Did You Know?

In 2013, New Jersey became the second state in the nation to prohibit state-licensed health professionals from engaging in conversion therapy with minors.

LGBTQ Youth and Mental Health in the News:

Study: Transgender teens with school bathroom restrictions are at greater risk of sexual assault
AAP News

One in four pre-teen suicides may be LGBT youth
Reuters

Report Highlights Homelessness, Bullying LGBTQ Youths
The Boston Globe

Study finds high rates of weight-based bullying among LGBTQ adolescents
Business Standard

LGBT+ teens in US, rejected by families, struggling in foster care
Reuters

SCOTUS Rejects Challenge to New Jersey’s Anti-Conversion Therapy Law for Third Time
Human Rights Campaign

Activists And Suicide Prevention Groups Seek Bans On Conversion Therapy For Minors
NPR

The Big Number: Almost 2 percent of high schoolers say they are transgender
The Washington Post

Provider Resources:
Pediatricians can be important allies to LGBTQ youth!

Be able to speak positively about LGBTQ identities if asked by either guardian or child. Many people are not educated about the LGBTQ community and can learn from you! When it comes to asking questions about sexual orientation or gender identity, speak to the child/adolescent separately from the parent or guardian, and never assume that a child will be “out” to their family.

With 40% of unaccompanied homeless youth being LGBTQ, it is important that the child’s safety be the priority. While HIPAA does give parents a right to access children’s medical records (barring a court order or other legal action to the contrary), it does not require medical providers to proactively reach out to parents and share information, except of course where parental consent for the medical treatment itself is required by law.

- Bianca Mayes, MPH, CHES
  Health & Wellness Coordinator
  Garden State Equality

Community Resource Spotlight: Garden State Equality (GSE)

Established in 2004, Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. GSE’s services include advocacy, policy work, and trainings. In 2013, GSE was successful in mandating a statewide ban on conversion therapy for minors.

Many LGBTQ youths are more likely at risk than their non-LGBTQ peers for various health disparities including mental health, sexual and reproductive health, substance use, suicidality, etc. LGBTQ youth need to have the following in order to social, emotional, and physical health needs met: resources, acceptance from family, peers, and community, comprehensive sex education, and support from healthcare providers.

For information about GSE’s Safe Schools programs, please contact Safe Schools and Community Education Manager, Ashley Chiappano at Chiappano@GardenStateEquality.org

For information about GSE’s Health and Wellness programs, please contact Health and Wellness Coordinator, Bianca Mayes at Mayes@GardenStateEquality.org
Upcoming Webinar: “Addressing the Mental Health Needs of LGBTQ Youth in Pediatric Primary Care”
Wednesday, June 19, 2019, 1:00 to 2:00 PM

Presenter:
Warren Seigel, MD

Objectives:
• Identify prevalent mental health and substance use disorders among LGBTQ youth
• Recognize warning signs for bullying, harassment, and suicide among LGBTQ youth
• Discuss the internal and external factors associated with homophobia
• Share strategies for effective communication between providers, parents and LGBTQ youth
• Identify ways to make pediatric practices welcoming and supportive of LGBTQ patients and their families
• Appropriately screen and refer youth identifying as LGBTQ to the PPC Hub or other appropriate service

Register Here

Upcoming Webinar: “ARFID: Addressing extreme picky eating and co-morbid mental/behavioral health issues in primary care”
Wednesday, July 24, 2019, 1:00 to 2:00 PM

Presenter:
Jill Castle, MS, RDN
Childhood Nutrition & Feeding Expert

Objectives:
• Recognize and review the signs of ARFID, and determine optimal healthcare and mental/behavioral health services to benefit patients.
• Understand co-morbid mental/behavioral health conditions commonly associated with ARFID.
• Use current evidence and best practices to address ARFID in conjunction with co-morbid health conditions.
• Implement best practices for collaboration among healthcare and behavioral health providers to optimize patient success.

To learn more about Jill's work, please visit: www.jillcastle.com

Register Here

Recent Webinars:

Ramon Solikhah, MD and Cathy Butler-Witt, MA, BSW, NCTTP, CTTS
Tuesday, April 9, 2019 12:00 – 1:00 PM

“The Impact of Sleep on Mental Health and Well-Being in Children and Adolescents”
Lewis Milrod, MD
Thursday, May 9, 2019, 12:00 to 1:00 PM
What mental health-related topics would you like to learn more about?

The NJAAP Mental Health Collaborative (MHC) team wants to know what content you find most valuable! Click on the button below to share your ideas for future newsletters, webinars, and other educational opportunities and events.

Share Your Ideas

The Mental Health Collaborative Team
Harriet Lazarus, MBA, Program Director
Marcela Betzer, MPH, Program Director
Brittany Johnson, MPH, Senior Program Manager
Lindsay Caporrino, PCMH CCE, Program Manager
Bethany Kondavaty, MPH, Program Manager
Krista DeFilipo, BS, CPS, Program Manager

New Jersey Chapter, American Academy of Pediatrics
50 Millstone Road, Building 200, Suite 130
East Windsor, NJ 08520
609-842-0014
www.njaap.org