

Resource Library



Resources for Individuals

Resources for Health Care
Providers and Systems

Resources for Non-Clinical
Service Partners

Resource Library

This resource library includes a variety of resources to support communities across the state and country in developing more inclusive, safe, and culturally appropriate care environments for LGBTQ+ individuals.

The following Resource Library was created by Cornerstone Whole Healthcare Organization, INC (C-WHO) in partnership with Valor Health and the Pride in Idaho Care Neighborhoods (PiICN) Consortium with funding from the Cambia Foundation to support other communities across the state and country in developing more inclusive, safe, and culturally appropriate care environments for LGBTQ+ patients and neighbors.

-The C-WHO Team

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RESOURCES FOR INDIVIDUALS

[The Family Acceptance Project](#)

The Family Acceptance Project is an excellent resource out of San Francisco State University focused on increasing family acceptance of LGBTQIA+ youth to protect emotional, behavioral, and physical health. Through the website, individuals can access documentary videos for families, simple white papers describing the risk of highly rejecting families, and guides for families working on accepting behaviors with LGBTQIA+ children (English, Spanish, and Chinese). Resources for individuals are offered free although some content requires registration/contact information. In addition, contracted training services are available in the following topic areas for families, churches, and healthcare institutions:

- Engaging Families to Prevent Suicide & Homelessness for LGBTQ Youth
- Helping Families, Foster Families & Caregivers to Support LGBTQ Children & Youth
- Developing & Implementing Family-Based Services for LGBTQ Children & Youth
- Engaging Families as Allies to Promote School Safety, Support & Wellness for LGBTQ Students
- Helping Clergy & Congregations to Provide Support for LGBTQ Youth & Families

[GLMA: Health Professionals Advancing LGBTQ Equality](#)

GLMA is a national professional organization dedicated to promoting equity in care and healthcare professional environments for LGBTQIA+ providers. While much of the organization's content is focused on the support and professional needs of clinicians, nurses, and allied professionals, it does support resources for individuals seeking care. Examples include:

- [Top 10 Things to Discuss with Your Healthcare Provider](#) (resources in English and Spanish)
- [Find a Provider](#)
- Lambda Legal [Tips for Protecting Your Healthcare Wishes](#)

[The Trevor Project](#)

The Trevor Project is a national non-profit founded after the release of the critically acclaimed short film, "Trevor". The organization is committed to preventing suicide among LGBTQ youth (under 25 years old) across the country. Resources for individuals include:

- [Crisis Services](#) (chat, text, phone)
- [Volunteer Opportunities](#)

- [Glossary of FAQs](#) for LGBTQ Youth
- [Peer-to-Peer Chat Space](#) (13-24 years old)

RESOURCES FOR HEALTHCARE PROVIDERS AND SYSTEMS

[National LGBTQIA+ Health Education Center](#)

Resources include webinars, learning modules, and publications. Users will create a free account and will have access to no cost CME offered by the American Academy of Family Physicians (AAFP). In addition, the National LGBTQIA+ Health Education Center can provide contracted technical assistance, hosts two annual conferences, and offers ECHO series on LGBTQIA+ health topics. While much of the content is focused on a clinical audience, all trainings offer an excellent “level-set” regarding culturally safe and appropriate terminology and could be used by administrative and support staff as well.

[The Family Acceptance Project](#)

The Family Acceptance Project is an excellent resource out of San Francisco State University focused on increasing family acceptance of LGBTQIA+ youth to protect emotional, behavioral, and physical health. Through the website, healthcare teams can access documentary videos for training, research papers, guides for patients/families working on accepting behaviors with LGBTQIA+ children (English, Spanish, and Chinese), and guides for care providers. Resources for individual providers are offered free although some content requires registration/contact information. Booklets, posters, and other printed materials are available for order. In addition, contracted training services are available in the following topic areas for families, churches, and healthcare institutions:

- Engaging Families to Prevent Suicide & Homelessness for LGBTQ Youth
- Helping Families, Foster Families & Caregivers to Support LGBTQ Children & Youth
- Developing & Implementing Family-Based Services for LGBTQ Children & Youth
- Engaging Families as Allies to Promote School Safety, Support & Wellness for LGBTQ Students
- Helping Clergy & Congregations to Provide Support for LGBTQ Youth & Families

[GLMA: Health Professionals Advancing LGBTQ Equity](#)

GLMA is a national professional organization dedicated to promoting equity in care and healthcare professional environments for LGBTQIA+ providers. The organization has created a

variety of resources to assist providers and their care teams in cultivating best care practices for LGBTQIA+ patients. These include:

- Archived [Care Basics Webinars](#)
- The [Handbook on LGBTQ Health](#) (current price \$110.00)
- [Annual Conference](#)
- A [library of position statements and policies](#)
- [Training and Education Guidelines for Healthcare Students](#)

Clinical Training

This resource is through Canvas an online learning portal, it's a series of 5 modules currently and targets both front end and clinical providers. In addition to a clinical lecture on how to prescribe HRT, we also have terminology and concepts, history of LGBTQ communities, best practices, and data collection topics.

Other references are the best practice guidelines below:

<https://www.endocrine.org/clinical-practice-guidelines/gender-dysphoria-gender-incongruence>

<https://www.lgbtqihealtheducation.org/publication/medical-care-of-trans-and-gender-diverse-adults-2021/>

<https://transcare.ucsf.edu/guidelines>

<https://transline.zendesk.com/hc/en-us/articles/229373288-TransLine-Hormone-Therapy-Prescriber-Guidelines>

A previous recording of a workshop one of our providers have done:

[Trans 101 Basics of Masculinizing and Feminizing HRT](#)

RESOURCES FOR NON-CLINICAL SERVICE PARTNERS

[The Family Acceptance Project](#)

The Family Acceptance Project is an excellent resource out of San Francisco State University focused on increasing family acceptance of LGBTQIA+ youth to protect emotional, behavioral, and physical health. Through the website, service partners can access documentary videos for training, simple white papers, and guides for patients/families working on accepting behaviors with LGBTQIA+ children (English, Spanish, and Chinese). Resources for individual parnters are offered free although some content requires registration/contact information. Booklets, posters, and other printed materials are available for order. In addition, contracted training services are available in the following topic areas for families, churches, and service providers:

- Engaging Families to Prevent Suicide & Homelessness for LGBTQ Youth
- Helping Families, Foster Families & Caregivers to Support LGBTQ Children & Youth
- Developing & Implementing Family-Based Services for LGBTQ Children & Youth
- Engaging Families as Allies to Promote School Safety, Support & Wellness for LGBTQ Students
- Helping Clergy & Congregations to Provide Support for LGBTQ Youth & Families

[Welcoming Resources](#)

Welcoming Resources' purpose is to help Christian faith communities adopt a more welcoming stance for LGBTQIA+ parishioners and families. The organization's website includes publications for church leaders, key opinion pieces, and links to other resources. The organization presents content through a faith-based lens. Limited content is offered in Spanish.

[GLSEN](#)

GLSEN is a national non-profit whose mission is to "[...] ensure that every member of every school community is valued and respected regardless of sexual orientation, gender identity or gender expression". The site includes toolkits, background information, lesson plans, curriculum, and professional development resources for educators to promote a more inclusive environment. Most of the content is free with some printed materials requiring a fee. In addition, documents and materials include identification of peers implementing best practices to serve as a model and potential contact.

[The US Chamber Foundation](#)

The US Chamber Foundation has developed a comprehensive resource for business owners to create more inclusive policies and practices for LGBTQIA+ individuals. The document starts with a business case for inclusivity and progresses to a description of identified best practices for businesses both for internal and external stakeholders. The resource includes highlights from high performing corporations and specific examples of opportunities to implement. While the content is geared towards larger corporations, key ideas can easily be translated to small to medium sized businesses.

[The Trevor Project](#)

The Trevor Project is a national non-profit dedicated to supporting LGBTQ Youth. Resources for communities are focused on suicide prevention and peer-support. Examples include:

- [Model Education Policies and Trainings](#)
- [Ally Guides](#)
- [Advocacy Opportunities](#)

[The It Gets Better Project](#)

The It Gets Better Project is an international non-profit organization with a goal of uplifting, empowering, and connecting LGBTQ youth around the world. Resources for communities include brief and informative implementation guides to create more LGBTQ friendly spaces, a storytelling (and listening) platform, and a robust social media campaign.

[TransActive Gender Project-Lewis and Clark University](#)

The TransActive Gender Project is a special center of Lewis and Clark University focused on supporting gender diversity among youth. The center offers a variety of services from professional development and community training focused on education and counseling, facilitated support groups for youth and their families, policy development and consultation, and screening and referrals to healthcare providers specializing in the treatment of trans youth. Many of the center's services are offered free of charge, although more extended trainings and consultations may be offered for a fee. Resources and consultation are particularly relevant for agencies working with youth (pediatric providers, schools, recreation departments, youth groups, etc). In April of 2021, the Transactive Gender Project hosted a three-day conference to support school teams in developing safer and more inclusive policies and practices. A resource

guide for educators is linked [here](#) and is a great tool for not only school teams but also other services looking for more information.

[Building Bridges \(PDF\) Resource](#)

In 2013, the Department of Health and Human Services published an extensive guide on supporting LGBTQ+ individuals in recovery from substance use disorders and mental health conditions. This guide details recommendations for community, providers, and other services in creating a more successful and positive environment for recovery.