



PACIFIC CENTER

FOR HUMAN GROWTH

Lesbian, Gay, Bisexual, Transgender, Queer, Intersex & 2-Spirit **Information and Resource List for Providers**

This list is reviewed and updated quarterly. Please send any updates or additions to:
Director@pacificcenter.org

Pacific Center also recommends

www.eastbaypride.com for additional local resources and updates

Resources specific to Responding to the Orlando Massacre

Kip Williams, LMFT: article on **10 Steps to help process the Orlando Massacre**

<http://marketstreetpsychotherapy.com/blog/10-steps-to-help-process-the-orlando-massacre/>

Self-care post mass shooting

<http://www.apa.org/helpcenter/mass-shooting.aspx>

Building Resilience

<http://www.apa.org/helpcenter/terror-exposure.aspx>

Orlando-specific resources for victims, victims' families, survivors and the larger community

<http://www.unitycoalition.org/>

basic statement a with links to donate to the LGBTQ Center and blood drive

Equality California Statement & fundraising campaign for victims

- community links for grief counseling, vigils, and fundraising for families and travel

<http://www.eqfl.org/news/pulse>

<https://www.gofundme.com/PulseVictimsFund>

LGBTQI2-S Community Centers

Centerlink: national listing of LGBTQ centers: www.lgbtcenters.org

Their comprehensive listing of national organizations and resources can be found at:

<http://www.lgbtcenters.org/localstatenational-groups.aspx>

Northern California LGBTQI2-S Community Centers

Alameda County: **Pacific Center**– www.pacificcenter.org 510. 548.8283

Chico: Stonewall Alliance Center - www.stonewallchico.org 530.893.3336

Contra Costa County: **Rainbow Community Center** – www.rainbowcc.org 925.692.0090

Marin County: **Spectrum** – www.Spectrumlgbtcenter.org 415.472.1945

Sacramento : **Sacramento Gay & Lesbian Center** - www.saccenter.org 916.442.0185

Solano Co – **Solano Pride Center** – www.Solanopride.org

San Francisco: **SF LGBT Center** – www.SFcenter.org 415.865.5555

South Bay: **Billy DeFrank Community Center** – Defrankcenter.org 408.293.2429

Santa Cruz: **Diversity Center of Santa Cruz** – www.diversitycenter.org 831.425.5422

Most Community Centers offer social support and/or therapy services

LGBTQI2-S Health & Wellness Services

National

Gay and Lesbian Medical Association –professional association www.glama.org

National Coalition for LGBT Health – www.healthlgbt.org

Sexuality Information and Education Council of the United States - www.Siecus.org

Northern California

API Wellness Center – HIV/Trans support for API LGBTQ people – www.api.org

Asian Health Services – Oakland – www.asianhealthservices.org

Berkeley Free Clinic – Trans clinic, rapid HIV testing – www.berkeleyfreeclininc.org

Gaylesta – LGBTQ therapist referrals and professional association www.gaylesta.org

Lyon-Martin Health Services – primary and mental health services www.lyon-martin.org

Pacific Center– Berkeley - www.pacificcenter.org (510) 548.8283

Rainbow Community Center – Contra Costa County:www.rainbowcc.org (925) 692.0090

Crisis Support & Hotlines

Nationwide Suicide Crisis Hotline (24 Hour Crisis Line): 1.800.SUICIDE
Alameda County Crisis Support Services (24 Hour Crisis Line): 1.800.309.2131
Alameda County Access: 1.800.491.9099
Berkeley Crisis Assistance
Mobile Crisis Team (10:30am – 11pm): 510.981.5254
(8am – 4pm; Mon –Fri; non-life threatening crisis): 510.981.5244
Contra Costa County
Access: 1.888.678.7277 Crisis: 800.833.2900

S.F. Suicide Prevention 415.781.0500
San Mateo County
Access Team: Mon – Fri from 8am to 5pm: 1.800.686.0101
Crisis, Psychiatric Emergency Services: 650.573.2662
San Francisco
Crisis Line: 415.781.0500
HIV Nightline: 415.434.2437 (5pm – 5am): 1.800.628.9240

Resources for LGBTQI2-S Elders

National

National Resource Center on LGBT Aging - Links and resources -
www.lgbtagingcenter.org
Next Step in Care - *Guide to LGBT CareGiving* –
www.nextsteipincare.org/caregiver_Home/LGBT_Guide/
SageUSA – National LGBTQ organization for resources and advocacy www.sageusa.org

Northern California

Lavender Seniors – San Leandro – Support for LGBTQ seniors – www.lavenderseniors.org
Openhouse – SF based activities- housing www.openhouse-sf.org
Old Lesbians Organized for Change - national org w/local chapter - www.oloc.org
Pacific Center – Berkeley – Support groups and friendly visitors – www.pacificcenter.org

Family & Youth Support Organizations National

It Gets Better Project www.itgetsbetter.org

A Better Way Children's Advocacy Center – Mental health support for children

<http://www.cacga.org/%20http://advchild.org/programs/a-better-way-children-advocacy-center/>

COLAGE – support for people with LGBTQ parents www.colage.org

Family Builders – adoption services – www.familybuilders.org

Family Acceptance Project/SFSU – resource for families and providers –

www.familyproject.sfsu.edu

Family Equality Council – international LGBTQ family resources - www.familyequality.org

Gay-Straight Alliance Network – student-run school clubs - www.gsanetwork.org

Clubs in schools throughout California – check website for details

GLSEN – Gay Lesbian Straight Educator Network – www.glsen.org

Out and Proud Families – Resources and videos for families www.outproudfamilies.org

The Trevor Project – national hotline – www.thetrevorproject.org

Northern California

Bay Area Community Health Education www.bacheinfo.org

California Safe Schools Coalition – www.casafeschools.org

Gay Prom – The biggest and best in Hayward! www.gayprom.org

Health Initiatives for Youth – West Oakland Youth Center – www.HIFY.org

LYRIC – youth support in San Francisco www.lyric.org

Our Family Coalition – support for LGBTQ parents and families www.ourfamily.org

Mamas and Papas – OFC parents blog – www.mamaspapas.blogspot.com

Our Space – youth space in Hayward www.baycyouth.org./lgbtq-community-center.html

Outlet Program – youth support in Menlo Park – www.acs-teens.org/what-we-do/outlet

PFLAG- Parents and Friends of Lesbians and Gays www.pflag.org

Parents, Families and Friends of Lesbians and Gays is a large national organization with many local chapters. Provides support for LGBTQ people and their families.

- **Concord** (Rainbow Community Center) 925.692.0090
- **Danville/San Ramon** 925.831.8172 paulshermanbrown@yahoo.com
- **Diablo Valley/Walnut Creek/Concord** 925.283.8928
- **Fremont** 510.226.6816 pflagfremontinfo@aol.com
- **Hayward** - 510/782-5462
- **Oakland/East Bay** 510.562.7692 Email: EBOakPFLAG@aol.com
- **Rossmoor** 925.945.1667
- **San Francisco** 415.921.8850 www.pflagsf.org
- **San Jose** - 408/270-8182 www.pflagsanjose.org

RYSE Youth Center – Richmond CA - www.ryse.org

Somos Familia – Latino parents of LGBTQ children support – www.somosfamilia.org

Youth Uprising – East Oakland – www.Youthuprising.org

Housing

Trans housing network - www.Transhousingnetwork.com – National resource

YEAH – www.yeah-berkeley.org – local youth support/emergency housing

Alameda Family Services Dreamcatchers – www.alamedafs.org/dreamcatchers

Resources for Intersex and Transgender People

National

F.T.M. International – www.ftmi.org

Intersex Society of North America - www.isna.org

National Center for Transgender Equality - Advocacy - www.transequality.org

Project Health Transline - national advocacy and info - www.projecthealth.org/transline/

Sexuality Information and Education Council of the United States - www.Siecus.org

Trans Advocacy Network – Assoc. of Trans organizations www.transadvocacynetwork.org

Transgender Law Center - Civil Rights organization - www.transgenderlawcenter.org

Transpulseproject.ca – Good research and journal articles – www.transpulse.ca

UCSF Center of Excellence for Transgender Health – www.transhealth.ucsf.edu

World Professional Assoc. of Transgender Health – www.wpath.org

Northern California

Brown Boi Project - support for masculine of center and non conforming LGBTQI2-S people of color - www.brownboiproject.org

Gender Health Center - Sacramento - www.thegenderhealthcenter.org

Gender Spectrum - support/training for families and providers
www.genderspectrumfamily.org

Tom Waddell Clinic/San Francisco - Primary care and resources
www.sfdph.org/dph/comupg/oservices/medsvs/hlthctrs/tomwaddellhlthctr.asp

Resources for Bisexual People National

Bi-Net - National resource center for Bisexual people - www.binetusa.org

American Institute of Bisexuality - link to research, videos and books - www.Bisexual.org

Northern California

Bay Area Bisexual Network - local resources - www.bayareabisexualnetwork.org

Resources for 2-Spirit Peoples National

For information concerning the use of the term "2-Spirit," we recommend the following link:

A letter for white people using the term "TwoSpirit"

<http://www.conspireforchange.org/?p=2283>

Dancing to Eagle Spirit Society - <http://www.dancingtoeaglespiritsociety.org/twospirit.php>

First Nations 2-Spirit Collective

Native Out - National Resources/multimedia www.nativeout.org

Native Youth Sexual Health Network - www.nativeyouthsexualhealth.com

Two Spirit Resource Directory - Excellent Resource Listing -

<https://lgbt.wisc.edu/documents/two-spirit-resource-directory-jan-2013.pdf>

Northern California

Bay Area American Indian Two-Spirits - events, resources - www.baaits.org

People of Color Organizations

National

API Family Pride - support for API families with LGBTQI members www.apifamilypride.org

The Center for Black Equity - National resources - www.thecenterforblackequity.org

Muslims for Progressive Values - Excellent resource guide www.mpvusa.org/lgbtqi-resources/

Northern California

Aguilas - organization for Gay/bisexual Latino men- www.sfaquilas.org

API Wellness Center - programs and direct services - www.apiwellness.org

E/LA Para Translatinas SF support for transgender latinas
www.ellaparatranslatinas.yolasite.com/

Gay Middle Eastern Men's Group - SF based - www.gmemsf.org

Trikone - for LGBTQ people of South Asian Descent www.Trikone.org

Zuna - research and training on Black Lesbian issues, in Sacto - www.zunainstitute.org

Asian Pacific Islander Queer Women Transgender Community - Oakland
Good local resource guide <http://www.apiqwtc.org/>

Immigration Support Organizations

National

Immigration Equality - free legal advice for immigrants www.Immigration Equality.org

Out for Immigration – www.out4immigration.org

Outright Action International - education/advocacy www.outrightinternational.org

Spirituality

National

Made in God's Image - www.madeinimage.org

Center for Lesbian and Gay Studies in Religion and Ministry www.clgs.org

Gay Buddhist Sangha - resources and support - www.gaybuddhistsanga.org

GayChurch.org - Directory of welcoming mainstream congregations www.gaychurch.org

Institute for Welcoming Resources - resources & links www.welcomingresources.org

Metropolitan Community Churches www.mcccchurch.org

Soulforce - national evangelical/christian activists - www.soulforce.org

Legal, Advocacy & Political Resources

National

Gay & Lesbian Alliance Against Defamation – www.glaad.org

Human Rights Campaign – www.hrc.org

Lambda Legal – www.lambdalegal.org

National Black Justice Coalition - www.nbjc.org

National Center for Lesbian Rights – www.nclrights.org

National LGBTQ Task Force www.thetaskforce.org

The National Center for Transgender Equality www.transequality.org

Transgender Law Center - <http://www.transgenderlawcenter.org>

Northern California

Equality California – political PAC – www.eqca.org

Resources for Further Learning

2012 study by BHCS on treating LGBTQI2-S populations

http://acinnovations.herokuapp.com/pdfs/Innovations_Report_Making_the_Invisible_Visible_by_HHREC.pdf

American Psychological Association: www.apa.org

American Psychological Association (2012). **Guidelines for psychological practice with lesbian, gay, and bisexual clients.** *American Psychologist*, 67, 10-42.

Association of Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (2009). **Competencies for counseling with transgender clients.** Alexandria, VA: Author

Barrow, K. **Psychotherapy with Transgender and Gender Nonconforming Clients**
www.psychotherapy.net/article/psychotherapy-transgender

Bontempo, D. E. & D'Augelli, A. R. (2002). **Effects of at-school victimization and sexual orientation on lesbian, gay, or bisexual youths' health risk behavior.** *Journal of Adolescent Health*, 30, 364-374.

Canfield-Lenfest, M. (2008) **COLAGE Kids of Trans Resources Guide.**

Corliss, HL, Cochran, SD, Mays, VM, Greenland, S., Seeman, TE. (2009). **Sexual orientation development and risk of childhood maltreatment and suicide attempts in women.** *American Journal of Orthopsychiatry* Oct; 79 (4):511 21 doi: 10.1037/a0017163

DeFao, J. (2009) **Free to Be Me. When kids don't fit traditional gender molds.** *Bay Area Parent.*

Diaz, E. M. and Kosciw, J. G. (2009). **Shared Differences: The Experiences of Lesbian, Gay, Bisexual, and Transgender Students of Color in Our Nation's Schools.** New York: GLSEN. www.glsen.org

GLSEN, CIPHR, & CCRC (2013). **Out online: The experiences of lesbian, gay, bisexual and transgender youth on the Internet.** New York: GLSEN. www.glsen.org

GLSEN and Harris Interactive (2012). **Playgrounds and Prejudice: Elementary School Climate in the United States, A Survey of Students and Teachers.** New York: GLSEN
www.glsen.org/sites/default/files/Playgrounds%20%26%20Prejudice.pdf

Resources for further learning *continued*

Grant, Jaime M., Lisa A. Mottet, Justin Tanis, Jack Harrison, Jody L. Herman, and Mara Keisling (2011). **Injustice at Every Turn: A Report of the National Transgender Discrimination Survey.** Washington: *National Center for Transgender Equality and National Gay and Lesbian Task Force.*

Fine, C; (2011) **Delusions of Gender, How our minds, society, and Neurosexism create difference**

Heck, N. C.; Flentje, A.; Cochran, B. N., 2011. **Offsetting risks: High school gay-straight alliances and lesbian, gay, bisexual, and transgender (LGBT) youth.** *School Psychology Quarterly*, Vol 26(2), 161-174. <http://dx.doi.org/10.1037/a0023226>.

Hunt, J. (2012). **Why the Gay and Transgender Population Experiences Higher Rates of Substance Use: Many Use to Cope with Discrimination and Prejudice,** *Center for American Progress* . Retrieved from:
www.americanprogress.org/issues/lgbt/report/2012/03/09/11228/whythegayandtransgenderpopulationexperienceshigherratesofsubstanceuse/

Jivanjee, P., Brennan, E., Roser, E., & Sellmaier, C. (2011). **Transition Service Provider Competency Scale.** Portland, OR: Research & Training Center for Pathways to Positive Futures, Portland State University.

Kennedy, N. and Hellen, M. (2010). **Transgender children: more than a theoretical challenge.** *Graduate Journal of Social Science*, 7(2),pp. 25-43.`

Kosciw, J. G. and Diaz, E. M. (2008). **Involved, Invisible, Ignored: The Experiences of Lesbian, Gay, Bisexual and Transgender Parents and Their Children in Our Nation's K–12 Schools.** www.glsen.org

Kosciw, J. G., Greytak, E. A., Diaz, E. M., & Bartkiewicz, M. J. (2010). **The 2009 National School Climate Survey: The experiences of lesbian, gay, bisexual and transgender youth in our nation’s schools.** www.glsen.org

Lucas-Stannard, P.(2013)_**Gender Neutral Parenting Gender Neutral Parenting: Raising kids with the freedom to be themselves.**

Mercier, L. R., & Berger, R. M. (1989). **Social service needs of lesbian and gay adolescents: Telling it their way.** *Journal of Social Work & Human Sexuality*, 8(1), 75-95.

Resources for further learning *continued*

National Center for Transgender Equality (2014). **Transgender Terminology**. Retrieved from: http://transequality.org/Resources/TransTerminology_2014.pdf

Page, Matthew, J. L., Lindahl, Kristin M. & Malik, Neena M. (2013) **The Role of Religion and Stress in Sexual Identity and Mental Health Among Lesbian, Gay, and Bisexual Youth**. *Journal of Research on Adolescence*, 23 (4), pp. 665-677.

Page, Matthew J. L. (2014). **Longitudinal Predictors and Effects of Parental Rejection of Sexual Minority Youth**. *Open Access Dissertations*. Paper 1234.

Ryan, C. (2014) **A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children**. SAMHSA; www.samhsa.gov.

Ryan, C., Huebner, D., Diaz, R. and Sanchez, J (2009). **Latino Lesbian, Gay, and Bisexual Young Adults Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults**. *Pediatrics* 123; pp.346-352.

Ryan, C., Russell S.T., Huebner, D., Diaz, R. and Sanchez, J (2010). **Family Acceptance in Adolescence and the Health of LGBT Young Adults**. *Journal of Child and Adolescent Psychiatric Nursing*, 3(4), pp. 205-213.

Substance Abuse and Mental Health Services Administration (2001). **A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals**. Retrieved from: <https://www.nalgap.org/PDF/Resources/ProvidersGuideSAMSHA.pdf>

Taylor, E. W., Cranton, P. and Associates (Eds.) (2012) **The Handbook of Transformative Learning: theory, research, and practice**. San Francisco, CA: Jossey-Bass.

The World Professional Association for Transgender Health (2001). **Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People: 7th Edition**. Retrieved from: http://www.wpath.org/site_page.cfm?pk_association_webpage_menu=1351&pk_association_webpage=3926

Travers, R., Bauer, G., Pyne, J, Bradley, K., Gale, L, Papadimitriou, M. (2 October 2012) **Impacts of Strong Parental Support for Trans Youth**. *TransPulse*. <http://transpulseproject.ca/?s=impacts+of+strong+parental+support+for+trans+youth&submit=Search>

Resources for further learning *continued*

Siecus Report: **Questions and Answers: LGBTQ Youth Issues**

<http://siecus.org/index.cfm?fuseaction=page.viewpage&pageid=605&grandparentID=477&parentID=591>

Substance Abuse and Mental Health Services Administration (2001). **A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals**. Retrieved from:

<https://www.nalgap.org/PDF/Resources/ProvidersGuideSAMSHA.pdf>

Suicide Prevention Resource Center **Suicide Prevention among Lesbian, Gay, Bisexual and Transgender Youth: Expanding the Frame and Broadening our Approaches**

<http://www.sprc.org/training-institute/r2p-webinars/suicide-prevention-among-lesbian-gay-bisexual-and-transgender-youth->

UC Berkeley Gender Equity Resource Center (2014). **Definition of Terms**. Retrieved from

http://geneq.berkeley.edu/lgbt_resources_definition_of_terms

Online Resources

General information

American Psychological Assoc – *LGBTQ Q& A* – www.apa.org/topics/lgbt

US Dept of Health and Human Services /Health Resources and Services Administration - National clearing house of information www.Hrsa.gov/lgbt

Videos

Be there for me (collective youth memories)

<https://www.youtube.com/watch?v=rsVxf1cjme8>

In the Life Media: Kicked Out: LGBT Youth Experience Homelessness

<https://www.youtube.com/watch?v=TUhqodigPFk&index=2&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6>

In The Life Media: A Day in Our Shoes - Homeless LGBT Youth

<https://www.youtube.com/watch?v=ZXv1-fHd6Ug&index=3&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6>

Online Resources *continued*

In the Life Media: It Gets Better - Parents of Transgender Children

<https://www.youtube.com/watch?v=2lozIzWrYVY&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6&index=4>

It's Elementary: Talking About Gay Issues In School (1)

<https://www.youtube.com/watch?v=5J06NpqnvZ0>

It's Elementary: Talking About Gay Issues In School (2)

<https://www.youtube.com/watch?v=p4ru5MuYxil>

It's Elementary: Talking About Gay Issues In School (3)

https://www.youtube.com/watch?v=mvfHdEJ_x04

It's Elementary: Talking About Gay Issues In School (4)

<https://www.youtube.com/watch?v=ct78iStvcSw>

It's Elementary: Talking About Gay Issues In School (5)

<https://www.youtube.com/watch?v=b2gT64eiMq0>

Frameline Voices: In My Shoes: Stories of Youth with LGBT Parents

<https://www.youtube.com/watch?v=Z9xfHqT1HEY&list=PL8sP3z8DjtoDYppCqmyz3HwA-qo9CPFZ6>

GASafeSchoolsTV

<https://www.youtube.com/watch?v=rsVxf1cjme8>

Collective Memories of LGBTQ Youth in Georgia High Schools

Shields, Kim Roco (Director): Imagine A World Where Being "Gay" The Norm & Being "Straight" Would Be The Minority! Wingspan Pictures [Short

Film] <https://www.youtube.com/watch?v=1t3vfQIJ-zk>

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www.eastbaypride.com for additional resources and updates