



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

Celebrate LGBTQ+ History Month this October

By Nikki Flemate

As we enter Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ+) History Month, it's important to learn about the many unique and resilient people that have advocated for LGBTQ+ rights and contributed to the LGBTQ+ community through the years. Take time this month to become familiar with LGBTQ+ history and to actively contribute to history by using our unique talents.

As we look back on history, one impactful event was the Stonewall Riots which started June 28, 1969, led by black, transgender women. Stonewall was the catalyst

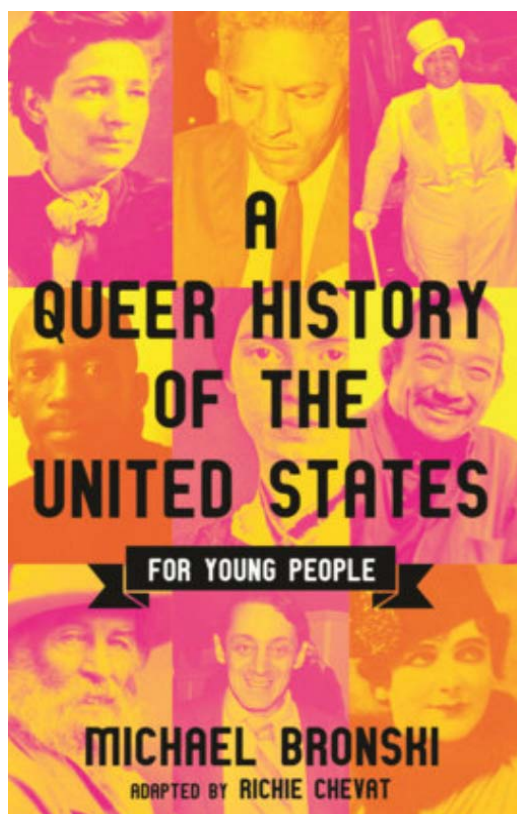
for the gay rights movement and led to the creation of the first Pride celebration. We acknowledge LGBTQ+ people of color including Marsha P. Johnson, Sylvia Rivera, and **Storme DeLarverie** that helped lead the Stonewall riots. Storme DeLarverie was a black singer and cross-dresser who fought at Stonewall. After the uprising, Sylvia Rivera and Marsha P. Johnson's went on to create the STAR house for homeless transgender youth as described in *A Queer History of the United States for Young People*.

As mental health advocates, we acknowledge one of the most influential LGBTQ+ social workers, **Jane Adams**. She was

inducted into the Chicago LGBT Hall of Fame in 2008 for leading the movement to create housing for those without, and advocating for the rights of women in the early 20th century. *A Queer History of the United States for Young People* also memorializes Gloria E. Anzaldua, an LGBTQ+ theorist, author, and scholar, who advocated for marginalized individuals including Chicano folks and those who live on the border.

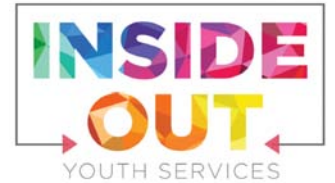
Lastly, we recognize **Karen Hagberg**, an activist in the Gay Liberation Front, who became one of the first LGBTQ+ foster parents to LGBTQ+ teenagers in the 1970s.

We acknowledge those in history that have fought for LGBTQ+ rights and our well-being. We recognize the rights we have achieved such as the marriage equality act in June 2015 and the sacrifice it takes to bring about equity for the LGBTQ+ community. We appreciate the strength of LGBTQ+ folks – the bravery that it takes to be one's authentic self in the face of discrimination, violence, and strife. And, we honor LGBTQ+ folks' power and voice in making history for generations to come. **LEARN MORE**



PROGRAM HIGHLIGHT

Envision:You has begun work on an exciting new grant in collaboration with **Community Health Partnership (CHP)** and **Inside Out Youth Services (IOYS)**. CHP has been awarded a grant from the Centura Health Equity & Advancement Fund that runs through July 31, 2023. This grant will allow CHP to advance their work on the **El Paso County LGBTQIA2+ Health Equity Project**, which includes working with community leaders and local healthcare providers to develop a strategy, resources and build the capacity of clinicians to provide competent medical and behavioral health services to LGBTQ+ people in El Paso County. The funds in the Centura grant will also provide 125 clinicians with **Envision:You's LGBTQ+ Behavioral Health Provider Training Program** at no cost, in



turn building the capacity of El Paso County's mental and behavioral health clinicians to provide culturally relevant and identity-affirming care to the LGBTQ+ community. We are excited to work with Community Health Partnership and Inside Out Youth Services on their work to address health inequalities for the LGBTQ+ community of El Paso County.

5 HEALTHY TIPS ...for coming out at work

- 1** Ask about your organization's **non-discrimination policy** and your state's laws.
- 2** Look into **LGBTQ+ resource groups** at your organization.
- 3** Identify and talk to a **supportive co-worker** about coming out.
- 4** Talk about **LGBTQ+ references in pop culture** to break the ice with folks you are thinking of coming out to.
- 5** Make a **plan** so that you feel ready to come out on your terms.

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COMMUNITY PARTNER

We are excited to announce our new partnership with **VXVY Mental Health!** VXVY is a digital mental health innovation ecosystem transforming the digital mental health industry. They will bring their expertise to the development of our new LGBTQ+ wellness app, **You:Flourish**. VXVY's network of technology innovators,



investors, clinical providers, employers, and health systems will provide a range of services to help ensure that the app is evidence-based, effective, and commercially successful when it launches in March 2023.

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