

# SAFE AND SUPPORTED

A Project of Lighthouse Youth Services

## RESOURCE GUIDE for Parents & Providers Serving LGBTQ Youth







## ACKNOWLEDGMENTS

Thank you to the many Safe and Supported volunteer subcommittee members who contributed to this guide. This project is supported by award no. 2915598 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice through the office of the Ohio Attorney General.



**Lesbian, Gay, Bisexual, Transgender and Queer/Questioning youth are dramatically overrepresented in the homeless youth population, yet there are too few systems and services to meet their needs.** Safe and Supported, a project of Lighthouse Youth Services, is a community initiative with the goal of preventing and ending Lesbian, Gay, Bisexual, Transgender, Queer and Questioning (LGBTQ) youth homelessness. Safe and Supported works closely with three key partners, the Human Rights Campaign (HRC,) the Gay, Lesbian & Straight Education Network (GLSEN) and Strategies to End Homelessness. Additional partners include child welfare agencies, faith leaders, law enforcement, LGBT groups, youth homelessness providers, juvenile justice agencies and education leaders.

## **KEY INITIATIVES**

### **HOST HOME PROGRAM**

The Host Home Program is a homelessness prevention initiative for LGBTQ youth ages 18-24. The program is focused on meeting basic needs while concurrently fostering connections and building community among LGBTQ youth and stable adults.

### **LGBTQ CULTURAL COMPETENCY TRAINING**

Safe and Supported offers free LGBTQ cultural competency training and technical assistance to help youth-serving professionals in providing supportive and affirming care to LGBTQ young people.

### **UPZ MOBILE APP AND RESOURCE GUIDES**

In addition to this resource guide, Safe and Supported publishes an emergency wallet card resource guide for LGBTQ youth and the UPZ mobile app. The UPZ app is a resource for any youth experiencing homelessness or is at risk of becoming so. The app connects youth with local services and support including the locations of shelters and public bathrooms as well as connection to crisis lines and a journal. You can download the UPZ app on Google Play and iTunes.

### **SAFE AND SUPPORTED FAMILIES**

An educational program for parents and other caregivers to support them as they learn to support LGBTQ identified youth. For additional information about any of these initiatives, contact

[safeandsupported@lys.org](mailto:safeandsupported@lys.org) or visit [www.safeandsupported.org](http://www.safeandsupported.org)

## ABOUT THIS RESOURCE GUIDE

This Resource guide is provided as a service of Safe and Supported to help youth-serving professionals and parents find appropriate supports and resources for LGBTQ identified youth. This resource guide will be updated periodically. You can also download a PDF version at [www.safeandsupported.org](http://www.safeandsupported.org)

To add your organization or service to the guide, contact [safeandsupported@lys.org](mailto:safeandsupported@lys.org)

## DISCLAIMER

The resources in this guide have been compiled by Safe and Supported in furtherance of its goal of ending LGBTQ youth homelessness in Hamilton County. The names, organizations, and resources provided herein are supplied to aid individuals, but Safe and Supported does not endorse or guarantee these resources or services, or the currentness or quality of those individuals or organizations and any respective necessary certifications. Further, this document is not a contract and does not create any implied contractual relationship with the user.

Finally, please note that Information regarding medical and mental health resources are supplied only as a convenience, and Safe and Supported does not endorse any particular provider or guarantee the quality or nature of their services. Individuals should exercise due diligence in selecting a healthcare provider, considering among other things, the following:

- Talk to trusted friends, family, or clergy about professionals they have used.
- Ask another health care provider for a recommendation.
- Ask your health insurance company for a provider list.
- Use a referral service from a national professional organization for therapists or doctors.
- Call a local or national medical society or mental health organization.
- Look in the phone book under categories including social service organizations and counselors.
- Prior to scheduling a first appointment, think about the things one would like to know about a potential new doctor and/or therapist. Consider asking about:
  - The provider's education, licensure, and years in practice;
  - Fees, lengths of sessions, insurance coverage, and office hours;
  - The provider's treatment approach and philosophy;
  - The provider's specialization by age group or particular disorder.

## TABLE OF CONTENTS

- 5** Health/Medical
- 11** Mental Health
- 15** Support Groups
- 19** Legal/Advocacy
- 23** Crisis Hotlines
- 25** Housing/Shelter
- 29** Faith Communities
- 33** Campus Resources
- 37** Social Groups
- 40** Top 10 Ways to Support LGBTQ Youth
- 43** LGBTQ Terminology



**HEALTH / MEDICAL**



## HEALTH/MEDICAL

### **CARACOLE**

**4318 Hamilton Avenue  
Cincinnati, OH 45223  
513-761-1480**

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

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

- Free, anonymous and confidential HIV testing
- Counseling services
- Medical case-management
- Housing resources, and homelessness prevention for individuals/families living with HIV/AIDS

### **CINCINNATI CHILDREN'S HOSPITAL'S TRANSGENDER HEALTH CLINIC**

**Hours and locations vary.**

**513-636-4681**

[leeann.conard@cchmc.org](mailto:leeann.conard@cchmc.org)

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

Provides transgender health services for patients 5-24 years old including:

- Common adolescent health issues, including mood problems and period problems
- Puberty blockers
- Gender-affirming hormones
- Menstrual suppression
- Referrals for therapy, psychiatry, psychology, pediatric endocrinology, pediatric gynecology, nutrition and other services as needed
- Collaboration with schools
- Patient and family support
- Consultation with the Ethics Committee, if needed
- Referral for legal services
- Referral for voice and communication training
- Fertility management

## HEALTH/MEDICAL

### **CINCINNATI EXCHANGE PROJECT**

**Mobile Unit - Hours and locations vary.**

**513-377-7144 (M-F 9-7)**

**cep.libby@gmail.com**

**[www.cincyep.org](http://www.cincyep.org)**

The Cincinnati Exchange Project (CEP) is an advocacy organization that promotes harm reduction in drug use. They support the drug injecting community in order to make responsible decisions about their health while encouraging their commitment to drug treatment and recovery. CEP provides the following services on a mobile van:

- HIV and Hep C testing
- 1:1 needle exchange
- Treatment referrals
- Health education

### **TRANSGENDER WELLNESS PROGRAM**

**Central Clinic**

**311 Albert Sabin Way**

**Cincinnati OH 45229**

**513-558-5801**

**hefliner@ucmail.uc.edu**

**[www.centralclinic.org](http://www.centralclinic.org)**

The Transgender Wellness Program (TWP) at Central Clinic is an innovative, culturally responsive program designed to provide mental health and supportive services to transgender community members ages 18+.

- Individual, group, and family counseling/therapy
- Psychiatric medication consultation and management services
- Psychological evaluation
- Case management services
- Connection to trans-competent medical providers (e.g. Primary Care and Endocrinology)
- Collaboration with other community agencies and resources
- Letters for legal, hormonal, and medical interventions
- Ohio Medicaid Enrollment Assistance

### **FRANCIS COLLINS, MD, FACP**

**TriHealth Anderson**

**463 Ohio Pike Suite 300**

**Cincinnati, OH 45255**

**513-528-5600**

- Endocrinology

## HEALTH/MEDICAL

### **SARAH CORATHERS**

Cincinnati Children's Hospital

3333 Burnett Ave

Cincinnati OH 45229

513-636-4744

[sarah.corathers@cchmc.org](mailto:sarah.corathers@cchmc.org)

- Adult and pediatric endocrinology

### **KATHERYN JADEED, MD**

TriHealth

379 Dixmyth Avenue

Cincinnati, OH 45220

513-246-7021

- Internal Medicine
- Pediatrics

### **LORI PHILIP, MD**

Northeast Center -Women's Health

11125 Montgomery Rd

Cincinnati OH 45249

513-793-2220

- Obstetrics and gynecology

### **SARAH PICKLE, MD**

UC Health

305 Crescent Ave

Cincinnati, OH 45215

513 821-3621

- Women's Health
- Family Medicine
- Gynecology
- Obstetrics
- Primary Care
- Family Planning & Contraception
- Transgender Care
- Adolescent Care

## HEALTH/MEDICAL

### **PLANNED PARENTHOOD SOUTHWEST OHIO**

2314 Auburn Ave  
Cincinnati, Ohio 45219  
513-721-7635  
1-800-230-PLAN  
info@ppsw.org  
[www.ppswo.org](http://www.ppswo.org)

### **MT. AUBURN HEALTH CENTER**

2314 Auburn Avenue  
Cincinnati, Ohio 45219  
513-287-6484

### **SPRINGDALE HEALTH CENTER**

290 Northland Boulevard  
Springdale, Ohio 45246  
513-772-2207

### **WESTERN HILLS HEALTH CENTER**

2016 Ferguson Road  
Cincinnati, Ohio 45238  
513-574-4348

Planned Parenthood Southwest Ohio's mission is to provide access to high quality health care and education that empower people to make informed private decisions about their reproductive lives and sexual health. Our health centers provide a wide range of reproductive health care services including:

- Abortion Referral
- Birth Control
- General Health Care
- HIV Testing
- LGBT Services
- Men's Health Care
- Morning-After Pill (Emergency Contraception)
- Pregnancy Testing & Services
- STD Testing, Treatment & Vaccines
- Women's Health Care

## HEALTH/MEDICAL

### **THE QUEEN CITY GROUP - ALCOHOLICS ANONYMOUS**

445 Herman St.

Cincinnati, OH 45219

513-293-0831

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

The Queen City Group is a 12-step recovery group of Alcoholics Anonymous. We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery in a supportive, friendly fellowship. Anyone can attend a Queen City Group meeting regardless of their sexual orientation.



# MENTAL HEALTH

## MENTAL HEALTH

### TRANSGENDER WELLNESS PROGRAM

Central Clinic

311 Albert Sabin Way

Cincinnati OH 45229.

513-558-5801

hefliner@ucmail.uc.edu

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

The Transgender Wellness Program (TWP) at Central Clinic is an innovative, culturally responsive program designed to provide mental health and supportive services to transgender community members ages 18+.

- Individual, group, and family counseling/therapy
- Psychiatric medication consultation and management services
- Psychological evaluation
- Case management services
- Connection to trans-competent medical providers
- Collaboration with other community agencies and resources
- Letters for legal, hormonal, and medical interventions
- Ohio Medicaid Enrollment Assistance

### JUNE HUELSKAMP, MSW, LISW-S, LCSW

Latitude Therapeutic Practices

7439 Montgomery Rd Suite 4

Cincinnati, OH 45236

513-607-5448

[www.latitudetherapy.com](http://www.latitudetherapy.com)

- Individual, family, group therapy and counseling
- Transgender - Transition counseling, Transition Services Referrals

### EMILIE CLEAVER

Life Worth Living

10597 Montgomery Rd. Ste. 101

Cincinnati, OH 45242

513-257-2409

[www.lwlcincinnati.com](http://www.lwlcincinnati.com)

### J. BRETT OFFENBERGER, MD

820 Delta Ave

Cincinnati OH 45226

513-321-9902

- Adolescent psychiatry

## MENTAL HEALTH

### **STEVEN D. NICHOLS, PH.D.**

3200 Linwood Avenue, Suite 2

Cincinnati, OH 45226

513-312-2203

steven@nicholsphd.com

[www.nicholsphd.com](http://www.nicholsphd.com)

- Individual, couples, group therapy and counseling

### **STACY MORRISON, PSYD**

Cincinnati Psychology Center

800 Compton Road, Unit 32

Cincinnati, Ohio 45231

513-521-5088

[www.cincinnatipsychologycenter.com](http://www.cincinnatipsychologycenter.com)

- Individual therapy and counseling

### **LAURA OBERT, PHD**

Obert Psychological Services

800 Compton Rd Unit 32

Cincinnati OH 45231

513-449-2747 x3

- LGBTQ population
- Family conflict

### **RICHARD SEARS, PSYD**

9200 Montgomery Road, Suite 25B, Building H

Cincinnati, OH 45242

513-899-6463

richard@psych-insights.com

[www.psych-insights.com](http://www.psych-insights.com)

- Individual, couples, group therapy and counseling

### **KAYLA SPRINGER, PHD**

130 Wellington Place

Cincinnati, OH 45219

513-381-6611

kayla\_springer@yahoo.com

- Clinical psychology



## MENTAL HEALTH

### **WAYBRIDGE COUNSELING – BLUE ASH OFFICE**

10979 Reed Hartman Highway Suite 303

Cincinnati, Ohio 45242

513-843-6895

[www.waybridgecounseling.com](http://www.waybridgecounseling.com)

- Clients struggling with sexuality
- Existential issues related to gender identity, sexuality, and gender expression
- Trans\* populations, in all stages of transition
- Same gender couples
- Transitioning couples (one or both partners transitioning to their identified gender)

### **HILLARY WISHNICK, PH.D**

8080 Becket Center Drive Suite 325

West Chester, OH 45069

513-237-2747

[drhillarywishnick@drhillarywishnick.com](mailto:drhillarywishnick@drhillarywishnick.com)

[www.drhillarywishnick.com](http://www.drhillarywishnick.com)

- Individual, couples, group therapy, and counseling
- Self harm

### **CORI YAEGER, PHD**

Conscious Choices

6557 Rainbow Lane,

Cincinnati, Ohio 45230

(513) 232-0727

[Cori@fuse.net](mailto:Cori@fuse.net)

[www.dr-cori-yaeger.com](http://www.dr-cori-yaeger.com)

- Individual, family, group therapy and counseling
- Transgender - Transition counseling

### **CAITLYN YILMAZER, MA, LPC**

Waybridge Counseling - Anderson Office

4030 Mt. Carmel-Tobasco Rd Suite 102

Cincinnati, OH 45255

937-601-4389

[www.caitlinyilmazer.com](http://www.caitlinyilmazer.com)

- Couples, family, and individual counseling
- LGBTQ population



## SUPPORT GROUPS

## SUPPORT GROUPS

### **THE COMMUNITY OF THE GOOD SHEPHERD: A CATHOLIC PARISH PARENTS OF GAYS AND LESBIANS**

8815 E Kemper Rd,  
Cincinnati, OH 45249  
513-489-8815

<http://www.good-shepherd.org>

The purpose of this group is to provide education, prayer, sharing, and support for parents, friends, and other relatives of gays and lesbians. The group is an opportunity to meet other parents of gays and lesbians, to hear their stories, and to learn how we can best continue to love, accept, and help our children as they are.

- Meets every 4th Monday from 7:00 to 8:30

### **GLSEN GREATER CINCINNATI CHAPTER**

PO Box 19856  
Cincinnati OH 45219  
866-934-9119

[info@glsecincinnati.org](mailto:info@glsecincinnati.org)

<http://www.glsen.org/chapters/cincinnati>

GLSEN Greater Cincinnati works for safe, respectful K-12 schools for all, regardless of sexual orientation, gender identity or gender expression.

- Cincinnati Youth Group - a support group for youth ages 11+
- Youth Summit: Annual FREE day-long event that draws LGBTQ youth from all over the Greater Cincinnati area
- Support for Gay Straight Trans Alliances (GSTA) in schools

### **VARIETIES OF GENDER SUPPORT GROUP**

2710 Newtown Road (inside Heritage UU Church)  
Cincinnati, Ohio 45245

[cori@fuse.net](mailto:cori@fuse.net)

A peer-led, professionally facilitated support group is open to all individuals who self-define as gender variant/fluid. The group is confidential and anonymous.

- Meets the 2nd and 4th Sundays of each month
- 5th Sunday is a "meal and movie" event open to family members and friends

## SUPPORT GROUPS

### HEARTLAND TRANS WELLNESS GROUP

103 William Howard Taft Rd (inside Mt Auburn Presbyterian Church)

Cincinnati, OH 45219

513.549.4447

[info@transwellness.org](mailto:info@transwellness.org)

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

Heartland Trans Wellness Group is a project dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people. Heartland Trans Wellness Group provides accessible, inclusive, and affirming resources to community members and service providers through comprehensive educational programming, community building, creative cultural growth, and socially just activism.

- Support groups for transgender people and their friends and family
- LGBTQPIA center offering social events
- Educational workshops for transgender people
- Public and private Facebook support groups

### PFLAG CINCINNATI

2035 Reading Rd

Cincinnati, OH 45202

513-721-7900

[info@pflagcinci.org](mailto:info@pflagcinci.org)

<http://www.pflagcinci.org/>

PFLAG Cincinnati is a non-profit organization of volunteers who offer support for lesbian, gay, bisexual, transgender, and intersex individuals, families and friends in a safe and caring environment.

Meetings are open to:

- Support groups open to LGBTQ people and their parents, family and friends
- Education scholarship program for LGBTQ youth
- Resource library

## SUPPORT GROUPS

### **THE QUEEN CITY GROUP - ALCOHOLICS ANONYMOUS**

445 Herman St.

Cincinnati, OH 45219

513-293-0831

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

The Queen City Group is a 12-step recovery group of Alcoholics Anonymous. We strive to provide a safe and sober environment for the lesbian or gay alcoholic where she or he can pursue a program of recovery in a supportive, friendly fellowship. Anyone can attend a Queen City Group meeting regardless of their sexual orientation.



**LEGAL / ADVOCAY**

## LEGAL/ADVOCACY

### **BRAVO BUCKEYE REGION ANTI-VIOLENCE ORGANIZATION**

PO Box 82068

Columbus, OH 43202

513-433-4001

<http://www.bravo-ohio.org/>

BRAVO works to eliminate violence perpetrated on the basis of sexual orientation and/or gender identification, domestic violence, and sexual assault through prevention, education, advocacy, violence documentation, and survivor services, both within and on behalf of the Lesbian, Gay, Bisexual, and Transgender communities. All services are confidential and free of charge.

- Survivor support, education, and outreach
- LGBTQ legal office hours, and violence documentation
- Directions to additional Ohio resources for LGBTQ youth, individuals with HIV/AIDS, and victims or potential victims of domestic or sexual violence

### **LAMBDA LEGAL**

Midwest Regional Office

105 W. Adams, 26th Floor

Chicago, IL 60603-6208

312-663-4413 (toll free: 1-866-542-8336)

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

National organization committed to achieving full recognition of the civil rights of LGBTQ people and those with HIV through impact litigation, education, and public policy work.

Information and resources regarding discrimination related to sexual orientation, gender identity and expression, and HIV status.

Online Legal Help Desk (for inquiries and advice about specific situations)

### **SCOTT E. KNOX ATTORNEYS AT LAW**

13 East Court Street, Suite 300

Cincinnati, OH 45202

513-241-3800

[scott@scottknox.com](mailto:scott@scottknox.com)

[www.scottknox.com](http://www.scottknox.com)

Practice in Estate Planning, Probate, Family Law (custody, adoption, etc.), General Civil Litigation (including Employment Discrimination), Social Security Disability claims, LGBTQ legal issues, and HIV/AIDS discrimination cases.

## LEGAL/ADVOCACY

### **LGBTQ LIASON OFFICERS**

**Cincinnati Police Department  
310 Ezzard Charles Drive  
Cincinnati, OH 45214**

Officer Angela Vance:  
513-352-2989 or 513-389-8467

**Angela.vance@cincinnati-oh.gov**

Officer Lisa Johnson:  
513-352-2998 or 513-235-7597

**Lisa.johnson@cincinnati-oh.gov**

**[www.cincinnati-oh.gov/police](http://www.cincinnati-oh.gov/police)**

Cincinnati Police Department LGBTQ Liaisons work with LGBT organizations within the City of Cincinnati to provide strategic guidance to the Department. They also work in partnership with allies, community leaders, business owners and residents within the City of Cincinnati, to develop strategies to improve trust, enhance police legitimacy, and to eliminate stereotypical communication gaps between the Police Department and the LGBT Community.

### **NEWMAN & MEEKS CO., L.P.A.**

**215 East 9th Street Suite 650  
Cincinnati, OH 45202  
513-399-5301**

**<http://www.newman-meeks.com>**

Lawyers representing clients in the tri-state area in legal matters that include a range of family law matters for the LGBTQ community and traditional families, including co-custody agreements, surrogacy, birth orders and adoptions. They also provide employment law services regarding employment contracts and represent clients in matters that include:

- Personal injury
- Criminal law
- Civil rights



## LEGAL/ADVOCACY

### **TRANSOHIO**

**P.O. Box 14481**

**Columbus, OH 43214**

**614-441-8167**

**transOhio@transohio.org**

**[www.transohio.org](http://www.transohio.org)**

TransOhio serves the Ohio transgender and ally communities by providing services, education, support and advocacy which promotes and improves the health, safety and life experience of the Ohio transgender individual and community.

- Name and gender marker change information and legal clinics
- Statewide resources
- Links to medical and legal resources, as well as regional support groups

### **WOMEN HELPING WOMEN**

**215 E. Ninth Street, 7th Floor**

**Cincinnati, OH 45202**

**513-381-5610 (TTY 513-977-5545)**

\*Language Line interpretation available for no extra cost for non-English speaking callers

**whwinfo@womenhelpingwomen.org**

**[www.womenhelpingwomen.org](http://www.womenhelpingwomen.org)**

Women Helping Women empowers survivors of sexual assault, domestic violence, and stalking by providing advocacy, support, and options for safety and educates the community to create social change. All direct services are confidential and free of charge.

- Crisis intervention services and referrals
- Legal support and advocacy for sexual assault, domestic violence, and stalking survivors
- Advice, resources, and guidance for survivors of assault or abuse



**CRISIS HOTLINE**

## **CRISIS HOTLINE**

### **GLBT NATIONAL YOUTH TALKLINE**

**1-800-246-7743**

**help@GLBThotline.org**

Hours: Monday through Friday 4pm to midnight EST, Saturday noon to 5pm EST

The GLBT Youth Talkline provides telephone, online private one-to-one chat, and email peer-support, as well as factual information and local resources.

- Coming-out issues
- Relationship concerns
- Parent issues
- School problems
- HIV/AIDS
- Safer-sex information

### **NATIONAL SUICIDE PREVENTION LIFELINE**

**1-800-273-8255**

Skilled, trained counselors available 24/7.

Information about local mental health services

### **TRANS LIFELINE**

**1-877-565-8860**

**contact@translifeline.org**

Hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of the trans community might have.

- Transition-related healthcare
- Locating support groups in the area
- Suicide hotline

### **TREVOR LIFELINE**

**866-488-7386 or text "Trevor" to 1-202-304-1200**

National 24-hour free confidential suicide hotline for gay and questioning youth.

- Crisis support
- Safe and judgement-free place to talk
- Suicide hotline



**HOUSING / SHELTER**

## HOUSING/SHELTER

### **CAP LINE**

#### **Strategies to End Homelessness**

**513-381-7233 or text CAP to 513-970-1515**

<https://www.strategiestoendhomelessness.org/get-help/>

Central intake system for families and individuals who are currently experiencing homelessness or who are at risk of becoming homeless. Callers are screened based on immediacy of need and will be referred accordingly.

### **CARACOLE**

**4318 Hamilton Avenue**

**Cincinnati, OH 45223**

**513-761-1480**

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

Works to reduce the impact of HIV/AIDS through housing, care and prevention. Services are available to anyone regardless of income.

- Free, anonymous and confidential HIV testing
- Counseling services
- Medical case-management
- Housing resources, and homelessness prevention for individuals/families living with HIV/AIDS

### **YOUTH CRISIS CENTER**

**Lighthouse Youth Services**

**3330 Jefferson Avenue**

**Cincinnati, Ohio 45220**

**513-961-4080 or 1-800-474-4129**

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

Safe space for youth ages 10-17 who no longer feel safe remaining in their own homes. Free, confidential help and safe shelter - Open 24/7/365

## HOUSING/SHELTER

### **SHEAKLEY CENTER FOR YOUTH**

**Lighthouse Youth Services**

**2522 Highland Avenue**

**Cincinnati, Ohio 45219**

**513-569-9500**

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

Lighthouse's Sheakley Center for Youth offers emergency shelter to young adults ages 18-24 who are motivated to move from homelessness to safe and stable housing. The Resource Center, located within Sheakley Center for Youth, provides a safe place for youth experiencing homelessness to come in off the streets and get basic needs such as food, toiletries, a shower, and laundry facilities.

- Emergency Shelter
- Case management
- Life skills development
- Crisis intervention
- Employment, housing, and mental health and substance abuse services referrals
- Resource center Open Monday through Friday 9am-2pm

### **HOMEWARD BOUND**

**13 E 20th Street**

**Covington, KY 41014**

**859-581-1111**

<http://www.brightoncenter.com>

Homeward Bound Shelter is a 24-hour emergency shelter location in Covington, KY, that provides a safe environment and residential treatment services for runaway, homeless, abused, neglected, and dependant youth ages 11-17.

- Provides basic support that includes shelter, food and clothing
- Crisis Intervention and Referral Services

## HOUSING/SHELTER

### SAFE AND SUPPORTED HOST HOMES

Lighthouse Youth Services

401 East McMillan

Cincinnati, Ohio 45206

513-487-7160

[safeandsupported@lys.org](mailto:safeandsupported@lys.org)

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

The Host Home Program is a homelessness prevention initiative for LGBTQ youth ages 18-24 who are currently experiencing housing instability such as couch surfing. The program is focused on meeting basic needs while concurrently fostering connections and building community among LGBTQ youth and stable adults.

- Youth housed by trained volunteer host families for up to one year
- Housing and food provided at no cost to youth during the program
- Youth receive support services including coaching/case management



## FAITH COMMUNITIES



## FAITH COMMUNITIES

### **CALVARY EPISCOPAL CHURCH**

3766 Clifton Ave  
Cincinnati, OH 45220  
513-861-4437  
calvaryclifton@fuse.net  
[www.calvaryclifton.org](http://www.calvaryclifton.org)

### **CHRIST CHURCH CATHEDRAL**

318 E. Fourth Street  
Cincinnati, OH 45202  
513-621-1817  
brohrer@ccath.org  
[www.christchurchcincinnati.org](http://www.christchurchcincinnati.org)

### **CLIFTON UNITED METHODIST CHURCH**

3416 Clifton Avenue  
Cincinnati, OH 45220  
513-961-2998  
office@cliftonumc.com  
[www.cliftonumc.com](http://www.cliftonumc.com)

### **EPISCOPAL CHURCH OF OUR SAVIOUR**

65 E. Hollister Street  
Cincinnati, OH 45219  
513-241-1870  
info@churchofoursaviourcincinnati.org  
[www.churchofoursaviourcincinnati.org](http://www.churchofoursaviourcincinnati.org)

### **FIRST UNITARIAN CHURCH OF CINCINNATI**

536 Linton Street  
Cincinnati, OH 45219  
513-281-1564  
administrator@firstuu.com  
[www.firstuu.com](http://www.firstuu.com)

### **HERITAGE UNIVERSALIST UNITARIAN CHURCH**

2710 Newtown Road  
Cincinnati, OH 45244  
513-231-8634  
office@huuc.net  
[www.huuc.net](http://www.huuc.net)

## FAITH COMMUNITIES

### **KNOX PRESBYTERIAN CHURCH**

3400 Michigan Ave.  
Cincinnati, OH 45208  
513-321-2573  
contact@knox.org  
[www.knox.org/index.php](http://www.knox.org/index.php)

### **MT. ADAMS PILGRIM CHAPEL**

1222 Ida Street  
Cincinnati, OH 45202  
513-381-7999  
rwcroskery@fuse.net (Rev. Dr. Robert Croskery, Designated Pastor)  
[www.mtadamschurch.com](http://www.mtadamschurch.com)

### **MT. AUBURN PRESBYTERIAN CHURCH**

103 William Howard Taft Road  
Cincinnati, OH 45219  
513-281-5945  
office@mtauburnpresby.org  
[www.mtauburnpresby.org](http://www.mtauburnpresby.org)

### **NEW SPIRIT MCC**

4033 Hamilton Avenue  
Cincinnati, OH 45223  
513-661-6464  
pastorjoy@newspiritmcc.com (Rev. Joy Simpson)  
[www.newspiritmcc.com/NEWSpirit.html](http://www.newspiritmcc.com/NEWSpirit.html)

### **PHILIPPUS UNITED CHURCH OF CHRIST**

106 W. McMicken Avenue  
Cincinnati, OH 45202  
513-241-5244  
rev.samwyatt@fuse.net (Rev. Sam Wyatt, Pastor)  
[www.philippusucc.org](http://www.philippusucc.org)

### **ROCKDALE TEMPLE**

8501 Ridge Road  
Cincinnati, OH 45236  
513-891-9900  
shalom@rockdaletemple.org  
[www.rockdaletemple.org](http://www.rockdaletemple.org)

## FAITH COMMUNITIES

### **ST. JOHN'S UNITARIAN UNIVERSALIST CHURCH**

320 Resor Avenue  
Cincinnati, OH 45220  
513-961-1938  
office@stjohnsuu.org  
[www.stjohnsuu.org](http://www.stjohnsuu.org)

### **ST. JOHN UNITED CHURCH OF CHRIST**

520 Fairfield Avenue  
Bellevue, KY 41073  
859-261-2066  
facebook@StJohnChurch.net  
[www.stjohnchurch.net](http://www.stjohnchurch.net)

### **TEMPLE SHOLOM**

10828 Kenwood Road  
Blue Ash, OH 45242  
513-791-1330  
office@templesholom.net  
[www.templesholom.net](http://www.templesholom.net)

### **THE GATHERING AT NORTHERN HILLS**

460 Fleming Road  
Cincinnati, OH 45231  
513-931-6651  
contact@gnhuu.org  
[www.gnhuu.org](http://www.gnhuu.org)

### **TRUTH AND DESTINY COVENANT MINISTRIES**

2645 W. North Bend Road  
Cincinnati, OH 45239  
513-429-5085  
tdcm@googlegroups.com  
[www.truthdestinychurch.org](http://www.truthdestinychurch.org)



## CAMPUS RESOURCES

## CAMPUS RESOURCES

### MIAMI UNIVERSITY

#### GLBTQ Services

3032 Armstrong Student Center

513-529-0831

[nelson40@MiamiOH.edu](mailto:nelson40@MiamiOH.edu)

The mission of GLBTQ Services is to help realize Miami University's mission of being an engaged university. As a student-centered unit we share an unwavering commitment to creating a community of engaged scholars that is open, safe, affirming, and inclusive for people of all sexualities, gender identities and gender expressions.

- Spectrum - LGBTQ-Straight Alliance Student Group. Spectrum is a student led organization for students of all sexual and gender identities (GLBTQ+) devoted to raising awareness through education and activism.  
[muhub.collegiatelink.net/organization/spectrum/about](http://muhub.collegiatelink.net/organization/spectrum/about)
- GLEAM - Gay and Lesbian Employees at Miami. Visit GLEAM's website contacting our group, joining our listserv, and participating in events that we plan throughout the academic year.  
[www.orgs.miamioh.edu/GLEAM/](http://www.orgs.miamioh.edu/GLEAM/)

### XAVIER UNIVERSITY

#### Office of Diversity & Inclusion

1507 Dana Avenue, Room 134

Cincinnati, Ohio 45207-5412

[www.xavier.edu/diversity/](http://www.xavier.edu/diversity/)

The Chief Diversity and Inclusion Officer provides university-wide leadership to support the development and success of institutional diversity initiatives that advance the broader objectives of Xavier University's Catholic, Jesuit mission and its long-range strategic plan.

- Xavier LGBTQ Alliance - The Xavier LGBTQ Alliance is a club for LGBTQ students and allies. We work to provide a safe space on campus for people of all sexual identities. Members of the LGBTQ Alliance engage in political advocacy, education, and social events in a collective effort to heighten awareness of LGBTQ issues and to advocate for a more inclusive and equitable environment on Xavier's campus. [www.xavier.edu/alliance](http://www.xavier.edu/alliance)  
**Find on Facebook:** [www.facebook.com/groups/82334210939/](https://www.facebook.com/groups/82334210939/)

## CAMPUS RESOURCES

### CINCINNATI STATE TECHNICAL AND COMMUNITY COLLEGE

In the Zone: Cincinnati State Rainbow Alliance

513-569-1472, Ronnie Gladden

rainbowalliance@live.com

Find on Facebook: [www.facebook.com/groups/732695763474007/](https://www.facebook.com/groups/732695763474007/)

The mission of Rainbow Alliance is to provide a safe, supportive environment for Gay, Lesbian, Bisexual, Transgender and questioning students and their straight allies.

### UNIVERSITY OF CINCINNATI

The LGBTQ Center

565 Steger Student Life Center

513-556-0009

schlagae@ucmail.uc.edu

[www.uc.edu/lgbtq](http://www.uc.edu/lgbtq)

The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy. The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.

- Support and discussion groups, film nights, special events
- Ally training and speakers for faculty, staff and students
- Student organizations:
  - Colors of Pride: Student organization for LGBTQIA+ people of color and their allies who are interested in discussing the intersections of race, gender, and sexuality.  
**Find on Facebook:** [www.facebook.com/ColorsOfPrideUC/](https://www.facebook.com/ColorsOfPrideUC/)
  - GenderBloc: A radical, queer activist, support, and social student group focusing on gender issues including transgender and genderqueer activism.  
**Find on Facebook:** [www.facebook.com/groups/193014217436522/](https://www.facebook.com/groups/193014217436522/)
  - UC Alliance: Aims to develop interpersonal relationships in a social and educational atmosphere through activities and events for the LGBTQ community and its allies.  
**Find on Facebook:** [www.facebook.com/groups/UCAllianceCincinnati/](https://www.facebook.com/groups/UCAllianceCincinnati/)

## CAMPUS RESOURCES

### NORTHERN KENTUCKY UNIVERSITY

#### LGBTQ Programs & Services

Student Union, Suite 309

859-572-6684

[meyerb5@nku.edu](mailto:meyerb5@nku.edu)

The goal of this office is to provide education, advocacy and support through programs and services at NKU for students, staff, faculty, and the greater community. While we do serve students who identify as lesbian, gay, bisexual, transgender, intersex, queer, questioning, pansexual, asexual, and/or ally, we are committed to the entire student body, faculty, and staff of Northern Kentucky University.

- Ally training and speakers for faculty, staff and students
- LGBTQ mentoring program for new students or newly LGBTQ-identified students
- Support and discussion groups
- Special events
- Student Organizations:
  - Common Ground - LGBTQA+ student group that welcomes individuals of any identity. Meetings are every Wednesday from 3:15pm-4:30pm.  
**Find on Facebook:** [www.facebook.com/groups/2208252039/](https://www.facebook.com/groups/2208252039/)
  - Colours of Pride - Student initiated, collaborative effort to support & improve campus climate for LGBTQQPIA persons of color and minority status through intentional educational programming and other awareness-raising efforts.  
**Find on Facebook:** [www.facebook.com/groups/1493052424282307/](https://www.facebook.com/groups/1493052424282307/)
  - The Gender Initiative - Organization that works to increase visibility of Trans and/or Gender Non-conforming students on Northern Kentucky University's campus and to provide a safe place for those individuals to network.  
**Find on Facebook:** [www.facebook.com/groups/108171846199580/](https://www.facebook.com/groups/108171846199580/)
  - S.W.E.R.V.E. - Slam poetry performance ensemble.  
**Find on Facebook:** [www.facebook.com/swervepoetry/?fref=ts](https://www.facebook.com/swervepoetry/?fref=ts)



## SOCIAL GROUPS



## SOCIAL GROUPS

### **CINCINNATI FRONT RUNNERS**

[info@cincinnati Frontrunners.org](mailto:info@cincinnati Frontrunners.org)

Frontrunners/Frontwalkers of Cincinnati is a social club for LGBT people interested in running and walking, for pleasure or competition.

### **CINCINNATI GLBT FLAG FOOTBALL LEAGUE**

[CinGFFL@gmail.com](mailto:CinGFFL@gmail.com)

CinGFFL is Cincinnati's first and official LGBT flag football league in the Cincinnati and local areas providing a safe and comfortable environment for LGBT and Allied athletes who aspire to play for our community.

### **CINCY STRADDLERS**

[cincystraddlersinfo@gmail.com](mailto:cincystraddlersinfo@gmail.com)

[www.cincystraddlers.com](http://www.cincystraddlers.com)

Find on Facebook: [www.facebook.com/groups/cincystraddlers/](http://www.facebook.com/groups/cincystraddlers/)

Cincy Straddlers is a social meetup group geared towards queer women & trans folks but open to all.

- Social events
- Support

### **CROSSPORT**

P.O. Box 19936,

Cincinnati, OH 45219

513-344-0116

[crossportcincy@yahoo.com](mailto:crossportcincy@yahoo.com)

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

Crossport is a social support organization serving transgender individuals in the Greater Cincinnati and surrounding area, including partners, families, friends, and other allies.

- **Transgender and crossdresser support groups**
- **Social events**

### **DIVERSECITY YOUTH CHORUS**

320 Resor Ave.

Cincinnati OH 45220

513-965-1568

Find on Facebook: [www.facebook.com/diversecityyouthchorus](http://www.facebook.com/diversecityyouthchorus)

Young people aged 13- 22 are invited to sing with Cincinnati's only performing arts organization for LGBTQ and straight youth.

## SOCIAL GROUPS

### HEARTLAND TRANS WELLNESS GROUP

103 William Howard Taft Rd (inside Mt Auburn Presbyterian Church)

Cincinnati, OH 45219

513-549-4447

[info@transwellness.org](mailto:info@transwellness.org)

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

Heartland Trans Wellness Group is a project dedicated to creating accessible, affirming community resources for Midwestern trans, queer, and LGBTQ people. Heartland Trans Wellness Group provides accessible, inclusive, and affirming resources to community members and service providers through comprehensive educational programming, community building, creative cultural growth, and socially just activism.

- Support groups for transgender people and their friends and family
- LGBTQPIA center offering social events
- Educational workshops for transgender people
- Public and private Facebook support groups

### QUEEN CITY QUEER THEATER COLLECTIVE

1122 Walnut St.

Cincinnati, Ohio

[CincyQCQTC@gmail.com](mailto:CincyQCQTC@gmail.com)

[www.cincyqcqtc.weebly.com](http://www.cincyqcqtc.weebly.com)

Find on Facebook: [www.facebook.com/qcqtccincinnati](http://www.facebook.com/qcqtccincinnati)

QCQTC was created to celebrate a myriad of queer experiences in Cincinnati through affordable theatre while also offering local actors another avenue for performance through staged readings.

A new play reading the second Monday of each month at Below Zero Lounge

### RIVER CITY SOFTBALL LEAGUE

[rivercitysoftball@gmail.com](mailto:rivercitysoftball@gmail.com)

Fun, competitive league for LGBTQ identified players regardless of skill level

## TOP 10 WAYS YOU CAN SUPPORT LGBTQ YOUTH

### | 1 | DON'T MAKE ASSUMPTIONS

- Do not assume that everyone around you or even those you know personally are straight (that's heterosexism!).
- Ask about things you don't understand. Being LGBTQ is NOT just about being sexual. LGBTQ people have the same wants and desires for love, friendship, family, and safety that everyone does.
- Challenge stereotypes and encourage those around you to do the same.

### | 2 | BE RESPECTFUL

- Respect others' identities, experiences, and privacy
- Remember that the LGBTQ community is diverse. There is no single "gay experience." Respect that diversity by understanding that everyone has unique experiences and challenges.
- Youth are the experts on their own experience.

### | 3 | LISTEN MORE; SPEAK LESS

- Avoid speaking for LGBTQ people, let them speak for themselves.
- Step out of the spotlight and give LGBTQ people the stage when you can.
- Ask your LGBTQ friends how you can best be an ally to them.

### | 4 | EDUCATE YOURSELF

- Learn about LGBTQ history, culture, and language.
- Attend community events; read books and articles by and about LGBTQ people.
- Ask questions! But do not expect community members to be your sole source of information – do some research on your own.

### | 5 | GET INVOLVED

- There are so many ways to participate! Attend Pride Month events, join your local PFLAG or GLSEN chapter, invite LGBTQ organizations to speak at your events, and involve yourself/support LGBT organizations and causes – like Safe and Supported!
- Ask your Congressperson to support LGBTQ affirming policies, sign

## TOP 10 WAYS YOU CAN SUPPORT LGBTQ YOUTH

a petition, participate in an AIDS walk, vote.

- Write about LGBT issues. Share your opinions with newspaper editors, government representatives, community leaders, businesses. Write about the things that need to be changed -- and write to express your support when positive changes are made.

### | 6 | PROVIDE A SAFE SPACE

- Invite your LGBT friends to hang out with your friends and family.
- Invite local LGBTQ organizations to speak at your programs.
- Strive to use more inclusive, affirming, and gender-neutral language. Be sure to validate people's sexual orientation and gender expression.
- Wear pro-gay buttons and/or T-shirts, hang pro-LGBTQ signs and posters.

### | 7 | BE SELF AWARE

- Confront your own prejudices and bias, even if it is uncomfortable to do so. Understand your own feelings about LGBTQ issues, understand why you feel it is important to be an ally, and understand your own socialization, prejudices, and privileges.
- Use "I" statements: In conversations about LGBT issues and allyship, be conscious of your privilege and speak from your own experiences, rather than presuming the experiences of LGBT students and others.
- Be committed to continuing personal growth.

### | 8 | ALLOW YOURSELF TO MAKE MISTAKES

- Expect to make some mistakes but do not use it as an excuse for inaction.
- Acknowledge and apologize for those mistakes; learn from them, but do not retreat.
- When criticized or called out, allies should listen, apologize, act accountably, and alter their behavior moving forward.

## TOP 10 WAYS YOU CAN SUPPORT LGBTQ YOUTH

### | 9 | SPEAK OUT AGAINST HARMFUL LANGUAGE / DISCRIMINATION

- Break the silence. Don't be afraid to say the words gay, lesbian, bisexual, transgender out loud.
- Challenge anyone making homophobic jokes or using hate speech – this type of language is harmful to everyone.
- Speak out about stereotyping, prejudice, and discrimination of any kind.

### | 10 | BE AN ALLY

- Understand that “ally” is not an identity you can claim. LGBTQ people will know you are an ally by your actions rather than your words.
- Knowing marginalized people does not equal being inclusive; including those people does.
- Be aware of resources in your area to support the LGBTQ people in your life.
- Remember that allies do not take breaks. The oppression LGBTQ people feel is constant – your support need to be as well.

## LGBTQ TERMINOLOGY

**ALLY** | A person who is not LGBTQ but shows support for LGBTQ people and promotes equality in a variety of ways.

**ANDROGYNOUS** | Identifying and/or presenting as neither distinguishably masculine nor feminine.

**ASEXUAL** | The lack of a sexual attraction or desire for other people.

**BIPHOBIA** | Prejudice, fear or hatred directed toward bisexual people.

**BISEXUAL** | A person emotionally, romantically or sexually attracted to more than one sex, gender or gender identity though not necessarily simultaneously, in the same way or to the same degree.

**CISGENDER** | A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

**CLOSETED** | Describes an LGBTQ person who has not disclosed their sexual orientation or gender identity.

**COMING OUT** | The process in which a person first acknowledges, accepts and appreciates his or her sexual orientation or gender identity and begins to share that with others.

**GAY** | A person who is emotionally, romantically or sexually attracted to members of the same gender.

**GENDER DYSPHORIA** | Clinically significant distress caused when a person's assigned birth gender is not the same as the one with which they identify. According to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM), the term - which replaces Gender Identity Disorder - "is intended to better characterize the experiences of affected children, adolescents, and adults."

**GENDER-EXPANSIVE** | Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary gender system.

## LGBTQ TERMINOLOGY

**GENDER EXPRESSION** | External appearance of one's gender identity, usually expressed through behavior, clothing, haircut or voice, and which may or may not conform to socially defined behaviors and characteristics typically associated with being either masculine or feminine.

**GENDER IDENTITY** | One's innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different from their sex assigned at birth.

**GENDER NON-CONFORMING** | A broad term referring to people who do not behave in a way that conforms to the traditional expectations of their gender, or whose gender expression does not fit neatly into a category.

**GENDERQUEER** | Genderqueer people typically reject notions of static categories of gender and embrace a fluidity of gender identity and often, though not always, sexual orientation. People who identify as "genderqueer" may see themselves as being both male and female, neither male nor female or as falling completely outside these categories.

**GENDER TRANSITION** | The process by which some people strive to more closely align their internal knowledge of gender with its outward appearance. Some people socially transition, whereby they might begin dressing, using names and pronouns and/or be socially recognized as another gender. Others undergo physical transitions in which they modify their bodies through medical interventions.

**HOMOPHOBIA** | The fear and hatred of or discomfort with people who are attracted to members of the same sex.

**LESBIAN** | A woman who is emotionally, romantically or sexually attracted to other women.

**LGBTQ** | An acronym for "lesbian, gay, bisexual, transgender and queer."

**LIVING OPENLY** | A state in which LGBTQ people are comfortably out about their sexual orientation or gender identity – where and when it feels appropriate to them.

## LGBTQ TERMINOLOGY

**OUTING** | Exposing someone's lesbian, gay, bisexual or transgender identity to others without their permission. Outing someone can have serious repercussions on employment, economic stability, personal safety or religious or family situations.

**QUEER** | A term people often use to express fluid identities and orientations. Often used interchangeably with "LGBTQ."

**QUESTIONING** | A term used to describe people who are in the process of exploring their sexual orientation or gender identity.

**SEXUAL ORIENTATION** | An inherent or immutable enduring emotional, romantic or sexual attraction to other people.

**TRANSGENDER** | An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

**TRANSPHOBIA** | The fear and hatred of, or discomfort with, transgender people.

\*Adapted from the Human Rights Campaign Glossary of Terms [www.hrc.org/resources/glossary-of-terms](http://www.hrc.org/resources/glossary-of-terms)



**RESOURCE GUIDE**  
for Providers Serving  
LGBTQ Youth



# NOTES

# NOTES

# NOTES

