

## A Commitment to Health Care Equality

At Boston Children's Hospital, we are committed to providing comprehensive and fair treatment to our lesbian, gay, bisexual, transgender and queer (LGBTQ) patients. We are proud to have been awarded **LGBTQ Leadership Status** in 2015 and 2016 by The Healthcare Equality Index (HEI), which reviews health care facilities' policies and practices to ensure equal treatment of LGBTQ patients, visitors and employees.





## Tips for How LGBTQ Patients Can Be Open with Their Health Care Provider

We encourage all of our LGBTQ patients and families to be open with their health care provider about their sexual orientation, sexual behavior and gender identity.

- Bring a friend. If you are nervous about being open with your provider, consider asking someone you trust to come with you.
- Try to bring up the subject early on in your relationship with your provider.
- Ask for time to talk before the appointment starts. Ask your doctor for a few minutes to talk while you are still fully clothed, and feel most comfortable.
- You can start a discussion by saying, "There's a conversation I need to have with you." Or you can start by asking, "How do you approach patient confidentiality?"
- Providers may not always know what terms you prefer. Let them know how you describe yourself and your partner(s), and they should use those words.
- If you don't want to have a whole conversation, you can mention your sexuality or partner in general conversation.

## Youth Resources (continued) ▼





**OUT MetroWest** supports LGBTQ teens in the Boston MetroWest area by offering youth-led, adult-supported social and educational programs, including WAGLY, a group for LGBTQ and allied high school youth. There are weekly meetings every non-holiday Monday at 6:45–8:30 p.m.

 Ages: High school  [www.outmetrowest.org](http://www.outmetrowest.org)  
 Parish Hall, 309 Washington Street, Wellesley, MA  508-875-2122

**Safe Homes/The Bridge** is a program supporting LGBTQ young people and their straight allies. The group is led by youth peer leaders, professional staff and volunteers who offer support, resources and opportunities for socialization in a safe and nurturing environment.

 Ages: 14–23 years  [www.safehomesma.org](http://www.safehomesma.org)  
 4 Mann Street  508-755-0333  
Worcester, MA

**The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people.

 Ages: 12–24 years  [www.thetrevorproject.org](http://www.thetrevorproject.org)  
 P.O. Box 69232  866-488-7386  
West Hollywood, CA 90069

**True Colors: Out Youth Theater** is a program of Theater Offensive that uses a proven community-based theater approach to train and activate lesbian, gay, bisexual, transgendered and allied youth leaders.

 Ages: 14–29 years  [www.theateroffensive.org/true-colors/youth-programming](http://www.theateroffensive.org/true-colors/youth-programming)  
 565 Boylston Street, 3rd Floor  617-661-1600  
Boston, MA

The **Waltham House/Home for Little Wanderers** is a group home program designed to provide a safe and supportive living environment for up to 12 lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth.

 Ages: 14–18 years  781-647-9976  
 [www.thehome.org/waltham](http://www.thehome.org/waltham)

## A RESOURCE GUIDE FOR

# LGBTQ Patients and Their Families



# Dedicated to the LGBTQ Community ▼

Several of our departments and programs are focused on ways to improve the health care for our LGBTQ patients. The goals of these programs are to help patients access culturally competent health services and help them achieve the highest level of health.

The **Division of Adolescent/Young Adult Medicine** provides comprehensive primary and specialty care to patients ages 10–23. Founded in 1951, it is the oldest adolescent clinic in the United States.

[www.childrenshospital.org/centers-and-services/division-of-adolescent-medicine](http://www.childrenshospital.org/centers-and-services/division-of-adolescent-medicine)

617-355-7181

The **Boston HIV Adolescent Provider and Peer Education Network for Services (HAPPENS)** provides services to youth 12–24 years old who are HIV positive or at risk for the disease and other sexually transmitted diseases (STDs). HAPPENS offers free HIV counseling and testing for young adults 13 and older and free sexually transmitted infection (STI) and viral hepatitis testing for young people 13–24.

[www.childrenshospital.org/centers-and-services/programs/a\\_-e/boston-hiv-adolescent-provider-and-peer-education-network-for-services-happens-program/overview](http://www.childrenshospital.org/centers-and-services/programs/a_-e/boston-hiv-adolescent-provider-and-peer-education-network-for-services-happens-program/overview)

617-355-2735

The **Disorders of Sex Development (DSD) and Gender Management Service (GeMS)** provides care and support to infants, children, adolescents and young adults with DSDs, and youth with concerns about gender identity. Our experienced clinicians are familiar with the mental and emotional aspects of each patient's unique condition and work closely with the entire medical team.

[www.childrenshospital.org/centers-and-services/disorders-of-sexual-development-dsd-and-gender-management-service-program](http://www.childrenshospital.org/centers-and-services/disorders-of-sexual-development-dsd-and-gender-management-service-program)

617-355-4367

The **Boston Children's Hospital Neighborhood Partnership Program (BCHNP)**, part of our Department of Psychiatry, is an innovative community mental health program. It offers large-scale prevention programming to provide education and support to students, families and staff around concerns such as depression and suicide, bullying and sexuality.

[www.childrenshospital.org/centers-and-services/boston-childrens-hospital-neighborhood-partnerships-program](http://www.childrenshospital.org/centers-and-services/boston-childrens-hospital-neighborhood-partnerships-program)

617-919-3201

The **Center for Young Women's Health**, in collaboration with the Division of Adolescent Medicine and the Division of Gynecology, is an educational center that provides teen girls and young women with carefully researched health information, health education programs and conferences. The website offers timely articles, blogs and interactive features.

[youngwomenshealth.org](http://youngwomenshealth.org)

[cywh@childrens.harvard.edu](mailto:cywh@childrens.harvard.edu)

617-355-2994

The **Center for Young Men's Health** provides health information to teenage boys and young men to help them improve their understanding of normal health and development, as well as of specific diseases and conditions. The goal is to empower teen boys and young men around the world to take an active role in their own health care.

[youngmenshealthsite.org](http://youngmenshealthsite.org)

[ymh@childrens.harvard.edu](mailto:ymh@childrens.harvard.edu)

Ongoing research is also being done through the **Center on Media and Child Health**, which is dedicated to understanding and responding to the effects of media on the physical, mental and social health of children through research, production and education.

[www.cmch.tv](http://www.cmch.tv)

[cmch@childrens.harvard.edu](mailto:cmch@childrens.harvard.edu)

617-355-5420

## Local (Greater Boston and Massachusetts) Youth Resources ▼

The **Boston Alliance of Gay, Lesbian, and Transgender Youth (BAGLY)** is a youth-led, adult-supported social support organization for the LGBT youth community. There are weekly meetings and drop-ins every Wednesday 5–9 p.m.

[www.bagly.org](http://www.bagly.org)  
Community Church of Boston, 565 Boylston Street, Boston, MA  
617-277-4313

**Camp Aranu'tiq** works to build confidence, resilience and community for transgender and gender-variant youth and their families through camp experiences.

[www.camparanutiq.org](http://www.camparanutiq.org)  
P.O. Box 620141, Newton Lower Falls, MA 02462  
617-467-5830

The **Greater Boston PFLAG** is made up of parents, families, friends, and lesbian, gay, bisexual, transgender, and queer (LGBTQ) people. They help change attitudes and create an environment of understanding so that LGBTQ family members and friends can live in a world that is safe and inclusive.

[www.gbpfllag.org](http://www.gbpfllag.org)  
P.O. Box 541619, Waltham, MA 02454  
781-891-5966

The **HBGC (Hispanic Black Gay Coalition) LGBTQ Youth Empowerment Conference** works to inspire and empower Latin, Hispanic and Black LGBTQ individuals to improve their livelihood through activism, education, community outreach, and counseling.

[www.hbgc-boston.org](http://www.hbgc-boston.org)  
25 Kingston Street, Floor 4R, Boston, MA 02111  
617-487-HBGC (4242)

The **Justice Resource Institute (JRI)/Boston Gay & Lesbian Adolescent Social Services (Boston GLASS)** is a safe, supportive environment in which LGBTQ youth and young people can come together to talk, get support, access critical services, get information about relevant health issues and more.

[www.jri.org/services/health-hiv-lgbtq-services/health-and-prevention-services/boston-glass/about-glass](http://www.jri.org/services/health-hiv-lgbtq-services/health-and-prevention-services/boston-glass/about-glass)  
75 Amory Street, Garden Level, Boston, MA

857-399-1920