



If you need immediate assistance or resources, contact Ryan Berg (ConneQT Host Home Program) or Ashley Morgan (GLBT Host Home Program).

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### **Nine Evidence-based Guiding Principles to Help Youth Overcome Homelessness**

1. **Journey Oriented:** Interact with youth to help them understand the interconnectedness of past, present, and future as they decide where they want to go and how to get there.
2. **Trauma-Informed:** Recognize that most homeless youth have experienced trauma; build relationships, responses, and services on that knowledge.
3. **Non-Judgmental:** Interact with youth without labeling or judging them on the basis of background, experiences, choices, or behaviors.
4. **Harm Reduction:** Contain the effects of risky behavior in the short-term and seek to reduce its effects in the long-term.
5. **Trusting Youth-Adult Relationships:** Build relationships by interacting with youth in an honest, dependable, authentic, caring and supportive way.
6. **Strengths-Based:** Start with and build upon the skills, strengths, and positive characteristics of each youth.
7. **Positive Youth Development:** Provide opportunities for youth to build a sense of competency, usefulness, belonging, and power.
8. **Holistic:** Engage youth in a manner that recognizes that mental, physical, spiritual, and social health are interconnected and interrelated.
9. **Collaboration:** Establish a principles-based, youth-focused system of support that integrates practices, procedures, and services within and across agencies, systems, and policies.

<http://avenuesforyouth.org/wp-content/uploads/2015/12/9-Evidence-Based-Principles-to-Help-Youth-Overcome-Homelessness-Webpublish.pdf>

## Eating Disorders

“Be flexible and open with your support. Show care, concern, and understanding.”

<https://www.nationaleatingdisorders.org/sites/default/files/Toolkits/EducatorToolkit.pdf>

## Self Harm

“The urge to hurt yourself may start with overwhelming anger, frustration or pain. When a person is not sure how to deal with emotions, or learned as a child to hide emotions, self-harm may feel like a release. Sometimes, injuring yourself stimulates the body’s endorphins or pain-killing hormones, thus raising their mood. Or if a person doesn’t feel many emotions, he might cause himself pain in order to feel something “real” to replace emotional numbness.”

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Self-harm>

## Suicidal Ideation

“Trust your instincts if you notice differences in someone’s behavior. If they seem depressed, disinterested or irritable, tell them you’ve noticed, and let them know what raises your concern. If someone isn’t sleeping or they seem agitated, are drinking more alcohol than usual, try to connect and be persistent. If a loved one is experiencing a suicidal crisis, the immediate steps you should take are removing access to lethal means and helping them get to mental health care. There are medications and therapies that have been proven to reduce suicidal ideation and change brain function in the area that controls decision-making and impulsivity. This helps to remove the tunnel vision of the suicidal moment. Finding the right health team can be a tough task, but there *are* people out there who will work with them to make sure they get back to feeling well.”

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide>

<https://www.youtube.com/watch?v=WcSUs9iZv-g>

[https://www.youtube.com/watch?time\\_continue=11&v=gH2t5P6CGZo](https://www.youtube.com/watch?time_continue=11&v=gH2t5P6CGZo)

## Trauma and Resilience

**Common Trauma Triggers include:** Unpredictability, sudden changes or transitions, loss of control, sensory overload, feeling vulnerable, rejection, loneliness, confrontation, intimacy, and even positive praise or attention.

**De-escalation strategies include:** Noticing signs of distress, connecting with the youth, and then re-directing behavior through providing reasonable choices/options for alternative activities/ circumstances. After youth is calm, discussion about what happened can take place if necessary.

<https://rodriguezgsarah.files.wordpress.com/2013/05/traumaresbooklet-web.pdf>

## **Adultism**

“To be successful in our work with young people, we must understand a particular condition of youth: that young people are often mistreated and disrespected simply because they are young. The word adultism refers to behaviors and attitudes based on the assumption that adults are better than young people, and entitled to act upon young people without their agreement. This mistreatment is reinforced by social institutions, laws, customs, and attitudes.”

[http://www.nuatc.org/articles/pdf/understanding\\_adultism.pdf](http://www.nuatc.org/articles/pdf/understanding_adultism.pdf)

## **LGBTQ Social and Mental Health Support**

### **Support Groups and Education**

- **NAMI Young Adult LGBTQ Connection Support Group:** *Meets 1st and 3rd Thursdays from 6:00-7:30pm at Boneshaker Books (2002 23rd Ave S, Minneapolis, MN 55404). This group offers support to individuals who identify as part of the LGBTQ community and are recovering from a mental illness. The suggested age guidelines are 18-30 years old. It is 100% confidential, and no registration is required.*
- **Minnesota Transgender Health Coalition, 612-823-1152,** *Transgender and Transmasculine support groups*
- **The Bridge for Youth, 612-377-8800,** *Multiple Groups.*

### **Individual and Group Therapy**

- **Abby Beasley, Private Therapy Practice, 612-509-9453.** *Currently accepting new youth, ages 16-26 (ish). Abby meets youth in their homes or in their office space at 4749 Chicago Avenue South. Accepting the following insurance: Blue Cross Blue Shield, UCare, Hennepin Health, Medica, Optum/UBH, Medical Assistance, and Medicare.*
- **The Bridge for Youth:** *Services include a 24-hour crisis hotline (612) 377-8800 for LGBTQ youth and families, free walk-in or by-appointment counseling, weekly support groups, and emergency shelter for youth ages 10-17.*
- **RECLAIM Individual and group therapy for queer and trans youth ages 12-26. Located at 711 Raymond Avenue, St. Paul, Minnesota 55114, Phone [\(612\) 235-6743](tel:6122356743), Fax [\(612\) 524-5527](tel:6125245527). Want more info? Email [info@reclaim.care](mailto:info@reclaim.care)**

### **Hotlines**

- **[Trans Lifeline](#)**- *For any trans person in crisis of any kind, the Trans Lifeline runs a national hotline staffed by trans people for trans people. Crisis line: (877) 565-8860*

- [The Trevor Project](#)- National crisis line and counseling for LGBTQ youth  
24-hour crisis line: (866) 488-7386 OR Text "Trevor" to (202) 304-1200 OR chat online at <http://www.thetrevorproject.org/pages/get-help-now#tt>

### **Mental Health Crisis Response**

- **Hennepin County** (Adult) 612-596-1223 (Child) 612-348-2233
- **Ramsey County** (Adult) 651-266-7900 (Child) 651-266-7878
- **Anoka County** 763-755-3801
- **Carver/Scott County** 952-442-7601
- **Dakota County** 952-891-7171
- **Washington County** 651-777-5222

### **Sexuality & Gender Identity**

- **Center for Sexual Health, University of MN 612-625-1600** Counseling Services on sexuality and gender identity, including gender reassignment.
- **Minnesota Transgender Health Coalition 612-823-1152** Support Groups, Shot Clinic, Hep C & HIV testing, Syringe exchange.
- [Sexual Violence Center](#), Crisis Line: (612) 871-5111 LGBTQ sensitive crisis counseling for victims of sexual assault.

### **Anti-Racism and White Privilege**

For white people living in North America learning to be anti-racist is a re-education process. I must unlearn the thorough racist conditioning to re-educate and re-condition myself as an anti-racist. I need knowledge, guidance, and experience to avoid the detours and traps waiting for me on this journey.

Common Detours White People Use to Perpetuate White Supremacy:

- **I'm Colorblind** "People are just people; I don't see color; we're all just human."
- **Reverse Racism** "People of color are just as racist as white people."
- **Blame the Victim** "If only they worked harder and applied themselves."
- **Innocence by Association** "I am not racist because my boyfriend is Black."
- **Teach Me, or Help Me, I'm Stuck** "I want to stop acting racist, so please tell me when I do something you think is racist." (Spoken to a person of color)
- **Reality Check or Consequence** "White people often assume that they can learn about racism only from people of color. We can't assume or act as though people of color should be grateful for our attempts at anti-racism, that they will be willing to guide us whenever we are ready to be guided."
- **Silence** "Our silence may be a product of our guilt or fear of making people of color angry with us or disappointed in us. Each time we are silent we miss an opportunity to interrupt racism, or

to act as an ally or to interact genuinely with people of color or other white people. No anti-racist action is taken as long as we are silent.”

<https://www.youtube.com/watch?v=Dwlx3KQer54>

<https://www.racialequitytools.org/resourcefiles/olson.pdf>

<https://medium.com/@rmenakem/white-supremacy-as-a-trauma-response-ce631b82b975>

<https://www.facebook.com/showingupforracialjusticemn>

<https://recoveryfromwhiteconditioning.com/>

[https://www.huffingtonpost.com/jeff-olivett/homelessness-racism-and-s\\_b\\_8312898.html](https://www.huffingtonpost.com/jeff-olivett/homelessness-racism-and-s_b_8312898.html)

### **Further Reading and Viewing**

#### **Documentaries:**

- We Shall Remain (5 part series)
- 13th
- Paper Tigers
- I Am Not Your Negro
- Paris Is Burning
- The House Where I Live

#### **Books:**

- **Outsiders Within: Writing on Transracial Adoption** -Jane Jeong Trenka (Editor), Julia Chinyere Oparah (Editor). Sun Yung Shin (editor)
- **Sister Outsider** - Audre Lorde
- **Freedom is a Constant Struggle - Ferguson, Palestine, and the Foundations of a Movement** - Angela Y. Davis
- **Redefining Realness** - Janet Mock
- **Emergent Strategy** - adrienne maree brown
- **A People's History of the United States** - Howard Zinn
- **The Hate U Give** - Angie Thomas
- **The New Jim Crow** - Michelle Alexander
- **Homophobia: A Weapon of Sexism** - Suzanne Pharr
- **All Our Relations: Native Struggles for Land and Life** - Winona LaDuke
- **This Bridge Called My Back: Writings by Radical Women of Color** - Cherrie Moraga (Editor), Gloria Anzaldua (Editor), Toni Cade Bambara (Foreword)
- **Transgender Warriors** - Leslie Feinberg
- **The Next American Revolution: Sustainable Activism for the Twenty-First Century** - Grace Lee Boggs
- **No House to Call My Home: Love, Family and Other Transgressions**- Ryan Berg
- **White Fragility**- Robin DiAngelo

- **But I'm Not Racist: Tools for Well-Meaning Whites** - Kathy O'Bear
- **Citizen**-Claudia Rankin
- **Don't Call Us Dead**- Danez Smith
- **Autopsy**-Donte Collins
- **Stamped from the Beginning: The Definitive History of Racist Ideas in America**- Ibram X. Kendi
- **So You Want to Talk about Race**- Ijeoma Oluo
- **Why I'm No Longer Talking to White People About Race** -Reni Eddo-Lodge
  
- **The Fire Next Time**- James Baldwin
- **The Fire This Time**- Jesmyn Ward
- **The History of White People**- Nell Irwin Painter
- **Evicted**- Michael Desmond
- **The Color of Law**- Richard Rothstein
- **Heavy: An American Memoir**- Kiese Laymon
- **White Rage**- Carol Anderson
- **Gay Inc.: The Nonprofitization of Queer Politics**-Myrl Beam
- **The Color of Wealth: The Story Behind the U.S. Racial Wealth Divide Paperback** – Meizhu Lui (Author), Barbara Robles (Author), Betsy Leondar-Wright (Author), Rose Brewer(Author), Rebecca Adamson (Author)
- **Transgender 101: A simple Guide to a Complex Issue** by Nicholas M. Teich