



## LGBTQ+ Youth – Resources and Research

Lambda Legal Help Desk: <https://www.lambdalegal.org/helpdesk>

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### **Recommendations from TNGD Youth with Lived Experience**

*– with gratitude to Emilio, Jaxsyn, Paris, Kayden, Gina, Tyler, and Shawn*

1. It is vital to let youth have a say in their care, in their lives, and in their existence. Take the time to listen to peoples lived experience and put this into action. Get comfortable asking (respectful) questions.
2. Provide training and education to staff, caregivers, and families so people understand us and can support us well.
  - a. Foster families should accept services that will support their child ie family support of LGBTQ+ youth
3. Uphold stricter guidelines around religious placements and what they can or cannot do.
  - a. Don't scare youth with church/religion
  - b. Instead of taking youth to church as a primary activity option, give them alternative spaces to go that share their representation and culture
4. Create clear policies for staff to follow when supporting LGBTQ+ youth. Step by step.
5. Go out into the LGBTQ+ community – keep youth connected to community like resource centers and groups, table at pride festivals to recruit foster parents and staff
6. Ensure more and better access to care and doctors, especially doctors who specialize and have specific training on this population. Helpful to have access to quality knowledge about the process.
  - a. Therapy – in all settings, but noting how helpful this could be in the Juvenile legal setting
7. We need more support while in systems, especially from staff, and folks who hold others who cause harm accountable. Protect us, ask us what we want and need, stand up for us.
8. Push to ensure we leave systems with supports in place. Would like to be more connected to adults and youth similar to ourselves.
9. Queer specific housing should be an option for folks, maybe a designated unit. Don't assume where TNGD youth will feel best being housed – ask them, have a conversation. Keep asking us and checking in – is this where you want to be/the best fit?
10. Need more service options out there. We are lucky to stumble upon something that fits or even a person that works well for us.
11. Let us be who we are.



## **Colorado Resources**

### **Child Protection Ombudsman of Colorado**

<https://coloradocpo.org/>

### **The Center on Colfax**

Rainbow Alley is a safe, brave space where LGBTQ youth (ages 10-17) and their allies find support and acceptance. We provide events and activities, counseling and support groups, health services and life skills—all in a warm and welcoming environment.

1301 East Colfax Avenue

Denver, CO 80218

303-733-7743

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

<https://lgbtqcolorado.org/>

### **The Two Spirit National Cultural Exchange**

It is the mission of the Two Spirit National Cultural Exchange, Inc. to work to preserve, record, document and educate people, groups and organizations on and of the Native American traditional two-spirit culture and identity.

8th St, Lakewood, CO 80225, USA

720-261-1854

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

[www.facebook.com/pages/Two-Spirit-National-Cultural-Exchange-Inc/190082177691989](http://www.facebook.com/pages/Two-Spirit-National-Cultural-Exchange-Inc/190082177691989)

### **Inside Out Youth Services**

At Inside Out Youth Services, we are dedicated to providing quality programs and services to LGBTQIA2+ youth in Colorado Springs and the surrounding counties. Our wide range of offerings includes support groups, mentoring opportunities, educational workshops, and social activities, designed to meet the unique needs of LGBTQIA2+ youth and young adults at all stages of their journey.

223 N Wahsatch Ave Suite 101,

Colorado Springs, CO 80903

719-328-1056

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

### **Urban Peaks (Colorado Springs)**

Urban Peak provides a full convergence of services solely focused on one of the most vulnerable populations in our community: youth ages 15 through 24 who are experiencing homelessness. To move from homelessness to safety and stability, youth require intensive, strengths-based case management; access to physical, mental, and behavioral health care; education and employment opportunities; 24/7 crisis support; and a place to call home. Urban Peak meets youth where they are at and ignites a spark that puts them on a path toward self-determined, fulfilled lives.

2100 Stout Street

Denver, CO 80205

303-974-2900

<https://www.urbanpeak.org/>



### **The Transgender Center of the Rockies**

The Transgender Center of the Rockies provides holistic gender-affirming services to support transgender, non-binary, and gender-expansive individuals in Colorado. Our goal is to empower you to live your most authentic lives! We provide social-emotional support and substance use treatment for the Colorado trans community with clinical groups, individual counseling, peer-led support groups, PrEP case management, and community events. We also provide programs for queer and transgender teens and young adults at the NXT Queer Youth program.

3460 S. Federal Blvd.

Sheridan, CO 80110

303-761-0200

<https://www.transgendercenteroftherockies.org/>

### **PFLAG Colorado Springs**

719-425-9567

508 N. Tejon Street

Colorado Springs, Colorado

[admin@pflagcoloradosprings.org](mailto:admin@pflagcoloradosprings.org)

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

<https://pflag.org/chapter/colorado-springs/>

<https://www.facebook.com/PFLAGCS/>

### **Out Boulder County**

Out Boulder County specializes in educating, advocating and providing services, programs, and support for Boulder County's Lesbian, Gay, Bisexual, Transgender, and Queer communities.

The Equality Center of the Rocky Mountains

3340 Mitchell Ln

Boulder, Colorado

303-499-5777

Downtown Boulder Pridehouse

1443 Spruce St

Boulder, CO 80302

303-955-1150

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

<https://www.facebook.com/OutBoulderPride/>

<https://www.outboulder.org/>

### **Four Corners Rainbow Center**

The Four Corners Rainbow Youth Center's mission is to build a brave, anti-racist, anti-oppressive, non-judgemental, and visible space and community for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual (2SLGBTQIA+) youth, families and allies in Southwest Colorado. Their vision is to demystify stereotypes and empower through education. They envision that 2SLGBTQIA+ youth and allies will direct and develop youth led educational, social, and emotionally supportive activities that will benefit overall well-being.

970-903-8595

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

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



### **Youth Seen**

The mission of Youth Seen is to foster and empower the social and emotional well-being of LGBTQI youth and their families in all communities, including rural communities.

720-788-0062

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

<https://youthseen.org/>

### **Northern Colorado Equality**

Northern Colorado Equality seeks to empower the LGBTQIA+ community and our allies through activities, programs, services and education. Honoring, promoting and celebrating our community's diversity is our central organizing principle.

PO Box 273246

Fort Collins, CO 80527

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

<https://www.nocoequality.org/>

### **One Colorado**

One Colorado is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) Coloradans and their families. We effectively advocate for LGBTQ Coloradans and their families by lobbying the General Assembly, the executive branch, and local governments on issues like safe schools, transgender equality, relationship recognition, and LGBTQ health and human services.

303 E. 17th Ave, Suite 400

Denver, CO 80203

303-396-6170

<https://one-colorado.org>

### **Open and Affirming Sexual Orientation and Gender Identity Support (OASOS) Program**

OASOS is for Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Asexual (LGBTQIA+) youth 13-18 (12 with parent/guardian permission). They provide services including, peer youth groups; leadership opportunities; Advocacy, support, and referrals; fun and a chance to meet other LGBTQIA+ youth.

303-870-7039

[OASOS@bouldercounty.org](mailto:OASOS@bouldercounty.org)

<https://www.bouldercounty.org/families/lgbtiq/oasos/#:~:text=OASOS%20is%20for%20Lesbian%2C%20Gay%2C%20Bisexual%2C%20Transgender%2C%20Questioning%2C,and%20Affirming%20Sexual%20Orientation%20and%20gender%20identity%20Support>

### **Resource List of Direct Service Providers for LGBTQ+ Youth by State:**

[https://docs.google.com/document/d/1YC-iPkJAwFTexQ-huUNHep5WCQyTj12tldQj3\\_fd8Mg/edit](https://docs.google.com/document/d/1YC-iPkJAwFTexQ-huUNHep5WCQyTj12tldQj3_fd8Mg/edit)



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## **Legal**

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## **Multi-Disciplinary**

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