



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

March Celebrates Women and People with Disabilities

By Katrina Quinn

March is a special month in which we celebrate Women's History Month as well as Developmental Disability Awareness Month. Both campaigns were founded in 1987, and are intended to celebrate and bring awareness to the contributions that women and people with disabilities have accomplished in shaping the United States and the world.

Women's History Month dates back to 1908 when thousands of women united in a march for better labor laws, conditions, and voting rights in New York. February 28, 1909, became the first celebrated day of International Women's Day. By 1978 starting on March 8, Women's Day turned into Women's history week to address the lack of women's history education in schools. In 1987, Women's History week became Women's History Month.

Developmental Disabilities Awareness Month was proclaimed by President Ronald Regan in 1987 for the month of March. The month is designed to provide

encouragement and opportunities for people with developmental disabilities to help them reach their full potential. In 1990, the Americans with Disabilities Act was passed. This law makes it illegal to discriminate against people with disabilities. There are several ways to observe Developmental Disability Awareness month. You can volunteer for an organization, learn about the rights of people with disabilities, wear orange, and highlight the voices of individuals with developmental disabilities.

March is the month to celebrate women's contributions which have been overlooked by society and many black, trans, and queer women have been left out of the celebration. This is also the case for many folks with developmental disabilities. For the month of March, celebrate and encourage those in the LGBTQ+ community with **intersectional identities**.

ADVOCATE

In honor of Women's History and Developmental Disability awareness months, we're highlighting Aaron Rose Philip [she/her] in this month's newsletter. She is an inspirational woman of color, proud queer trans woman, and was born with cerebral palsy. An LGBTQIA+ activist and fashion icon, Aaron Rose Philip is a talented model who has been featured by couture designers and major clothing brands. She has a series on youtube, In The Know, with Chella Man, that dives into overlooked issues within the queer community.



On the series, they talk about gender dysphoria, coming out, intersectionality, dating a trans person, and so much more.

Aaron Rose Philip stated that her greatest success in 2022 was her Moschino debut →



ADVOCATE *continued*

walking for the spring 2022 ready-to-wear show. She's an inspiration to many people as she continues to tear down the barriers toward modeling for people with disabilities. She once said "If I'm going to be a model, I'm going to be present with my disability in this industry because I'm allowed to be here." Aaron Rose Philip's social media accounts are: **Instagram:** [@aaron___philip](#), **TikTok:** [@aaronphilipxo](#), **Twitter:** [@aaronphilipxo](#).

ENVISION:YOU IN THE NEWS

5 HEALTHY TIPS ...for Better Sleep Quality

- 1 Establish a manageable bedtime /** wind-down routine. Some ideas include meditating, journaling, or stretching.
- 2 Say goodnight to your devices** at least 30 minutes before bedtime. This helps remove distractions and reduces blue light exposure, which increases our brain's alertness.
- 3 Try to go to bed and wake at consistent times.** This takes practice! Embrace patience and flexibility when establishing this.
- 4 Reduce or remove alcohol consumption** before bedtime, as alcohol lowers our body's natural melatonin production.
- 5 Reserve your bed for sleep and intimacy.** This helps build a mental association between your bed and sleep, and intimacy produces hormones that promote stress reduction and relaxation.

[LEARN MORE](#)

PROGRAM UPDATE

The **Envision:You LGBTQ+ Behavioral Health Provider Training Program** team, in collaboration with research partner **OMNI Institute** and funded by a grant from **Caring for Denver**, has been steadily working on developing population specific modules to add to the training content. We're excited to say that our final advisory group meeting wrapped up in January, and the release of the first two

modules, Working with LGBTQ+ Youth and Working with Transgender & Gender Diverse Communities, is slated for March. Two additional modules, Working with LGBTQ+ Older Adults and Working with LGBTQ+ Communities of Color, will follow shortly after. Anyone who has completed Level 1 and 2 since the program began will be able to take one of the four modules at no additional cost.

