

WESTERN SLOPE RESOURCE GUIDE FOR

Parents *of* Trans / Non-Binary *and* LGBTQ+ Youth





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WELCOME MESSAGE



All youth require a safe home and social supports to mature and develop the skills needed to transition into adulthood. Among lesbian, gay, bisexual, transgender, non-binary, questioning, or other diversities (LGBTQ+) youth, having affirming families is associated with improved mental health and better child welfare outcomes.

This resource guide is intended to connect parents and LGBTQ+ youth to local agencies with services geared towards xyz. It is presented by Western Colorado 211 and Hilltop Community Resources in partnership with Loving Beyond Understanding.

ARTICLES AND INFORMATION FOR PARENTS



Supporting the Transgender People in Your Life

Learning to be an ally to the transgender people in your life, or to transgender people overall, is an ongoing process. Click below to access an article with helpful suggestions on how to support your child and others.

[CLICK HERE](#)

Terms and Language Guide

Familiarizing yourself with terms and definitions creates a common language. Using that common language helps create safe spaces for those who identify as transgender, non-binary, or LGBTQIA+.

[CLICK HERE](#)

Understanding Sex and Gender Identity

Knowing the difference between sex and gender identity is the first step to better supporting transgender and non-binary individuals in your life.

[CLICK HERE](#)

ARTICLES AND INFORMATION FOR PARENTS



Trans-Parenting Courses Online, with TransIntimate.com

Free access to self-paced, compassionate online courses and group meetings that educate and provide resources for parenting a transgender child. Request a free log-in from Andi Tilmann at: LovingBeyondUnderstanding@gmail.com

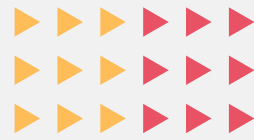
[CLICK HERE](#)

School District 51

Contact your child's school counseling office for information on local GSA groups, activities, and resources available for parents and students.



SUPPORT



Support Group for Parents of Transgender, Gender Non-Conforming, and Non-Binary Individuals

Contact Heather, Val, or JoLynn at: transparent81501@gmail.com

TransParent Social and Education Group

Meeting every 2nd Sunday of the month, 4pm - 6pm. Separate spaces and facilitators for both parents and teens. For locations and more information email: LovingBeyondUnderstanding@gmail.com

PFLAG - Roaring Fork Valley

Serves the areas from Aspen to Parachute. For more information visit: www.pflagrfv.org



COUNSELING & HEALTH SERVICES



Harmony HRT

Dr. Amy Bratteli, MD, WPATH Certified
Website: www.harmonyhrt.com
Phone: 970.639.2677
Email: office@harmonyhrt.com
Location: 465 Kokopelli Drive
Fruita, CO



Identity Insights Counseling

Board certified therapists and certified psychiatric providers
Website: www.identityinsightsgroup.com
Phone: 970.433.4365
Office Hours: Monday - Thursday 9am - 5:30pm
Location: 1212 Bookcliff Ave
Grand Junction, CO



Dr. Jennifer Stroh

with Marillac Health
970.256.1664

Dr. Annette Rosaling

with Marillac Health
970.200.1600

CRISIS LINES AND INTERVENTION



The Trevor Project

Here you can reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else.

Call: 1.866.488.7386

Text: 678.678.TREVOR (873867)

Live Chat: thetrevorproject.org/get-help

Postvention Alliance

Provides education, program training, and support workshops for suicidal thinking or behavior in themselves, someone they love, and those who have suffered a loss to suicide.

www.postvention.org



Rocky Mountain Crisis Partners

Dial 1.888.493.8255 and press * for LGBTQIA informed peer support
rmcrisispartners.org



TransLifeline

1.877.565.8860

SECOND WIND FUND

COLORADO'S RESOURCES FOR YOUTH SUICIDE PREVENTION

When a child or teen, up to 19 years old, is at risk for suicide and faces a financial or social barrier to accessing mental health treatment, Second Wind Fund covers the cost of 12-20 sessions of therapy. Second Wind Fund contracts directly with providers to serve youth through telehealth and in-person sessions. Providers have a broad spectrum of specialties and areas of expertise. Through the referral process, the agency works to match youth with a provider that best fits their needs.

Online referral from a parent/guardian/caregiver or youth-serving professional is needed. (Loving Beyond Understanding can do referrals). Referrals are processed in 24-48 hours, the referral source then receives approval via email with a referral number and list of available providers, the youth/their trusted adult is responsible for reaching out to the providers on the list to make an appointment, once youth connect with a provider, they are seen within 7 days.

Second Wind Fund can also help narrow down a list of therapists who meet the child or teen's needs or help find the right provider for children and teens who have Medicaid, CHP+, or private insurance that adequately covers mental health treatment, bypassing confusing healthcare systems.

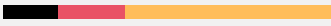


PROGRAM@THESECONDWINDFUND.ORG



THESECONDWINDFUND.ORG

RESOURCES



1.

Tri Unity Consulting

Subsidized private coaching for parents of LGBTQIA+ youth with Andi Tilmann, MA. Schedule an appointment in-person or online by calling: 970.314.0760

2.

The Rainbow Closet

Free thrifted, gender-affirming clothing and Trans-accessories. LGBTQIA+ private, personal style consultations can be made by appointment. Contact Marcela to schedule at: 714.360.9233 or aayon69@yahoo.com

Location: 1425 N 5th Street, Grand Junction CO

Hours: Saturday's 3:30pm - 7:30pm

4.

Transgender Center of the Rockies

Located in the greater Denver area, this is a program of Mile High Behavioral Healthcare.

Center Phone Number: 303.761.0200

Mile High Behavioral Health Care Phone Number: 303.825.8133

2.

One Colorado

One Colorado is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) Coloradans and their families.

For more information contact Heide Jeanne Hess, Western Slope Field Coordinator, at www.one-colorado.org

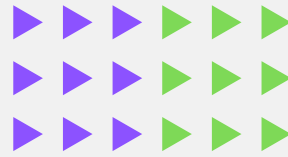
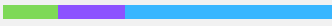
SOCIAL OPPORTUNITIES



What	When & Where	Contact Info
<u>GJ Pizza & Movie Nights</u> LGBTQIA+ Topics & Discussion, all ages	Every 4th Sunday 4:30p - 7:30p	LovingBeyondUnderstanding@gmail.com
<u>Phoenix Initiative for Teens</u> LGBTQIA+ Teen Activities Group	Karis House, contact for location and times	Manny ecisneros@karasinc.org
<u>Coffee With Queers Meetups</u>	Grand Junction + Montrose	<i>For GJ Info:</i> cwq.GJCO@gmail.com <i>For Montrose Info:</i> kaley.greenman@gmail.com OR evelynbaird23@gmail.com
<u>Rifle LGBTQIA+ Pizza Party & Game Nights</u>	Every 4th Thursday 6:30pm - 8:30pm	LovingBeyondUnderstanding@gmail.com
<u>Latin@ LGBTQIA+ Social Supports & Activities Group</u> (presented in Spanish)	Every 2nd & 4th Sunday 4pm - 6pm	LovingBeyondUnderstanding@gmail.com
<u>LGBTQIA+ Dungeons & Dragons</u> Drop-in adventurers welcome!	Every 1st & 3rd Sunday from 3pm - 8pm	LovingBeyondUnderstanding@gmail.com
<u>LGBTQIA+, Transgender, & Non-Binary Drop-In Meet-Up</u>	Every 1st Thursday 5pm - 8pm The Rainbow Closet	LovingBeyondUnderstanding@gmail.com or aayon69@yahoo.com
<u>GJQT*s</u>	Monthly events	Search: GJQTs on Facebook

RECOMMENDED

BOOKS



"When Aidan Became a Brother" by Kyle Lukoff	"It Feels Good to Be Yourself: A Book About Gender Identity" by Theresa Thorn	"Happy in Our Skin" by Fran Namushkin
"Speak Up" by Miranda Paul	"A Family is a Family is a Family" by Sara O'Leary	"Rocket Says Look Up!" by Nathan Bryon
"A House for Everyone: A Story to Help Children Learn About Gender Identity and Expression" by Jo Hirst	"Introducing Teddy: A Gentle Story About Gender and Friendship" by Jessica Walton	"The Gender Wheel" by Maya Gonzales
"I am Jazz" by Jessica Herthel & Jazz Jennings	"A Princess of Great Daring" by Tobi Hill-Meyer	"Neither" by Airlie Anderson
	"Annie's Plaid Shirt" by Stacy Davids	



TIPS AND ADVICE

FROM PARENTS WHO HAVE EXPERIENCE

1.

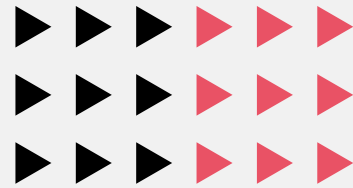
Turn to the medical community and find a compassionate caregiver.

2.

Be okay if your child shares with someone else first. They often need to find a trusted person to go over it with before sharing it with you.

3.

Let your child be authentic.



4.

Trust your child to make the right decisions.

5.

The child may navigate and parents need to listen. Allow your child to lead the process.

6.

The most important thing for parents to remember is to take time to educate and take care of themselves.



THANK YOU

to all of our community partners for coming together to support our local community and giving people a space and a voice. Special thanks to Andi Tillman for his efforts in making this guide happen and for his dedication and hard work to the LGBTQ+ and trans/non-binary community.

CONTACT US

For more information about these or any other resources in your area, dial **2-1-1** or go online at **211colorado.org**

