

Resources when working with LGBT individuals

Counseling

<https://ipgcounseling.com/resources/transgender-resource-guide/>

<http://www.middlesexresourcenet.org/search/gender-spectrum-support-network-a-support-network-for-the-transgender-community/>

Suicide Prevention and more

Suicide, Runaway, Homeless Youth Resources

TransLifeLine <https://www.translifeline.org/> (only 18 hours/day)

Trevor Project <https://www.thetrevorproject.org/>

Covenant House 24 hour Homeless & Runaway Adolescent Crisis Line 18-22 years.
1.800.999.9999 (English) 1.800.999.9915 (Spanish)

Runaway Youth Hotline 24 hour, toll free, crisis hotline that provides crisis intervention, referral and information services 1.800.371.7233

Other related websites about suicide prevention

<https://www.lgbtmap.org/file/talking-about-suicide-and-lgbt-populations-2nd-edition.pdf>

<https://www.cdc.gov/msmhealth/suicide-violence-prevention.htm>

LGBT COVID19

<https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/COVID19-IssueBrief-032020-FINAL.pdf>

Support for Families and summer camps

Family Acceptance Project <https://familyproject.sfsu.edu/>

PFLAG <https://www.pflag.org/>

Camp Aranu'tiq Provide transgender and gender-variant youth with a safe, fun, and unique camp experience For youth ages 8-15. 617.467.5830 www.camparanutiq.org

<https://campharlam.org/> Youth Leadership Project: Leading Your Jewish Community to Act for LGBTQ Inclusion.

<https://www.keshetonline.org/shabbaton/>

LGBTQ & Ally Teen Shabbaton Retreats.

Trans Youth Family Allies (TYFA) www.imatyfa.org

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens.

<https://www.genderspectrum.org/resources/parenting-and-family-2/#more-432>

Faith Based Organization supportive:

<https://www.stmatthewtrinity.org/pastor-beeson>

<http://www.mccctl.com/who-we-are.html>

<https://www.mcclv.org/>

<https://www.rchighlandpark.org/>

Transition

Social Intervention:

Change Gender Expression,
Informal name change

Legal Intervention:

Legal name change,
SS records, ID, drivers license,

Medical Intervention:

Hormones, Hair removal, Surgery

Medicaid doctors: <https://www.topsurgery.net/surgeons/medicaid.htm>

Dr. Kathy Rumer, DO, Rumer Cosmetics 105 Ardmore Ave. Ardmore, PA, 19003

www.rumergendersurgery.com Pennsylvania Medicaid; approved out-of-state Medicaid provider for New York; Board-certified;

Medicare doctors: <https://www.topsurgery.net/surgeons/medicare.htm>

Dr. Jeremiah Redstone 200 South Orange Ave. Livingston, NJ 07039

Philadelphia Resources

https://www.mazzonicenter.org/sites/default/files/attachments/philadelphia_trans_resource_guide_2015.pdf

Surgeon

Christine McGinn, DO Performs gender confirmation and cosmetic surgical procedures. Also offers electrolysis, hormone therapy, counseling services, voice therapy, fertility services, and nutrition services.

Health

Mazzoni Center <https://www.mazzonicenter.org/health-care/trans-care/pediatric-and-adolescent-comprehensive-transgender-services-pacts>

Jefferson health South Jersey <https://newjersey.jeffersonhealth.org/giving/jeffpride-primary-specialty-care-fund>

Support

Unconditional Love

Lack of assumptions (straight, cisgender)

Pride center, pride event (parade, bookstore, concert) <http://qspot.org/>
Access to trans community (TYFA; JTSURF=meet up group <http://www.meetup.com/jersey-shore-transgender-S-U-R-F/>)
Social groups (<http://www.pridecenter.org/groups/social-groups/>)

Trans friendly providers/Therapy (see extensive list)

Hetrick-Martin Institute: New Jersey

Physical locations: Jersey City, Newark, & Maplewood

Population: Youth ages 13-21 in New Jersey who identify as part of the LGBTQ+ community or allies

Description: HMI offers transgender support groups online 2 times a week on Mondays & Thursdays. HMI also has daily LGBTQ+ support groups Mon-Fri

For more info: email SARAHBROWN@HMINJ.Org or visit www.hminj.org

Great websites for schools

1. HRC welcoming school <http://www.welcomingschools.org/>
 - Get the starter kit
2. US Department of Education
<http://www2.ed.gov/about/offices/list/ocr/complaintintro.html>
 - File a complaint regarding transgender discrimination
3. Trans Equality <http://www.transequality.org/issues/youth-students>
 - Download the Model district policy on transgender and gender non-conforming students
 - Transgender and Gender non-conforming students: your rights at school
4. ACLU <https://www.aclu.org/know-your-rights/lgbt-high-school-students-what-do-if-you-face-harassment-school>
 - Download A guide for LGBT High School Students
 - Schools in transition
 - Oregon School <http://www.aclu-or.org/Dallas-HS-Transgender-Student>
5. Oregon
<http://www.ode.state.or.us/groups/supportstaff/hklb/schoolnurses/transgenderstudentguidance.pdf>
6. Lambda Legal <http://www.lambdalegal.org/know-your-rights/trans-youth/transgender/transgenderaud1>
 - Download FAQ for Trans youth and the Transgender Rights toolkit
 - A Transgender Advocate's guide to updating and amending school records.
 - Bending the mold: Action kit for youth
7. Transgender Law Center <http://transgenderlawcenter.org/resources/youth/beyond-the-binary>
 - **Legal helpline Tuesdays and Thursdays 2pm-5pm PST at 415.865.0176 x 308.**

- Download Beyond the binary for schools
8. NJ Resources <http://www.state.nj.us/dcf/adolescent/lgbtqi/>

Thank You

Other Trainings:

- Diversity and Inclusion
- Conflict resolution, communication, emotional intelligence
- Lesbian, Gay, Bisexual, Transgender
- Child Welfare System, Foster Parenting, Foster Care
- Trauma Informed Care
- Ethics and Professional boundaries
- Intro to DBT and skills training
- CBT for Anxiety
- CBT with Latinx
- Motivational Interviewing
- Addictions 101
- Mindfulness and Beyond

Mayte Redcay, LCSW, LCDAC, SAP, CEAP

www.SeriseInc.com
mredcay@seriseinc.com

717-480-0941

