#Out4MentalHealth

1) Advocacy Workshop (LGBTQ community members, family members, allies) *Length: 1-2 hours*
To be an effective advocate for LGBTQ mental health, stakeholders must understand the system and how to get what they want. Participants will learn to articulate their right to LGBTQ affirming and culturally appropriate care, and how to engage in specific opportunities to promote LGBTQ mental health and wellness.

2) Supportive Families, Safe Homes (family members & service providers) *Length: 90 minutes*
Through activities and discussions, participants will develop deeper levels of empathy and increased skills in supporting LGBTQ children or youth.

3) Raising Gender-Expansive Children and Teens (family members of transgender & gender expansive children & youth) *Length: 6 hours (all day)*
This workshop will be a day of learning, conversation, and reflection about children and their gender. Providing effective tools for parents and caregivers to take home, this interactive day will combine presentations, discussions, and personal small group exercises.

4) Healthy Relationships for the LGBTQ Community (LGBTQ community members, family members, allies) *Length: 2 hours*
This training will identify the qualities that are present in healthy LGBTQ relationships. Challenges such as anger management, substance abuse, domestic violence, discrimination, and trauma that can decrease the quality of relationships will be defined. Appropriate resources will be discussed.

5) Evidence-Based Practice with Bisexual Clients Webinar (mental health clinicians, paraprofessionals and service providers) *Length: 2 hours*
Participants will learn about and develop strategies for providing effective and bi-affirming services.

6) LGBTQ Awareness, Sensitivity, & Competency (all service providers/school staff, executive staff, HR staff) *Length: 4½ hours*
This training gives staff members a better understanding of sexual orientation and gender identity, addresses myths and negative stereotypes about LGBTQ individuals, and helps develop core competencies towards reducing LGBTQ mental health disparities.

7) Planning & Implementing Bisexual+ Discussion Groups (providers, staff, & volunteers) *Length: 3 hours*
This workshop will provide participants with the tools they need to create a bisexual+ discussion group in their own community. The training covers the unique challenges bisexual+ people face, the potential for discussion groups to raise bisexual+ visibility and provide support to alleviate minority stress and isolation.

8) Intimate Partner Abuse / Violence in LGBTQ Communities (mental health providers, social service providers, & other service providers) *Length: 4 hours*
This introductory/intermediate course will include up-to-date information on heterosexual and LGBTQ IPV/DV and will address the similarities and differences between the two. The training identifies anti-LGBTQ bias and how clinicians can become more sensitive to it and its effects. Best practices will be discussed.

9) Creating Safe Spaces for LGBT Older Adults (service providers working with older adults) *Length: 2 hours*
This training provides practical guidelines for creating services designed to be inclusive or tailored for LGBT older adults.

10) **Ally Training / How to Support LGBTQ Youth** (K-12 school staff, University staff, mental health & health professionals, all adults working with youth) *Length: 2 hours per training; 4 hours total*
Ally Training: This interactive training provides a basic framework of understanding LGBTQ youth, the unique challenges they often face, and is designed to create dialogue regarding what it means to be an adult ally for LGBTQ youth.
How To Support LGBTQ Youth: This interactive training provides an overview of suicide among LGBTQ youth and the different environmental stressors that contribute to their heightened risk for suicide, and provides best practice recommendations and practical steps for reducing the risk of suicide and promoting resilience in all young people regardless of their sexual orientation or gender identity.