

Resources for LGBTQ Patients and Families

Compiled by WVU Behavioral Medicine – Charleston Diversity Team Members

Chantel Weisenmuller, Ph.D.

Jess Luzier, Ph.D., ABPP

Rachel Dash, MSW, LICSW

Tiffany Sparks, MD

Laura Wilhelm, Ph.D.

Angela Webb, RN, BSN

West Virginia LGBTQ Resources

Dr. Rainbow

<https://www.drrainbow.org/>

- Mission: “We are here as a resource to connect every person to an LGBTQ culturally competent healthcare provider in West Virginia as well as connect individuals to community services and groups”
- Providers can nominate themselves, patients can nominate providers, or both

Fairness West Virginia

<https://fairnesswv.org/>

- Fairness West Virginia (Fairness) is the statewide civil rights advocacy organization dedicated to fair treatment and civil rights for lesbian, gay, bisexual and transgender West Virginians.
- Our mission is to ensure LGBT people can be open, honest and safe at home, at work, and in the community. We are open to everyone who believes in fundamental fairness.

Transition Medicine for Adolescents in West Virginia

Cincinnati Children’s Hospital Teen Health Center-Transition Medicine:

513-636-4681 option 7

- Transgender Health Clinic <https://www.cincinnatichildrens.org/service/a/adolescent-medicine/programs/transgender>

General Information and Resources

WPATH Guidelines for Care

<https://www.wpath.org/publications/soc>

CDC - <https://vwww.cdc.gov/lgbthealth/health-services.htm>

- LGBTQ psychiatrist network <https://aglp.memberclicks.net/aglp-referral>
- LGBTQ Domestic Violence Support

- LGBTQ Medical Provider Referral
<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageid=939&grandparentID=534&parentID=938>

Gender Spectrum www.genderspectrum.org

- Variety of resources for transgender individuals and their families.
- Resources for professions working with LGBTQ individuals in the following professions: medical, mental health, social services, education and legal LGBTQ Resource List
- <http://www.glbtnearme.org/GLBTTNearMeResults.php?national=Yes>

GLAAD www.glaad.org

PFLAG (Parents, Families & Friends of Lesbians and Gays) www.pflag.org

Human Rights Campaign www.hrc.org

Trans Health www.trans-health.com

Trans Youth Family Allies www.imatyfa.org/

Black Trans Advocacy www.blacktrans.org

Gay Straight Alliance Network www.gsanetwork.org

Gay Lesbian & Straight Education Network www.glsen.org

Family Acceptance Project www.familyproject.sfsu.edu

TransYouth Family Allies www.imatyfa.org

Sexual health resource for LBGT youth www.youthresource.com

LGBTQ Online or Phone Support Groups and Crisis/Information/Referral Lines

GLBT National Help Center <https://www.glbthotline.org/>

- LGBTQ National Hotline (all ages) 1-888-843-4564
- Youth Talkline (up to age 25) 1-800-246-7743
- LGBTQ Elder Line (seniors) 888-234-7243
- Moderated teen talk online support groups
- Online Support Groups: preteen, teen, parents, dads, grandparents

The Trevor Project's 24/7 Lifeline

- 866-4-U-TREVOR (866-488-7386) or
- Trevor Chat, the Trevor Project's online messaging service

Trans Lifeline at 877-565-8860

Facebook Support Groups

- Search on FB: "Parents of Transgender Children" - *private* - 'Friends' can see you joined the group, but not what you post
- Parenting Transgender Children (front door) - *secret* - 'Friends' can't see you're a member of the group or any posts. Highest level of FB privacy.
 - o Multiple spin off groups can be accessed through this group including groups for educators of transgender students, grandparents & other advocates, jewish parents of transgender children, adolescent and young adult group, trans friendly families willing to open their homes for free when traveling for medical care, etc, parents of children who are trans and on the autism spectrum, trans adults and partners of adults who have transitioned while with their partner/spouse
- Transgender Support (world wide)
- LGBT Teens 13-19

It Gets Better Project

www.itgetsbetter.org

Legal Assistance

Transgender Law Center www.transgenderlawcenter.org

National Center for Lesbian Rights (does a lot of transgender rights work)
www.nclrights.org

National Center for Transgender Equality www.transequality.org

Lambda Legal www.lambdalegal.org

ACLU www.aclu.org

Transgender Legal Defense and Education Fund www.transgenderlegal.org

School Resources

"Schools in Transition"

- gold standard manual for supporting transgender students in schools.
- <https://www.genderspectrum.org/staging/wp-content/uploads/2015/08/Schools-in-Transition-2015.pdf>

Gender Spectrum- education <https://www.genderspectrum.org/explore-topics/education/>

Literary Resources

Children's Books -transgender and gender exploring:

- Introducing Teddy: A Gentle Book Gender (amab)
- I am Jazz (amab)
- My Princess Boy (amab)
- Jacob's New Dress (amab)
- Morris Micklewhite and the Tangerine Dress (amab)
- About Chris (afab)
- Not Every Princess Annie's Plaid Shirt (afab)
- Red: A Crayon's Story (general)
- Who are You? A Kids Guide to Gender Identity (general)
- George (grade 4-6)

Parent & Professional Books - transgender and gender exploring

- The Transgender Child: A Handbook for Families and Professionals
- The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens
- The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity
- Transgender 101: A Simple Guide to a Complex Issue
- Raising My Rainbow: Adventures in Raising a Fabulous, Gender Creative Son
- Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children
- The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes
- Raising the Transgender Child: A Complete Guide for Parents, Families, and Caregivers
- I Promised Not to Tell: Raising a transgender child
- Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached
- Being Jazz: My Life as a (Transgender) Teen
- Becoming Nicole: The Transformation of an American Family

Video & Movie Resources

Gender Revolution: A Journey With Katie Couric (DVD) - amazon www.raisingryland.com
(documentary for parents -afab)

Conservative Christian mom with transgender child:

<https://www.youtube.com/watch?v=ami12z8UOnU>

Transgender Kids Documentary <https://www.youtube.com/watch?v=qV8b8hsQups> Rebecca

Documentary <https://www.youtube.com/watch?v=d3M2kdVmeM>

Safe Folder

Many parents of transgender children create "safe folders" which is a collection of documentation that helps protect the transgender or gender variant child and their family. This is helpful in cases when professionals such as TSA, medical, mental health or Children Services are uninformed and question the validity of the child's gender.

<http://www.imatyfa.org/safe-folder.html> <https://askjoanne.forums.net/thread/96/quot-safe-folder-transgender-children>

Resources in Spanish

<http://www.imatyfa.org/espanol.html>

<https://www.glaad.org/programs/spanish-language>

Religion & Spirituality

National list of LGBTQ friendly churches www.gaychurch.org

<https://www.genderspectrum.org/explore-topics/faith/>

Clothing & Accessories

Leolines - custom underwear, swim suits and leotards for ftm individuals (children and adult)

<https://www.etsy.com/shop/LeoLines>

Packers - reviews: www.transguys.com/product-reviews/packers, www.ftmpackers.com

Binders www.Amazon.com; <http://www.f2mbinders.com/>

Summer Camps!

Camp Aranu'tique - CA, NH	Camp Outright - VT
Aspyre Camp - NC	Camp Pride - TN
Bay Area Rainbow Day Camp - CA	Camp Ten Trees - Washington
Brave Trails - CA	Camp Transplant – RI
Camp Born this Way-AZ	Camp True Colors - MN, CT, TX
Camp Coyote-Canada	Fierce Love Day Camp-CA
Camp Highlight - CA	Fluid Revolutions Queer Youth Circus Camp-NC
Camp Kesnet - GA	Get Free-CA
LGBTQ Activist Camp - MS, AK	GLAC Youth Session - CA, GA
Spiritual Pride Retreat -TX	GSA Activist Camp - CA
T Camp- CA	Next Generation Leadership Camp- DC
TYEF Summer Camp - New England	QORDS-NC
Yes Program Camp - New England	Queer Camp –CA
You Belong Sports Camp - NJ	Queer Rock Camp - CA
Camp Light Bulb - MA	Queer Spirit Camp - NY
Camp Laurel - CA	Rainbow Camp – AR
Camp OUTdoors - AZ	