

LGBTQ PHC

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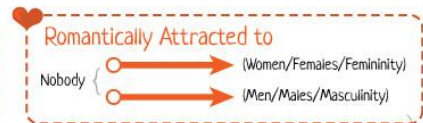
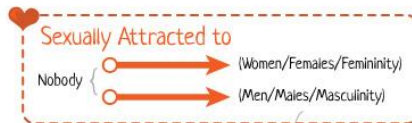
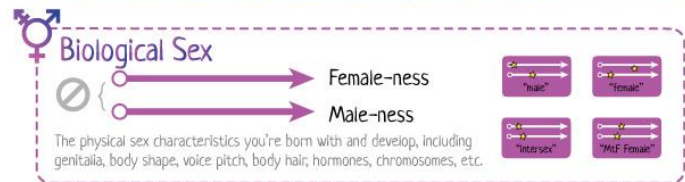
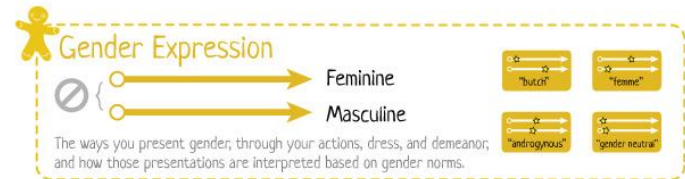
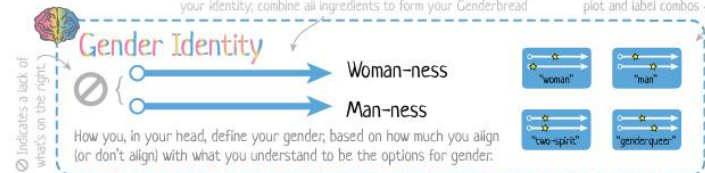
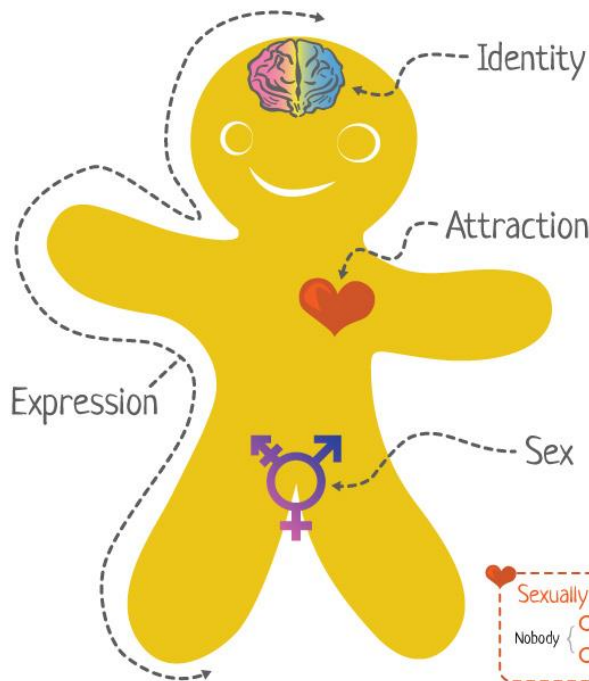
Definitions

“Sexual orientation is who you go to bed with. Gender identity is who you go to bed as.” - Dr. Norman Spack

The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*, Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



For a bigger bite, read more at <http://bit.ly/genderbread>

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction

Population of Focus

According to the Healthy People 2020 Database, the LGBT population is at increased risk for certain negative health outcomes:

- LGBT youth are 2 to 3 times more likely to attempt suicide
- LGBT youth are more likely to be homeless
- Lesbians are less likely to get preventive services for cancer
- Gay men are at higher risk of HIV and other STDs, especially among communities of color
- Lesbians and bisexual females are more likely to be overweight or obese
- Transgender individuals have a high prevalence of HIV/STDs, victimization, mental health issues, and suicide and are less likely to have health insurance than heterosexual or LGB individuals
- Elderly LGBT individuals face additional barriers to health because of isolation and a lack of social services and culturally competent providers
- LGBT populations have the highest rates of tobacco, alcohol, and other drug use



Interprofessional Teams

- LICSW (Licensed Clinical Social Workers)
- Primary Care Physicians
- PAs, NPs
- Endocrinologists
- Urologists
- Nurses
- Pharmacists
- Electrologist
- Cosmetologist
- Speech therapist
- Plastic surgeons

Where do they provide care?

- Hospitals, schools, community health centers, outpatient care centers

Health Advocacy

Fenway Health

- Recent advocacy campaigns stressing the importance of the availability of injectable estrogen to transgender women
- Additional funding for HIV and Hepatitis C programming in Massachusetts.

Planned Parenthood League of MA

- Recent advancements include providing PrEP and hormone affirming therapy in MA
- Hormone affirming therapy available in 4/5 PP MA sites, not yet in Worcester
- Worcester location preparing staff for onsurge of trans clients

How to be an advocate as a provider?

- Treat LGBTQ+ clients LIKE HUMANS!!!!!!
- ASK PRONOUNS!!!!!!
- OPEN-ENDED QUESTIONS (on gender identity, sexuality, relationships)!!!
- VOTE YES ON 3!! Trans rights are human rights!!

SWAGLY



Supporters of Worcester Area GLBT Youth Worcester branch of the AGLY network, and is partnered with AIDS Project Worcester.

Target demographic: LGBTQ+ Youth and Allies 22 years and under

Services provided:

- Weekly programming that provides information on HIV/STI's,
- Ways to practice safe and consensual sex, prevention
- Screening, activism, LGBTQIA+ representation in the media, and more!

Ideas for improvement: Increased visibility and outreach to local youth possibly through social media or presentations in school systems

Safe Homes



Target demographic: “Our goal in offering support to LGBTQ youth throughout Central Massachusetts is to decrease isolation and foster general health and well-being. Our mission is to provide safe and supportive services for LGBTQ youth so that they feel nurtured and validated in all aspects of their identity.”

Services provided: Crisis and Counseling Intervention, HIV/STI testing, training sessions for professionals, drop in support services focused on housing, employment, transportation, and transition related support

Ideas for improvement: Expansion of services (drop in is only available thursday nights)

AIDS Project Worcester



- **Target demographic:**
 - APW provides a comprehensive range of services to support the medical care and various service needs of persons living with HIV/AIDS and those at greatest risk for HIV and Hepatitis C (HCV).
- **Services provided:**
 - Testing and counseling (STI's, HIV, HCV)
 - Syringe services
 - PrEP
 - Narcan
 - Youth groups (e.g. SWAGLY)
 - Peer support and mental health
 - Housing supportive services
 - Case management
 - Transportation
 - Educational programs
- **Ideas for improvement:**
 - Expand the food pantry

Elder Support Network



Target demographic:

Are you over 50 and lesbian, gay, bisexual, transgender or intersex?

Are you alone because you've lost a partner or spouse or because your friends have moved away or died?

Do you find yourself getting out of the house less and less because of physical limitations or lack of motivation?

Has your community disappeared as you have grown older?

WLEN periodically sponsors social events for LGBT people age 50+. Enjoy new activities and meet new friends through WLEN.

Services provided:

The Rainbow Lunch and Supper Clubs offer LGBTIQA* seniors age 60+ a nutritious meal and an opportunity to socialize with friends.

The Rainbow Lunch Club meets the 2nd & 4th Wednesdays of each month at the Unitarian Universalist Church of Worcester, 90 Holden Street, Worcester, MA. **Lunch is served at noon**, followed by programs or social time.

The Rainbow Supper Club meets the 1st Tuesday evening of each month; 6:00-8:00pm at the Unitarian Universalist Church of Worcester, 90 Holden Street, Worcester, MA. **Supper is served at 6:15pm**, followed by social time.

Ideas for improvement:

- Networking with non-English speakers

Fenway Health (Boston, MA)

FENWAY HEALTH

Target demographic: “The mission of Fenway Health is to enhance the wellbeing of the *lesbian, gay, bisexual* and *transgender* community and *all people* in our neighborhoods and beyond through access to the highest quality health care, education, research and advocacy”

Services provided:

Medical			Behavioral Health
Primary Care	High Resolution Anoscopy (HRA)	Pharmacy	Psychotherapy
Primary Care Providers	HIV/STI Counseling & Testing	Podiatry	Behavioral Health Providers
Family Medicine	Immunizations & Flu Shots	Pulmonology	Psychiatry
Alternative Insemination	Medication Assisted Treatment	Radiology	Addiction Recovery & Wellness Program
Birth Control & EC	Nutrition	Referrals	— Problem Gambling Services
Dermatology	Obstetrics & Gynecology	Transgender Health	Therapy & Support Groups
		Women's Health	Violence Recovery Program
Optometry	Dentistry	Complementary Therapies	Health & Wellness Resources
Optometry Services Offered	Dental Services Offered	Acupuncture	Health Navigation & Life Coaching
Optometry Professionals	Dental Providers	Massage	Help Lines
Optometry Forms	Dental Forms		HIV/AIDS Resources
Reorder Contacts			LGBT Family & Parenting Services
			Safer Sex Information & Services

Ideas for improvement:
Accessibility
“Ivory tower” mentality

LGBT Asylum Task Force



Target Demographic: The LGBT Asylum Task Force is a ministry of Hadwen Park Church and a community-based organization dedicated to supporting and empowering LGBTQI individuals who are seeking asylum in the United States.

Services Provided: Asylum seekers who file for asylum in the United States are not permitted to work until they are granted a work permit and social security number, a process which can take more than a year. During that time, the Task Force strives to provide housing and financial support for these individuals.

Ideas for improvement: community outreach

If you wish to donate: <https://www.paypal.com/donate/?token=DJa7CLX-jLogDPrAC7O8Xuq2brHF8umglYPAqJwElqpvXH-5OjbqN3JsZly5Y2skfQiOnW&country.x=US&locale.x=US>

Family Health Center Worcester



Target demographic: “All residents in the Greater Worcester area, especially culturally diverse populations.”

Services provided:

- **General:** Comprehensive primary health care and social services, regardless of patients’ ability to pay.
- **LGBTQ+ services:**
 - Psychosocial assessments for gender-affirming hormone therapy
 - Gender-affirming hormone therapy continuance/monitoring
 - Referrals for gender-affirming surgery
 - Case management

Ideas for improvement:

- Expansion of practice size
- Admin support

Planned Parenthood of Massachusetts

Target Demographic: “The mission of PPLM is to protect and promote sexual and reproductive health and freedom of choice by providing clinical services, education and advocacy. Our vision is that sexual health is essential to every person's well-being.”

Services:

- Contraception
- STI, HIV, and Hep C Testing
- Pregnancy Testing and Options Counseling
- Abortion
- Non-gendered Sexual and Reproductive Health Education
- Consent Based gender affirming hormone therapy
- Routine gynecological exam

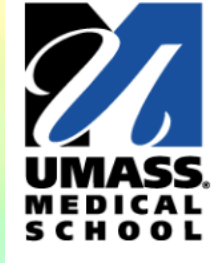
Ideas for Improvement:

- GU services



Planned Parenthood
League of Massachusetts

Acknowledgements



Many thanks to:

AIDS Project Worcester

Safe Homes

Worcester LGBT Elder Network

Family Health Center

Planned Parenthood

Dr. Ken Peterson

Dr. Stuart Chipkin

Dr. Heather-Lyn Haley

Dr. Carla Carten

Mini/Ongoing Project

Distribution of pronoun pins to UMass community



Reference

**US Department of Health and Human Services, et al. "Healthy people 2020."
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Family Health Center of Worcester. "LGBTQ+ Health Services." <http://www.fhcw.org/en/HealthServices/LGBTQHealthServices>. (2018).