

Resources

Pacific Pride Foundation

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LGBTQ Youth Support Group @ PPF

The goal of the LGBT youth support group is to provide Lesbian, Gay, Bisexual, Transgender, Questioning and Ally youth and young adults a safe and positive environment in which to socialize and get to know other young people who are in the same situation in life.

Santa Barbara Office: Fridays 4:00 - 5:30 pm

Santa Maria Office: TBD

Contact Pacific Pride Foundation for more info.

Community Counseling and Education Center

923 Olive St, Suite 1 Santa Barbara, CA 93101
805.962.3363 www.ccecsb.org

Youth Talkline

Toll-free 1-800-246-PRIDE (1-800-246-7743)
Monday - Friday, 5 - 9pm, Pacific Time

Trevor Suicide Prevention Line

1-800-850-8078 www.thetrevorproject.org

Gay, Lesbian, and Straight Education Network (GLSEN)

www.glsen.org

Youth Resource

GLBTQ youth advocacy www.youthresource.com

Gay Straight Alliance (GSA) Network

1-213-482-4021 www.gsanetwork.org

Parents, Families & Friends of Lesbians & Gays (PFLAG)

202.467.8194 info@pflag.org www.pflag.org

SB County Partnering Service Providers

Casa Esperanza Homeless Center / Casa Pacifica / Casa Serena / Charles Golodner / Child Abuse Listening & Mediation, Inc. / Coast Valley Substance Abuse / Community Action Commission / Community Counseling & Education Center / Community Health Centers of the Central Coast / Council on Alcoholism and Drug Abuse / Family Service Agency / Future Leaders of America / Good Samaritan Shelter / Guadalupe Cultural Arts and Education / La Casa de la Raza / Mental Health Association in SB County / Mental Health Systems, Inc. / PathPoint / People Helping People / Phoenix of Santa Barbara / Sanctuary Psychiatric / Santa Barbara Community Housing Corp / Santa Barbara County Education Office / Santa Barbara Neighborhood Clinics / Santa Maria Valley Youth & Family Center / Sojourn Services, Inc. / Telecare Corporation / Transitions Mental Health Association / Zona Seca, Inc.



Santa Barbara County's 2-1-1 Helpline is the first point-of-access to all community services, including information and referrals to housing, food, drug and alcohol abuse prevention and treatment, health facilities, counseling, mental health services, senior issues, financial assistance, legal assistance, child care, child and elder abuse services, recreation, and disaster relief.

www.pacificpridefoundation.org

North County Office

819 West Church Street
Santa Maria, CA 93454
805.349.9947

South County Office

126 East Haley Street, Suite A-11
Santa Barbara, CA 93101
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(REVISED MAY 2011)

MENTAL HEALTH & LGBTQ YOUTH



A RESOURCE & REFERRAL GUIDE ON ISSUES ENCOUNTERED BY LESBIAN, GAY, BISEXUAL, TRANSGENDER & QUEER (LGBTQ) YOUTH



PACIFIC PRIDE
FOUNDATION

MENTAL HEALTH & LESBIAN/GAY/BISEXUAL/ TRANSGENDER/QUEER (LGBTQ) YOUTH

Dealing with Sexual Orientation:

By the age of 13, most youth have internalized or accepted their families views and beliefs concerning the LGBTQ community. As a result, most LGBTQ youth do not reveal their LGBTQ identity and hide their deepest feelings from people they love for fear of being rejected, or being thrown out of their home.

This may lead to increased impacts on mental health by undermining self-esteem and sense of self-worth. Due to the negative stigma and social prejudice regarding gender identity and sexual orientation, youth are more vulnerable to mental health issues including depression, substance abuse, anxiety and suicide.

LGBTQ youth, especially LGBTQ homeless youth, are:

- More than 8 times as likely to attempt suicide than their heterosexual peers.
- Nearly 6 times as likely to experience depression and anxiety.
- More than 3 times as likely to use drugs.
- More than 3 times as likely to have unprotected sex.
- Less likely to continue pursuing an education.
- More vulnerable to sexual and physical assault in the streets.

In Santa Barbara County, **only 36.4%** of high school students strongly agreed or agreed with feeling their high school is a safe place for LGBTQ students, teachers, and administrators.

In Santa Barbara County, **80.4%** of high school students reported that when hearing anti-LGBTQ slurs of any kind, teachers or administrators only ***sometimes or never*** stepped in.

These issues result from the stress associated with coming out, the fear of rejection and family disapproval, and victimization from peers. Mental health issues are more significant for LGBTQ youth of color as a result of cultural values, which emphasize strong familial ties, and the possibility of losing connections to one's community of origin. LGBTQ youth who are supported by their parents are less likely to experience mental health issues.

Coming Out as LGBTQ:

The stigma associated with being LGBTQ causes many youth to undergo hardships that lead to increased issues affecting their overall mental health. When LGBTQ youth "come out" to their families and are unsupported they are more likely to end up on the streets as a result of losing housing. Those who do not lose housing may still lose support from their parents, leading to increased levels of anxiety and mental distress.

Victimization:

Individuals perceived to be LGBTQ, or who are LGBTQ-identified, may experience verbal, physical, or sexual assault or threats and are at a greater risk for experiencing harassment in school settings.

- In 2006, 25% of students reported having missed school fearing harassment.

Tips for Individuals Interacting with LGBTQ Youth:

Create a warm and supportive environment by:

- Reaffirm that the stigma associated with sexual orientation/gender identity is socially constructed and that LGBTQ youth are not to blame for negative societal reactions.
- Identify and refer to other supportive and affirming environments, such as local community resources (see reverse).
- Help build coping skills to manage stigma.
- Foster students LGBTQ identity and support students gender expression.

In Santa Barbara County, **88.9%** of high school students reported ***knowing of physical attacks*** occurring against students at their high school because people think they are lesbian, gay, bisexual, transgender, queer or questioning (LGBTQQ).



Gay-Straight Alliances (GSA's) in schools help create safe-spaces for LGBTQ youth. See reverse for more information regarding local LGBTQ Youth Groups or a GSA in Santa Barbara County.

Sources: *Mental Health Risk Factors among GLBT Youth* (Online Publication) -National Alliance on Mental Illness; *On the Streets: The Federal Response to Gay and Transgender Homeless Youth* (Online Publication-June 2010)- Center for American Progress-www.americanprogress.org

Ryan, Caitlyn. "Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children." *Family Acceptance Project*. Web. 11 Apr. 2011. <<http://familyproject.sfsu.edu/publications>>.