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# LGBTQ TA CENTER Newsletter

## Winter 2020

**Welcome to 2020!** We're getting excited about lots of upcoming LGBTQ health conferences, both in California and beyond -- scroll down for more details.

In this issue, we're looking ahead to **Bisexual Health Awareness Month** (#BiHealthMonth) in March. Bisexual people experience mental health disparities compared to both their heterosexual peers and their gay and lesbian peers. We've compiled several great resources for supporting our bi clients and community members.

[Visit the LGBTQ TA Center Website](#)

## March is Bisexual Health Awareness Month

### Bisexual Health Awareness Month Website

#BiHealthMonth, launched in 2014 by the Bisexual Resource Center (BRC), is a social media campaign dedicated to raising awareness about the bi community's health disparities and to promoting actions that address them.



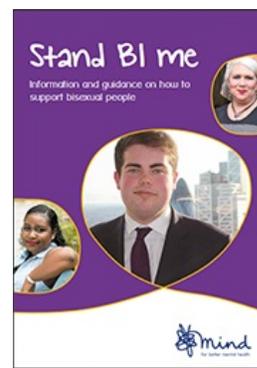
***Stay tuned for the 2020 campaign toolkit!***

[Click to visit #BiHealthMonth website](#)

### Stand Bi Me: Information and Guidance on How to Support Bisexual People

This guidance document from Mind, a UK mental health organization, explores myths and realities related to bisexual mental health.

Check out section 5 (pp. 14-20) for **do's and don'ts** for community-based organizations, mental health providers, and employers.



[Click to read Stand Bi Me](#)

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## Health Disparities Among Bisexual People

This 4-page brief from the Human Rights Campaign (HRC) and partners offers a quick overview of health disparities, including in mental health.

See page 4 for **specific actions** for bisexual people, health care providers, and advocates.

[Click to read the HRC brief](#)

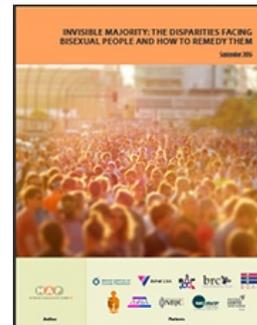


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## Invisible Majority: The Disparities Facing Bisexual People and How to Remedy Them

This 2016 report focuses on the half of LGB people in the U.S. who are bisexual. It presents research on education, workplace, immigration, health, and violence disparities, and provides recommendations to address them.

[Click to read the Invisible Majority report](#)



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## Shining a Light Into the Darkness: Bisexuality and Relationships

This special issue of *Sexual and Relationship Therapy* (2018) features articles that "highlight the intricacy of bisexual relationships and provide greater direction to mental health providers working with bisexual individuals and their partners."

[Click to access the special issue](#)



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## We Aren't Who You Think We Are: Working with Bisexual Clients

In this 2015 presentation, Dr. Raven James discusses common forms of biphobia and unique relationship issues, and she provides concrete recommendations for counselors and allies.

[Click to view the presentation slides](#)

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## New Study: Why Bisexual People Experience Worse Mental Health

Researchers at La Trobe University recently surveyed more than 2,600 bisexual Australians to learn more about what causes mental health disparity. They found that internalized biphobia, lack of support from a romantic partner, and being in a different-sex relationship were all risk factors for poor mental health.

## More LGBTQ News & Resources



### Ready, Set, PrEP

As part of [Ending the HIV Epidemic \(EHE\): A Plan for America](#), this new national program provides HIV pre-exposure prophylaxis (PrEP) to thousands of people in the U.S. **at no cost**. To qualify for the program, a person must: test negative for HIV, have a valid prescription for PrEP, and not have insurance that covers prescription drugs.

[Click to visit Ready, Set, PrEP website](#)

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### Request for Information: Development of the 2021-2025 Trans-NIH Strategic Plan for Sexual and Gender Minority Health Research

The National Institutes of Health (NIH) seeks feedback on its draft 2021-2025 goals from stakeholders throughout the scientific research community, clinical practice communities, patient and family advocates, scientific or professional organizations, federal partners, internal NIH stakeholders and other interested constituents.

[Click to learn more and respond by January 24](#)

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### New Data: LGBTQ Elders Are More Likely to Be Socially Isolated, Experience Dementia

In a new report, UCSF researchers find that LGBT elders are more likely to be socially isolated than their straight cisgender counterparts. This isolation, they claim, contributes to worsened mental and physical health, including cognitive decline.

An exercise-based intervention (Aging with Pride: IDEA) has been designed to improve physical functioning, learn coping strategies, and maintain independence.

[Click to read about the findings and learn more about Aging with Pride: IDEA](#)

### Learn More About Supporting LGBTQ Elders

#### *Prevention and Early Intervention of Mental Health Concerns in LGBTQ Elders*

In this LGBTQ TA Center issue brief, we explore the mental health disparities and intersectional challenges experienced by LGBTQ elders in California. We describe service needs, best practices for meeting those needs, and what trauma-informed care looks like.

[Click here to read the publication](#)



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## New State Laws Impacting LGBTQ Californians

Several new pieces of legislation will take effect in California in 2020, including:

- Assembly Bill (AB) 2119: requires that transgender foster youth receive health care services consistent with their gender identity
- AB 711: ensures transgender students can obtain school records and diplomas with their preferred name and gender pronoun
- AB 493: calls on public schools to provide training in LGBT cultural competency and bullying
- AB 785: assists LGBT couples who use gamete banks to have children
- Senate Bill (SB) 495: makes it state law that a person's sexual orientation or gender identity can't be used to disqualify them as an adoptive parent or legal guardian
- AB 962: requires CA hospitals to publicly disclose how much they are contracting with businesses owned by LGBT persons, women, minorities, and other groups such as veterans. SB 534 creates a similar requirement for the insurance industry
- SB 159 allows pharmacies to provide 60 days of PrEP without a prescription

[Click to read more about the new laws](#)

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## Inclusive Language Guide

This webpage from the Counseling Department at Northwestern University discusses person-centered, inclusive language for a range of identities and conditions, including gender-inclusive language and mental health terms.

[Click to visit the page on Counseling@Northwestern](#)

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## "They" is Merriam-Webster's Word of the Year

Merriam-Webster's 2019 Word of the Year is the nonbinary pronoun "they." Merriam-Webster added the use of "they" as a singular nonbinary pronoun earlier this year, and there was a large increase in searches for the term that was sustained all year.

"Camp" was another popular search term, following it being chosen as the theme for the 2019 Met Gala.

[Click to read more about "they"](#)

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## Research Article: The Health Equity Promotion Model for Reconceptualizing LGBT Health Disparities

Researchers from the University of Washington have developed a new Health Equity Promotion Model framework to highlight how both social structures and individual agency

can impact health outcomes. The framework is intended to help researchers "consider the multiple levels and intersecting influences on the full continuum of LGBT health, especially as they relate to equity and resilience."

[Click to read the article and view the full model](#)

## Upcoming Events

### *Events in California*

#### **Finding Freedom - LGBTQ Symposium** **January 24-25 | Palm Springs, CA**

The Finding Freedom Symposium is about bringing forward relevant information for best practices in supporting the LGBTQ community with co-occurring disorders. This year's theme is "LGBTQ Recovery, Health, Wellness, and Longevity."

[Click to register for Finding Freedom](#)

#### **6th Annual SoCAL LGBTQIA Health Conference** **February 9 | Los Angeles, CA**

In the face of our rapidly changing political environment, we have great opportunities to make strides for queer health care equality. The goal of this conference is to help us all learn more about providing culturally competent care, and to discuss what more we can do to advocate for our community.



[Click to register for SoCal Conference](#)

#### **Training - Diversity, Equity & Inclusion in Action: Learning from LGBTQ+** **February 12 | Santa Clara, CA**

Trainer Lily Zheng will present a path for workplaces to move beyond thinking about diversity, equity, and inclusion purely in terms of representation and hiring. Using case studies, she will show the value of focusing on equity through policy, workplace culture, corporate social responsibility, and transformational leadership.

[Click to register for Diversity, Equity & Inclusion in Action](#)

### *Events Around the Nation*

#### **A Paradigm Shift 2.0: Black Women Confronting HIV, Health & Social Justice** **February 6-7 | Atlanta, GA**

Presenters will highlight the urgent need to call attention to the persistent health disparities and HIV's impact on Black women, particularly in context of the inadequate level of funding and dedicated resources to combat this problem. Speakers include

acclaimed activist Angela Davis.

[Click to register for A Paradigm Shift 2.0](#)

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## **Time to THRIVE Conference February 14-16 | Washington, DC**

HRC Foundation, in partnership with the National Education Association and the American Counseling Association, present Time To THRIVE, the national conference to promote safety, inclusion, and well-being for LGBTQ youth everywhere!

[Click to register for Time to THRIVE](#)

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## **GEMS (Gender Education DeMystification Symposium) Conference 2020 February 27-28 | Salt Lake City, UT**

GEMS is an annual event designed to offer a clinical and educational perspective regarding gender identity and to promote gender awareness and acceptance in the mental health industry. Break-out sessions will cover a wide range of topics focused on assisting transgender children, adolescents and young adults.

[Click to register for the GEMS Conference](#)

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## **Advancing Excellence in Sexual and Gender Minority Health March 22-24 | Boston, MA**

This conference from Fenway Health is designed to train the whole health care team in providing competent, confident and affirmative health care, grounded in research evidence and best clinical practices. Session topics include trauma-informed care, care for LGBTQ people of color, fertility care, health disparities, and more.

[Click to register for Advancing Excellence Conference](#)

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## **2020 LGBT Health Workforce Conference April 23-25 | New York, NY**

The LGBT Health Workforce Conference provides an overview of up-to-date practices (climate, educational, research, and clinical) to prepare the health care workforce to address health concerns and disparities of LGBTQ communities.

[Click to register for LGBT Health Workforce Conference](#)

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## **9th Annual LGBTQ Healthcare Conference: Let's Get Better Together AZ June 25-26 | Phoenix, AZ**

Join the LGBTQ Behavioral Health Coalition of Southern Arizona and the Queer Resource Collective Let's Get Better Together Arizona. This year, the summit will focus on eliminating barriers for LGBTQ+ health equity.

[Click to register for Let's Get Better Together Arizona](#)

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## **Save the Date - 38th Annual GLMA Annual Conference on LGBTQ Health September 23-26 | Fort Lauderdale, FL**

The GLMA Annual Conference on LGBTQ Health features innovative healthcare breakthroughs, interventions, and research. The conference is open to healthcare providers of all disciplines, researchers, academics, health administrators, policy experts, advocates, and all LGBTQ health supporters.

[Click to learn more about GLMA Conference](#)



### Contact Our Team:

[http://lgbtq-ta-center.org/  
contact-us](http://lgbtq-ta-center.org/contact-us)

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