a clinical model that works with families of LGBTQ+ youth to address their fears and worries related to their LGBTQ+ child and help the family learn new and supportive behaviors to improve their youth's well-being.

*“Out of 26 families, 23 youth never left their families because they were stabilized, and the families became affirming of their child. Of the youth who were showing suicidal behaviors at the start of the program, 100% of them were no longer doing so by the end of the program.”*

*“The Youth Acceptance Project clinicians also work with parents’ reconciliation of their values and beliefs (faith, family, community) in such a way that allows them to be affirming of their child.”*

# Caregiver AFFIRM

**AFFIRM Caregiver** is an evidence informed, seven session manualized intervention aimed at enhancing affirmative parenting practices in order to promote LGBTQ+ youth safety and well-being. The AFFIRM Caregiver model emerged from Youth AFFIRM, an evidence-based affirmative Cognitive Behavior Therapy intervention, which reduces psychosocial distress and improves coping skills among LGBTQ+ youth (Austin, Craig, & D'Souza, 2017; Craig & Austin, 2016).





# Caregiver AFFIRM

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Data from AFFIRM Caregiver shows effectiveness for improving affirmative caregiving attitudes and behaviors, as well as confidence in their abilities to engage in affirmative caregiving *skills* with LGBTQ+ youth.

Data show statistically significant improvements in affirmative *attitudes* and *behaviors* toward both LGB and transgender youth, as well as statistically significant improvements in affirmative caregiving *competence* for LGBTQ+ youth.

# Family Acceptance Project, Family Support Model

FAP's family support model includes four components:

1. In-depth assessment of the parent's / caregiver's and children's / youth's experiences, including their cultural and religious experiences, and parental and family responses to the child's LGBTQ identity and gender expression
2. Ongoing psychoeducation process that helps the parent change rejecting behaviors and increase supportive and affirming behaviors to decrease risk and increase connectedness and well-being
3. Counseling and skill-building to address challenges to family functioning and support
4. Culturally relevant peer support to connect the parent / caregiver with a positive reference group of parents and families that support and affirm their LGBTQ children

# FAMILY ACCEPTANCE PROJECT® POSTERS TO BUILD HEALTH FOR LGBTQ & GENDER DIVERSE CHILDREN

<https://familyproject.stfx.edu/>

The Family Acceptance Project® (FAP) has published new research that shows that family support is the critical role of family support for LGBTQ youth and others about the critical role of family support for LGBTQ youth and others about the critical role of family support for LGBTQ youth and others about the critical role of family support for LGBTQ youth and others about the critical link between specific family rejecting and accepting behaviors and mental health outcomes for how to use them.

- To educate the public, its members, caregivers, providers, religious leaders, and others about the critical role of family support for LGBTQ youth and others about the critical link between specific family rejecting and accepting behaviors and mental health outcomes for how to use them.
- To serve as an educational resource for LGBTQ youth and others about the critical link between specific family rejecting and accepting behaviors and mental health outcomes for how to use them.
- To increase acceptance and support for LGBTQ youth and others about the critical link between specific family rejecting and accepting behaviors and mental health outcomes for how to use them.

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being	Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being
Talk with your child or foster child about their LGBTQ identity respectfully - even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect
Support your child's gender expression	Bring your child to LGBTQ groups and events
Welcome your child's LGBTQ friends to your home	Tell your LGBTQ / gender diverse child that you're proud of them
Participate in family support groups and activities with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Use your child's chosen name and the pronoun that matches their gender identity
Tell your LGBTQ / gender diverse child that you will be there for them - even if you don't fully understand	Stand up for your child when others mistreat them because of their LGBTQ identity, gender expression, gender identity, and expression
Connect your child with LGBTQ adult role models	Speak openly about your child's LGBTQ identity
Speak up when others make negative comments about LGBTQ people	Believe that your child can be a happy LGBTQ adult - and tell them they will have a good life

## Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

Research from the Family Acceptance Project® found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and gender-diverse (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them. Family support saves lives!

### BEHAVIORS THAT HELP...

- Tell your LGBTQ / gender diverse child that you love them
- Support your child's gender expression
- Welcome your child's LGBTQ friends to your home
- Participate in family support groups and activities with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child
- Tell your LGBTQ / gender diverse child that you will be there for them - even if you don't fully understand
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- Use your child's chosen name and the pronoun that matches their gender identity
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- Speak openly about your child's LGBTQ identity
- Believe that your child can be a happy LGBTQ adult - and tell them they will have a good life

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being

- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships

## Family Behaviors that Increase Your LGBTQ Child's Risk for Serious Health & Mental Health Problems

Research from the Family Acceptance Project® shows that more than 50 family rejecting behaviors contribute to serious health risks for lesbian, gay, bisexual, transgender and gender-diverse (LGBTQ) youth. These include depression, suicidal behavior, illegal drug use, HIV and sexually transmitted infections (STIs). Family rejection increases risk for homelessness and placement in foster care and juvenile justice facilities. Behaviors that engage in these behaviors do so out of care and concern - to help their LGBTQ / gender diverse child fit in, have a good life and to protect them from harm. Help families understand that these and other rejecting behaviors are harmful!

### BEHAVIORS THAT HURT...

- Blame your child when others mistreat them because of their LGBTQ identity / gender expression
- Try to change your child's LGBTQ identity or gender expression
- Exclude your LGBTQ child from family events & activities
- Don't let your child participate in LGBTQ support groups or services
- Let others speak badly about LGBTQ / gender diverse people in front of your child
- Don't use the name or pronoun that matches your child's gender identity
- Don't let your child talk about their LGBTQ identity
- Don't let your child wear clothing or hairstyles that express their gender identity
- Don't let your child talk about their sexual orientation or gender identity
- Make your child leave home because they are LGBTQ
- Believe that your child can be a happy LGBTQ adult - and tell them they will have a good life

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For more information about acceptance and rejection and your LGBTQ child's risk & well-being, Family Acceptance Project®: <https://familyproject.stfx.edu>  
 Bowen Foundation's Family and Community Acceptance Campaign: <https://fap.bowenfoundation.org/> @YouLGBT



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# Family Acceptance Project

**உதவுகிறது உங்கள் குடும்பம் உங்களுக்கு உதவுகிறது.**  
**UNG XỬ TRONG GIA ĐÌNH GIÚP CẢI THIỆN SỨC KHỎE VÀ ĐỜI SỐNG CHO CON CÁI LÀ NGƯỜI LGBTQ**

Theo nghiên cứu của Dự Án Gia Đình Xu hướng giới và tình dục đa dạng (Family Acceptance Project) thì 50% số người đồng tính nam và nữ (LGBTQ) được hỏi cho biết họ cảm thấy khỏe và đời sống tinh thần. Một số người khác thì cảm thấy không khỏe và đời sống tinh thần. Một số người khác thì cảm thấy không khỏe và đời sống tinh thần. Một số người khác thì cảm thấy không khỏe và đời sống tinh thần.

**आपके LGBTQ बच्चे के स्वास्थ्य व मानसिक स्वास्थ्य के लिए गंभीर खतरा बढ़ाने वाले पारिवारिक व्यवहार**

Family Acceptance Project® का शोध दर्शाता है कि 50% से अधिक ऐसे परिवार मानसिक स्वास्थ्य में जो लेबलिंग, है, बाइसेक्शुअल, ट्रान्सजेंडर और नरत (LGBTQ) युवाओं के लिए गंभीर स्वास्थ्य खतरों को बढ़ाते हैं। इनमें डिप्रेशन, आत्मघात का खतरा और मृत्यो, HIV और और संक्रमित रक्तस्राव (STI) शामिल हैं। पारिवारिक अप्रत्याशित है और जीवन अधिकतर वादा-विवादा और जीवन है।

**有助於同志孩子身心健康的家人言行**

家人接納計劃 (Family Acceptance Project®) 的研究發現，有50多種家人的接納言行可幫助您的女同性戀、男同性戀、雙性戀、跨性別和變性 (LGBTQ) 孩子，避免憂鬱、自殺和藥物濫用等行為，並有助於增加同志孩子的自尊和身心健康。只要幫助改變家人的言行，就可以減少孩子們的孤獨感，並給予他們家人會一直在身邊支持的希望。

**家人的支持可以挽救生命！**

**支持性的言行包括：**

- 告訴您的同志 (或性別多樣化的) 孩子您愛他們
- 支持您的孩子自在展現其性別氣質
- 即使您感到不自在或認為同性戀 (或跨性別) 是不對的，仍願意好好與您的孩子談話他們的同志身份認同，並能用心聆聽，尊重他們的想法
- 要求其他家人和親友們尊重您的孩子
- 尋求正確資訊來學習與孩子的性傾向、性別認同和性別氣質表現相關的知識
- 當孩子向您出櫃時，或在您得知孩子是同志時，您能向您的孩子傳達您對其不變的愛
- 歡迎您孩子的同志朋友來家中作客
- 帶您的孩子參加同志團體和活動
- 參加為有同志孩子的家庭舉辦的支持團體和活動，從中獲得對您和家人的支持，並學習如何支持您的同志孩子
- 使用您孩子選擇的姓名和與他們的性別認同相符的代名詞稱呼您的孩子
- 告訴您的同志 (或性別多樣化的) 孩子，您以他們為榮
- 無論在家裏、學校、宗教信仰團體或社區中，當別人因您孩子的同志身份 (或性別氣質) 欺負霸凌他們時，您能為您的孩子挺身而出
- 相信並告訴您的同志孩子，他們會快樂的成長，過美滿的生活
- 尋找一個會接納您的同志 (或性別多樣化的) 孩子和家庭的教會或宗教信仰團體
- 與您的宗教信仰領袖溝通，幫助您宗教信仰團體的會眾從從學習支持同志族群
- 告訴您的同志 (或性別多樣化的) 孩子，即使您不完全了解，您仍會站在他們身邊
- 幫助您的同志朋友
- 當別人對同志發表負面評論時，您能發言反對
- 在支持同志的團體中擔任志工

**家長和其他家庭成員越經常表達這些支持性的言行，同志孩子的身心就越健康。**

高度的家人接納言行

- 身心更健康
- 自尊感較高
- 社會支持更強大
- 家庭關係品質更好

數多或中度的家人接納言行

- 降低罹患憂鬱症的機率
- 自殺企圖發生可能性減為三成
- 自殺意念出現可能性減為三成
- 藥物濫用的問題變少

家人接納計劃有助於降低風險並促進孩子的身心健康。

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# Family Acceptance Project

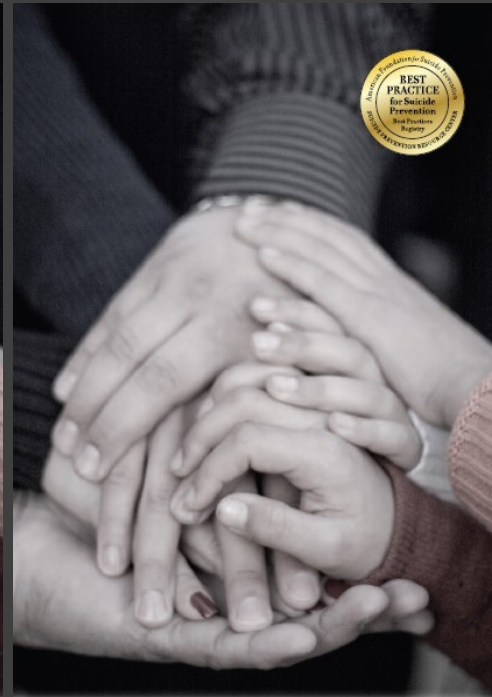


## 家庭接受和支持，培養健康孩子

幫助家裡有同志  
(女同性戀、男同性戀、雙性戀、跨性別) 成員的家庭



家庭接受項目™  
舊金山州立大學

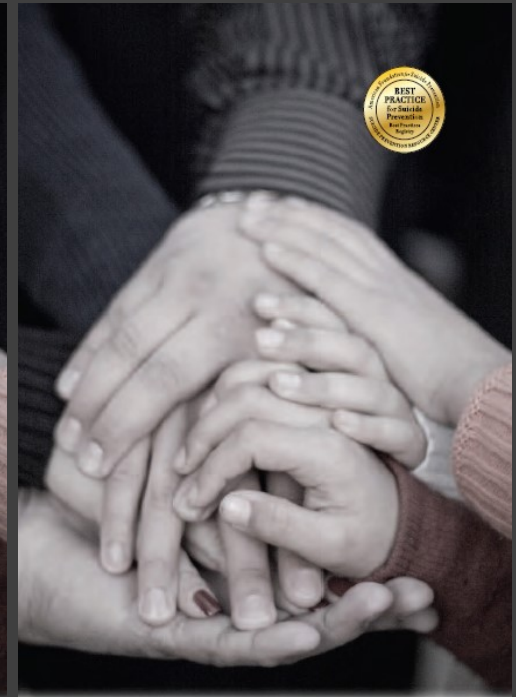


## Supportive Families, Healthy Children

Helping Families with Lesbian, Gay,  
Bisexual & Transgender Children



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## Niños saludables con el apoyo familiar

Ayuda para familias con hijos e hijas lesbianas,  
gays, bisexuales y transgénero



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## CONTACT INFORMATION

EMAIL:

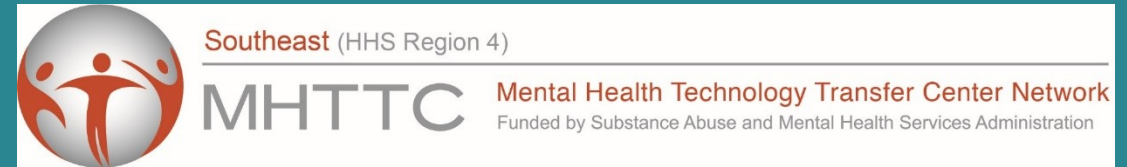
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CENTER OF EXCELLENCE ON LGBTQ+

BHE: [WWW.LGBTQEQUNITY.ORG](http://WWW.LGBTQEQUNITY.ORG)

NATIONAL SOGIE CENTER:

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