



**A PRACTITIONER'S RESOURCE GUIDE:**  
Helping Families  
to Support Their  
LGBT Children



## Resources for Practitioners and Families

The Family Acceptance Project has worked with many racially and ethnically diverse families, LGBT youth, and young adults, and the practitioners who care for them, to develop a series of multicultural family education and guidance materials and assessment tools. Information is available at: <http://familyproject.sfsu.edu/>

These include:

**Family Education Booklets** – research-based guidance materials that educate families, caregivers, and providers on

how family acceptance and rejection relates to health and well-being for LGBT young people to help increase family and caregiver support for LGBT children and youth. Currently available in English, Spanish, and Chinese, and some faith-based versions; new versions are in development, including low literacy, in other languages, and for families from a range of faith backgrounds. These booklets are designated as a “Best Practice” for suicide prevention for LGBT people by the Suicide Prevention Resource Center/American Foundation for Suicide Prevention Best Practices Registry.

**Family Education Videos** – compelling short documentaries that show the journey of ethnically and religiously diverse families from struggle to support of their LGBT children, to give LGBT youth and families hope and to show the process that helps families learn to support their LGBT children. Designed to educate families, LGBT children, and youth, for community education, and for provider training, these videos are based on research and practice with LGBT youth and families from the Family Acceptance Project.

**Assessment and Training** – a research-generated screening instrument (the FAPrisk Screener) was developed based on

findings from FAP studies to quickly identify LGBT youth who are experiencing rejection from parents, foster parents, and caregivers, with guidance to inform family interventions and follow up care, including preventing homelessness and placement in custodial care (Ryan & Monasterio, 2011). The screener is highly predictive of health concerns related to family rejection, including depression, suicide attempts, substance use problems, and diagnosis with a sexually transmitted disease.

Training is available on using the screener and using family education materials and family engagement and intervention strategies.

### endnotes

<sup>1</sup>Experts on care of LGBT children and youth in child welfare have developed guidelines for managing information about a young person's sexual orientation, gender identity, and expression which can help practitioners think about these issues and provide guidance for asking young people about their identities (see Wilber, 2013). In addition, many health professional disciplines have directed their members to ask adolescents about their sexual orientation, including the American Medical Association, which included a directive to ask adolescents about their sexual orientation 20 years ago (e.g., Elster & Kuznets, 1994). Major health

professional associations routinely update standards of care and policy statements on care of LGBT youth and adults.

<sup>2</sup>The Family Acceptance Project has developed a clinical assessment screening tool and training to help practitioners quickly identify LGBT young people who are experiencing various levels of family rejection and to help practitioners develop a follow up plan to engage families to decrease rejecting behaviors that are related to significantly increasing their LGBT children's risk for serious negative health problems (e.g., suicide, substance abuse, HIV, etc.) and which can precipitate ejection and removal from the home (see Ryan & Monasterio, 2011).