



Compass Health
Network

**Resources for Transgender,
Gender-Expansive, and Non-Binary Clients**

And

**Resources for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and
Agender/Asexual Clients**

**Created June 2020
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Missouri Resources for transgender, gender-expansive, and non-binary clients

Transgender Health insurance guide for Missouri:

<https://out2enroll.org/out2enroll/wp-content/uploads/2019/11/MO-Transgender-Guide-2020-4.pdf>

St. Louis:

1. **Metro Trans Umbrella Group:** Bringing together the community of trans, genderqueer, androgynous, intersex, and our allies in the St. Louis metro area through community, visibility, advocacy, and education. A grassroots nonprofit organization that is diligently working to create a more inclusive and supportive community in St. Louis.
Website: <https://www.stlmetrotrans.com/>
2. **Queer and Transgender People of Color in St Louis (QTPOC: STL):** Mission: To lift and empower the QTPOC community of St. Louis. “We strive to gain equality, accessibility, justice, compassion, understanding and a safe space for all those who identify as QTPOC in St. Louis. As we strive to become more united as a family in our struggle to be heard, recognized, and appreciated, we are learning, leading and serving our community as we pave the way for those who shall follow in our footsteps.”
Website: <https://www.stlmetrotrans.com/qt poc-stl/>
3. **The Pride Center of St. Louis:** A registered Safe Place and condom distribution site, located at 3738 Chouteau Avenue, opened Wednesday – Sunday (12:00pm – 7:00pm). PrideCenter offers a free meeting place for LGBTQIA+ groups to hold meetings and events. Non-LGBTQIA+ groups are also welcomed, but we do ask for a donation from these groups to support our efforts in serving the LGBTQIA+ community. The PrideCenter also has a Cyber center that provides many technology – based resources and free printing, and a library.
Website: www.pridestl.org
Phone: Number listed on website (314-500-1260) was out of service as of 7/30/19
4. **Growing American Youth:** A social support organization for youth who live near St. Louis and who are 21 and under, and may identify as lesbian, gay, bisexual, transgender, asexual, or questioning their sexual orientation or gender identity.
 - a. **St. Louis Meetings:** Thursday nights from 7:00-8:30pm at Trinity Episcopal Church, 600N. Euclid at Washington in the Central West End. (This is not a religious organization – just using space provided by Trinity church). Meetings are inclusive of topics connected to gender, gender identity, gender variance, transgender, etc. Group meeting attendees are diverse in terms of those who identify as transgender, gender fluid, gender nonconforming, and gender queer. Since 2014, all youth meetings begin with a Gender Inclusive Statement that was created together to support each other within the space.

- b. **Website:** www.growingamericanyouth.org
5. **St. Louis Queer Peer Support Hotline:** <https://www.thesqsh.org/>
- a. Open Friday-Monday 1-7pm with people trained to provide peer support for LGBTQIA+ individuals.
6. **St. Louis County Youth Connection Helpline:** 314-628-2929 or 1-877-928-2929
- a. *Note:* Not just LGBTQ+ youth but for all youth
 - b. Youth In Need (YIN) is the regional provider of Safe Place, a national program that educates young people about the dangers of running away. Offering a network of “safe places” or youth friendly businesses in St. Louis County during times of crisis, public locations (both for-profit and nonprofit) serve as places where youth can access immediate help in locations that are convenient and familiar. When a young person is in need of a safe place, specially-trained businesses and youth-friendly organizations serve as temporary safe locations until YIN staff can assess the situation and offer counseling, support, a place to stay, transportation or other resources.
 - c. Currently the largest Safe Place provider in the country, Youth In Need manages 488 businesses, more than 300 Metro St. Louis buses and trains, and 23 Christian Hospital EMS vehicles that support children and teens by offering their businesses as designated “safe places” in the St. Louis region. St. Louis County has 244 locations. These partners work closely with YIN to ensure all employees complete a brief but thorough training program so they are equipped to help youth in the best way possible.
 - d. St. Louis Safe Place Partners:
 - i. QuikTrip convenience stores
 - ii. Walgreens Pharmacies
 - iii. St. Louis Metro buses and trains
 - iv. YMCAs, St. Louis County Libraries
 - v. Community Fire Stations
 - vi. Churches
 - vii. Banks and Local Businesses
7. **PFLAG St. Louis (Parents, Families, Friends, and Allies):** Meetings for parents (and others) to support each other and their lesbian, gay, bisexual, and transgender (LGBT) children or family members. PFLAG helps parents and others who attend meetings go through the process of understanding loved ones and how society’s stigma has affected them.
- Website:** www.pflagstl.org
Email: pflagstl@gmail.com
Cape Girardeau, MO chapter: <https://pflag.org/chapter/pflag-cape-girardeau>

Email: pflagcape@gmail.com
Ferguson, MO chapter: <https://pflagferguson.wordpress.com/>
Email: pflagferguson@gmail.com
St. Charles, MO chapter: www.stcharlespflag.org
Email: stcharlespflag@gmail.com
St. Louis, MO chapter: www.pflagstl.org
Email St. Louis Chapter: pflagstl@gmail.com
Belleville, IL chapter: www.pflagbelleville.org
Email: bellevilleilpflag@outlook.com
Springfield, IL chapter: <https://pflag.org/chapter/pflag-springfield-0>
Facebook Page: <https://www.facebook.com/PFLAGSpringfieldIL>
National website: www.pflag.org

8. **Prime Timers of St. Louis:** Local chapter of Prime Timers World Wide that provides mature gay men and bisexual men opportunities to come together in a supportive atmosphere to enjoy social, educational, and recreational activities. Activities per website include: Monthly brunches potlucks (dining out nights and picnics); Movies, Plays, and Game Nights; Monthly meetings with education and social fellowship hours; Local trip to museums, walking tours and other points of interests; Outdoor Activities; Out of Town Trips; Day trips; and more.
 - a. **Topics for discussions of monthly meetings:** Health, Travel (i.e. gay friendly destinations and how to budget), Medicare / Long-term care, Staying Active, Medical, Financial Planning, Legal, and Current Events.
Website: www.primetimersstl.org
Phone: 314-467-0445

9. **St. Louis Black Pride:** A registered nonprofit organization whose mission is to serve as a resource for the St. Louis Metropolitan Black and Underserved Gay, Lesbian, Bisexual, and Transgender community and be a catalyst for unity and empowerment, and pride. Their vision is to provide unique programming, designed to instill pride, celebrate unity and embrace diversity within the LGBTQIA community. They work to address issues in the community, build relationships and partnerships to benefit LGBTQIA People of Color, and advocate for justice and equality. (Phone: 314-884-8730 and Website: www.blackpridestl.org)

10. **St. Louis Effort for AIDS (available for anyone):** Mission is to provide education on the prevention of HIV/AIDS and comprehensive support services to those affected by the disease. They free testing/screenings for HIV and other Sexually Transmitted Infections (STIs) since 1997, and starting in 2002, was able to conduct testing, prevention education and community outreach using the region's first Mobile Testing Unit. The agency began providing free treatment for STI's by 2014 and, with the availability of the Affordable Care Act Marketplace, EFA began offering insurance enrollment assistance throughout Missouri.
Website: www.stlefa.org
New Address: 2653 Locust Street, St. Louis, MO 63103
Phone: 314-645-6451 (open Monday – Friday, 9:00am – 5:00pm)

11. St. Louis Anti-Violence Project: Formerly known as the St. Louis LGBTQ Anti-Violence Task Force, has worked on ending relational violence in LGBTQ+ communities for almost 5 years. The mission is to raise awareness of Relational Violence within and to LGBTQ+ communities, by focusing on education, outreach, and advocacy.

Website: www.stlavp.org

12. St. Louis Frontrunners: A non-competitive running and walking club for lesbian, gay, bisexual, transgender, and ally persons. St. Louis Frontrunners has been actively supporting LGBT and LGBT allied athletes for almost 20 years. They encourage runners and walkers of all abilities to join and experience the support of a healthy, inclusive, and welcoming athletic community.

Website: www.stlouisfrontrunners.org

St. Charles

1. Growing American Youth: A social support organization for youth who live near St. Louis and who are 21 and under, and may identify as lesbian, gay, bisexual, transgender, asexual, or questioning their sexual orientation or gender identity.

a. St. Charles Meetings: Every Tuesday from 7-8:30pm at the Youth in Need Admin building at 1815 Boone's Lick Road (just off I-70 to 94. Parking and entrance on the back of the building. Look for a banner.)

b. Website: www.growingamericanyouth.org

Columbia:

1. The Center Project – grassroots nonprofit organization in Mid-Missouri, focused on the needs of the LGBTQ individuals and communities. Designed as a safe and open space, TCP supports the under-served sexuality and gender-based groups within the region, including youth, families, and those living in rural communities. The mission is to provide resources and a safe space for LGBTQ individuals to meet, to play, and to grow. Outreach focuses on youth, families, and people living in rural areas.

Website: <https://thecenterproject.org>

The Center Project – Sponsored Programs:

a. The Clothing Closet – Provides queer and transgender people in need with gender-affirming clothing. There are no rules for who qualifies for clothing.

b. Gender Blender – A support group for anyone on the transgender spectrum (gender non-binary individuals in addition to transgender individuals). Normal meetings are open to only those on the spectrum, with quarterly meetings open to allies.

c. Mid – Mo Pridefest: Each August, Columbia is home to Mid-MO PrideFest, an annual celebration of the lesbian, gay, bisexual, transgender, queer, questioning, and ally community in Mid-Missouri. This family-friendly event includes entertainment, food, vendors, and information on community organizations.

- d. Parents4Parents: A community for parents and adult family members of LGBTQ identified people of all ages. The group is free and open to all who are seeking support, education, discussion, and community. Parents 4 Parents is an affirming space for LGBTQ+ people and offers understanding and support to those who may be struggling with or striving to embrace their child's identity.
- e. PRISM: A fun group providing a safe and caring space for LGBTQ teenagers, **ages 13 to 18 only**. Hang out and learn about yourself.
- f. The Quorus: An un-auditioned community choral ensemble comprised of diverse and compassionate citizens of Columbia, MO. Through the power of choral music and community service, The Quorus strives to be a positive, caring, and dynamic organization comprised of diverse advocates providing safe-space, growth, and social justice for the LGBTQQA-Z community.
Website: www.thequorus.org
Phone: 573-424-2496

Groups that meet at The Center Project:

- g. Prime Timers Mid Missouri – a local chapter of Prime Timers World Wide that provides mature gay and bisexual men and friends with an opportunity to come together for educational, social and recreational activities and fellowship in a supportive atmosphere. They meet the 4th Saturday of each month.
Website: <http://www.primetimersmidmissouri.com/home.html>
Address: 2000 E. Broadway Suite 282 Columbia, MO 65201
- h. MidMo PolyPeeps: A group dedicated to education, discussion, and support. The meetings are for individuals and groups practicing polyamory, as well as anyone interested in learning more about polyamory, in Mid-Missouri and the surrounding areas. Membership is private, and discretion is practiced.

Kansas City, MO

1. **Kansas City Center for Inclusion:** Kansas City's LGBTQIA Community Center
 - a. **Address:** 3911 Main Street, Kansas City MO 64111
 - b. **Phone:** 816-753-7770
 - c. **Website:** www.inclusivekc.org
2. **Dr. Colleen Fagan** - provides two support groups confirmed on 7/30/2019:
 - a. Adults (18+) with gender dysphoria who are contemplating or in the process of transitioning Male to Female (MtF)
 - b. Adults (18+) with gender dysphoria who are contemplating or in the process of transitioning Female to Male (FtM).
 - c. **Phone:** 816-694-0200
3. **Passages** www.kcpassages.org Passages is a youth group for LGBTQ and allied youth, providing educational information and experiences to encourage personal growth and

social interaction to ease their transition into self-acceptance and to become empowered.
620 E. Armour Boulevard Kansas City, MO 64109 Phone: 816-931-0334 Email:
info@kcpassages.org

4. **The Equal Youth Center** www.equalcenter.org EQUAL was founded on the belief that by giving youth the power to organize, lead and collaborate, youth would not only transform themselves, but transform their communities. PO Box 32974 Kansas City, MO 64171 Phone: 816-984-0799 Email: support@equalcenter.org

Missouri in General

1. **PROMO:** - Missouri's statewide organization advocating for LGBTQ equality through legislative action, electoral politics, grassroots organizing, and community education. PROMO was founded in 1986 as the Privacy Rights Education Project, a grassroots membership organization that fights for the privacy rights of all Missourians. The mission is to advance equality and protect the human welfare and civil rights of LGBTQ persons in Missouri through education, advocacy, and collaboration.
Phone: (314) 862-4900
Website: www.promoonline.org

National Resources

for providing care for transgender, gender-expansive, and non-binary clients

Resources for Patients:

Educational Resources for Sharing with Individuals and Families

1. **Trans Lifeline:** U.S. 877-565-8860, Canada: 877-330-6366
<https://www.translifeline.org/>
 - a. Trans Lifeline is a national trans-led 501(c)(3) organization dedicated to improving the quality of trans lives by responding to the critical needs of the community with direct service, material support, advocacy, and education. Their vision is to fight the epidemic of trans suicide and improve overall life-outcomes of trans people by facilitating justice-oriented, collective community aid.
2. **Mypronouns.org:** <https://www.mypronouns.org/>
 - a. This website is an **accessible educational website about why pronouns matter** (for cisgender people to learn), how to share your pronouns with others, what to do if you make a mistake and mis-pronoun someone, etc. It's **a great link to include in your email signature** along with your own pronouns, so anyone who doesn't know what you mean or why you're including pronouns in your signature can educate themselves by clicking the link.

3. **8 Affirmations for Trans Folks Struggling with Pronouns:** Another great little blog post about pronouns is on the GLSEN site: <https://www.glsen.org/blog/8-affirmations-trans-folks-students-struggling-pronouns>
4. **Trans Student Educational Resources:** <https://www.transstudent.org/> Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment. In addition to our focus on creating a more trans-friendly education system, our mission is to educate the public and teach trans activists how to be effective organizers. We believe that justice for trans and gender nonconforming youth is contingent on an intersectional framework of activism. Ending oppression is a long-term process that can only be achieved through collaborative action.
5. **Transwhat? A guide to allyship:** <https://transwhat.org/confused/>
This is a great accessible website breaking intersex and trans identities down for cis people.
6. **Genderbread worksheet:** <https://www.itpronouncedmetrosexual.com/2018/10/the-genderbread-person-v4/>
 - a. This is a worksheet to help people think about how they identify in terms of their body/sex, in terms of their gender identity, their gender expression, and in terms of their sexual orientation (who/what they're attracted to). You can click on pdf (upper right corner) to get a printable version. If you scroll down the page, there are links for three different versions the author created – “the standard version, the poster version, and the worksheet version.”
 - b. The worksheet can be helpful to discuss in therapy, and also clients may find it helpful to use when they explain their identities to family members / friends.
7. **Trans Youth Family Allies:** <http://www.imatyfa.org/>
 - a. This is a great website with “a wide range of resources for parents, young people, for educators, and for healthcare professionals...Many of our materials are available as PDFs that you may print, distribute or link back to our website.”
 - b. For example, under the Parents link, there's a great FAQ for parents about how to support their trans child.
8. **ACLU toolkit for trans allies:** <https://www.aclu-mo.org/en/toolkit-allies>
 - a. An excellent educational resource for allies
9. **PFLAG:** PFLAG is the United States' first and largest organization uniting parents, families, and allies with people who are lesbian, gay, bisexual, transgender, and queer. PFLAG National is the national organization, which provides support to the PFLAG network of local chapters. The national website has fantastic resources for parents and families. For example, <https://pflag.org/owningyourroletoolkit>
10. **Initiating Hormone Therapy:** This is a helpful educational website with in-depth information on hormone replacement therapy (HRT) for those seeking to masculinize or

feminize physiology (see the menu on the left to click on either category for information):
<https://transcare.ucsf.edu/guidelines/initiating-hormone-therapy>

11. **Information on health care coverage of surgeries:** This is an informative page from the National Center for Trans Equality for trans individuals seeking gender-affirming surgeries and navigating getting it covered by health insurance:
<https://transequality.org/health-coverage-guide/health-care-provider-letters>

Cultural resources for trans individuals

12. **Qwear Fashion:** <https://www.qwearfashion.com/>
 - a. This is a fun style blog with lots of fantastic queer fashion ideas for all kinds of bodies. A great recommendation for genderqueer/non-binary folks and LGBTQIA people in general.
13. **TV Shows**
 - a. *Pose* – a poignant and incredibly insightful show about the ballroom community in New York City in the late 1980’s; features many trans characters (played by trans actresses). Season 1 available on Netflix (summer 2020), or can be purchased on other streaming platforms.
 - b. *Legendary* – this is a new (summer 2020) reality competition show about the current ballroom scene in New York City, featuring several trans women and numerous genderqueer and queer performers. Beautiful artistry and stories.
14. **Books:** there are obviously a plethora of non-fiction and fiction books that are fantastic resources for trans people and their loved ones. This is just a start of a few recommendations; it is important to note that trans experiences are as diverse as trans people. Here is an excellent list of books for adults:
<https://pflag.org/resource/transgender-reading-list-adults>
 - a. **Nonfiction**
 - i. *Transgender Warriors: Making History from Joan of Arc to Dennis Rodman* by Leslie Feinberg. As googlebooks says, “In this fascinating, personal journey through history, Leslie Feinberg uncovers persuasive evidence that there have always been people who crossed the cultural boundaries of gender.”
 - ii. BGD Press -- <http://www.bgdblog.org/> -- BGD Press seeks to "amplify the voices of queer and trans people of color!" Their website has lots of links to excellent writing, and of course books (non-fiction and fiction). They have a free summer camp for youth of color in Oakland, CA.
 - iii. *Transgressive: A Trans Woman on Gender, Feminism, and Politics* by Rachel Anne Williams (2019). “How do I know I am trans? Is trans feminism real feminism? What is there to say about trans women's male privilege?” This collection of insightful, pithy and passionately argued think pieces from a trans-feminist perspective explores issues surrounding gender, feminism and philosophy and challenges misconceptions about trans identities. The author has lived in Missouri for the last decade!

iv. *Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity* is a 2007 book by gender theorist, biologist, and writer Julia Serano. The book is a transfeminist manifesto which makes the case that transphobia is rooted in sexism and that transgender activism is a feminist movement.

v. ***Memoirs***

1. *Gender Outlaw: On Men, Women, and The Rest of Us* by Kate Bornstein. Part coming-of-age story, part mind-altering manifesto on gender and sexuality, drawn directly from the life experiences of a transsexual woman.
2. *Gender Outlaws: The Next Generation* edited by Kate Bornstein is a vibrant anthology of transgender and nonbinary-identified people. Features a poetry excerpt by Compass Health psychology intern (2019-2020) Kris Gebhard.
3. *Redefining Realness: My Path to Womanhood, Identity, Love & So Much More* by Janet Mock. In 2011, Marie Claire magazine published a profile of Janet Mock in which she stepped forward for the first time as a trans woman. Those twenty-three hundred words were life-altering for the People.com editor, turning her into an influential and outspoken public figure and a desperately needed voice for an often voiceless community.
4. *Nonbinary: Memoirs of Gender and Identity*. Edited by M. Rajunov and A. S. Duane, 2019. An engaging anthology of memoirs by nonbinary-identified individuals.

vi. ***Poetry***

1. *Never Coming Home* by Tyler Vile
 - a. Tyler Vile is a queer Jewish trans woman from Baltimore, MD who is physically disabled (she has cerebral palsy) and writes and performs eloquent and profound poetry about her experiences. <https://tylervile.wordpress.com/>
2. *Trans poets of color:*
 - a. Dane Figueroa Edidi ([For Black Trans Girls](#), and many other excellent books). Dane is an incredibly fierce and prophetic artist whose provocative work centers the voices of Black trans ancestors and contemporary resistance.
 - b. J Mase III ([And Then I Got Fired](#))
 - c. Venus Selenite ([She has three works published](#))
 - d. Kay Ulanday Barrett ([More Than Organs](#))
 - e. Xemiyulu Manibusan (Has 3 books published)
 - f. Kokumo ([Reacquainted With Life](#))
 - g. Cyree Jarelle Johnson ([Sling shot](#))
 - h. The spiritual writings of 21 writers in [The Black Trans Prayer Book](#)
3. *Fairy Feather Files* by Kris Gebhard
 - a. Kris Gebhard, PhD is a genderqueer transmasculine poet, percussionist and psychologist who completed their

internship with Compass Health in Wentzville. Kris produced an album of poetry and original marimba compositions hoping it to be a testament to trans liberation as well as an educational resource for mental health providers. <https://krisgebhard.com/art/>

4. Andrea Gibson is a genderqueer non-binary poet whose work interrogates gender norms and celebrates the resilience of LGBTQ people <https://andreagibson.org/>

b. ***Fiction***

- i. Topside Press <http://www.topsidepress.com/> is a phenomenal press that publishes books by trans authors. Many gems available here!
- ii. 7 Books by Queer Black Writers to Read in Honor of James Baldwin's Birthday: <https://www.bitchmedia.org/article/books-by-queer-black-authors>
- iii. *Take me there: Trans and genderqueer erotica* (2011), edited by Tristan Taormino. This is an anthology of erotic stories written trans and genderqueer people, an excellent way for trans and cis individuals alike to explore creative consensual sexual interactions.

Resources for Providers – on Best Practices for Care for Transgender and Gender Nonconforming People

15. **American Psychological Association Guidelines for Psychological Practice with Transgender and Gender Nonconforming People**
 - APA's Guidelines are strongly recommended reading for any therapists working with transgender and gender-expansive clients:
<https://www.apa.org/practice/guidelines/transgender.pdf>
16. **WPATH (World Professional Association for Transgender Health)**
 - WPATH standards of care are internationally viewed as the authority on standards of care for transgender people: <https://www.wpath.org/publications/soc>
17. **National Center for Transgender Equality**
 - The National Center for Transgender Equality (NCTE) advocates to change policies and society to increase understanding and acceptance of transgender people. In the nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.
 - NCTE has many educational resources available: <https://transequality.org/>
18. **Fenway Institute**
 - Fenway Institute is an FQHC that has a research institute dedicated to providing research-informed training for health centers on gender-affirming care and LGBTQIA+ affirmative care. They have a plethora of training webinars available for free for the public here: <https://www.lgbtqihealtheducation.org/>
 - For example, here is one on assessing gender dysphoria in preparation of writing a letter for gender affirming surgery and/or hormone replacement therapy:
<https://fenwayhealth.org/best-practices-for-mental-health-providers-in-providing-gender-affirming-assessments-for-surgery-referral-letters/>
19. **Trans Family Allies**
 - Lots of resources for providers: <http://www.imatyfa.org/healthcare.html>
20. **Center of Excellence for Transgender Health**
 - Excellent educational webinars and resources:
<https://prevention.ucsf.edu/transhealth/education>
21. **Coursera course on transgender medicine for medical providers**
 - <https://www.coursera.org/learn/transgender-medicine>
 - This is a free training course online for medical providers on hormone replacement therapy and surgeries for transgender patients.
22. **Articles:**

Austin, A., & Craig, S. L. (2015). **Transgender affirmative cognitive behavioral therapy: Clinical considerations and applications**. *Professional Psychology: Research and Practice*, 46(1), 21.

23. **Books:**

Affirmative Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients, edited by A. Singh and I. M. Dickey, 2017.

- This is a one-stop-shop for mental health providers. Drs. Singh and Dickey are leading resilience and strengths-focused researchers and experts on gender-affirmative care.

Trans Bodies, Trans Selves: A Resource for the Transgender Community. Edited by L. Erickson-Schroth, 2014.

- This is a fantastic BIG book that's great to have in your office as a resource for yourself as well as clients. Has lots of answers to basic 101 questions about bodies and gender transition, and thoughtful research-informed reflections on issues impacting trans communities.

Resources Related to Research

1. **US Trans Survey**

- The US Trans Survey conducted by the National Center for Transgender Equality (NCTE) is the largest cross-sectional study done on trans and gender expansive individuals in the United States.
 - o The full survey results 2015 survey are here:
<https://www.transequality.org/sites/default/files/docs/USTS-Full-Report-FINAL.PDF>
- The US Trans Discrimination Survey, also conducted by NCTE, results are here:
https://transequality.org/sites/default/files/docs/resources/NTDS_Report.pdf

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4. Lambrou, N. H., Cochran, K. M., Everhart, S., Flatt, J. D., Zuelsdorff, M., O'Hara, J. B., ... & Gleason, C. E. (2020). **Learning from Transmasculine Experiences with Health Care: Tangible Inlets for Reducing Health Disparities Through Patient–Provider Relationships**. *Transgender Health*, 5(1), 18-32.
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6802728/>
6. Pryor, R. E., & Vickroy, W. (2019). **“In a Perfect World, You Wouldn't Have to Work the System to Get the Things You Need to Survive”:** A Pilot Study About Trans Health Care Possibilities. *Transgender health*, 4(1), 18-23.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6391607/>

National Resources for providing care for LGBTQIA+ people

Resources for Patients – Educational Resources for Sharing with Individuals and Families

1. **The Trevor Project.** The Trevor Project is a national non-profit that has a 24/7 mental health crisis hotline and numerous resources for LGBTQIA identified youth and their families. **Website:** <https://www.thetrevorproject.org/>, 1-866-488-7386
2. **The Family Acceptance Project** “is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, racially and religiously diverse families learn to support their LGBTQ children.” Their website has LOTS of excellent educational resources geared toward families of LGBTQIA people. **Website:** <https://familyproject.sfsu.edu/publications>
3. **Fenway Health.** “The mission of Fenway Health is to enhance the well-being of the LGBTQIA+ community and all people in our neighborhoods and beyond through access to the highest quality health care, education, research and advocacy.” Fenway Institute’s National LGBT Health Education Center has hosts of accessible research-based educational resources. **Website:** <https://www.lgbthealtheducation.org/>
4. **LGBT National Help Center:** A non-profit, tax – exempt organization that provides vital peer-support, community connections, and resource information to people with questions regarding sexual orientation and / or gender identity. Serving gay, lesbian, bisexual, transgender, and questioning people by providing free peer – support and local resources. Includes topics on coming out, relationships, bullying, safer sex, and more. Includes Online peer – support chat and moderated online talk groups:
LGBT National Youth Talkline (Youth to age 25): 1-800-246-7743
LGBT National Hotline (youth and adults): 1-888-843-4564
LGBT National Senior Hotline (Serving senior callers): 1-888-234-7243
Website: www.lgbthotline.org

5. **Gay, Lesbian, and Straight Education Network:** The Gay, Lesbian, and Straight Education Network (GLSEN) strives to assure that each member of every school community is valued and respected, regardless of sexual orientation. We welcome as members any and all individuals, regardless of sexual orientation, gender identity/expression or occupation, who are committed to seeing this philosophy realized in K-12 schools.
Website: www.glsen.org
6. **AVEN:** Asexuality Visibility and Education Network (AVEN) hosts the world's largest online asexual community as well as a large archive of resources on asexuality. AVEN strives to create open, honest discussion about asexuality among sexual and asexual people alike. (Unlike celibacy, which is a choice to abstain from sexual activity, asexuality is an intrinsic part of one's identity, just like other sexual orientations. Asexual people have the same emotional needs as everybody else and are just as capable of forming intimate relationships.)
Website: www.asexuality.org
7. **Intersex resources.** This is an excellent list of a whole bunch of resources, books, and websites related to experiences of intersex people:
<http://www.ala.org/rt/sites/ala.org.rt/files/content/professionaltools/IntersexResources.pdf>
8. **Human Rights Campaign:** HRC is a bipartisan organization that works to advance equality based on sexual orientation and gender expression and identity, to ensure that gay, lesbian, bisexual and transgender Americans can be open, honest, and safe at home, at work, and in the community. The Human Rights Campaign provides a national voice on gay and lesbian issues. The Human Rights Campaign effectively lobbies Congress; mobilizes grassroots action in diverse communities; invests strategically to elect a fair-minded Congress; and increases public understanding through innovative education and communication strategies.
Website: www.hrc.org
9. **Lambda Legal:** Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, the transgendered, and people with HIV or AIDS through impact litigation, education, and public policy work.
Website: <http://www.lambdalegal.org>
10. **National LGBTQ Task Force:** National progressive organization working for the civil rights of gay, lesbian, bisexual and transgender people.
Website: www.thetaskforce.org
11. **LGBTQ+ Community and Tobacco:** With the added pressure and stress in accordance with fighting for human rights, Big Tobacco has concentrated their efforts on targeting the LGBTQ+ community.
Website: <https://vapingdaily.com/support/lgbt-community/>

12. **LGBTQ Resources for Students:** This site has a fantastic list of resources for high school and college students.
Website: <https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/>
13. **Teaching Tolerance Guide:** This is an excellent guide for teachers and school administrators (or parents seeking to pass a resource along).
Website: <https://www.tolerance.org/sites/default/files/2018-09/TT-LGBTQ-Best-Practices-Guide.pdf>
14. **Lee Beckstead’s guidebooks** for LGBTQ people lists a few forthcoming (“mid-2020”) guidebooks that look like they’ll be pretty great. <https://findingcongruence.com/>
15. **Qwear Fashion:** <https://www.qwearfashion.com/>
a. This is a fun style blog with lots of fantastic queer fashion ideas for all kinds of bodies. A great recommendation for genderqueer/non-binary folks and LGBTQIA people in general.
16. **Books:** as mentioned in the transgender section, there are hundreds (if not thousands) more fantastic books than could even succinctly be mentioned in a resource list. This is just a few recommendations for your own education or that clients might enjoy.
- a. **Nonfiction**
- i. **Poetry**
1. Danez Smith is a delightful and incisive Black queer HIV positive writer and performer from St. Paul, MN
<http://www.danezsmithpoet.com/bio-encore>
 2. Jericho Brown is an incredible Black queer poet. His *The Tradition* won the Pulitzer Prize <https://www.jerichobrown.com/>
- ii. **Memoirs**
1. This website is a great list of memoirs by rural LGBTQ people:
<https://www.theguardian.com/books/2019/jul/17/top-10-queer-rural-books>
 2. Here’s another list of recently published memoirs:
<https://www.advocate.com/art/2019/12/30/best-lgbtq-memoirs-2019>
- b. **Fiction**
- iii. *The Long Way to a Small Angry Planet* by Becky Chambers – this is a delightful sci-fi novel that includes a diversity of sexual orientations and relationship orientations, interspecies intimacy and romance, very normalized polyamorous relationships (and cultures), and a wide diversity of gender identities and presentations.
 - iv. Any novels by Octavia Butler – Octavia Butler was a Black woman who wrote incredibly imaginative and poignant speculative fiction pieces with queer undertones throughout, receiving numerous awards for her writing (e.g. Hugo Award, Nebula Award, Locus Award, John D. and Catherine T. MacArthur Foundation “Genius” grant).

Resources for Providers – on Best Practices for Care

1. Tilsen, J. (2013). *Therapeutic conversations with queer youth: Transcending homonormativity and constructing preferred identities*. Jason Aronson, Incorporated.
- A thoughtful book on how to therapeutically support queer-identified individuals.
2. **LGBTQ Theraapists.com** has lots of resources here: <http://www.lgbtqtherapists.com/>
3. Toliver, Z (2016). LGBTQ Healthcare: Building Inclusive Rural Practices. Research-informed article on best care: <https://www.ruralhealthinfo.org/rural-monitor/lgbtq-healthcare/>

Resources Related to Research on LGBTQIA Care

1. Harless, C., M. Nanney, A.H. Johnson, A. Polaski, and J. Beach-Ferrara. 2019. “**The Report of the 2019 Southern LGBTQ Health Survey.**” Campaign for Southern Equality: Asheville, NC. <https://www.ruralhealthinfo.org/resources/13424>
<https://www.jabfm.org/content/jabfp/29/1/156.full.pdf>
2. Missouri Department of Health and Senior Services Office of Primary Care and Rural Health (2016), **Lesbian, Gay, Bisexual, and Transgender (LGBT) Health Disparities in Missouri.** <https://www.ruralhealthinfo.org/resources/10228>
3. Sharma A, Shaver JC, Stephenson RB. **Rural primary care providers’ attitudes towards sexual and gender minorities in a midwestern state in the USA.** *Rural and Remote Health* 2019; 19: 5476. <https://doi.org/10.22605/RRH5476>
<https://www.rrh.org.au/journal/article/5476>
4. **National Coalition of Anti-violence Programs (NCAVP)** is a national coalition of programs that support LGBTQ survivors of intimate partner and hate violence. NCAVP produces excellent national reports on violence against LGBTQ people.
<https://avp.org/ncavp/>
5. Calton, J. M., Cattaneo, L. B., & Gebhard, K. T. (2016). **Barriers to help seeking for lesbian, gay, bisexual, transgender, and queer survivors of intimate partner violence.** *Trauma, violence, & abuse*, 17(5), 585-600.
https://www.researchgate.net/publication/276412706_Barriers_to_Help_Seeking_for_Lesbian_Gay_Bisexual_Transgender_and_Queer_Survivors_of_Intimate_Partner_Violence