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Bright Spaces Welcome Places

March 2022 Newsletter

Spring is here! Here's the latest from Bright Spaces:

Resources & Research:

- 1) **I Spy LGBTQ+ Targeted E-cig ads!**
- 2) **Human Rights Campaign: COVID-19 and the LGBTQ Community**
- 3) **Research Spotlight: LGBTQ American Indians Face High Levels of Depression and Abuse**
- 4) **Research Spotlight: The Tobacco Industry, A Barrier to Social Justice**
- 5) **Breast Cancer Screening Info Cards (Spanish & English)**
- 6) **Indigiqueer Joy Mental Health Services**

Training:

- 7) **Online & In-Person Workshop - Providing Primary Care to Transgender & Gender Non-binary Patients (May)**
- 8) **Webinar - Mental Health and Substance Use Among LGBTQ+ Communities (Pre-recorded)**

9) Online Workshops - Working with Sexual and Gender Minorities: Training for Behavioral Health Professionals (March-May)

10) Webinar Series - HRC: All Children, All Families (Pre-Recorded)

Groups & Events for the community:

11) Support Groups for Transgender Children and Their Families - Small Steps Counseling

12) TGRCNM Black & Brown TGNBI Support Group

13) TEEN'MPower New Discord Server

14) Rainbow Senders (In-person Albuquerque)

Enrichment Opportunities:

15) Find more LGBTQ+ social events, vigils, organizing opportunities, art, and education in the HEAL+NM sponsored, *Gay Agenda Weekly*.

I spy LGBTQ+ targeted e-cigarette ads!

Earn \$5
for sharing
the ads or
product placements
you see at:
<https://tinyurl.com/LGBTQnicotine>



HEAL NM
Health Equity Alliance for LGBTQ+ New Mexicans

1) I Spy LGBTQ+ Targeted E-cig ads

Learn more & Submit

ARE YOU LGBTQIA+ AND SEE
NICOTINE ADS?



**EARN \$5 BY SHARING
 SCREENSHOTS WITH HEAL+NM AT:
 TINYURL.COM/LGBTQNICOTINE**
 (LIMIT OF 5 PER PERSON, AND AS SUPPLIES LAST)

HEAL+NM
 Health Equity Alliance for LGBTQ+ New Mexicans

**CRITERIA FOR
 SUBMISSIONS:**

Upload photos or screenshots at:
[HTTPS://TINYURL.COM/LGBTQNICOTINE](https://tinyurl.com/lgbtqnicotine)

Include where the nicotine ad
 or placement was seen.

Describe how it targets
 LBGTQIA+ people.

**- NICOTINE PRODUCTS INCLUDE-
 E-CIGARETTES, JUULS, PUFFBARS,
 VAPE PENS, CIGARETTES,
 CIGARILLOS, VAPE JUICE, ETC.**

HEAL+NM
 Health Equity Alliance for LGBTQ+ New Mexicans

**EXAMPLES OF LGBTQ+
 TARGETED NICOTINE ADS
 OR PLACEMENTS:**

- Rainbow packaging for vape juice.
- Ad during a **trans** show on Hulu.
- Product discount on Instagram.
- Coupons via email.
- Product placement in a popular show or film among the LBGTQIA+ community.
- Product placement by a social media influencer.

HEAL+NM
 Health Equity Alliance for LGBTQ+ New Mexicans



2) Human Rights Campaign: COVID-19 and the LGBTQ Community

LGBTQ communities of color, regarding COVID-19, addressing medical mistrust and answering questions the community has about vaccinations. It also consist sof videos, community conversations and FAQs to address community concerns about [vaccine safety](#), [how to access the vaccine](#) and other topics.

More Info Here!



3) LGBTQ American Indians Face High Levels of Depression and Abuse

Lesbian, gay, bisexual and transgender American Indian and Alaskan Native (AIAN) adults have higher levels of mental health issues, physical abuse and economic instability than their non-LGBTQ peers, according to a new report by the Williams Institute at UCLA. This news article covers the data from the study and interviews queer American Indians who share their intersectional experiences.

Article Link



This article explains how smoking cessation is a social justice issue as tobacco companies target vulnerable populations, such as the LGBTQ+ community. Learn more about the root causes of tobacco disparities and ways to address them:

Article Link



5) Breast Cancer Screening Info Cards (Spanish & English)

To leverage the Hispanic consumer reach of the National Alliance for Hispanic Health's *Buena Salud* Club initiative, *Nuestras Voces* Network developed a bilingual Info Card to remind consumers to get back to cancer screening practices. The Info Card highlights the important of breast, cervical, and colorectal cancer screening for early detection and more successful treatment. It provides CDC's link to cancer screening information in both English and Spanish, as well as the Alliance's *Su Familia* Helpline numbers that consumers can call for more information.

[Spanish Info Card](#)

[English Info Card](#)



Indigiqueer Joy

Paths (Re)Membered and the NPAIHB are offering **NO COST mental health services** to Two Spirit and Indigenous 2SLGBTQ+ persons aged 15 years and older. Services are currently offered in limited states with plans to expand.

For more info on how to access these services, email:

ijeффriesenpaihb.org



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

6) Indigiqueer Joy Mental Health Services

Access to mental health services that affirm our Indigenous and 2SLGBTQ+ identities is Indigiqueer Joy. The Paths (Re)Membered Project and the Northwest Portland Area Indian Health Board @npaihb are offering NO COST mental health services to Two Spirit and Indigiqueer 2SLGBTQ+ persons aged 15 years and older. Services are currently offered in limited states (OR, WA, ID, ND, TX, & NM). We are working hard to expand our availability to other states.

Inquiry Form

Providing Primary Care to Transgender and Gender Nonbinary Patients

A training for Physicians, Advanced Practitioners, Nurses
and others working in Primary Care

Training will include: Personal Experiences of Transgender & Non-binary People, Assessment of Youth and Adults; Puberty Blockade and Hormone Therapy; Trauma, Mental Health and Substance Use Concerns, Reproductive and Sexual Health and more.

Presenters will include: Johanna and Aydin Olson-Kennedy (Children's Hospital LA & LA Gender Center)

And New Mexico Based Providers

May 13: 12-6pm and May 14: 9am -3pm, 2022

Online via Zoom and In-person in Albuquerque (if safe)

Training offered free of charge, but registration is required

To register, please go to : <https://www.eeds.com/live/616881>

For more information, please send email to: TransTrainingNM@gmail.com

Accreditation Statement This activity has been planned and implemented in accordance with the accreditation requirements and policies of the New Mexico Medical Society (NMMS) through the joint providership of Presbyterian Healthcare Services and the New Mexico Sexual and Gender Minorities Health Collective.

Presbyterian Healthcare Services is accredited by the NMMS to provide continuing medical education for physicians. PAMA Credit Designation: Presbyterian Healthcare Services designates this live activity for a maximum of 10.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



NM Community AIDS Partnership

PRESBYTERIAN



SOUTHWEST CARE



United Way
of Central New Mexico



7) Online & In-Person Workshop - Providing Primary Care to Transgender & Gender Non-binary Patients (May)

Training on providing primary care for transgender and gender nonbinary patients is coming up in May. The online registration process is now live for both in-person and virtual participation. Any questions can be directed to

Sign-up



8) Webinar - Mental Health and Substance Use Among LGBTQ+ Communities (Pre-recorded)

This virtual town hall includes distinguished panelists, such as Admiral Rachel L. Levine, MD, Assistant Secretary for Health at the U.S. Department of Health and Human Services. They discuss the impact of the COVID-19 pandemic on the LGBTQ+ community and highlight opportunities to improve care delivery for this population.

[Link to Webinar](#)

Working with Sexual and Gender Minorities(LGBTQIA+ People): Training for Behavioral Health Professionals



Understand the identities of LGBTQIA+ people and recent developments in the language they use to discuss their identities and experience.
Provide better support to Lesbian, Gay Bisexual, Transgender, Queer, Intersex, and other Sexual and Gender Minority people.
Understand the process of gender affirmation and how you can support clients throughout the process.

Cultural Fluency: A basic introduction to the inequities faced by Sex and Gender Minorities, the range of SGM identities and the language SGM people use to discuss themselves. 3 CEU's (see below)

<https://www.eventbrite.com/e/cultural-fluency-for-working-with-sexual-and-gender-minorities-2021-2022-tickets-165016385451>

Friday, April 1, 2022 1:00 - 4:00 pm

Wednesday, May 4 2022 1:00- 4:00 pm

Clinical Concerns: This workshop assumes basic familiarity with the range of sexual and gender minority identities and the issues affecting the LGBTQIA+ community. It is appropriate for those who have previous training in LGBTQ cultural fluency or have some experience working with LGBTQIA+ clients. 3 CEU's (see below)

<https://www.eventbrite.com/e/clinical-issues-for-working-with-sexual-and-gender-minority-people-2021-202-tickets-165035328109>

Thursday, March 24, 2022 1:00 - 4:00 pm

Wednesday, May 11, 2022 1:00 - 4:00 pm

You can view available training dates and register for the date of your choice on the registration pages listed above. Training will be conducted online using Zoom, due to the COVID-19 pandemic. The link to join the meeting will be sent to all participants a week in advance. We will resume in-person training as soon as the public health situation allows.

Consultation: If your clinic, program, or organization is ready to increase access to and quality of care for LGBTQIA+ people, we can help you with policies, procedures, forms, your physical space, and staff training. A limited number of hours can be covered by our state contract.

If you have questions about training or consultation, please contact Robert Sturm at nmcap@yahoo.com or (505) 670-7900.

These programs are sponsored by the New Mexico Behavioral Health Services Division, Human Services Department.

There is no cost for the trainings, but space is limited!

"Social Work CEUs Approved by NASW-NM. The licensee must maintain proof of continuing education courses taken for the past four (4) years. The New Mexico Regulations and Licensing Department, Boards and Commissions, Social Work Licensing Board reserves the right to audit a licensee's continuing education records as it deems necessary. "The New Mexico Regulations and Licensing Department, Boards and Commissions, Counseling and Therapy Board and the NM Psychological Association accepts approved social work CEUs for license requirements." Please always check with your professional licensing board for current rules and regulations.



NM Community AIDS Partnership

9) Online Workshop - Working with Sexual and Gender Minorities: Training for Behavioral Health Professionals (March-May)

April 1st & May 4th - Online - Cultural Fluency
 March 24th & May 11th - Online - Clinical Concerns

Sponsored by the NM Behavioral Health Services Division and Human Services Department, trainings on LGBTQ+ cultural fluency will be led in February and March. A workshop will then be held virtually to discuss specific clinical concerns when serving this community. Both trainings are worth 3 CEU's each!

Please contact Robert Sturm at nmcap@yahoo.com with questions or requests for general consultation for your organization.

Cultural Fluency Sign-up

Clinical Issues Sign-up

ALL CHILDREN - ALL FAMILIES



NATIONAL TRAINING PROGRAM

HUMAN
RIGHTS
CAMPAIGN
FOUNDATION



10) HRC: All Children, All Families (Pre-Recorded Webinar Series)

The All Children, All Families webinar series is designed for behavioral health staff and administrators to learn more about supporting their LGBTQ+ clients. With a special focus on LGBTQ+ children and families, the series has over 30 free webinars to choose from! Topics range from overviews of LGBTQ+ affirming care to in-depth conversations on how specific services, such as foster care and family counseling, can better support LGBTQ+ clients.

This [webpage](#) has the webinars archived. To view and access them, click "View Recorded Webinar" and fill out the short form. You will then receive an email with instructions for viewing the webinar.

Webinar Archive



Parent Group
Monday's 6:00-7:30pm

Youth
Ages 13 & under
Tuesday's 6:00-7:30pm

Teen Group
Ages 14-18
Thursday's 6:00-7:30pm

Small Steps
CHILD COUNSELING

We accept all insurances at SSCC and self-pay rate for an individual group member is 25\$+tax per session.

To join a group or if you have questions, contact:

Glenda Murphy, LMHC
(she/her)
glenda@smallstepschildcounseling.net
or
(505) 933-4639

**Transgender and Non-Binary
Therapeutic Support Groups**

Small Steps is offering support groups for transgender & non-binary youth as well as their families. All insurances are accepted at the agency and the self-pay rate is \$25 per session. If any questions come up, please contact Glenda Murphy at glenda@smallstepscildcounseling.net.

Info Page

TGRCNM

BLACK & BROWN TGNBI SUPPORT GROUP

We are a peer social and support group for transgender, non-binary, Two Spirit, and/or intersex people who are African/Black, Indigenous/ Native, Asian/Pacific Islander, Middle Eastern, Latinx/Hispanic, or multiracial/multiethnic (often grouped as “people of color”); that share common experiences of marginalization due to racism and transphobia.

We meet on the 2nd & 4th Thursday of the month, 6:30-8:30 PM (Mountain)

For more info, visit bit.ly/TGNBI-BIPOC-Group or email bipoctgnbi@gmail.com



6:30-8:30pm (MST)
Online/Video Chat

We are a peer social and support group for transgender, non-binary, Two-Spirit, and/or intersex people who are African/Black, Indigenous/Native, Asian/Pacific Islander, Middle Eastern, Latinx/Hispanic, or multiracial/multiethnic (often grouped as “people of color”); that share common experiences of marginalization due to racism and transphobia. For details and registration, visit <https://bit.ly/TGNBI-BIPOC-Group>

Group Registration



13) TEEN'MPower New Discord Server

TEEN'MPower has created a Discord server for teens across the state to join. Joining the Discord server is a great way to make friends, build community, and to stay in touch with other teens in a safe and welcoming space — wherever you are in New Mexico. To join, email teen.mpower@pprm.org to find out how you or the LGBTQ+ youth in your life can join the fun!

Email teen.mpower@pprm.org



14) Rainbow Senders

1st Fridays of the month

6-9pm

at StoneAge Midtown (Albuquerque)

4130 Cutler Ave NE

A night for LGBTQ+ folks to try your hand at climbing! Free for members
\$12 includes gear rental for non-members

15) Find more LGBTQ+ social events, vigils, organizing opportunities, art, and education in the HEAL+NM sponsored, *Gay Agenda Weekly*.

Sign up for the Gay Agenda Weekly

Copays for Mental Health Services

For insurance policies through **BeWellNM** and **Medicaid**

some exceptions may apply, please verify with your insurance provider

Find a **LGBTQIA+** affirming provider at:
brightspacesnm.org

Free Mental Health Services

for those insured through **BeWellNM** and **Medicaid!**

"Let's talk about it."

Verify with your insurance provider to ensure full coverage.

Find **LGBTQ+** affirming mental health care agencies in NM at:
brightspacesnm.org

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