

# Mental Health, Health Advocacy, Community-Building Social and Recreational Programming Gender Health Center



## LOCATION

Sacramento, CA



## GROUPS SERVED

- Trans and LGBQ+
- Urban setting, serving rural counties
- All age groups

## CONTACTS

**Ben Hudson**  
Executive Director  
[ben@ghcmail.org](mailto:ben@ghcmail.org)

**Ryan Kim Tiêu**  
Counseling Program Manager  
[ryan@ghcmail.org](mailto:ryan@ghcmail.org)

**alex filippelli**  
Training and Education  
[alex@ghcmail.org](mailto:alex@ghcmail.org)

**BLACK TRANS LIVES MATTER**

## OVERVIEW

Gender Health Center (GHC) programs address health and mental health needs of Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) populations, with an emphasis on transgender and gender non-conforming people (TGNC).

GHC offers individual, group, relationship, and family therapy using a Queer-Informed Narrative Therapy approach. GHC also provides advocacy-focused case management that begins with an understanding of the medical, legal, and psychiatric regulation that constrains our community members' abilities to live their authentic lives. Our programs are also training institutes for mental health clinicians and medical practitioners/students.

GHC aims to be a mechanism for solidarity, social support, and prevention of mental health consequences that result from systemically entrenched transphobia. GHC is known in the community as a safe hub for LGBTQ people, in particular, trans and gender non-conforming people, and queer and trans people of color.

## GOALS



**GOAL 1. Increase Access to Mental Health Services for Trans Populations at the Intersections of Race, Class, and Gender:** GHC works from the philosophy that by serving our most vulnerable, we will be able to support the entire LGBTQ community.



**GOAL 2. Improve the Quality of Mental Health Services:** GHC builds a culturally and linguistically competent workforce. Our program uses community-defined practices to care for those we serve.



**GOAL 3. Build on Community Strengths to Increase the Capacity and Empowerment:** As the transgender population indisputably experiences some of the greatest disparities, GHC has had to create care for the transgender community by the transgender community.

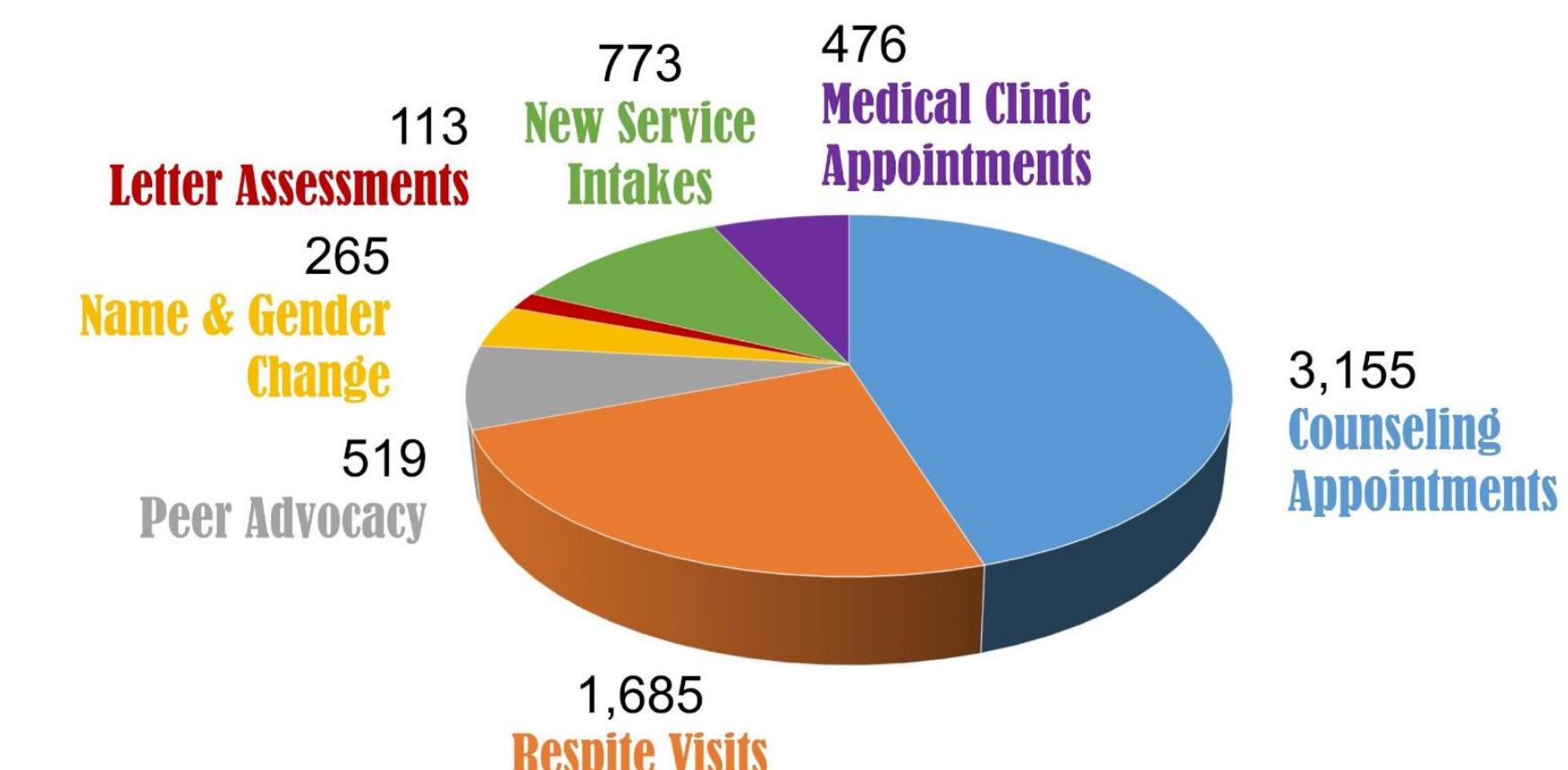
## STRATEGIES

- Community-based mental health models
- Critique of hegemonic cishetero-normative practices
- Low barrier to accessing services (sliding scale or free)
  - Multiple points of entry in to care
  - Services in Spanish & English
- Social justice and systems-level theories of change
- Queer-informed
- Radical inclusivity
- Community Based Participatory Research
  - Emphasizing authentic engagement of and participation by the community throughout the evaluation
- Advocacy-focused case management
  - Mental distress is systematically and culturally produced not an indicator of internal pathology



## OUTCOMES

### IN 2018 GENDER HEALTH CENTER HAD



- Empowerment and community-wide capacity building
  - Address systems of oppression at the micro, mezzo, and macro level
- Collective action
- Cultivating a culture of resistance
- Cultural change
- Gender-affirmative providers, organizations, and communities

## NEXT STEPS

- Data Analysis
- Implementation
- Sustainability

