



Services and Resources for LGBTQ Youth and their Caregivers (and CYF & Provider staff who support them)

1. Case Consultation
2. Staff Support
3. Youth Affirm
4. Caregiver Affirm
5. Caregiver Zoom Chats
6. Youth Chats
7. Youth Discord
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1. Case Consultation

Hugh Lane Wellness Foundation can be used to provide support on cases for matters pertaining to SOGIE (Sexual Orientation, Gender Identity, and Expression). We can contact youth directly, participate in permanency meetings, share insight at roundtable meetings, and link youth and families to competent SOGIE resources. We are also available to answer caseworker questions or to provide other support to help you in this work. Please use the SOGIE tile in KIDS to make a referral for case consultation.

*If you are a CYF contracted provider and need support, please reach out to **Hugh Lane Wellness Foundation directly by email at sarah@hughlane.org or by phone at 412.973-5053.**

2. Support

Hugh Lane Wellness Foundation is here to help with resources for LGBTQ clients. If you have questions about SOGIE (Sexual Orientation, Gender Identity & Expression), please email sarah@hughlane.org. Referrals to Hugh Lane Wellness Foundation are just a click away, using the SOGIE tile in KIDS. We are able to do individual case consultation, AFFIRM for Youth, AFFIRM for Caregivers, and Steps 2 Connect. We use the bucket referral process- once you submit a referral, we work with the youth/family to determine the best SOGIE supports.

If your team needs individualized support around SOGIE topics, we are happy to help. Message sarah@hughlane.org to set up a meeting for staff support.



3. Youth Affirm

Virtual Youth AFFIRM Series

AFFIRM is a Cognitive Behavioral Theory based intervention to support the mental and sexual health of youth (14-21) that are LGBTQIA2S+. The virtual series will take place at the beginning of May. In order to ensure that youth have **adequate technology to participate, please share this survey with interested youth:**

<https://forms.office.com/Pages/ResponsePage.aspx?id=Ej0n4MvksU6fclu6FvuWja1h6hxW4u1Fg-QReIH4nOIURFBON1g0WIJQV1ITVjFWR0RTUVRMWWo5WC4u>

If you have LGBTQIA2S+ youth, please make a referral in KIDS using the SOGIE tile and our team will determine eligibility for the program.

Youth Affirm dates for Spring 2020 are: May 4th, 6th, 11th, 13th, 18th, and 20th (Mondays and Wednesdays) from 3pm-5pm. Affirm will be conducted through private Zoom groups.

Registration for Youth Affirm:

<https://forms.gle/JitVD56aRrCgH8G37>

Questions about Youth Affirm can be sent to Coley@hughlane.org

4. Caregiver Affirm

Virtual Caregiver AFFIRM series

AFFIRM is a group intervention for caregivers to become knowledgeable about the issues LGBTQ youth face and how to best support and affirm young people in their care.

Hugh Lane Wellness Foundation is launching a virtual series of Caregiver AFFIRM in May. Please make a referral for your families through the SOGIE tile in KIDS or contact sarah@hughlane.org with additional questions.

5. Caregiver Zoom Chats

During this time where most families are experiencing additional stress, we want you to know that Hugh Lane Wellness Foundation is here to support you! For some, we are spending more time at home with our families and children, and for others, we are



working on the frontlines in grocery stores, medical facilities and other essential service settings.

For those of you providing care to an LGBTQ+ child, we understand this experience can be especially challenging. If you'd like to learn more about how you can take tangible steps to AFFIRM your LGBTQ+ child, we invite you to join us on weekly zoom calls on **Thursdays from 7:30 am-8:30 am and repeated again from 12:00 pm-1:00 pm.**

We'll discuss actions you can take and process any fears or concerns you may be experiencing. We'll also provide assistance and key skill building to help improve communication, relationships, and navigate support that is available to LGBTQ+ youth during this pandemic. Check out our Facebook page for the recurring Zoom link. <https://www.facebook.com/Hugh-Lane-Wellness-Foundation-215363125701551/notifications/>

If you'd prefer to access our support individually, please reach out to Sarah Rosso, Executive Director: sarah@hughlane.org to schedule a 1:1 session.

6. Youth Chats

Phone/Video Chat Check-Ins

Coley and Thomas are available to chat with youth by phone or video chat. Chats are for youth that would like support around SOGIE. We strongly recommend that you share this opportunity to youth that are currently isolated and have no access to support. Chats can be one-time or scheduled on an on-going basis. Please email coley@hughlane.org or thomas@hughlane.org with questions.

7. Youth Discord

Hugh Lane Wellness Foundation Discord Chat

We host a youth chat on Discord **Tuesdays and Thursdays** from **3pm-5pm**. There is an option of voice or chat functions. Discord chats are monitored by HLWF staff Coley and Thomas.

To participate download the app or use in browser at: www.discordapp.com and find us at **HughLaneWellness** or follow the link:



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<https://discord.gg/cUbcTjn>

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DISCORD

Moderated chats for LGBTQIA2S+ teens and young adults (ages 14-21)

Tuesdays and Thursdays from 3:00 pm to 5:00 pm

<https://discord.gg/cUbcTjn>

4/7
Welcome to Discord
4/9
Virtual Support
4/14
Nerds, Geeks, and Furries
4/16
T Time (Trans Only Chat)
4/21
Noteable & Quotable
4/23
T Time (Trans Only Chat)
4/28
Sauce, Juice, and other cool liquids
4/30
T Time (Trans Only Chat)

8. Steps 2 Connect

Steps 2 Connect is a support for caregivers and families who may be struggling with a young persons gender and/or sexuality. A family support specialist with lived experience and social worker team together to provide in-home services for caregivers who are involved with child welfare in Allegheny County. S2C helps to move families toward improving relationships with LGBTQIA+ youth.

To request support, make a referral or for additional information, please contact: Sarah Rosso – sarah@hughlane.org or (412)973-5053