



EMPOWERED

IMPROVING LGBTQ+ MENTAL HEALTH

Sexual Assault Awareness Month

April is Sexual Assault Awareness Month, a time to raise awareness about sexual violence, how to prevent sexual violence, and how to support those impacted by it. Sexual assault refers to sexual contact and/or behavior that occurs without explicit consent. According to the **Rape, Abuse, & Incest National Network (RAINN)**, in the United States sexual assault occurs every 68 seconds and every nine minutes that victim is a child. Sexual assault can affect anyone, it is not unique to any one demographic. However, there are certain demographics and identities that are more at risk than others. Those at higher risk include women and girls, **bisexual women, gay and bisexual men, transgender individuals**, and **Native Americans**.

What are ways that we can support those that come

to us after a sexual assault experience? Recovering from sexual assault or abuse is a process that everyone handles differently. If you or a loved one has experienced sexual assault please be aware healing takes time, do not hold yourself to a certain timeframe. If you are trying to support a loved one who has shared their experience there are many organizations, like RAINN, that have resources for how to talk about sexual assault with survivors and loved ones. With the prevalence of sexual assault in this country it is important to know how to support each other and be aware of what your options are. You can find more resources at **RAINN.org**, or take a look at our Colorado specific resources in this newsletter.

RESOURCES FOR SEXUAL ASSAULT SURVIVORS IN COLORADO

Colorado Coalition Against Sexual Assault: You Have the Right

- An interactive map that assists in locating sexual assault survivor advocacy services and medical programs near you
- Filter search by: language, location, county, services offered, program type, agency type, and dedicated staff

Rocky Mountain Victim Law Center

- Information on legal system victim rights
- Resources, referrals, and legal representation related to the protection of privacy rights and the enforcement of rights under the Colorado Victim Rights Act

BC4U

- Provides free educational resources, birth control solutions, pregnancy tests, STI testing, emergency contraception, and other sexual health services to people in Colorado who are 24 years old and younger

The Blue Bench

- Provides free educational resources, scientifically-supported prevention programs, and low to no-cost client services including individual and group therapy and case management
- Comprehensive sexual assault prevention and survivor support center
- 24-hour sexual assault hotline: (303)322-7273

Laboratory to Combat Human Trafficking (LCHT)

- Provides training for the public on how to identify potential trafficking situations
- Connects trafficked individuals and concerned community members to resources on their website and hotline
- Colorado's human trafficking hotline - Call: (866)455-5075, Text: (720)999-9724

COMMUNITY PARTNER



This month, we are pleased to highlight Mountain Pride and Mountain Youth, our partners for our Q is for Questioning workshops taking place in Eagle County. Both of these organizations do incredible work to improve the lives of the LGBTQ+ community and youth in Eagle County. We could not do this work without our partners - follow them on Instagram [@mountainyoutheaglecounty](#) and [@mountain_pride](#).

[CLICK HERE TO SEE ENVISION:YOU IN THE NEWS](#)

PROGRAM HIGHLIGHT

Q is for Questioning is a series of three interactive workshops that meet in communities across Colorado. These workshops are facilitated by a licensed marriage and family therapist (LMFT), a peer co-facilitator from the community, and an Envision:You team member.

Each 120-minute guided workshop contains an educational presentation on LGBTQ+ identity and LGBTQ+ mental health; breakout sessions; Q&A; and a reception. We are excited to announce the launch of the workshop series in Eagle and Larimer counties in April and May of 2023. For more information, contact the Q is for Questioning team at q.info@envision-you.org or visit envision-you.org/q-is-for-questioning.

"The non-judgemental encouragement, support, and education provided in this workshop helped shift my thought process from some resistance to more acceptance. I appreciate the staff and participants for their leadership in bringing vital information and networking to our community and my family to help support our LGBTQ loved ones." – Workshop participant

