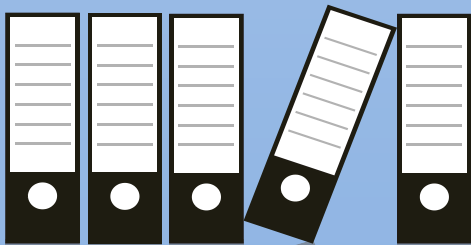


NEW MEXICO

RESOURCE AND REFERRAL GUIDE FOR LGBTQ STUDENTS



August 2017

Introduction

The New Mexico Resource and Referral Guide for Lesbian, Gay, Bisexual, Transgender and Questioning/Queer (LGBTQ) Students was developed in collaboration with New Mexico Youth Education on Sexual Health (YESH) Advisory Council. The guide is intended to be a resource for teachers and school staff to help refer middle and high school students to services in New Mexico. *The contents of this guide were developed under a grant from the Health and Human Services Department, Centers for Disease Control (CDC). However, the contents do not necessarily represent the policies of the HHS/CDC, and are not an endorsement by the Federal Government or the New Mexico Public Education Department.*

Table of Contents

| |
|------------------------------------------------------------------------------------------|
| HIV/STI Testing and Comprehensive Sexual Health Services, Page 3 |
| Hotlines/Helplines and Crisis Resources, Page 5 |
| Resources for Native American Youth, Page 7 |
| Safe Space Resources and Gay-Straight Alliances (GSA), Page 8 |
| Support Services for LGBTQ Youth, Page 10 |
| Transitional Housing/Homelessness Resources, Page 12 |
| Transgender Resources, Page 13 |
| Video Resources, Page 14 |
| New Mexico Risk and Resiliency Survey (YRRS) and Youth Resiliency Project (YRP), Page 15 |



HIV/STI TESTING AND COMPREHENSIVE SEXUAL HEALTH EDUCATION SERVICES

Provider Name: **Alianza of New Mexico**

Address Line 1: **Las Cruces Office:** 1615A North Solano, Las Cruces, NM 88001

Address Line 2: **Roswell Office:** 1200 S. Richardson Ave, Roswell, NM 88203-5577

Phone: Las Cruces: **(575) 915-1770**, Roswell:**(575) 623-1995**

Website Address: <https://www.alianzaofnewmexico.org/>

Las Cruces Services Include: HIV/STI testing and prevention, HIV/STI care and treatment services, harm reduction/syringe services, and overdose prevention/Naloxone.

Roswell Services Include: HIV/STI testing and prevention, pre-exposure prophylaxis (PrEP¹) for HIV, HIV/STI and hepatitis care and treatment services, and harm reduction/syringe services

Provider Name: **NMHIVGuide.org**

Website Address: www.nmhivguide.org/

Online resource guide will help identify services throughout New Mexico. Search topics include: HIV and hepatitis C testing and prevention; PrEP for HIV (pre-exposure prophylaxis); HIV/AIDS care and treatment services; STI testing and services; hepatitis services; harm reduction/syringe services; and overdose prevention/Naloxone. Simply input the city, county or zip code of interest for up-to-date information and links.

Provider Name: **Southwest CARE Center**

Address Line1: **Specialty Services:** 649 Harkle Rd, Ste E, Santa Fe, NM 87505

Address Line 2: **Albuquerque office:** 4710 Jefferson St NE, Albuquerque, NM 87109

Phone: Specialty Services, Santa Fe: **(575) 915-1770**, Albuquerque:**(575) 623-1995**

Website Address: <https://southwestcare.org/>

Services Include: HIV/STI testing and prevention, PrEP for HIV, HIV/STI and hepatitis care and treatment services, and harm reduction/syringe services.

¹ Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV but are at substantial risk of infection to prevent HIV infection by taking a pill (brand name Truvada) every day. Currently, the FDA has not approved Truvada for PrEP for those under 18. Adolescents concerned about their risk are encouraged to speak with their doctor, medical professional, or a trusted adult.

Provider Name: **UNM Truman Health Services**

Address Line1: 801 Encino Place NE, Building F, Albuquerque, NM 87102

Phone: **(505) 272-1312**

Services Include: HIV/STI testing and prevention, PrEP for HIV, and HIV/STI and

Website Address: hepatitis care and treatment services.

Provider Name: **TEEN'MPower and NMPower**

Address Line1: TEEN'MPower: 136 Washington St., SE, Suite E, Albuquerque

Address Line 2: NMPower: 136 Washington St., SE, Suite E, Albuquerque

Phone: TEEN'MPower: **(505) 492-4507**, NMPower: **(505) 504-8205**

<https://www.plannedparenthood.org/planned-parenthood-rocky-mountains/information-teens/information-queer-youth>

or

Website Address: www.facebook.com/pages/NMPower-Albuquerque/174735789247246

TEEN'MPower is an organization geared towards supporting Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual (LGBTQIA) teens ages 13 - 18. Various groups, events and education workshops are held in a non-traditional fashion.

NMPower is a program for 18-29 year-old men who are Gay, Bi, Trans, or Questioning their sexuality. The group plans regular social events and outings in a supportive environment.

HOTLINES/HELPLINES AND CRISIS RESOURCES

Provider Name: **Agora Crisis Center**

Phone: **(505) 277-3013 or (855) 505-4505**

Website Address: www.unm.edu/~agora/

The Agora Crisis Center provides trained peer counselors available over the phone to provide compassionate, non-judgmental listening for anything you want to discuss. Agora provides a helpful referral service of agencies and individuals around New Mexico.

Provider Name: **BrdsNBz (birds-and-bees)**

Text line provides answers by a health educator within 24 hours and typically within six to eight hours, managed by the New Mexico Department of Health. Teens ages 13-to-19 can text "NMTeen" and parents can text "NMParent" to **66746** (*same text # for both*) to ask questions in either English or Spanish.

Provider Name: **Gay, Lesbian, Bisexual and Transgender (GLBT) National Help Center**

Phone: **1-888-843-4564, or GLBT National Youth Talk line 1-800-246-7743**

Website Address: www.glbthotline.org/

The GLBT Nation Help Center provides telephone, online private one-on-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United State. Hours are Monday-Friday, 2 - 10 p.m. and Saturday from 10 am – 3 pm (Mountain Standard Time).

Provider Name: **In Case You're Curious (ICYC) – Text Line**

In New Mexico, Text PPNM to **57890**

ICYC is a sexual health text line for teens! Text question and a sexual health educator will respond with medically accurate within 24-hours. Staffed 24 hours a day, 7 days a week. Also available on Instagram and YouTube.

Provider Name: **National Suicide Prevention Lifeline**

Phone: **(800) 273 TALK**

National suicide prevention lifeline provides free and confidential emotional support to people in suicide crisis or emotional distress 24 hours a day, 7 days a week.

Provider Name: **NM Crisis & Access Line**

Phone: **1 (855) NMCRISES (i-855-662-7474)**

The New Mexico Crisis and Access Line is toll free and staffed 24 hours a day, 7 days a week. NM crisis line also has a warm line, which is able to take longer calls for people who aren't in crisis but want to talk.

Provider Name: **Rape Crisis Center of Central New Mexico**

Phone: **(505) 266-7711**

Website Address: <http://rapecrisiscnm.org/>

The Rape Crisis Center of Central New Mexico (RCCCNM) provides emotional support and advocacy to survivors of sexual assault and abuse throughout Central New Mexico, and serves as a community resource on issues regarding prevention and awareness of sexual assault and abuse.

Provider Name: **Trans Lifeline**

Phone: **(877) 565-8860**

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. Goal is to prevent self-harm, but welcome the call of any transgender person in need. Hotline is staffed by the experts on transgender experience, by transgender people themselves. Volunteers are all Trans identified and educated in the range of difficulties transgender people experience. Operators will only call emergency services with your expressed consent.

Provider Name: **Trevor Lifeline**

Phone : **(866) 488-7386**

Website Address: <http://www.thetrevorproject.org/>

A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth 13-24. Trained counselors are available 24 hours, 7 days a week. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline. The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

RESOURCES FOR NATIVE AMERICAN YOUTH

Provider Name: **Fierce Pride**

Email: FiercePrideNM@gmail.com

Website Address: www.fiercepride.org/ and [facebook.com/fiercepridenm](https://www.facebook.com/fiercepridenm)

LGBTQ Health Advocacy Organization, focusing on tobacco-related health problems, but also addresses health education, research and advocacy for LGBTQ people in New Mexico, including an LGBTQ Wellness Guide with links to resources and blog. Resource Guide available at,
http://www.fiercepride.org/files/6714/7578/7232/Fierce_Pride_Wellness_Guide_6.6.161.pdf

Provider Name: **We R Native - For Native Youth, By Native Youth**

Website Address: www.wernative.org/

National online comprehensive health resource providing content and stories to promote holistic health and positive growth, including a large array of sexual health information and resources.

SAFE SPACE RESOURCES AND GAY-STRAIGHT ALLIANCES (GSA)

Provider Name: **Albuquerque U21 (Common Bond NM)**

Phone: (505) 636-0845

Website Address: www.commonbondnm.org/cms/node/158

U21 is a safe space for youth and is open to lesbian, gay, bisexual, transgendered, intersex, queer, and questioning youth under 21 and their allies under 21. It is largely a social time with some planned events and sessions, such as arts & crafts, poetry, information on the community, films, dances, workshops, field trips, etc. There are trained adults there to facilitate the group and assist as needed.

Provider Name: **GLSEN Chapter of New Mexico**

Website Address: Albuquerque@chapters.glsen.org

GLSEN Albuquerque is a chapter of the Gay, Lesbian and Straight Education Network (GLSEN). Nationally, GLSEN works to ensure safe schools for ALL students, regardless of sexual orientation and gender identity. There are over 40 Chapters around the country, which work closely with the national staff of GLSEN to implement programs, and to keep national staff informed of local events. The work that chapters do covers a variety of subjects and issues, from public policy to teacher training to supporting students and educators around the country.

Provider Name: **NM Genders and Sexualities Alliance Network (GSA), a.k.a., Gay Straight Alliances**

Phone: (505) 983-6158 x30

Website Address: <https://santafemc.org/programs/new-mexico-gay-straight-alliance-network/>

The Santa Fe Mountain Center's New Mexico Genders and Sexualities Alliance Network (NMGSAN) is a youth-driven program to prevent bullying, suicide, and substance abuse. The NMGSAN builds resiliency, positive identity development, self-efficacy, mental health and empowerment of LGBTQ youth through peer training, peer support, and leadership development. Services provided include: youth events and retreats; GSA club support to build the capacity of youth leaders to create safer environments in schools and make positive social change; education and awareness campaigns to reduce the stigma and create safer school climates; educational on the risk and protective factors for LGBTQ youth; as well as policy advocacy to create safer school environments for all students, especially around issues of bullying, sexual orientation and gender identity.

Provider Name: **RESOLVE Personal Safety (formerly known as IMPACT)**

Phone: **(505) 992-8833**

Website Address: <https://www.impactpersonalsafety.org/>

Teaches violence prevention in Santa Fe, Albuquerque, and Northern New Mexico. IMPACT partners with schools and community organizations, including Transgender Resource Center of New Mexico and NM Gay Straight Alliance Network to give youth and adults skills around boundary-setting, anti-bias/anti-bullying, health relationships, and verbal and physical self-defense.

SUPPORT SERVICES FOR LGBTQ YOUTH

Provider Name: **Equality New Mexico (EQNM)**

Phone: **(855)-542-8766**

Website Address: eqnm.org/

Equality New Mexico is a statewide education and advocacy organization that works for full recognition of lesbian, gay, bisexual, and transgender civil rights. EQNM works throughout the state to end discrimination, shape public opinion and policy, as well as strengthen our alliances with local, regional, and national partners. The organization is based in Albuquerque and has many volunteer opportunities for LGBTQ individuals and allies.

Provider Name: **LGBTQ Resource Center at University of New Mexico (UNM)**

Phone: **(505) 277-5428**

Website Address: lgbtqrc@unm.edu

Through safety, education, advocacy, and support, the LGBTQ Resource Center serves as a physical environment from which LGBTQ+ visibility on the UNM campus can grow.

Provider Name: **LGBT+ Program at New Mexico State University**

Email: lgbt@nmsu.edu

Phone: **(575) 646-7031**

Website Address: lgbt.nmsu.edu/

LGBT+ Program provides advocacy, resources, education and programming to the college community. We welcome all students to utilize the facility, which includes a computer lab, LGBT+ themed library and lounge. LGBT+ Programs exists to meet the needs of our LGBT+ students and to welcome and encourage the expression and success of all students.

Provider Name: **PFLAG of New Mexico**

Phone: **(505) 873-7373**

Website Address: http://pflagabq.org/links/nm_chapters.pdf and www.pflagabq.org/

Parents, Families and Friends of Lesbians and Gays (PFLAG) is a national organization that promotes the health and well-being of lesbian, gay, bisexual and transgender persons, as well as their families and friends. PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity. There are PFLAG chapters located in Albuquerque, Alamogordo, Carlsbad, Gallup, Las

Cruces/Dona Ana County, Los Alamos, Rio Rancho Roswell, Santa Fe, Silver City, Socorro, and Taos.

Provider Name: **Pride Organizations of New Mexico**

An all-volunteer organization working year round to create the annual LGBTQ Pride events. Web sites may include calendar of events and a resource pages.

Albuquerque Pride: <http://abqpride.com/>

Deming Pride: www.demingpride.org

Farmington Pride: www.facebook.com/farmington.pride

Gallup Pride: <http://www.nativeout.com/gallupride/aboutus/mission-history>

Los Ranchos Pride: <http://sinatradevine.org/LosRanchosPridePage.html>

Southern New Mexico Pride (in Las Cruces): <http://southernnmpride.org/>

Taos Pride: <http://taospride.org/>

Santa Fe Pride – Human Rights Alliance:

Website Address: <http://www.santafepride.org/> and <https://www.facebook.com/santafehra/>

Provider Name: **UNM Gallup LGBTQ Resource Center**

Email: lgbt@nmsu.edu

Phone: (505) 726-6473

Website Address: <http://www.gallup.unm.edu/lgbtqrc/>

LGBT+ Program provides advocacy, resources, education and programming to the college community. We welcome all students to utilize the facility, which includes a computer lab, LGBT+ themed library and lounge. LGBT+ Programs exists to meet the needs of our LGBT+ students and to welcome and encourage the expression and success of all students.

TRANSITIONAL HOUSING/HOMELESSNESS RESOURCES

Provider Name: **Casa Q**

Phone: **(505) 872-2099**

Website Address: <http://www.casaq.org/>

Casa Q is a transitional living facility for LGBTQ youth. Casa Q accepts referrals for LGBTQ+ youth ages 14-17 who are at risk of or experiencing homelessness and helps to advocate and identify supportive options.

Counties Served: Statewide, Bernalillo.

Provider Name: **New Day Youth & Family Services**

Phone: **(505) 938-1060**

Website Address: <http://ndnm.org/>

New Day Youth and Family Services, in Albuquerque, provides services to troubled youth and their families, including Safe Home, Life Skills Academy, Equine Assisted Learning, Counseling and Case Management, Detention Diversion Program, and Transitional Living Program.

Provider Name: **Youth Shelters and Family Services**

Phone: **(505) 983-0586**

Website Address: www.youthshelters.org/

Youth Shelters and Family Services, in Santa Fe, provides services for homeless, runaway, and in-crisis youth in Northern New Mexico by providing shelter and addressing health, safety, education, and workforce opportunities.

Provider Name: **Youth Development Inc. (YDI), New Mexico**

Phone: **(505) 831-6038**

Website Address: <http://www.ydinm.org/mission.aspx>

YDI's programs include tutoring, after-school activities, gang intervention, drop-out prevention, family counseling services, emergency teen shelter, youth sports, internships, scholarships, parenting skills, leadership development, public housing assistance, community corrections, GED studies, early childhood education via Head Start centers, substance abuse and HIV education and many others.

TRANSGENDER RESOURCES

Provider Name: **Transgender Resource Center of New Mexico**

Phone: **(505) 200-9086**

Website Address: www.tgrcnm.org/

The TGRCNM, Transgender Resource Center of New Mexico is a community-based organization and primary resource for Trans Individuals. TGRCNM offers an array of help, from clothing to general hygiene products and food assistance. Drop-in services include a place to rest, someone to talk to, and a place to be yourself. TGRCNM hosts a computer lab, lending library, support groups, free confidential HIV testing, syringe exchange, free clothing, chest binders and other items. The agency offers informal case management; information and referrals on name change, medical care and more for the transgender and gender non-conforming people of New Mexico and their loved ones.

The TGRCNM offers 1-hour and 2-hour trainings on Transgender lives and issues for organizations and businesses that covers basic terms, definitions, and being an ally to Transgender and gender non-conforming people. Support groups are offered monthly, including Youth Group (25 and under), ABQ Kids/Playgroup and Parents' Support, as well as support groups in Las Cruces and Santa Fe. Located at 149 Jackson Street Northeast, Albuquerque, NM, 87108. Open Monday through Saturday, with drop-in hours from 1 to 6 p.m.

Provider Name: **University of New Mexico (UNM) Truman Health Services – Transgender Clinic**

Phone: **(505) 925-7286**

Website Address: THSOutreach@unmmg.org

UNM Truman Health Services is a leading provider of transgender healthcare. UNM Truman Health Services offers services to all transgender persons, including primary medical, mental health, hormone replacement therapy, and support services. Truman Health Services has trained non-judgmental physicians specializes in treating transgender patients. Walk-ins: Tuesday mornings, Thursday afternoons, and by appointment, 801 Encino Place NE Suite B-6 Albuquerque, NM 87102.

VIDEO RESOURCES

Provider Name: **I Am Me: Understanding the Intersections of Gender, Sexuality, and Identity (video)**

Website Address: https://youtu.be/RcW_uSclDto

Developed in New Mexico, I Am Me is an education training film that explores the challenges that LGBTQ+ youth face and how adults can be supportive allies,

https://youtu.be/RcW_uSclDto Link to an accompanying resource guide and toolkit can be found here, Video Toolkit:

http://www.nmcoe.org/images/I_Am_Me_Screening_Toolkit.pdf Resource Guide:

<http://www.nmcoe.org/images/I%20Am%20Me%20Resource%20Guide.pdf>

Provider Name: **5 School Policies that Protect LGBTQ Students and Help All Students**

Website Address: https://www.youtube.com/watch?v=F1_NQDeSxxk

This video about supportive school policies for trans and gender non-conforming youth, was made in collaboration between Fierce Pride, New Mexico LGBTQ health advocacy organization, and students at Media Arts Collaborative Charter School (MACCS) who are members of Gender and Sexuality Alliance For Everyone (GSAFE). The students were proud of the protective policies of their school, and wanted other schools to adopt similar policies. Hear their experiences.

New Mexico Risk and Resiliency Survey (YRRS)

Youth Resiliency Project (YRP)

Provider Name: **New Mexico Risk and Resiliency Survey (YRRS)**

New Mexico Risk and Resiliency Survey (YRRS) is a tool to assess the health risk behaviors and resiliency (protective) factors of New Mexico high school and middle school students. The YRRS is part of the national CDC Youth Risk Behavior Surveillance System (YRBSS), but the survey results have widespread benefits for New Mexico at the state, county, and school district levels. The YRRS is offered to a selection of high schools and middle schools in each school district in the fall of odd-numbered years. All data are self-reported by students who voluntarily complete the survey during one class period. Topic areas for the YRRS include risk behaviors related to alcohol and drug use, unintentional injury, violence, suicidal ideation and attempts, tobacco use, sexual activity, physical activity, and nutrition; resiliency (protective) factors such as relationships in the family, school, community, and with peers; and health status issues such as body weight and asthma. Statewide and county level data and fact sheets are available online at, <http://youthrisk.org/>

Provider Name: **New Mexico Youth Resiliency Project (YRP)**

The **New Mexico Youth Resiliency Project (YRP)** provides assistance to school districts and charter schools throughout the state to deliver exemplary sexual health education emphasizing HIV and other STI prevention; increase adolescent access to key sexual health services; establish safe and supportive environments for students and staff (SSE), and to help reduce disparities in HIV infection and other STIs experienced by specific adolescent sub-populations. In addition, the program tracks policies, educate key decision makers on policy issues, and help districts and schools implement policies, including laws, regulations, procedures, administrative actions, incentives, or voluntary practices of governments and other institutions, related to HIV/STI prevention. Based on historical data found in the YRRS, LGBTQ youth are considered to be disproportionately at risk for several risk factors addressed by YRP, and as such is a target population for services and technical assistance. The program coordinator is available to assist all school districts throughout the state on any matter related to of the YRP topic areas. For more information, please contact Anne Marlow-Geter, (505) 827-1810, or Anne.MarlowGeter@state.nm.us. A link to New Mexico's Content Standards with Benchmarks and Performance Standards for Health Education can be found at, <http://www.ped.state.nm.us/standards/>