



# LGBT Health Access Initiative EDUCATION PROGRAMS

The LGBT Network's **Health Access Initiative** helps health providers and human services organizations advance their LGBT diversity, equity, inclusion, and belonging (DEIB) efforts. We offer tailored programs that build awareness, develop ally-ship, and provide education and information about the LGBT community and the challenges and needs of LGBT Long Islanders. Programs can be delivered in-person or virtually.

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## Free Educational Programs for LGBT Services Consortium Members and LGBT Certified organizations

### **LGBT 101 FOR PROVIDERS** *60 to 75 minutes*

"LGBT 101 for Providers" is a professional yet fun primer on gaining awareness and building knowledge and skills to create safe spaces for both LGBT clients and staff. With nearly three decades of implementation and hundreds of thousands of people reached, our "tried-and-true" interactive workshop uses activities and ongoing dialogue and Q&A to facilitate conversations and foster understanding.

### **TRANSGENDER 201** *60 to 75 minutes*

This program builds up the "LGBT 101" with a focus on improving participants' understanding of the unique experiences of people who identify as transgender, gender non-conforming, and/or non-binary (TGNCNB).

### **BEING A GREAT ALLY: TOP 10 DOS & DON'TS AT WORK** *45 minutes*

Our "Top 10 Dos & Don'ts" program provides a guide on how to be supportive without being intrusive. Our Top 10 list is culled from the experience of workplace professionals and is presented in a fun and easy-to-understand way.

### **THE WHAT, WHY, & HOW OF PRONOUNS** *45 minutes*

The ultimate tailored primer about Pronouns – what they are, why we use them, and how we can use them in the workplace to create an inclusive space for co-workers.

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## Premium trainings available at a DISCOUNTED cost for LGBT Services Consortium Members and LGBT Certified organizations

### **THE COMING OUT PROCESS** *60 minutes*

While most people think about coming out as the public elements of this process, the program delves into the entire spectrum of experience. This program uses a theoretical model of identity development to illuminate the entire coming-out process for LGBT people. Participants receive information on the experience, as well as tips for being supportive to others.

### **TOLERANCE & ACCEPTANCE ARE DIRTY WORDS** *60 minutes*

The words 'tolerance' and 'acceptance' have been historically used as a benchmark for social equity for the LGBT community. This program dissects and contextualizes how and why these terms are insufficient as a goal for the LGBT community and how to move towards achieving support, inclusion, and belonging.

### **WHY PRIDE** *60 minutes*

Pride events are historical celebrations of LGBT people held globally, attracting the participation of millions of people. "Why Pride" is an educational program about how and why Pride events remain vital and critical to the awareness and visibility of LGBT people. The program highlights the history of Pride, the experiences of LGBT people, and why Pride remains vital today.

### **STILL COMING OUT** *60 minutes*

"Still Coming Out" is an interactive and fun yet pointed program that uses historical items to spotlight the ongoing needs of the LGBT community. Topics include a reflection on the status of LGBT rights and freedoms, the evolution of LGBT vocabulary, and how these contribute to a culture in which LGBT people still need to come out.

### **BEYOND THE CLOSET: THE HISPANIC EXPERIENCE OF COMING OUT** *60 minutes*

Coming out as an LGBT person is often a harrowing experience. The uncertainty, fear of rejection, and potential negative consequences are challenges individuals of all backgrounds face. However, being part of an ethnic group introduces additional layers of complexity. This session explores those universal aspects of coming out while highlighting the unique challenges and experiences Hispanic individuals encounter.