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## December 2021

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*As we come to the end of 2021 and the start of a new year, all of us at the LGBTQ TA Center would like to wish you a joyful, safe, and healthy holiday season.*

*We know that this time of year can be difficult for many. We have experienced many losses this year, both individually and in our communities.*

*But this can also be a time of hope and, following the winter solstice, a return to lighter days ahead.*

*We [put together a list of tips and resources](#) that can help LGBTQ community members and service providers cope with challenging feelings during the holidays.*

*We also recently revised our resource on [Reducing Isolation in the Time of COVID-19](#)--check it out to find even more LGBTQ-specific programs in California that are open virtually to you now.*



[Visit the LGBTQ TA Center Website](#)

## Good news! Jury awards \$4 million for discrimination

A Kansas City school district must pay \$4 million in damages to a Transgender student after refusing to allow him to use the boys' bathrooms or locker rooms, despite the fact that he was legally male. The decision comes at the end of a six-year successful discrimination suit.

[Learn More](#)

## Gender-affirming care helps youth mental health!



A new peer-reviewed study from the Trevor Project finds that Transgender and gender non-binary youth who received gender-affirming hormone therapy (GAHT) had nearly 40% lower risk of depression and nearly 40% lower likelihood of suicide attempts in the past year.

[Read About the GAHT Study](#)

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## Transgender adults face pandemic food insecurity

In a new report, the Williams Institute shares that Transgender adults are much more likely to experience food insufficiency during the pandemic than cisgender adults. Transgender people of color and Transgender people living below the federal poverty line are at greatest risk; nearly six times as many Transgender people of color experienced food insufficiency this year, compared to white cisgender people.

[Read About the Food Insufficiency Report](#)

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## Share your thoughts on the ThoughtExchange!

*What are the most critical issues that need to be addressed by behavioral health organizations to better serve diverse racial, ethnic, cultural, and sexual minority communities? Share your ideas with the National Network to Eliminate Disparities in Behavioral Health (NNED), and see and rate the ideas that others have shared.*

[Participate in the ThoughtExchange](#)

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## ICYMI... (in case you missed it)

Earlier this year, the LGBTQ TA Center released a new fact sheet on trauma and trauma-informed care for LGBTQ people. This is an introductory resource that is written for behavioral health service providers, but can be useful for ALL who work with LGBTQ

communities. We invite you to download, print, and share!

[Access the Fact Sheet](#)



**Contact Our Team:**

[http://lgbtq-ta-center.org/  
contact-us](http://lgbtq-ta-center.org/contact-us)

1-877-568-4227

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