

Project: Mental Health Access and Youth Empowerment Program

San Joaquin County Pride Center



WHERE YOU CAN VISIT US!

115 N. Sutter St.
Second Floor
Stockton, Ca



WHO IS IN THE HOUSE THAT SAN JOAQUIN COUNTY BUILT

- Diverse LGBTQQIAAP+ Community
- Rural Spanish speaking communities
- Youth and foster care agencies
- Elderly and retired LGBT+ members
- Physical and mental healthcare patients

OUR FEARLESS LEADER

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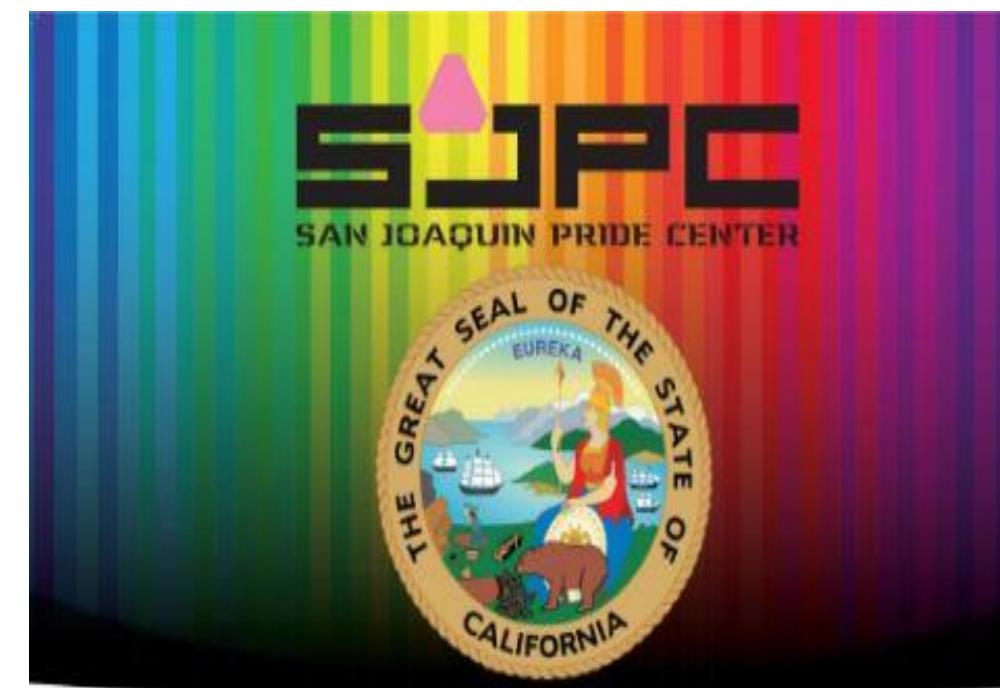


THE CULTIVATING ACCEPTANCE PROGRAM

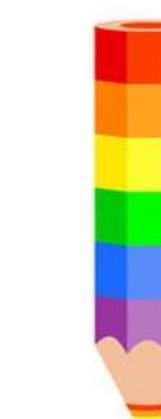
The San Joaquin Pride Center's (SJPC) Community Defined Evidence Program is designed to cultivate acceptance for LGBT+ youth by creating safe school and community environments, supporting families in accepting and embracing their LGBT+ youth, and providing support for youth, friends, and family in the coming out process. An essential aspect to this work is to provide holistic support for our youth by integrating the modern technologies, such as smart phone apps and social media, that are integral to their lives.

This will be accomplished through the engagement of public school systems and our foster care system throughout San Joaquin County; as well as agencies, organizations and businesses that have an influence on LGBT+ youth's mental wellness. Through cultural diversity training, action plan workshops, empowerment and educational campaigns, SJPC uses inspiration, motivation and a fact-based approach to encourage individuals to have a more hands-on involvement in cultivating acceptance of LGBT+ people and reducing the risk factors that so often impact LGBT+ youth's mental wellness through counseling services.

SJPC's Cultivating Acceptance Program was developed over the years from the culmination of various activities and services created to meet San Joaquin County's LGBT mental health needs. In our community, SJPC sees the same needs outlined as in the CRDP Strategic Plan. Specifically, our program addresses the discrimination and social exclusion issues, health insurance needs, social and environmental conditions, and quality of mental health care of the LGBTQ community of the Central Valley.



GETTING TO THE FINISH LINE



Create a Positive School Environment: SJPC cultivates acceptance at schools through our Youth Empowerment Program, providing LGBT+ youth with tools to advocate for acceptance and safer spaces in their schools. Diversity and Cultural Awareness training program trains school administrators, educators and non-classified staff on how they can improve school climates for LGBT+ students and how they themselves can be more tolerant and accepting of diversity.



Encourage Accepting Families: Considering the impact that families have on the mental wellness of LGBT+ youth, SJPC provides family cultural diversity training, family peer support groups, mentorships by parents of LGBT+ youth and individual support sessions with a focus on important factors such as the coming out process.



Culturally Competent Mental Health Services and Workplaces: SJPC provides culturally competent preventative mental health support services to LGBT+ youth and their families via an MFT referral system where volunteer MFTs see clients on-site and an MSW intern who provides life coaching support. These services generally average 3 to 4 months for LGBT+ youth coming out and the duration of transgender youth's school time (via MSW interns).

HOW WE ARE GOING TO BE THE CHANGE

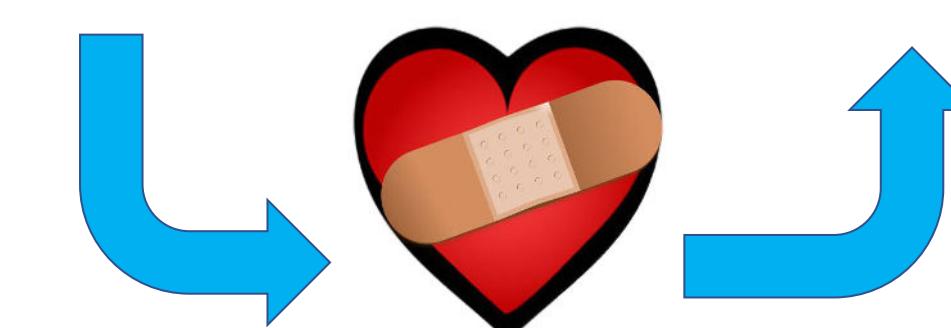
Our target population for our CDEP will be middle school and high school age youth, their families, the schools and other agencies that interact and impact LGBT+ youth. SJPC intends to demonstrate the effectiveness of our Community-Defined Evidence Program by identifying the following outcomes:

An increase in acceptance behavior that results in the reduction of the factors that place LGBT+ youth at-risk of suffering mental health issues. SJPC will work with three test pilot schools (and their school districts) who have agreed to give us access to parents, students and educators to track and monitor our progress.

In addition, we will monitor for an increase in positive school climates towards LGBT+ youth and increase in the graduation rate of LGBT+ students in non-alternative schools. For this we will rely on school provided data, California's Healthy Kids Survey and surveys taken by Data Co-Op at our youth empowerment summit and other events.

Finally, we look to monitor for increases in culturally competent health care providers and an increase in workplaces understanding the importance of addressing LGBT+ competence. We will be doing outreach to organizations, groups and agencies that impact our community and providing tailored trainings, presentations, and tools to help them organically grow their own LGBT+ culture.

Follow-ups and on site support will continue years after we have helped them create a safe space and environment.



OUR ACCOMPLISHMENTS... SO FAR



SJPC has found success with the three campuses with respect to their participation in our CDEP. GSA clubs have been successfully growing, and staff have been increasingly more involved in supporting the CDEP and in the evaluation. A baseline LGBT+ School Climate Survey was administered to ninth graders at each of the three sites with the questions being centered on demographics, sexual orientation, awareness about LGBT+ Clubs, and where to go for information about LGBT+ issues. Our recruitment of MSW interns has been successful and we have been able to increase the number of services we can provide.

We have continued to grow our Youth Empowerment services and have had the most Cultural Awareness and Diversity trainings in the San Joaquin County since opening in 2011. Each year we have been able to expand to nearby counties and help them create their own services and outreach efforts to their respective communities.

WHAT THE FUTURE HOLDS

The future is clear for the San Joaquin Pride Center: We are motivated to continue cultivating acceptance and creating awareness for all people within the LGBT+ community. In the next coming years we will add on GSA/ Pride clubs to each campus and expand our reach into K-8 school curriculum to start teaching about diversity and love for all. The Pride Center will be building the strongest bond we have had with our city to ensure that most organizations and agencies get trained, certified, and adopt LGBT+ policies and work ethics. Our biggest moves will be to have families come to our space as a source for tools, understanding and healing through our clinician services. As we continue to be more involved with healthcare providers, future nursing students, and local health establishments, we will see an increase in healthier relationships and better mental health services that are available.

Our community is ready for the change and the Pride Center will there every step of the way guiding and assisting so that our future generations will have it easier and it will become the norm of our culture to have someone who is any part of the LGBTQQIAAP+ community.