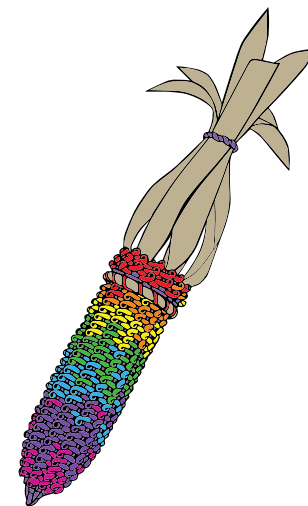


# Two Spirit/LGBTQ+ Self-Love in the Time of COVID-19

September 10, 2020

Itai Jeffries  
Sade Heart of the Hawk  
Dandy Johns  
Morgan Thomas  
Celena McCray



# NPAIHB Toolkit

**9 in 10 patients**  
would disclose their sexual orientation and gender identity to healthcare providers if asked.

**Ask**

- Ask clients how they prefer to be identified. Ask everyone. Ask every time.
- Develop a relationship to improve trust and offer better care.

**Affirm**

- Use preferred names and pronouns. All staff. Every visit.
- Ensure access to gender-neutral restrooms.

**Acknowledge**

- There is no universally correct concept of gender identity or sexual orientation.
- Different cultures define gender and sexual orientation in different ways.
- The word Two Spirit refers to a Native person, who expresses their gender identity or spiritual identity in indigenous, non-Western ways.

**Advocate**

- Train staff to treat all clients with affirmation and respect.
- Become certified as an LGBTQ+ affirming provider: [wpath.org/gpi/certification](http://wpath.org/gpi/certification)
- Find and share resources:
  - [its.gov/gbi/health/twospirit](https://its.gov/gbi/health/twospirit)
  - [fenwayhealth.org](http://fenwayhealth.org)
  - [howardbrown.org](http://howardbrown.org)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5222222/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5222222/>

**Allie's Story**

*Allie is Native and queer. After they had a bad experience with a psychiatrist, they avoided seeking mental health and medical care for ten years. Finally, due to trouble concentrating at work and extreme anxiety, they decided to look for a therapist.*

"I needed help, and I recognized that my need for help was greater than my fear of being judged," they say.

"I found a therapist who really got me. I could talk to him about anything. I brought up being queer. He didn't bat an eye. It was no problem. I was thinking about alternative sexualities. He was all for it."

"I thought, Oh. He actually cares about my mental health. It doesn't matter to him—who I'm attracted to, my gender expression. He actually sees what I am doing. He sees me."

"He was very nonjudgmental. I felt safe."

"He changed the way I thought about myself. He changed the way I thought about my mental health. He changed the way I thought about health in general."

"I credit him with saving my life."

To hear the rest of Allie's story, text DOCUMENTARY to 97779.

## Celebrating Our Magic:

Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers

**FOR PROVIDERS**

*"My family supports me. My healthcare provider should, too."*  
— Jeri, Native, queen

**See me. Stand with me.**

Lesbian • Gay • Bisexual Transgender • Queer • Two Spirit

**9 in 10 patients**  
would disclose their sexual orientation and gender identity to healthcare providers if asked.

**We're ready to talk about identity. Ask us.**

NPAIHB  
Indian Leadership for Indian Health  
This campaign is supported with funds from the Indian Health Service and the Secretary's Minority AIDS Initiative Fund.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5222222/>

**FOR ALLIES**

*"My community celebrates me."*  
— Allie, Native, queer

**See us. Stand with us.**

Lesbian • Gay • Bisexual Transgender • Queer • Two Spirit

**We told you about our identity, because we trust you. Honor that trust.**

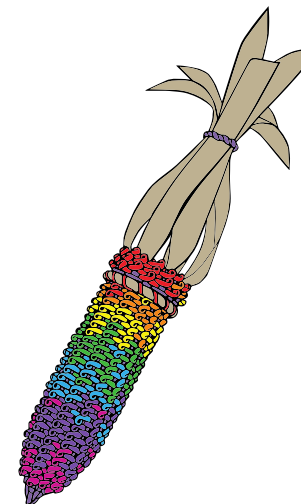
NPAIHB  
Indian Leadership for Indian Health

**See me. Stand with me.**

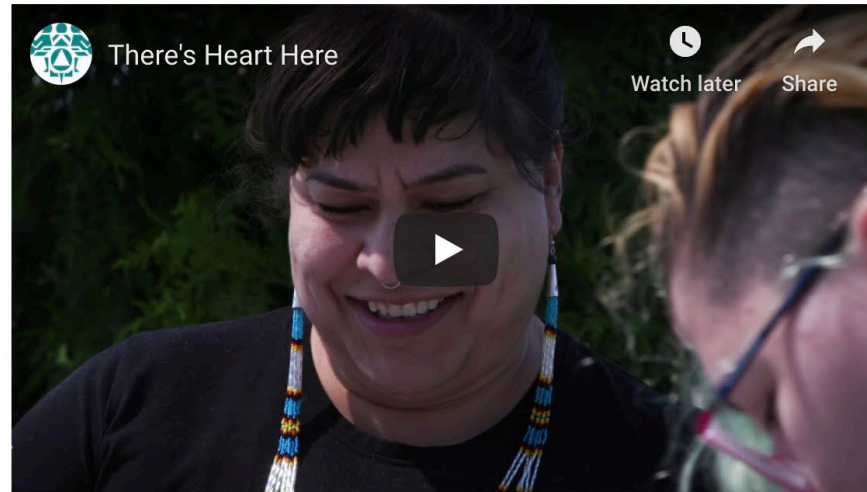
**I'm Native. I'm indigiqueer.**

To hear my story, text DOCUMENTARY to 97779

This campaign is supported with funds from the Indian Health Service and the Secretary's Minority AIDS Initiative Fund.  
Corn basket titled "Piyaasskoomen: Gaize," created by artist Gao Nequene



## TWO SPIRIT AND LGBTQ HEALTH



Roller derby champion. Activist. Cyclist. Follow three indigenous members of the Two Spirit and LGBTQ community as they journey toward self-acceptance, supportive healthcare, and communities that celebrate them.



Connect with us!

For Email Newsletters you can trust.

I'M A PROVIDER.

I'M AN ALLY.

I'M LGBTQ. I'M TWO SPIRIT.

Two Spirit and LGBTQ

Provider

Ally

Films

Journal

Print Materials

Contact Us



[www.npaihb.org/2SLGBTQ](http://www.npaihb.org/2SLGBTQ)



## Celebrating Our Magic:

Resources for American Indian/Alaska Native transgender and Two-Spirit youth, their relatives and families, and their healthcare providers

Specific aims:

- 1) Deliver culturally-grounded resources to **youth** exploring their gender identity and/or choosing to medically transition
- 2) Provide resources and support for **families**
- 3) Increase **health provider** awareness of aspects unique to AI/AN transgender and Two-Spirit youth

# LGBTQ LOVED & ACCEPTED

#WENEEDYOUHERE



PREVENT SUICIDE.

CALL THE *TREVOR LIFELINE*, CRISIS INTERVENTION & SUICIDE PREVENTION  
FOR LGBTQ YOUTH AT **1.866.488.7386**.  
THE *SUICIDE PREVENTION LIFELINE* AT **1.800.273.8255**,  
OR TEXT "START" TO 741741 TO CHAT VIA TEXT

VISIT [WWW.WERNATIVE.ORG](http://WWW.WERNATIVE.ORG)  
TALK TO TRUSTED ELDERS, HEALERS, FRIENDS, FAMILY,  
OR HEALTH PROFESSIONALS



## TO GIVE HELP OR GET HELP:

- CALL THE *TREVOR LIFELINE* FOR LGBTQ YOUTH  
AT **1.866.488.7386**
- CALL THE *SUICIDE PREVENTION LIFELINE* AT **1.800.273.8255**
- TEXT "START" TO 741741  
TO CHAT VIA TEXT MESSAGE
- VISIT [WWW.WERNATIVE.ORG](http://WWW.WERNATIVE.ORG)  
TO LEARN ABOUT SUICIDE  
SIGNS AND PREVENTION  
RESOURCES
- TALK TO TRUSTED ELDERS,  
HEALERS, FRIENDS,  
FAMILY MEMBERS OR  
HEALTH PROFESSIONALS

(PLACE HOLDER FOR LOCAL RESOURCES LABEL)



[www.npaihb.org](http://www.npaihb.org)

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PREVENT SUICIDE.

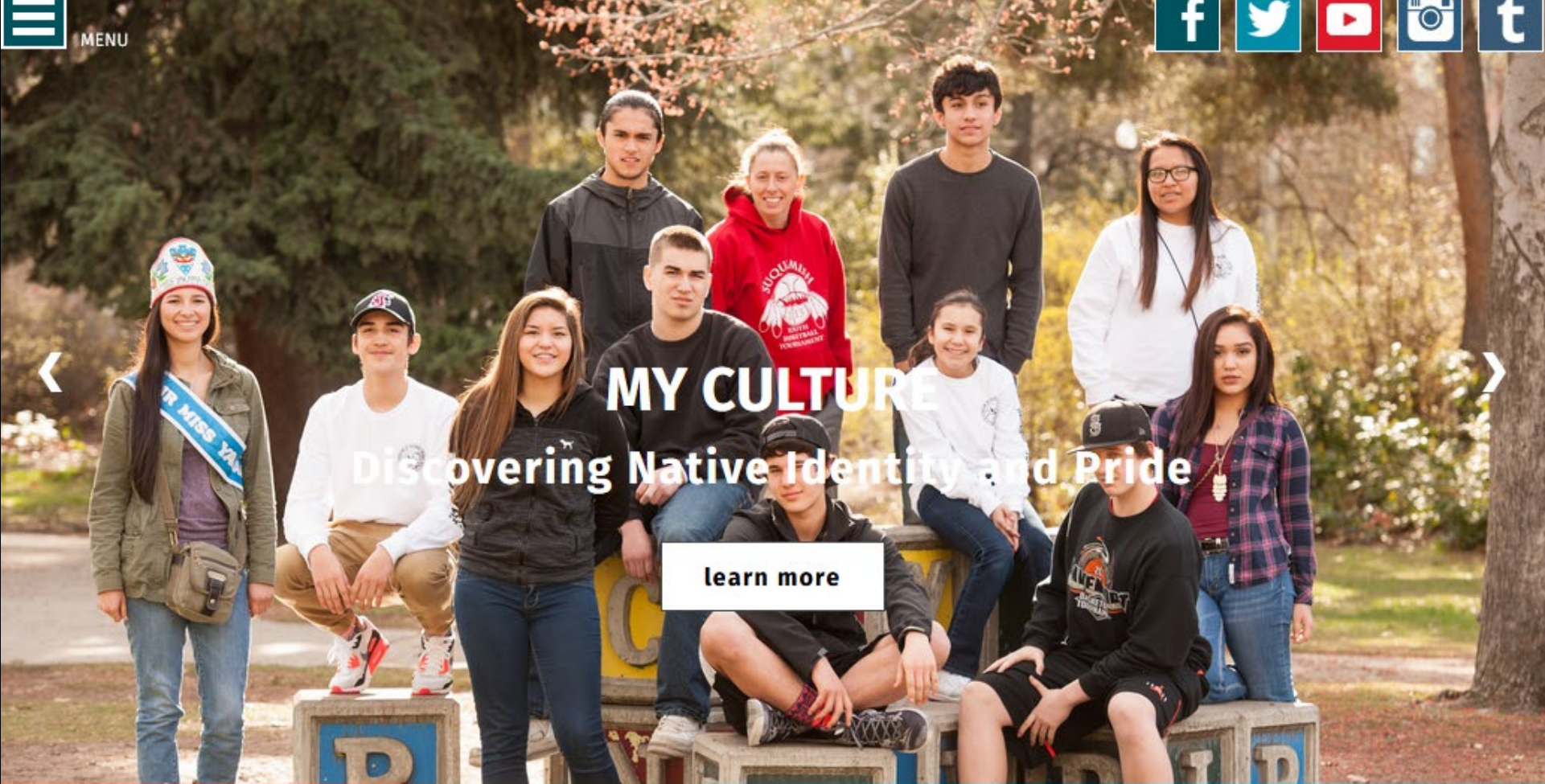
# TWO SPIRIT LOVED & ACCEPTED

#WENEEDYOUHERE





MENU



# MY CULTURE

## Discovering Native Identity and Pride

[learn more](#)

# WE R NATIVE

For Native Youth, by Native Youth.

# RESPONDING TO CONCERNING POSTS ON SOCIAL MEDIA

GIVE US FEEDBACK



COMPARE CURRICULA



ABOUT

TRAINING

LESSON PLANS

SUPPORTING MATERIALS

CULTURAL RELEVANCE

EVALUATION

REFERENCES

## ABOUT THIS PROGRAM

Updated: 12/13/2018

Suicide prevention remains challenging among youth, as many do not disclose suicidal ideation to others before attempting suicide. However, emerging research suggests that nearly one-third of AI/AN youth see concerning messages on social media on a daily or weekly basis. This webinar training will prepare adults who work with Native youth to identify youth who post or view concerning posts on social media, and connect them to appropriate services.

**AGE GROUP DESIGNED FOR:** Middle School, High School, Young Adults

**LGBT INCLUSIVE:** No

**PROGRAM SETTING:** Flexible

**DURATION:** 1, 1-hour webinar

**COST TO PURCHASE:** Free

**TEACHER TRAINING OR CERTIFICATION REQUIRED:** No

**STUDENT TO TEACHER RATIO:** 40:1

**PROGRAM OUTCOMES:** The training improved participants confidence and self-efficacy.

**EVIDENCE OF EFFECTIVENESS:** Promising Practice



# Resource Links

- Celebrating Our Magic Toolkit:  
<http://www.npaihb.org/download/Toolkit-Final.pdf>
- There's Heart Here Documentary:  
[https://www.youtube.com/watch?v=5zX0tI8\\_hA](https://www.youtube.com/watch?v=5zX0tI8_hA)

# Contact Information

- Morgan Thomas, Two Spirit & LGBTQ+ Outreach Coordinator
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- Celena McCray, Project Coordinator – THRIVE & WA DOH Parenting Teens
  - [cmccray@npaihb.org](mailto:cmccray@npaihb.org)



**text**  
**LGBTQ2S**  
**to**  
**97779**

